

Pulaski County Recreation Youth Soccer Rules

VHSL Rules apply unless otherwise stated in the league rules

Fees:

\$20.00 per player, paid before start of season.

Edibility:

7 & under, 10 & under and 13 & under. Age on November 1 2005 determines age grouping. Player may play in only one age group. Player may move up in age division if approval is given by league office.

All players must live in or attend a school in Pulaski County.

Coaches are responsible for double checking ages and eligibility of all their players.

Participation Rule:

7 & under and 10 & under leagues all players available at the game must play in each half and must start one of the game's four regulation quarters. Coaches are encouraged to play each player equal time. If player is on bench but cannot play for whatever reason this should be reported by coach to officials and opposing coach before the game begins. If player is not able to participate in first half but shows up or can play second half, that player must play in second half and start one quarter.

11-13 player must play half of the game. Eleven minutes each half.

Uniforms:

Team uniform provided by league should be worn to all games. However, player may wear backup shirt if it is the same color of uniform. Players should dress warmer when weather is cold/windy, but game shirt must be worn on the outside.

Rubber cleats are recommended. Tennis shoes are allowed as well. Metal cleats or hard plastic cleats are not allowed.

Shin guards are recommended. Goalie may wear soft bill baseball cap.

Substitutions:

VHSL rules apply. Exception: Goalie may only be changed at start of quarter. However, if goalie must leave game due to injury, then goalie may return at next substitution opportunity.

11-13 age group: VHSL on goalie substitution

Game Rules:

Length of game:

7 & under and 10 & under..... 10 minute quarters - size 4 ball
2 minutes between quarters, 4 minute half time

13 & under 22 minute quarters - size 5 ball
4 minute half time - 11 minute sub-whistle

Clock continues to run after goal is scored. Stops on injuries and penalty kicks.
Time may be added for stalling.

Age 5 -7 - one coach will be allowed on the field. Coach should help kids line up, tie shoes, etc... Coach must stay away from action near the ball.

Ages 7 & under and 10 & under - teams may play with as few as 7 players other team may play 11. 8 players for 13 & under. Show good sportsmanship.

Rained out games, power failure, darkness, etc... will be stopped and finished later to conclusion if 10 or more minutes have been played, or 12 or more in the 13 & under league.

**** no offsides rule in 7 & under ****
no won/loss recorded for 7 & under

Cancelled games:

When games are cancelled local radio stations WPSK and the Bear will be notified. There will be some days when games cannot be called off until near or at game time. League officials will attempt to contact head coach. Coach should contact players

Note:

Pulaski County Recreation Leagues were founded on the principles of involvement, learning skills and fun as the most important aspect of the program Not winning.