

**RVA
CROSS ASSOCIATION
RECREATIONAL COACHES
AND
REFEREE
GUIDE**

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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.**

0. **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). This can be either a physical copy or on a Team App.**

0. 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. **Failure to do so may result in a red card and game suspension**

1. 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 discriminatory comments about opposing players, coaches, spectators and shall discourage their players and parents from making such remarks. **Failure to abide by this may result in a red card and immediate suspension**

Coaches MUST report ALL Red Cards immediately to League Director

0. **Coaches are ultimately responsible for the behavior of the parents and spectators of their team on and off the field at ALL locations.** Additional responsibilities include:

- a. Ensure parents and players are familiar with the rules of the game and that all matches are played within the limits of those rules
- a. Ensure 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.
- b. Ensure parents and players do not use unsporting, offensive or inappropriate language or behavior during practices or games.
- c. Any misconduct must be reported immediately to the club director. Club reserves the right to take disciplinary action as needed.

0. 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 because of actions by their own players.

1. Coaches should not hesitate to substitute a player whose actions could lead to injuries or altercations among players.
2. **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.**
3. **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.**

ADDITIONAL NOTES:

1. **No more than one Head Coach and 2 Assistant Coach 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.

0. **Forfeits should absolutely be avoided as they will NOT be rescheduled for the forfeiting team. 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. All guest players must be pre-approved by Club Director if teams are short players. NO TRAVEL PLAYERS ALLOWED**

0. **Abuse of referees WILL NOT be tolerated.**

0. **No player is allowed to be rostered to more than 1 league 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.**

Violations shall be reported to the Cross Association Commissioner in writing within 48 hours of any incident for investigation and recommendation of appropriate action.

GENERAL NOTE:

Current FIFA laws and rulings will apply together with the below modifications.

****The entire end line on both sides will be free of spectators, players, parents, coaches and assistant coaches.**

All Age Groups: Players, Coaches, and Assistant Coaches from both teams will occupy the same side of the playing field with parents and spectators occupying the opposite side of the playing field.

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.

U12 Goalies- Punting is allowed

U10 – NO SLIDE TACKLING

MATCH BALL

U10-U12	Size 4
U13-U19	Size 5

THE FIELD

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

NUMBER OF PLAYERS and SUBSTITUTIONS ON FIELD

Age Groups		# of players on field	Forfeiture of match if fewer than
U10	*	7	6 players (w/goalkeeper)
U12	*	9	7 players
U14-U19	*	11	7 players

*Unlimited substitutions – At the discretion of and with the permission of the referee, a coach may substitute for any player when: there is a throw in; there is goal-kick to be taken by either team; a goal has been scored by either team; for an injured player (opposing team may substitute the same number of players); for a cautioned player (yellow card) with the opposing team allowed to substitute the same number of players. Both teams can substitute if the team in possession is also substituting at all age groups.

Substitute players must leave the field from midline at coaches side.

ROSTER SIZE

Max 26 players on a roster for all age groups.

GUEST PLAYERS

1. Guest players must be currently registered rec players with VYSA. **All guest players must be pre-approved by Club Director. NO TRAVEL PLAYERS ALLOWED**

PLAYER EQUIPMENT

- **Club approved jerseys, shorts & socks must be worn at all games.**
- 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 **MUST** 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.

REFEREE

- U10; 1 referee
- U12-U19; 1 referee, two assistants

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

Heat: To encourage hydration and safety of player in warmer temperatures, water breaks are allowed throughout the game. The clock will continue to run during hydration breaks. Players must remain on the field.

U12 Goalies- Punting is allowed

FOULS AND MISCONDUCT

****a cautioned player must leave the field for a cooling down period (5 mins). The player may be substituted. The player may re-enter the match at the next stoppage****

Any player receiving a red card must sit out the remainder of that game. That player must also sit out the next RVA Cross game (1 game suspension), even if it is the following season.

Any coach receiving a red card must leave the premises for the rest of that game. The Coach will not be able to attend the next RVA Cross game as well, even if it is the following season.

Any send offs should be reported in writing immediately to Club Director by the Referee for that game and the Coach of the sent off player.

Red Card equates to 1 game suspension for player/parent/coach. Only the Club Director of the person in question can determine if they need to extend it beyond 1 game.

U10 BUILD OUT LINE

***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**

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

INCLEMENT WEATHER

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

The referee or club director will make the decision to either delay or cancel the game.

When there is lightning/thunder in the area, EVERYONE must leave the field immediately and take shelter in their vehicles.

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 both clubs and the game is declared forfeited, the club team forfeiting the game will be responsible for the cost of the referee expense for that game and their game will not be rescheduled.** **See Forfeits under additional notes**

Rostered players can play within these age groups ONLY:

2024-2025 RECREATIONAL AGE DIVISIONS

U4/U5 (2020/21)	01/01/2020 - 12/31/2021
U6 (2019)	01/01/2019-12/31/2019
U8 (2017/2018)	01/01/2017 - 12/31/2018
U10 (2015/2016)	01/01/2015 - 12/31/2016
U12 (2013/2014)	01/01/2013 - 12/31/2014
U14 (2011/2012)	01/01/2011 - 12/31/2012
U16 (2009/2010)	01/01/2009 - 12/31/2010
U19 (2006/2007/2008)	01/01/2006- 12/31/2008

