

**RICHMOND AREA
CROSS ASSOCIATION
(RACA)**

**RECREATIONAL
COACHES
AND
REFEREE
GUIDE**

FALL 2019 SEASON

Code of Conduct for Coaches

1. An adult serving as a Coach must be on the player side of the field throughout the entire game for all games. Coaches should remain in their own technical area. Do not coach from the endline or behind the goal.
2. All coaches should carry with them an up to date roster to confirm eligible players (this is especially important at the older age levels- U14 - U19).
3. Coaches must set an example of good sportsmanship, fair play and ethical behavior at **ALL TIMES**. Offensive or inappropriate language or behavior will not be tolerated during practices or games. Coaches must show courtesy and respect to their players, opponents, parents, spectators, referees and each other. **Coaches must treat all of their players fairly and favoritism toward any player must be avoided.**
4. Coaches shall not threaten or attempt to intimidate any player, spectator or referee and shall not permit their players to threaten or attempt to intimidate another player, spectator or referee. Coaches shall not make derogatory or critical comments about opposing players, coaches, spectators and shall discourage their players and parents from making such remarks.
5. **Coaches are directly responsible for the behavior of the parents and spectators of their team on and off the field at ALL locations.** Additional responsibilities include:
 - a. Parents and players are familiar with the rules of the game and that all matches are played within the limits of those rules
 - b. Parents and spectators do not enter the field of play during games without authorization from the referee or coach. Entering the field of play without authorization may result in the person being removed from the field and quarantined to the parking lot.

- c. Parents and players do not use unsporting, offensive or inappropriate language or behavior during practices or games.
6. Coaches must look out for the safety of their players at all times and bring to the attention of the referee any situations that could jeopardize the safety of their players. They also must be alert to potentially dangerous situations arising because of actions by their own players. Coaches should not hesitate to substitute a player whose actions could lead to injuries or altercations among players.
7. The use of alcohol is strictly prohibited at all practices and games at all locations. This includes county facilities as well as privately owned fields.
8. The use of tobacco and tobacco products (including "E" vapor products is prohibited during practices and games. Parents should be reminded to refrain from smoking.

Violations shall be reported to the Cross Association Commissioner in writing within 72 hours of any incident for investigation and recommendation of appropriate action.

Additional Notes:

1. No more than one Head Coach and two Assistant Coaches from each team will be allowed on the same side as the players. All other coaches/spectators should be on the opposite side of the playing field. NO EXCEPTIONS.

Head Coaches: please do not allow additional Assistant Coaches to coach from the parent sideline or from behind the goal area. The other parents don't appreciate it, it is very distracting for the players and other teams and doesn't help the children with everyone yelling coaching directions at them. No one should be standing behind the goal or taking photographs or coaching from behind the goal.

2. If on any given game day, either or both teams are short of players, both teams should share players so that those players

that are present are able to play the game as scheduled. No players from any other team should be used as a guest player.

3. Abuse of referees WILL NOT be tolerated.
4. No player is allowed to be rostered to more than 1 club roster during any given season. The only exception is playing for your school league. Current rostered travel players cannot play for a recreational team under any circumstances and cannot play as guest players in any game.

GENERAL NOTE:

All recreational teams are required to wear their league issued uniforms at ALL games. No alternate socks or jerseys are permitted, even when playing at alternate locations. All uniforms must have numbers on the backs of the jerseys. If duplicate numbers on any given team on game day are present, please use duct tape to alter the number so that referees can determine the identity of each player.

US Soccer Recreational Rules Summary of the Laws of the Game as modified for Richmond Cross Association and In House Recreational

****Please note that the following guidelines
follow US Youth Soccer Recommendations****

LAW I THE FIELD

U10	35x55 (min) 45x65(max) yards (6x18 goals)
U12	45x70 (min) 55x80(max) yards (7x21 goals)
U14-U19 Coed/Girls	50x100(min) 70X110 yards (8x24 goals)

These follow US Youth Soccer recommended guidelines.

The team/coach area for each team will run from the halfway line toward the penalty area line (18 yard line) perpendicular.

Referee must be notified specifically if the substitution involves the goalkeeper.

LAW IV EQUIPMENT

- **League issued jerseys, shorts & socks issued by each league must be worn at all games. League issued uniforms should be worn at any tournaments that the team also attends whether they are hosted by the home league or not and when using the league name and when cards and a tournament roster have to be requested from the home League. Indoor leagues are the exception. However, if the home league name is used in your team name, league uniforms should be worn.**
- Goalkeeper must wear different color from all other players and referees.
- Shin guards must be worn under socks at all games and practices. They must be completely covered by socks.
- Shoes must be sneaker or soccer cleats; no football, baseball, softball or metal cleats.
- Pierced earrings must be removed; **taping over earrings is NOT permitted, earrings must be removed.**
- Any jewelry of any kind is not allowed. Medical alert jewelry is to be allowed so long as it is taped securely to the player. Any religious jewelry is allowed so long as noted to the referee and secured in a safe manner to the referee's satisfaction.
- **No wire-rimmed glasses are allowed;** plastic frames are acceptable even if they have a wire "within" the plastic - a strap should be worn to secure glasses.
- Anything judged not dangerous by the referee will be allowed.
- Hard casts are allowed as long as they are covered sufficiently to prevent damage to the player or other players. Covering casts with foam or other substances is allowed (such as bubble wrap). The referee will determine the safety of the cast and at any time during the match can send off a player deemed unsafe or playing in an unsafe manner. If a player is wearing a hard or soft cast, a Dr's note must be available for review stating the player is allowed to play with the cast.
- **Blood** - Players that are bleeding/injured should leave the field immediately and not be allowed to return until the flow of blood has ceased and any potential contamination by others is cleaned up. The wound must be sufficiently covered to prevent contamination before the player is allowed to return to the field of play.

*See separate handout on specific policies concerning player equipment, jewelry etc. for the Central Virginia area. Each league should have available to all coaches a complete listing of items **NOT** acceptable on the pitch.

LAW V THE REFEREE

- All decisions are final.
- Keeps official time and score.
- Controls all aspects of game.
- Protects players from natural hazards and violations of the Laws of the Game.
- Ensures that no team or player takes advantage of another.
- U10 – (1) referee; U12-U19-3 referees.

LAW VI THE ASSISTANT REFEREE

- U10; no assistant referee
- U12-U19; two assistant referees

LAW VII DURATION OF THE GAME

(Cancellation, breaks)

U10	2 twenty-five (25) minute halves
U12	2 thirty (30) minute halves
U14	2 thirty-five (35) minute halves
U16	2 forty (40) minute halves
U19	2 forty (40) minute halves

1. Cancellation of game due to weather or other natural disasters would be up to each individual league to decide if any makeup attempts will be made within their league.
2. Breaks:
 - U10-U19 five minute half-time; change ends at half-time

*discretionary water breaks must occur when temperature exceeds 95 degrees

LAW VIII STARTING PLAY

- Kickoff
- Beginning each quarter (half)
- After a goal is scored
- Drop ball after foul

LAW IX BALL OUT OF PLAY

- When ball has wholly crossed touch (side) line
- When ball has wholly crossed goal line
- When play has been stopped by the referee

LAW X METHOD OF SCORING

- A goal is scored when the whole of the ball passes over the goal line between the goal posts and under the crossbar provided no infringement of the laws of the game has occurred.
- The team with the greatest number of goals at the end of the match is declared the winner.
- Matches ending in a tie will be complete and end tied.

LAW XI OFFSIDE

- A player is in an offside position if he is:
 - o nearer to his opponent's goal-line than the ball and
 - o in his opponent's half of the field, and nearer to the goal line than at least two of his opponents
- It is not an offense merely to be in an offside position.
- A player shall be penalized for being offside if, at the moment the ball is touched or is played by one of his teammates he is in an offside position and, in the opinion of the referee, involved in active play by:
 - o interfering with play, or
 - o interfering with an opponent, or
 - o gaining an advantage by being in that position

NOTE: Where it is indicated, he refers to both genders on the field.

LAW XII FOULS AND MISCONDUCT

At age group divisions U11/12 and younger-
Whenever the ball strikes a player in the head, play is stopped.
The proper restart will be a dropped ball. If this occurs within the
goal area, the dropped ball should be taken
on the goal area line parallel to the goal line at the point nearest
to where the infringement occurred.

A direct free kick shall be awarded to the team opposing a player
who intentionally:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Spits at an opponent
- Holds an opponent
- Pushes an opponent
- Handles the ball deliberately with hand or arm except for a
goalkeeper in his own penalty area.

When tackling, an opponent makes contact with the opponent
before contact is made with the ball.

A penalty kick shall be awarded for any of the above fouls
committed by the defending team in its own penalty area.

An indirect free kick shall be awarded to the team opposing a
player who:

- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his
hands

If the goalkeeper in his own penalty area:

- Takes more than 6 seconds, while controlling the ball with his
hands, before releasing it from his possession
- Touches the ball again with his hands after it has been
released from his possession and has not touched another
player

- Touches the ball with his hands after it has been deliberately kicked to him by a teammate
- Touches the ball with his hands after he has received it directly from a throw-in taken by a teammate
- Wastes time

A player shall be cautioned (yellow card) if he:

- Is guilty of unsporting behavior
- Enters or reenters the field of play without the referee's permission
- Persistently infringes the Laws of the Game
- Shows dissent by word or action
- Delays the restart of play
- Fails to respect the required distance when play is restarted with a corner kick or free kick
- Deliberately leaves the field of play without the referee's permission

****a cautioned player must leave the field for a cooling down period. The player may reenter the match at the next stoppage****

A player shall be sent off (red card) if he:

- Is guilty of violent conduct
- Is guilty of serious foul play
- Uses offensive, insulting or abusive language
- Spits at an opponent or any other person
- Denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (with the exception of the goalkeeper in his own penalty area)
- Denies an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
- Receives a second caution (yellow card) in the same game

Players sent off WILL NOT be replaced. Players (or coaches) sent off WILL NOT attend the next game played AND WILL NOT be visible from the field of their team game. Any send offs should be reported in writing immediately to Cross Association Commissioner and/or the League by the Referee for that game and the Coach of the sent off player and may come under formal review by an appointed committee due to severity of infraction for any additional disciplinary action deemed appropriate.

LAW XIII FREE KICK

Direct

- All opponents must be ten yards away from the ball
- The ball must move to be in play
- A goal may be scored directly

Indirect

- All opponents must be ten yards away from the ball
- The ball must move to be in play
- A goal may be scored only if the ball has touched another player before it crosses the goal line

LAW XIV PENALTY KICK

From within the penalty area, two-thirds (2/3) of the distance from the goal line to penalty area line, centered; this is generally 12 yards from the goal line. (10 yards for U10 & U12)

Only the goalkeeper and kicker may be in the penalty area. Goalkeeper's heels must touch the goal line and he may move laterally but not forward.

Only the keeper can be less than 12 yards from the goal line.

***See note above as it applies to appropriate age groups in Law XIV.**

LAW XV THROW-INS

U10-U19 One (1) attempt – then possession change

At the moment of delivering the ball, the thrower:

- Must face playing field;
- Must have part of each foot either on the touch line or on the ground outside the touch line;
- Must Throw-from behind and over the head;
- Uses both hands;

LAW XVI GOAL KICK

- When offensive team propels ball over goal line outside the goal
- Ball is placed anywhere in the goal area and kicked into play

- Opposing team may not have a player in the penalty area at the time of the goal kick.
- A goal can be scored directly from a Goal Kick.

For a goal kick the ball is in play once it is kicked.

***U10 buildout line---The opposing team must also move behind the build out line during a goal kick until the ball is put into play**

LAW XVII U10 BUILD OUT LINE

The build out line promotes playing the ball out of the back in a less pressured setting

- When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed)
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal
- The opposing team must also move behind the build out line during a goal kick until the ball is put into play
- Players cannot be penalized for an offside offense between the halfway line and the build out line

LAW XVIII CORNER KICK

- When defensive team propels ball over goal line outside the goal
- Ball is placed in and kicked from the arc at the corner of the field on the same side as it was played out of bounds.
- All opponents must be ten (10) yards away from the ball
- A goal may be scored directly from a Corner Kick.

NOTE

In all cases where no specific reference is made concerning any aspect of the Laws of the Game herein; current FIFA laws and rulings will apply together with current modifications of those Laws as set out by the United States Youth Soccer Association.

Additional Notes:

Inclement Weather/Lightning Guidelines – 30/30 RULE

*****RISK is present WHENEVER lightning can be seen or thunder can be heard.*****

In the event of inclement weather during the course of a game day or practice, delay or cancellation of activities at locations may be altered by league officials and members notified. Each League will update their Adverse Weather hotline as soon as they are able to make a determination as to the safety of the players and the field conditions.

When lightning/thunderstorms have occurred, activity should be halted immediately and not restarted until at least 30 minutes has lapsed from the last lightning/thunder.

Any Subsequent thunder or lightning reset the clock and another 30 minute count should begin.

If league officials are present, members will be notified. If league officials are not present, it is the coach's responsibility to urge everyone to get safely off the Pitch and into safe shelter immediately. Play/activity can be cancelled entirely due to continuing weather conditions.

Coaches should terminate any practice at the time of flash of lightning, sound of thunder or unsafe weather conditions.

Coaches do NOT have the ability to cancel games in advance of game day – all games must be played as scheduled. **If games are cancelled without the approval of the league or the teams scheduled do not produce enough players by game time and the game is declared forfeited, the league team forfeiting the game will be responsible for the cost of the referee expense for that game.** Letting the league know that you do not want to play does **NOT** qualify as approval from the league. The league will take into consideration all concerns. Coaches are expected to hold practices as scheduled so that in the event of weather, teams are getting in their practice time. If emergencies happen and practices are cancelled because of weather or the coach's availability, the league will be glad to work with individual coaches in finding space to make up lost practice time. The coach has made a commitment to the entire team and is expected to hold weekly practices as scheduled.

It is each League's goal to hold practice/games whenever conditions are safe for everyone. Each League will make every attempt to keep the fields open and hold games as scheduled. The league will make decisions as to the safety of the fields and all games should be played as scheduled.

Please note that the information presented in this reference guide is meant to serve as guidelines as directed by US Youth Soccer. Each league may need to make necessary abbreviations as their needs dictate.

ADDENDUM #1 SPECIAL RULES FOR RICHMOND AREA CROSS ASSOCIATION LEAGUE

U12 AND BELOW – NO HEADING

The VYSA Board of Directors has approved and adopted the policy designed to eliminate heading in soccer competitions at the U11 level and below. In a combined age division, U11/12, the no-heading policy will be enforced.

U11 and Younger

US Soccer guidelines are players in U11 programs and younger shall not engage in heading, either in practice or in games.

U12 & U13 age groups

US Soccer guidelines are for players U12 and U13 programs, that heading in training be limited to a maximum of 30 minutes per week with no more than 15-20 headers per day, per week

All coaches should be instructed to teach and emphasize the importance of proper techniques for heading the ball.

At age group divisions U11 and younger-

Whenever the ball strikes a player in the head, play is stopped. The proper restart will be a dropped ball. If this occurs within the goal area by the attacking team, an indirect free kick should be taken on the goal area line parallel to the goal line at the point

nearest to where the infringement occurred. If this occurs in the goal area by the defending team, an indirect free kick will result at a point on the penalty box nearest where the infraction occurred.

SLIDE TACKLES

Slide tackles are not permitted by players at U12 and below. The resulting play will be determined by the referee.

SUBSTITUTIONS

1. All substitute players must enter from the player/coaches side and exit from the same at the midfield line.
2. A substitute must be standing at the midfield line prior to the stoppage to be eligible to enter the game.
3. Any substitute player waiting to enter the game must have a practice vest, pinnie or cone in hand which serves as a visual aid for the referee and assistant referee. The visual aid is handed off to the player exiting the field.

YELLOW CARD COOLING OFF PERIOD

Anytime a player is shown a yellow card, that player will exit the field until the next stoppage. The player exiting the fields may be replaced by a substitute player from the bench of the same team. The player receiving the caution may re-enter the field with the referee's permission during the next stoppage.

ADDENDUM #2 – FIFA LAW CHANGES JUN 2019

1. During a free-kick – direct or indirect – if the defending team has three or more players in a wall, the attacking team may *NOT* have a player within one yard of the wall. This means the attacking teams can no longer place players in the wall.
2. Quick free-kicks can now be taken before a referee shows a yellow card, and the referee is allowed to wait before showing his yellow card until the next stoppage in play. However, the rule still stands where a referee distracted by already beginning to display a caution may halt a quick free-kick until he finishes the action.
3. Goalkeepers are only required to have one foot on the goal line instead of required to stand completely on it. Most referees allow leniency on this rule anyways, but now there is a bit of written leniency to go along with the flexibility on the field.
4. A drop ball will now be awarded if a ball strikes a referee and falls in possession of the opposition side, or if the ball strikes the referee and ends up in the back of the net.
5. Drop balls can no longer be contested. However, along with that, drop balls can be taken by an attacking team wherever they possessed the ball when play was stopped, meaning an attacking team can continue from the point at which the attack was stopped. Any play stopped in the penalty area will be returned to the goalkeeper no matter who possessed the ball at the stoppage.
6. A goal-kick is no longer required to leave the penalty area before a teammate touches the ball, meaning once the goalkeeper touches the ball for the kick, it is immediately considered in play. Opponents must remain outside the penalty area when a goal-kick takes place.
7. Deliberate handball remains an offense. The following ‘handball’ situations, even if accidental, will be a free kick:
 - a) The ball goes into the goal after touching an attacking player’s hand/arm

- b) A player gains control/possession of the ball after it has touches their hand/arm and then scores, or creates a goal-scoring opportunity
- c) The ball touches a player's hand/arm which has made their body unnaturally bigger
- d) The ball touches a player's hand/arm when it is above their shoulder (unless the player has deliberately played the ball which then touches their hand/arm)

The following will not usually be a free kick, unless they are one of the above situations:

- a) The ball touches a player's hand/arm directly from their own head/body/foot or the head/body/foot of another player who is close/near.
- b) The ball touches a player's hand/arm which is close to their body and has not made their body unnaturally bigger
- c) If a player is falling and the ball touches their hand/arm when it is between their body and the ground to support the body (but not extended to make the body bigger)
- d) If the goalkeeper attempts to 'clear' (release into play) a throw-in or deliberate kick from a team-mate but the 'clearance' fails, the goalkeeper can then handle the ball

CONTACTS

Cross Association Schedule Link:
<http://www.rvacrossassociation.com>

Cross Association Scheduler - Tom Tuch
tomtuch1@yahoo.com

Allied Soccer- John Simpson 804-334-9450
johnsimpsoniii@gmail.com

Amelia FC- Cindy Barnes
fcameliasoccer@gmail.com

Central VA Soccer Referee Association - Beth Hatchel
Cvsra.assignor@gmail.com

Chesterfield Strikers – Patrick Hughes
Phughes@richmondstrikers.com

**Colonial Heights Soccer Association
– Brandon Smith** 804-292-2551
presidentchsa@gmail.com

Dynamo Soccer – Nikki Urie
Recreation@dynamosc.com

FC Richmond- Bill Phillips 823-9191 ext. 3
billphillips@fcrichmond.com

Goochland- Travis Parrish 804 651 2680
Travis.parrish@gmail.com

Richmond Kickers- Incy Teoh 804-644-5425
iteoh@richmondkickers.com

Rockville- Oz Osborne
fjioz@yahoo.com

Powhatan- Chris Perkins
Cperkins1630@gmail.com

Potomac Sports Officials Association
psimmons@gmail.com

Patrick Simmons

RVA Academy
carlosramos-69@hotmail.com

Carlos Ramos

Tri-City Yellow Jackets- Scott Eley
Uncram15@gmail.com

804 691 0056