



U9 Rec and Challenge Fall 2014 Rule Changes, Clarifications, and Emphasis

All coaches, volunteers and referees are encouraged to read Loudoun Soccer's full Rules and Policies document. Hard copies are printed each year in August, are distributed during the Fall pre-season meetings, and may be available at the Loudoun Soccer office. An updated online version is available prior to the start of each season.

Several updates to rules and policies are made each season; the purpose of this document is to highlight changes that are most significant to you and your role as coach or/and referee. Reminders of key rules are also included.

General Reminders for ALL U7-U19 Teams:

Team Rosters:

Only players appearing on each team's official Loudoun Soccer roster are permitted to play in matches and to participate in practice. Players who wish to join a team following the publishing of team rosters must do so by registering with Loudoun Soccer, and will be placed according to Club policies and procedures. The participation of unregistered players may result in disciplinary measures against the coach.

Team Officials:

All Team Officials (head coach, assistant coach, team manager, etc.) MUST register with Loudoun Soccer, pass a background check, and be assigned to a team before participating. Anyone helping with the team is considered a Team Official.

Practices - Frequency and Space:

Teams may train up to two (2) times per week. Teams are assigned practice field space by their Age Group Coordinator. This assignment includes specific days, times, locations, and space. Most if not all teams will share a field with another team, and will receive half of a field within their format (ex: a U7 team will have half of a 4v4 field, while a U12 team will receive half of an 8v8 field).

Playing Time:

Every player who attends at least one (1) scheduled practice each week must play at least one half (1/2) of that week's scheduled game; coaches should exercise common sense when appropriating playing time so that players are not punished with less playing time due to circumstances beyond their control.

Player Positions:

Coaches are expected to rotate players into different positions throughout each game and throughout the season.

Sideline Behavior and Referee Abuse:

Team Officials are responsible for their personal behavior as well as that of their team (spectators and players). Unacceptable conduct such as inappropriate language, aggressive actions, etc. toward anyone (referees, other Team Officials, players, spectators, etc.) will not be tolerated. Disciplinary action – including suspensions – may be issued for conduct that is either alleged or confirmed – serious violations can result in a suspension while facts are verified. There is ZERO TOLERANCE in regards to referee abuse.



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Uniform Colors:

The "home" team (the team listed first in the schedule) should wear RED while the "visiting" team should wear WHITE. Teams are expected to bring both jerseys to manage conflicts.

Player Equipment:

Shin guards are mandatory at practices and games. Soccer cleats are encouraged but not required. All jewelry must be removed; **covering earrings with tape is not permitted**. Equipment made of hard plastic or metal should be sufficiently padded and covered; however, participation in games is subject to the discretion of the referee.

Paid Coaches or Trainers:

Loudoun Soccer coaches and/or parents in the Recreation program shall not hire paid coaches or trainers for Recreational players or teams. Those interested in higher-level training are encouraged to contact the Director of Player Development. The Director of Player Development will assist you in determining your exact needs and work with you to develop a plan to meet those needs.

Inclement Weather:

Absolutely no activities may occur in the presence of thunder and/or lightning. The field must be vacated and all parties take shelter (in a building or a car); a 30-minute wait period is enforced with each sign of thunder or lightning. The coach is responsible for ensuring that all players are accounted for in these circumstances.

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- Practice length: each practice may be no longer than 60 minutes.
- Game format: 7v7, four 10-minute quarters.
- Goalkeepers:
 - A player may play no more than one (1) quarter as a goalkeeper per game.
 - A player who plays goalkeeper one quarter must in addition play at least two quarters in field positions.
- Minimum distance a player may be from an opposing team's free kick: six (6) yards.
- Slide tackling is NOT permitted. This shall be considered a form of dangerous play and restarted with an indirect free kick.
- Throw-ins: two (2) chances are offered.
- Offside: only blatant offenses are enforced.
- "Blow Out" Rule: a team losing by four goals may add an extra player to the field. If the deficit becomes three goals, the additional player is removed from the field. An extra player may be added anytime the deficit reaches four goals.
- Play Balance: in the event one or both teams do not have a full complement to field a team (7 players to start the match), the number of players on each team will be equalized for that particular game, by the team with more players either loaning team members, or playing down members so that the same number of players on each team are on the field against each other (e.g. 6v6).