

VSA PLAYING GUIDELINES

VSA	# of Players	Match Duration	Keepers	Coaches on Field	Play Offsides	Ball Size	Direct/Penalty Kicks	Slide Tackling
U5	4 v 4	15 min halves	no	1 per team	no	3	no -indirect from point of infraction only	no
U6	4 v 4	18 min halves	no	1 per team*	no	3	no -indirect from point of infraction only	no
U8	5 v 5	20 min halves	no	no	no	3	no -indirect from point of infraction only	no
U10	7 v 7	24 min halves	yes	no	yes	4	yes	yes
U12B	8 v 8	25 min halves	yes	no	yes	4	yes	yes
U12G	8 v 8	35 min halves	yes	no	yes	5	yes	yes
U14, U16 & U19	11 v 11	40 min halves	yes	no	yes	5	yes	yes

Duration of the matches may be shortened at the discretion of the commissioner. Matches should be played with the SAME number of players from each team. Coaches from opposing teams may decide to play with uneven numbers of players, but this must be a firm agreement by both coaches. No coach should be intimidated into accepting this situation if it is not what they want.

VSA policy is that every child who shows up for a match will play at least ½ of the match. If you must alter this for disciplinary reasons, please use good judgment. If the problem persists beyond this, contact the commissioner to discuss further steps.

In U5 and U6, one coach from each team is allowed on the field to assist the players in positioning. In U6*, this should be eliminated as the season progresses. No coach should enter the penalty area in order to position players or get too close to the action when the ball is in play. While the ball is in play, no coach is allowed in the penalty area.

U5, U6 and U8 teams do not have goalkeepers. No players are allowed to enter the Arc surrounding the goal at any time. Should the ball come to rest inside the Arc, play will stop and a goal kick will restart the match. If an attacking player touches the ball in the Arc or gains any advantage by being in the Arc, a goal kick will be awarded. If a defending player touches the ball inside the Arc or gains an advantage by being in the Arc, a corner kick will be awarded.

All divisions, No one should stand on the goal line to watch or coach. Teams should take opposite sides of the field. The home team decides which side of the field they will stand on: players, coaches and spectators alike. The away team, along with its coaches and spectators will take the other side.

U5, U6 and U8 coaches may substitute during any stoppage in play. U10 and U12 coaches may substitute when the throwing in team subs, before a goal kick by either team, after a goal is scored, or at half time. Subs may not go onto the field until the referee has signaled them to do so. Yellow-carded players may be substituted for, at the coach's request. If a player must leave for injury, the referee should offer the opposing coach the chance for one substitution as well. Players who are red carded must leave the match and not return and cannot be substituted for, the team plays short one player for the duration of the match.