



Rockaway Valley Soccer League By-Laws

(2025-2026)

Revised March 3, 2026

1. The league is established between the soccer programs of the following towns/clubs: Dover, Denville, Jefferson, Mine Hill, Jersey Crew, Mt. Arlington, Parsippany, Rockaway Boro, Rockaway Twp. Roxbury, and Wharton. Additional towns/clubs may be added by a vote of a majority of the members. The league shall be called the Rockaway Valley Soccer League (R.V.S.L).
2. An Executive Committee consisting of one representative from each town/club shall administer the league. The Executive Committee will elect a chairman, vice-chairman secretary and treasurer, who will hold office for a period of one year (Jan. 1-Dec. 31.)
3. Each town/club will have (1) one vote,-In the case of tie votes; the chairperson will have a casting vote. A quorum of 51% of regular voting members is necessary to hold an Executive Committee meeting/vote
4. R.V.S.L monthly meeting shall be held once a month at location TBD. The Executive Committee shall allow for Public participation time during each of the regularly held monthly meetings.. This portion of the regularly monthly meeting shall be no longer than thirty (30) minutes in total to allow for the regular business portion of the monthly meeting to be completed. Persons desiring to speak during the Public portion shall request so in writing through their appointed Town/Club Representative. If appropriate, the Town/Club Representative shall present the request to the Executive Committee for scheduling at the next monthly meeting.
5. Any town/club changing their representative or alternate may do so at any time throughout the year. New members must be presented to the league (1) one month prior to the next regularly scheduled monthly meeting. Any town missing 2 consecutive meetings in a season will receive a \$50 fine. The League can waive the fine for legitimate reasons and advanced notification.
6. Any town/club presenting a by-law change may do so at any time. "All by-law changes" will be discussed for (2) two months and will be voted on in the (3rd) third month. All within (3) three consecutive readings. Certain exceptions can be voted on by board members

7. The league is established to provide a soccer program each year for children between the ages of 6 and 18 years inclusive. See age chart.
8. The league is a member of New Jersey Youth Soccer (NJYS).
9. RVSL keeps no standings or protests
10. All regulations will be according to FIFA rules except as noted in these by-laws.
11. The league will be divided into nine (9) Divisions.

Division	Grade*	Gender	# Players on Field at Start of Game	Roster Max
E	1st Grade	Boys & Girls	7 maximum, 5 minimum	12 players
D	2nd Grade	Boys & Girls	7 maximum, 5 minimum	12 players
C	3rd & 4th Grade	Boys & Girls	7 maximum, 5 minimum	12 players
B	5th & 6th Grade	Boys	11 maximum, 7 minimum	20 players
B	5th & 6th Grade	Girls	11 maximum, 7 minimum	20 players
A	7th & 8th Grade	Boys	11 maximum, 7 minimum	20 players
A	7th & 8th Grade	Girls	11 maximum, 7 minimum	20 players
AA	9th thru 12th	Boys	11 maximum, 7 minimum	22 players
AA	9th thru 12th	Girls	11 maximum, 7 minimum	22 players
<i>* Players may "age up" to a higher division, but "aging down" is prohibited</i>				

12. Maximum player advantage at game start:
 For all divisions the maximum player advantage shall be 2 players.
 Maximum player advantage may be increased following ejection of a player.
 - (a) Maximum 7 Goal differential for final score. If a team is up by three (3) goals, that team must remove one (1) player. If that team is up by four (4) goals, they must remove a second player. If the score returns to a 3 goal differential, the team may return one (1) player to the field. If the goal differential goes below three (3), the second player may return to the field. Coaches should restructure their field positions to decrease such advantages.
 - (b) Sharing of players between opposing teams will be prohibited in divisions AA,A,B
13. The league may divide any division into subgroups depending on the number of teams entered.
14. Any member town/club may enter any number of teams in any division.



15. Each member town/club must supply details of teams it will enter by March 15th for the Spring season and August 15th for the Fall season

(a) Any changes to team rosters, including the additional teams, must be approved by the Board.

16. Schedules will be posted no later than two (2) weeks prior to the season start date.

(a) The scheduled release date will not be impacted by team changes per

(b) The Board will not delay the schedule release to accommodate last-minute team changes

17. The spring season will start early April and run for eight (8) weeks. The fall season will start early September, and will run for eight (8) weeks with league approval.

18. Team Colors

Teams shall be given identifying names or numbers.

Colors for teams must be registered with the League. The Executive Board must approve colors.

DOVER: ORANGE & BLACK

JEFFERSON: GOLD & BLUE

MINE HILL: BLUE & WHITE

MOUNT ARLINGTON: COLUMBIA BLUE & WHITE

PARSIPPANY: BLUE & WHITE

ROCKAWAY BORO: RED & WHITE

ROCKAWAY TWP: WHITE & BLACK

ROXBURY: BLUE & GOLD

WHARTON: DARK GREEN

DENVILLE

19. Equipment:

(a) Teams should wear the same color numbered shirts, shorts and socks signifying their affiliation.

(b) Only approved soccer cleats or turf shoes will be permitted.

(c) Goalkeepers must wear a distinguishing shirt color, not solid black. They may wear long pants, knee pads, gloves and a soft goalie cap.

(d) Shin guards are required for all players and must cover 75% of the shins.

(e) No other equipment that may endanger other players may be worn.

(f) Eyeglasses, if worn, should be secured by a band.

(g) Similar colored sweatshirts or light colors may be worn under a team shirt no hooded shirts or jackets may be worn.

(h) Long pants may also be worn under shorts. Pants must be light color or color similar to team uniforms and must be worn under team's shorts.

(I) ANY PLAYER WEARING A HARD CAST WILL BE PROHIBITED FROM PLAYING.

20. The playing field will be as follows:

(a) Divisions C – D - & E. No larger than 75 yards by 50 yards. No smaller than 60 yards by 40 yards. (b) Small Sided Goals will be no larger than 21 ft by 7 ft and no smaller than 18 ft by 6ft

(c) Goal area: 4 yards by 12 yards.

(d) Penalty area: 30 yards by 12 yards.

(e) Center circle: 6 yards radius.

(f) Divisions AA, A, B: FIFA regulation size field.

(g) All fields must be lined. Goals, nets and corner markers must be used.

21. Game lengths shall be as follows:

(a) Division D & E: 25 minute halves, with maximum 10 minute halftime

(b) Division C: 30 minute halves, with maximum- 10 minute halftime.

(c) Division B: 35 minute halves, with maximum 10- minute halftime.

(d) Division A: 35 minute halves, with maximum 10- minute halftime.

(e) Division AA: 40 minute halves, with maximum 10- minute halftime.

22. The home team will be responsible for:

(a) Correct preparation of the field including but not limited to lining of the field and properly securing of the goals.

(b) Obtaining a Linesman for each team if needed by the referee

(d) Game ball.

(e) First Aid Kit including ice packs.

23. The Referee's authority is as in FIFA Rules and is especially final on Timekeeping Play, Ground conditions, Coach and Parental interference & Scoring. The Referee will refer all disciplinary infringements to the referee assignor.

24. Both teams from all divisions must submit a Referee Game Report of all games within (24) Hours of completion of the game.

25. A game may be abandoned if:

- (a). A game may be abandoned if: Home team: not ready to start within 15 minutes of scheduled starting time.
- (b). Away team: not ready to start within 30 minutes of scheduled starting time. Have less than 5 players in Divisions C, D, E, have less than 7 players in Divisions AA, A, B

26. Hometown representatives can call off a game up to two (2) hours before scheduled time due to GROUND CONDITIONS or circumstances outside their control. The visiting coach must be contacted to call off a game. Any Saturday game canceled after Wednesday 12.00 PM midnight will be subject to a full referee game fee. These fees will be charged to your town/club. "All" divisions any scheduled game canceled after the (2) hour time frame will be subject to pay full referee fees either home or away teams whomever had canceled.

- a. Teams will rearrange canceled games for a mutually agreeable date/time through the town representative & referee assignor.
- b. If a home team's field is unplayable due to weather or any other reason, the away team should offer a field in their town if one is available.
- c. There will be no changes to weekend schedules after midnight on Wednesday.
- d. Gap fee. Any game canceled that creates a gap within the towns/clubs schedule must be filled to avoid a referee waiting. If the gap cannot be filled with another game, the club that canceled will be responsible to pay the referee the full game fee. This will not pertain to gaps created by poor field conditions. or circumstances that cannot be controlled.
- e. All games should be played; towns/clubs will need league approval if canceling games outside poor field conditions.

27. All children must play a minimum of one-fourth (1/4) of each game.

28. A number 3-size ball will be used for Division D and E; a number 4-sized ball will be used for Divisions B and C. Number 5-size ball will be used for Division A & AA.

29. Each team must be accompanied by a coach or assistant coach along with a (NJYS) NJ Youth Soccer roster with coaches and player names and player numbers. If a coach challenges a player's age/eligibility, it will be brought to the board and the township of the player contested must provide proper documentation to the board. Players will be permitted to play up to the next Division.

30. Eligibility:



A child may not play for more than one team during the course of the season.

- a. A player will be permitted to play (2) games in a single day. The (2nd) game must be a makeup and not a regularly scheduled game. A (30) minute rest period must be granted between back to back games.
- b. No players carded in another league will be permitted to play for any team within the Rockaway Valley Soccer League./ See 31. Travel players

31. Travel Players

AA- A –B divisions will be permitted to add up to (2) travel players with league approval based on league requirements.

32. Throw In:

- a. Divisions AA, A and B: Throw in rule applies in full.
- b. Divisions C – on first incorrect throw-in, the Referee will show the player the mistake made and the throw-in will be taken again. On a second incorrect throw-in, the throw-in will be given to the other team. Divisions D & E there will be no limit for throw ins but upon the referees discretion.

33. Slide tackles

- a. For Divisions AA-C: Slide Tackling is deemed as a dangerous play and will be prohibited; a mandatory caution card will be given and restart with an indirect free kick.
- b. For Divisions D-E: Slide Tackling will be prohibited and issued as a warning and the Referee will offer instructions regarding this rule. No caution card will be given on the first offense. Secondary offense will result in a caution card.

34. Offside:

- a. Divisions AA, A, B, C: The FIFA Offside rule applies.
- b. C/D/E divisions will comply with build - out line rules

35. Build out line (7V7)

Divisions C-D-E shall use a Build - out Line. A Build-Out Line is a line across the width of the field of play mid-way between the top of the penalty area and the center line in each half. They should be equidistant between the penalty area line and the centerline.

36. Offside: (Build-out line)

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- a. The build-out line will be used to denote where offside offenses will be penalized (instead of the halfway line).
 - b. Players cannot be penalized for an offside offense between the halfway line and the build-out line.
 - c. Players can be penalized for an offside offense between the build-out line and the goal line
 - d. When the goalkeeper has possession of the ball in his or her hands during live play, for goal kicks or for free kicks taken by the defending team within their own penalty area, opponents must retreat and remain behind the build-out line until the ball has been put into play before they can pressure the ball.

37. Goal Kicks or Free Kicks taken within the Penalty Area.

1. On a goal kick or when the goalkeeper has possession of the ball with their hands, the opposing team must move behind the build-out line until the ball is put back into play.
2. The goalkeeper can pass, throw, or roll the ball back into play (punts & drop kicks are not allowed).
3. On a goal kick or when the goalkeeper has possession of the ball with their hands, the opposing team may cross the build-out line when:

38. The goalkeeper changes possession from their hand to play the ball with their feet, or

1. A second touch is made by another player on the goalkeepers team, or
2. The ball comes to a complete stop, or
3. The ball crosses the build - out line.
 - a. After a goal kick or free kick within the penalty area, the ball will not be considered "in play" until the ball has been touched by a teammate (regardless of whether that teammate is inside or outside the penalty area) OR until the ball goes directly past the build-out line.
 - b. The goalkeeper or player taking the restart may wait until all opponents have retreated behind the build-out line before putting the ball into play. However, if a team chooses to take a goal kick or a free kick quickly before their opponents retreat behind the build-out line, they accept the position of the opponents and the consequences once the ball has been put into play. Once all opponents



have retreated behind the build out line, the keeper has 6 seconds to release the ball.

39. Goalkeeper Possession during Live Play:

1. When the ball is in the goalkeeper's hands after 'save' or during standard run of play. Goalkeepers cannot punt or drop-kick the ball. If the goalkeeper does punt/drop-kick the ball. The restart for this infraction will be an indirect free kick awarded to the opposing team at the penalty area line parallel with the goal line at the nearest point to where the infringement occurred.
2. Goalkeepers must throw or roll or put the ball on the ground and play it with their feet to put the ball in play.
3. There is no halfway line restriction for goal kick distribution. The goal kick is permitted to play the ball directly into the opponent's half of the field.

40. Encroachment:

1. All opponents must retreat and remain behind the build-out line until the ball is in play before they can pressure the ball, whether it is during live play or a restart (i.e., goal kick / free kick).
2. If an opponent pressures the ball before the ball is "in play" (encroachment), the restart will be an indirect free kick for the team taking the goal kick or free kick at the place where the infringement occurred.
3. The 7v7 game is geared for player development. Referee decisions may invoke the "spirit of the game" when the development of the players supersedes trifling infractions.

41. Goalkeeper: Divisions AA-A-B

Once the goalkeeper has his/her hands on the ball opposing players must back off until the goalkeeper has cleared the ball. When there is any doubt, the referee will call in favor of the goalkeeper.

a. The ball is in play after a goalie releases the ball by either hand or foot, the ball is considered a live ball once it moves.

b. From the moment the ball comes under the goalkeeper's control by his/her hands or arms while playing in his/her own penalty area, the goalkeeper must release the ball into play without taking more than eight (8) seconds. Actions normally used by a goalkeeper, namely holding the ball, bouncing the ball, throwing the ball into the air and catching it are allowed, provided that the goalkeeper takes no more than eight (8)



seconds while doing so. If the goalkeeper exceeds eight (8) seconds prior to releasing the ball or if he/she touches the ball after his/her release and prior to the ball being played or touched by another player, the opposing team shall be awarded an indirect free kick.

42. Heading:

Divisions B,C,D,E will "NOT" be permitted to head the ball, restart will be an indirect free kick from the spot of infraction. A defending player who intentionally uses their head and scores a goal will not be penalized, but a goal will be awarded to the opposing team.

43. Handball:

(a) Hand Ball rule applies to all divisions but remember the rule. "A player who intentionally handles the ball, i.e., strikes, propels or carries the ball with his/her hands or arm will be penalized."

(b) Girls may use folded arms to protect their chest.

44. Penalty Kicks

Divisions D & E any foul that may constitute a penalty kick within the 12 yard box will be restarted with a direct free kick on the 12 yard line. Fouls that may constitute a card within the penalty area will still be shown. All other divisions will comply with FIFA laws.

45. Suspension of Play

1. A game abandoned by a referee, due to weather, will be considered official with the score standing at the time of abandonment, if the second half of play has started.
2. If play is abandoned in the first half, or during the half-time break, the game must be replayed, unless the coach of the losing team decides that there would be no point in rescheduling the game. c. If the game needs to be replayed, the referee(s) will be paid full fee for the game.
3. If a game has been abandoned for a reason other than weather, the league will decide if the game shall be replayed and at what point, either from where it was abandoned or replayed in its entirety.
4. If the coach chooses to make the concession, the coach should note this to the referee and notify the town representative. (This also applies to games called for darkness)



46. Technical area

(a) Only three (3) coaches will be permitted in the technical area. Coaches must remain on one side of the field designated by the home team. Coaches must be (3) three feet back from the touch line and no more than (10) yards from the center line.

47. Cleats:

Referees will inspect all cleats before the game. "Only Approved Soccer" Cleats or turf shoes will be permitted.

48. Substitutions:

May be unlimited with the consent of the referee, at the following times:
The team with possession will be permitted to sub as long as they are ready at midfield
The opposing team may sub at the same time as long as they are ready at mid-field

- (a) Prior to a throw-in for either team.
- (b) Prior to a goal kick by either team.
- (c) After a goal by either team.
- (d) After a drop ball
- (e) After a free kick
- (f) After an injury, by either team, when the referee stops play.
- (g) At the conclusion of a period of play halves.

49. All Divisions: New players may be added to the town/clubs roster at any time with league approval. All new players must sit (1) week for processing.

50. Coaches must maintain discipline of their team's parents and spectators. It is the coaches' responsibility to set an example to players, parents, and spectators

51. Referee Abuse:

- a. There is absolutely no tolerance towards referee abuse. This policy is being implemented to eliminate referee abuse, both physical and verbal, and to discourage public dissent of a referee.



b. Public dissent is not in keeping with the RVSL principles of positive coaching and good sportsmanship and therefore will not be tolerated. It is expected that coaches and spectators will have a sporting attitude toward the game and will show respect for the referee. No matter how great the supposed inaccuracy of a referee's decision, there is no reason to berate the efforts of that referee. There are appropriate avenues for coaches or spectators to share concerns about the quality of officiating. The Referee Coordinator welcomes constructive comments on referees for improvement.

51.1. Dissent is defined as any outward or public disagreement with a referee's decisions, either verbal or through physical actions, which reflects negatively on the official's fairness or competency. Coaches must not show dissent by word or action. The coach may ask for clarification on a call at a dead ball only. The coach should maintain a neutral, courteous, polite, and non-threatening demeanor. Halftime is an appropriate time to approach the referee with concerns. The coach should ask permission to enter the field and talk privately. Often it is good to include the other coach in the meeting. These measures should help preserve a positive coach-referee relationship. After the game, if the coach believes the referee was biased, not correct on rules, or in over their head, the coach should address those concerns with the town coordinator.

51.2. Referee abuse is defined as a verbal statement or physical act not resulting in bodily contact, which may imply or threaten physical harm to a referee or the referee's property or equipment.

1. Examples of abuse include but are not limited to:
 - a. Offensive or insulting language or gestures
 - b. Personal, public, persistent, or provocative comments
 - c. Profane comments
 - d. Negative demonstrative actions or gestures
 - e. Spewing any beverage or spitting at (but not on)
 - f. Verbal threats which may imply or threaten physical harm

2. Referee assault is an intentional act of physical violence at or upon a referee. Intentional act is defined as an act intended to bring about a result which will invade the interest of another in a way that is socially unacceptable. Unintended consequences of the act are irrelevant. Examples may include but are not limited to:

- a. Striking, kicking, choking, head butting, grabbing, or bodily running into a referee
- b. Spitting on a referee with ostensible intent to do so
- c. Kicking or throwing an object at an official that could inflict injury



d. Damaging the referee's uniform or personal property (e.g., car, uniform, or equipment)

3. In accordance with Law 12 of the Laws of the Game, a coach or player may be issued a yellow card or red card for referee abuse. However, the referee may report an Instance of referee abuse even if no yellow or red card was issued, especially if the referee is a minor.

51.3. Any reported claims of referee abuse (yelling/continued arguing/aggressive behavior) by a coach or spectator will be reviewed by the League and can result in suspension of any and all parties involved. Any reports of referee abuse will be reviewed by the League Disciplinary

Committee. The following penalties shall apply when the Disciplinary Committee finds that referee abuse occurred:

a. Public dissent may result in a written warning from the League and/or a one game suspension if deemed appropriate by the Disciplinary Committee.

b. A red card or verbal abuse will result in an automatic one game suspension and a \$100 fine paid to the League. The League Disciplinary Committee may impose additional disciplinary action where deemed appropriate. .c. Assault in any manner towards a referee shall result in an automatic minimum three game suspension and a \$200 fine paid to the League. The League Disciplinary Committee may impose additional disciplinary action where deemed appropriate.

d. Penalties shall be doubled if the referee is under the age of 18.

e. The above fees must be paid to the League before being allowed to participate in any League events. Failure to pay the fine will result in a one-year suspension from League events.

52. Coach Red Cards

a. A coach that has been red carded will be subjected to a One Hundred Dollar (\$100.00) fine and will not coach until this fine is paid by either the coach, club, or town. Any fine and suspension is doubled for infractions involving a Youth Referee.

b. Any coach suspended due to a red card is suspended from all teams that coach oversees.

c. Any unpaid fine will accrue an additional fee of \$50 after two weeks of non-payment.

d. If the coach is caught coaching during that time, the suspension fee is doubled to \$200 and the Coach is suspended an additional 2 games.



53. The Executive Committee (President, Vice President, Secretary, and Treasurer) shall adopt a Points System to administer disciplinary action i.e., fines, suspensions, expulsion, etc. to Coaches and Players resulting from game conduct. The purpose of the Disciplinary Action Committee (DAC) is to review and act upon those issues and grievances against any person(s) attending a RVSL match. The DAC shall consist of all Town/Club Representatives. Each Town/Club Representative shall have one vote on any issue brought before the DAC. All complaints must be made within a 48 hour period and complaints made after that time frame will be void.

54. Referees:

- a. Certified referees shall be used for all games played. Referees must have a minimum of a grassroots certification. Accordingly, the Executive Committee shall appoint a licensed Referee Assignor to prepare and adopt a Referee Code.
- b. All Referee assignments for games played shall be made by the license Referee Assignor.
- c. Referee fees will be paid by home teams, paid on the field same day.
- d. No games will be played without having a league assigned referee.
- e. No game will be played without the consent of RVSL.
- f. RVSL waives all rights to games not assigned through the referee assignor.
- g. Division AA will have three (3) paid referees on the field of play. A (3) Referee system will consist of a Center Referee and (2) AR's (1) on each side of the field. A (2) Referee system will consist of a Center Referee and (2) AR's
- h. A referee will be permitted to officiate as solo provided a (2or 3) Referee system could not be assigned by the referee assignor.

55. Assignor fees for all games will be billed per game agreed by the league. Spring fees and fines must be paid and received by August 15th for participation in the subsequent Fall season, and March 15th for the subsequent Spring Season.

56. Referee Fees: Adjusted (1/2026)

Assigner fee: \$6 per game

AA - \$200.00 (Center Referee \$100.00 / AR1 & AR2 \$50.00) (Solo Referee - \$100)

A - \$90.00

B - \$80.00

C - \$60.00

D-E - \$50.00



57. Member assessment fees, donations, fund raising, etc shall provide for funding for the League's operations and activities. All income shall be received into and expenses disbursed from the Leagues' Treasury. All Treasury disbursements from an established bank checking account shall be co-signed by the Treasurer and the Chairman, or in his absence, the Vice- Chairman. Two person signatures are required for a check.

~END OF BYLAWS~