



NVSC Spring 2024 Recreational Coaches Meeting

March 21, 2024 @ 7:30pm

DATE: March 21, 2024

Objective



- To discuss NVSC Spring 2024 Recreational Season
- Address any questions prior to start of practices and match play

- Over 3000 players registered
- *Still looking for coaches, mostly in the younger age groups.*

Thank you for volunteering to coach.

Welcome/Reminders



- **Welcome to both new coaches and returning coaches**
- **NVSC hosts 4 districts**
 - **Hellwig Park– there is reference made to the front of Hellwig (fields 1,2,3) and the back of Hellwig (fields 6,7,8)**
 - **Valley View Park**
 - **Signal Hill Park**
 - **Ben Lomond Park**
- **NVSC Clubhouse is located in the back of Hellwig Park, at 14424 Bristow Road, Manassas VA 20112, next to Field 6.**
- **Office hours throughout the year are Tuesday, Wednesday, Thursday from 5 to 7 PM**
 - **Note that we do expand these days and hours for opening weekend and ending weekend.**
 - **Email to info@novasc.org if you have general questions we can address**

Spring 2024 Overview



- **The NVSC Fall Recreational program is shaping up to be an exciting season.**
 - The fundamental objectives of NVSC are to provide a fun and safe environment for our youth players.
 - U4 to U12 will play in the NVSC in-house program; U13 and older players will play in the NCSL Rec (formerly SFL)
 - NVSC will host our end-of-year tournament for our U10, U12 and U13+ age groups
 - NVSC will be implementing the use of the Demosphere App for communication within the Rec Program.
- **The NVSC office will be open for business via the concession window from 5PM to 7PM Tuesday – Thursday (1st match weekend, the clubhouse will be staffed on Friday evening (April 5th) 5PM to 7PM and Saturday (April 6th) 8AM to noon to handle last minute requirements)**
- **Fields are open as of April 1st (Turf fields are open year around).**
- **We always need more referees - if you were recently certified, or recertified, please contact the NVSC Referee Assignor at nvscrefassignor@novasc.org.**

Rec Club Contacts – Spring 2024



NVSC Board of Directors

Mark Ross– President
David Crisp – Vice President/SFL Coordinator
Dom Dinofrio – Treasurer
Brian Weaver – Secretary/Recreational Director
Kristen Neall – Travel Program Board Representative

NVSC Staff

Bill Gregory – Executive Director
Hans Etienne – Technical Director
Aaron Etienne – Future Stars Director
Corky Webster – Operations Manager
Susan Gregory – Administrator
Tracey Dinofrio – Administrator
Mari Zetino – Administrator

Who Do I Contact?

General/Not sure who to contact – info@novasc.org
Recreational Registration / Roster questions – Brian Weaver – registrar@novasc.org
SafeSport/KidSafe – Brian Weaver/Michelle Price – registrar@novasc.org
NCSL Rec questions – David Crisp – NCSLrec@novasc.org
Uniform questions – Mari Zetino – recuniforms@novasc.org
Picture Day questions – Mari Zetino – pictures@novasc.org
Schedules (practice and game) Corky Webster – zzlive4soccerzz@gmail.com
Referee Feedback, Comments, Want to be a referee – nvscrefassignor@novasc.org
Travel Program - Hans Etienne – hans.etienne@novasc.org;
Coach Training – Hans Etienne – hans.etienne@novasc.org
Future Stars - Aaron Etienne – Future Stars Director – Aaron Etienne - futurestars@novasc.org
Concerns/issues/questions – mark.ross@novasc.org; bill.gregory@novasc.org

Rec Age Group Commissioner (AGC) Contacts



Hellwig District		
U04 / U5	Brian Weaver	bhweaver@gmail.com
U06	Brian Weaver	bhweaver@gmail.com
U08G	Joseph Stephens	jstephen@mail.roanoke.edu
U08B	Scott Wall	spwall@gmail.com
U10G	Jamie Clinch	jlclinch0421@gmail.com
U10B	Scott Wall	spwall@gmail.com
U12G	Scott Ward	scward9532@gmail.com
U12B	Scott Wall	spwall@gmail.com
U13-U19	David Crisp	dwcpd@aol.com

NVSC Valley View District		
U04 / U5	Brian Weaver	bhweaver@gmail.com
U6	Brian Weaver	bhweaver@gmail.com
U08G	Brian Weaver	bhweaver@gmail.com
U08B	Sean Regan	skipregan@gmail.com
U10G	Brian Weaver	bhweaver@gmail.com
U10B	Micheal Labman	mlabman@gmail.com
U12G	Brian Weaver	bhweaver@gmail.com
U12B	Micheal Labman	mlabman@gmail.com
U13-U19	David Crisp	dwcpd@aol.com

NVSC Ben Lomond District		
U04 / U5	Brenda Morales	bcmerida1@yahoo.com
U06	Brenda Morales	bcmerida1@yahoo.com
U08G	Brenda Morales	bcmerida1@yahoo.com
U08B	Brenda Morales	bcmerida1@yahoo.com
U10G	Brenda Morales	bcmerida1@yahoo.com
U10B	Brenda Morales	bcmerida1@yahoo.com
U12G	Brenda Morales	bcmerida1@yahoo.com
U12B	Brenda Morales	bcmerida1@yahoo.com

NVSC Signal Hill District		
U04 / U5	Chris Shetter	cbshetter@gmail.com
U06	Chris Shetter	cbshetter@gmail.com
U08G	Chris Shetter	cbshetter@gmail.com
U08B	Chris Shetter	cbshetter@gmail.com
U10G	Karl Eberly	karleberly@verizon.net
U10B	Chris Shetter	cbshetter@gmail.com
U12G	Karl Eberly	karleberly@verizon.net
U12B	Jim Martin	james.martin0203@gmail.com
U13-U19	David Crisp	dwcpd@aol.com

Spring 2024 General Information Summary



Picture Dates



05/11: Valley View and Ben Lomond (near Field 1 at Valley View Park)

05/18: Hellwig and Signal Hill (near Field 3 at Hellwig Park)

Pictures are taken outside. If bad weather is projected, we have indoor facilities reserved as backup.

Picture distribution information will be provided once we receive the pictures.

Contact: Mari Zetino, NVSC; email pictures@novasc.org

Picture Day is an NVSC Club Fundraiser to help keep costs down and provide financial assistance.

- Registration continues into early April – as long as roster spots are open
- Background Checks (KidSafe) (all coaches and assistants must submit)
- Abuse Prevention Training (SafeSport) (online course will be distributed thru email)
- Medical Release Forms (all players must fill out, must be retained by the coach)
- Uniforms Distribution – prior slide and dependent on age group.
- Practice Assignments – coaches have been solicited for time/day/locations
- Practices start week of April 1st (fields officially available April 1st)
- 1st game Saturday, April 6th; Last game June 1 - no matches the weekend of Memorial Day Weekend
- Site Officials/Mentors at each District
- Field Conditions – Demosphere App will be used to communicate field closures as well as the field widget on the Youth Recreational Page of the NVSC website.
- Participation awards for U4-U12 provided by NVSC
- NVSC End of Season Tournament (U12) – Hellwig ; (U10) Valley View on June 1st
- NVSC End of Season Tournament for U13 – U19 – June 8th and 9th

Spring 2024 Logistics



- **Kid-Safe Background Checks and SafeSport Training must be completed prior to being an NVSC coach**
 - See separate slide
- **Rosters – Coaches, please call your players as soon as you can; AGCs, if you have additional players to place, please get them placed on a roster**
 - All players must be officially registered with NVSC by their respective parent or guardian. Players must be on the roster; periodic roster checks are conducted.
- **Practice times/locations – an email has been sent to the coaches for requesting times and locations for those that have been assigned teams. Get those in as soon as you can - links to the practice request document and practice assignments can be found on the Coaches page.**
- **Matches – first match weekend is April 6th, for all age groups**
- **Uniforms – see separate slide**
- **Equipment – We have game balls for coaches, along with training cones (for marking); as well as the U4 – U6 Pugg goals; these will be distributed from the clubhouse during office hours**
 - We are conducting a handout of coaching equipment on March 30th 10:00am to 1:00pm
- **Coaching Support – see separate slide**

NVSC website is key location of information for coaches and parents
NVSC club-wide emails are the primary communication
NEW – We are incorporating the Demosphere App for club and team communication



SafeSport/KidSafe

- In order to coach at NVSC, it is a requirement to fill-out the KidSafe form for conduct of a Background check.
- In addition, each coach must complete the VYSA SafeSport Training modules.
 - SafeSport has an initial module to complete if you are new, and requires a refresher course each year
 - You will receive confirmation of taking and passing the tests; please forward the confirmation to NVSC
 - SafeSport covers a number of sports – if you coach or work with youth in another sport, you may have completed this course – just provide NVSC with your documentation.

These are USYS and VYSA requirements to ensure the safety of the youth players.



Uniforms

- **U4/5/6 uniforms are being kitted by team for pickup by each team (either coach, manager, responsible parent) at the NVSC Clubhouse. Date TBD.**
- **U7/8/9/10/11/12 uniforms are separately purchased by the parents and are available for pickup at the clubhouse; parents have been picking them up already.**
 - **We have been handing out these uniforms since the start of February and will continue this distribution into the season**
 - **If a player has ordered, let them know to please come by the clubhouse at Hellwig to pickup; if they haven't ordered and need one, they can purchase/pickup at the clubhouse during business hours.**
- **U13 and older uniforms require numbers; we are holding those until the rosters settle (ie, no more changes) and will provide a date that they can be picked up at the clubhouse. A separate email will be sent to those that ordered uniforms detailing availability, and we will probably modify the office hours to help facilitate pickup.**

Uniform specific emails will be sent with pickup details, dates, etc..

NVSC Coaching Support



- NVSC provides support to our new and returning recreational coaches via our technical staff.
- We have staff that will be at sites during the season to help with and be available for questions. Details will be provided.
- Our Staff hosted sessions at Hellwig earlier this week, if you missed those sessions and want support, please contact our TDOC at hans.etienne@novasc.org.
- Coaches may request a NVSC staff coach participate in a training session for their team, please email our TDOC at hans.etienne@novasc.org.
- Interested in USSF Grassroots courses, let us know (info@novasc.org).

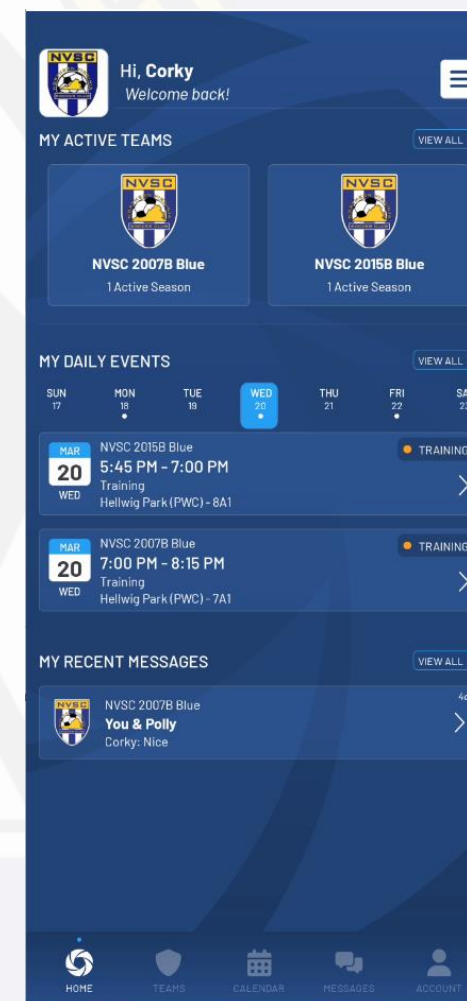


Our Goal is to develop our coaches, demonstrating our coaching techniques using our players. It will be an interactive session for the teams.



Demosphere App

- For our Recreational Program, NVSC is instituting the use of the Demosphere App for all teams.
- Information will continue to be posted on the website, with the day to day communications encouraged to be done via the App.
- App needs to be downloaded onto your mobile device
- Initial screen is shown to the right.
- NVSC held a quick clinic on its use last week; info is available if needed.
- We can provide Demosphere links for prior webinars as needed.
- Key items – your game and practice schedules will be loaded and maintained; tracking of players available for games via statusing; field updates are included in the app information.



Soccer Parent Resource Center



- NVSC has continued its partnership with the Soccer Parenting Association. All NVSC families receive free access to the educational content on the SoccerParentResourceCenter.com platform.
- To gain access to your NVSC membership and all the great content at SoccerParentResourceCenter.com simply follow the link below to register.



[Soccer Parent Registration NVSC](#)



The Soccer Parent Resource Center seeks to improve and enhance the experience for youth soccer players by engaging and supporting the players' parents on topics related to the Body, Mind, Coach, Parent, Next Level, and the Game as well as providing coach education related to establishing positive relationships with players and parents

Soccer Parent Resource Center



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DASHBOARDLIBRARYGAMEPLANSOURSESWEBINARSCOMMUNITYCOACHES

Get Started

Hello Bill!!

Our mission is to Inspire Players by Empowering Parents. We want you to have all the information and support you need to make sure your soccer player is inspired!

How to get the most out of the Soccer Parent Resource Center:

- 1. Our Content**

While most of the content is in the Library, don't miss the helpful Gameplans and Courses too. Our content has 6 primary categories: Body, Coach/Club, Game, Mind, Next Level, Parent and in the library you'll find it organized into Interviews, Breakaways (short videos), Soccer Talk, Ask the Expert, Articles and some Player Education too. The library is simple to search using the sidebar, and you can also search the content on the entire site by using the search icon on right side of the very top navigation menu.
- 2. The Community**

We've just recently launched our Community Forums and we want you to get involved! Introduce yourself in the Community, post comments and questions, start or join a Group, and welcome one another! Our greatest resource is each other - so let's be sure to connect with vigor!
- 3. Your Profile**

You can edit your profile two ways. First - in the My Account section of the top navigation menu, if you add your address, we will put a special gift in the mail for you! Second, in the My Account area you can also update your Community Forum Profile. Add a photo, change your cover image, add a bio and more!!!
- 4. Bookmarking and Favoriting Content**

There's so much content on the site that you'll want to keep track of your favorites, and the ones you want to come back to. It's simple. On every page of content you will see a light blue bookmark and save button. Click those buttons and they turn darker blue and will now show up in your My Content area on the top navigation menu.

Sponsors/Affiliations



- **Dicks Sporting Goods** – Club Sponsor for sporting goods, soccer cleats, balls, shin guards – NVSC Dicks Sporting Goods Days are **March 29th – April 1st**. DSG has provided sponsorship funding to purchase training equipment for our coaches – balls, Cones, and Ball Bags.
- **Olson Photography** – Picture Sponsor for NVSC.
- **SCORE** – NVSC recreational uniform vendor which offers discounts to the club with associated coaching gear.
- **Washington Spirit.**
- **DC United.**

**NORTHERN VIRGINIA
SOCCER CLUB**
GEAR UP FOR THE SEASON AT
DICK'S SPORTING GOODS



Take 20% off your Entire Purchase at the Manassas store March 29th - April 1st
NOTE: ALL STORES WILL BE CLOSED SUNDAY, MARCH 31st

([CLICK HERE FOR 20% OFF IN-STORE COUPON](#))

And if you need something before or after 3/29 - 4/1, [CLICK HERE](#) for other coupons good in-store throughout the year-- (20% off and season-long coupons cannot be combined*)

Resources



As found on novasc.org



NVSC Website

Go to www.novasc.org. Click on the **YOUTH RECREATIONAL SOCCER** blue box, or click on the **PROGRAMS** menu. Select **RECREATIONAL PROGRAMS** and then **YOUTH RECREATIONAL**.

Key items include: Field Closures, FAQs, AGC Contact Info, Calendar, Schedules, etc.

ABOUT NVSC PROGRAMS CAMPS TOURNAMENTS REFEREE PARTNERS FIELD INFORMATION FAN GEAR REGISTER

Age Group and Genders that are Closed

Age Group	Gender
U13	Boys
U13	Girls
U14	Girls
U16	Boys

NVSC Youth Recreational Soccer

Welcome to registration for the NVSC Spring Recreational Season. Registration open for Birth Years 2019 - 2004 - Convenient locations throughout Prince William County - Hellwig Park, Valley View Park, Ben Lomond Park, and Signal Hill Park.

Family friendly to accommodate games and practices at each location across all age groups. NVSC is the only PWC program to offer end of season tournaments for their in-house players, U10, U12 and U13 - U19 age groups.

- Registration fee goes up March 1st by \$20.00
- Season runs from early April through early June
- Eight (8) match weekends of play for all ages
- End of season tournaments for U10, U12 and U13 - U19 age groups.
- U4 - U6 uniforms are included in the registration fee, no additional uniform fee
- U7 - U19 uniforms purchased separately for \$48.00 and can be used for multiple seasons
- Coaching clinics and sessions hosted for the recreational program by NVSC professional staff

Field Closures
As of 10:00 am EDT, Mon Nov 21
20 Field(s) closed.
For a complete list click below
VIEW ALL FIELD LOCATIONS
Field Directions

COVID-19 Notification Form

Field Information

HAVE A QUESTION?

Age Group Guidelines

FAQ's

FAQ's for Recreational Soccer

WHO CAN I CONTACT FOR REC?

Recreational Council

Age Group Councilmembers

PICTURE DAY INFORMATION

Picture Day Info - Spring

PRACTICE SCHEDULES

Spring Practice Schedules

REC GAME SCHEDULES

Spring Game Schedules

REC INFORMATION

Coach Support Videos

Concussion Information

Field Information

Parent Area

Player Area

Rec Coaches Area

YOUTH REC SOCCER CALENDAR
Sat - Apr 15

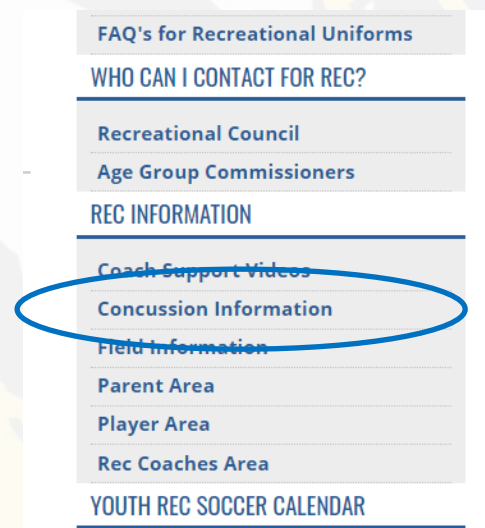
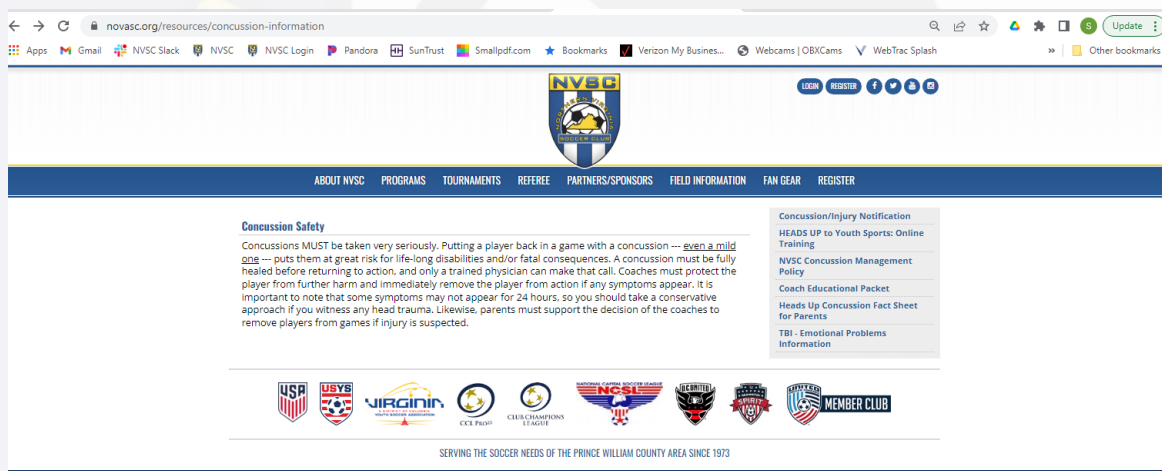
Spring Recreational Soccer Fees

Age Group	Birth Years	Program	Current Price	Price starting March 1st	Uniform
U4 - U6	2019 - 2017	U04 - U06 recreational soccer goals are to provide an introductory foundation of skills and foster growth in basic physical ability, agility, balance, and coordination.	\$120.00	\$140.00	Uniform included in registration fee
U7 - U8	2016 - 2015	U07 - U08 recreational soccer program is devoted to the enjoyment and development of soccer players without the emphasis on high level competition.	\$115.00	\$135.00	\$48.00 (All rising U07 players are required to buy a new uniform)
U9 - U10	2014 - 2013	U09 - U10 recreational soccer program is devoted to the	\$120.00	\$140.00	\$48.00



Concussion Protocols

- Go to <https://www.novasc.org/resources/concussion-information>



- Parents/Players are to report concussion injuries to the club so that we can be sure that they return to play in a safe manner.
- Head injury during a match – remove the player until they can be fully assessed/evaluated
- In doubt – sit them out.***

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
Appears dazed or stunned	Headache or "pressure" in head
Confused about assignment/position	Balance problems or dizziness
Forgets sports plays	Double or blurry vision
Is unsure of game, score, or opponent	Sensitivity to light
Moves clumsily	Sensitivity to noise
Answers questions slowly	Feeling sluggish, foggy, or groggy
Loses consciousness (even briefly)	Concentration or memory problems
Shows behavior/personality changes	Confusion
Can't recall events prior or after hit	Does not "feel right"
Source: CDC	



Concussion Safety



SIGNS OBSERVED BY COACH/PARENT

Appears dazed or stunned
Is confused about assignments or position
Forgets sports plays
Is unsure of game, score or opponent
Moves clumsily
Answers questions slowly
Loses consciousness (even briefly)
Shows behavior or personality changes
Can't recall events prior to hit or fall
Can't recall events after hit or fall

SYMPTOMS REPORTED BY ATHLETE

Headache or "pressure" in head
Nausea or vomiting
Balances problems or dizziness
Double or blurry vision
Sensitivity to light
Sensitivity to noise
Feeling sluggish, hazy, foggy, or groggy
Concentration or memory problems
Does not "feel right"


Coaches MUST:

- Take concussions seriously and review the information on the NVSC website and learn the signs and symptoms of a concussion
- NEVER put a player back in a game if a concussion is suspected
- Realize that playing with an even a mild concussion puts a player at great risk for serious, life-long disabilities and potentially fatal consequences
- Realize that some symptoms may not appear for 24 hours, so you should take a conservative approach if you witness any head trauma

COVID


- CDC recommendations for COVID were recently updated, noted below and at the following link (<https://www.cdc.gov/respiratory-viruses/guidance/respiratory-virus-guidance.html>)

Respiratory Virus Guidance Snapshot




Core prevention strategies


Immunizations




Hygiene




Steps for Cleaner Air




Treatment




Stay Home and Prevent Spread*






Additional prevention strategies


Masks



Distancing






Tests




Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

***Stay home and away from others until, for 24 hours BOTH:**

Your symptoms are getting better You are fever-free (without meds)



Then take added precaution for the next 5 days



Practice

Where and When Am I Practicing?

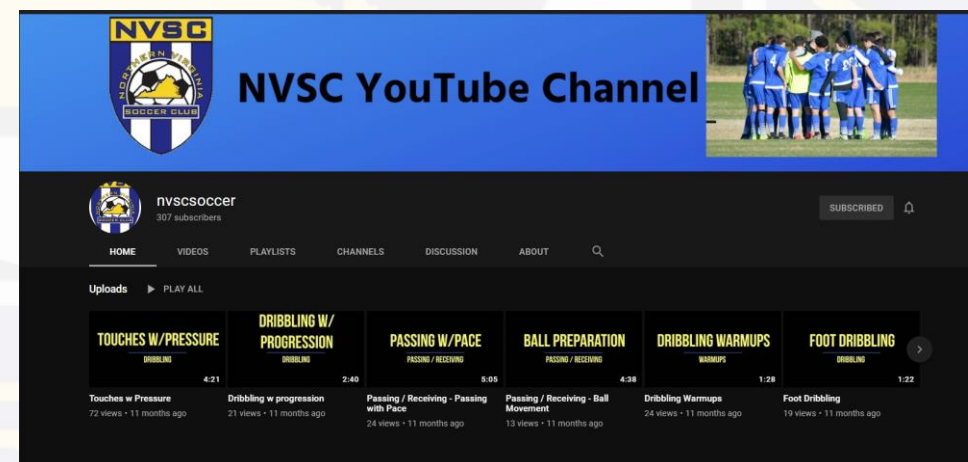
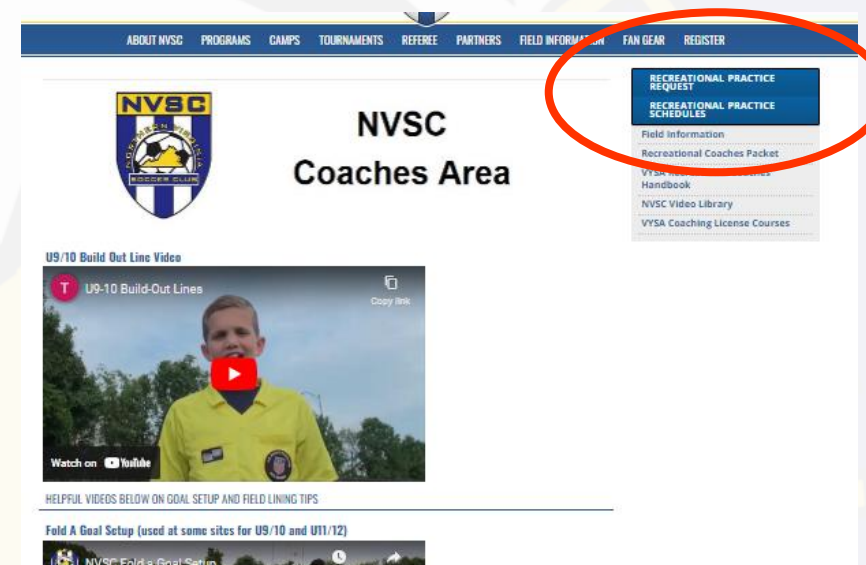
Link for the Recreational Practice Request Area is:

<http://www.novasc.org/recreational-practice-request> If you requested a practice and haven't gotten an assignment yet, send email to Corky at: zzlive4soccerzz@gmail.com

What Do I Do at Practice?

- Field conditions will be updated by the club between 3:00pm to 3:30pm on weekdays. The Demosphere app will send out notification if a training session is canceled due to field closure. You can also check Field Conditions via the Youth Recreational Soccer page on the NVSC website.
- Be On Time
- Keep Fields Clean
- Contact NVSC Staff for activities
- Search the web to get other ideas from US Youth Soccer and Virginia Youth Soccer Organizations
- NVSC YouTube Videos Available

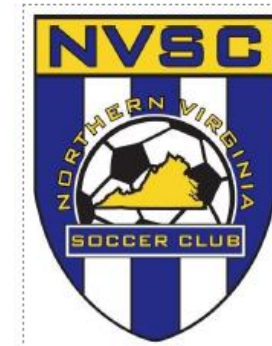
<https://www.youtube.com/user/nvscsoccer>



What Do I Do on Game Day?



- Field conditions will be updated by the club between 7:00am to 7:30am on weekends. The Demosphere app will send out notification if a game is canceled due to field closure. You can also check Field Conditions via the Youth Recreational Soccer page on the NVSC website.
- Get there at least 30 minutes early!
- First Game Sets Up Field
(both teams come early to set up)
- Last Game Tears Down
(both teams take down & put away)
- Control Your Spectators
- Respect Referees
- Show Good Sportsmanship
(don't run up the score /maximize playing time)
- Keep Fields Clean
(have everyone help pick up any trash)
- Know and follow the rules of our Club and your league:



Northern Virginia Soccer Club Policies and Operating Procedures March 2023

The following policies, operating procedures, rules of competition and modifications to the Laws of the Game pertain to all in-house age groups. Modifications and operating procedures for the Suburban Friendship League (SFL) supersede the rules and modifications contained herein – see www.sflsoccer.org.

GENERAL:

For U4-U6 Coaches/Teams

- Starting Fall 2023, NVSC purchased sets of PUGG goals for each U4-U6 team (in each bag there are two goals.) and it went well/good feedback.
- These goals are to be used for practices and games.
- Each coach will set up a field for game day with their set of PUGG goals; since we play side by side games between teams, each team must bring their PUGG goals to the games.
- Coaches must come by the Hellwig clubhouse to pick up their PUGG goals; each bag and goal is numbered and marked as NVSC property.
- At the end of the season, the PUGG goals are to be returned to the club (even if you are returning) after the last game. A pick up email with details will be provided by the last game weekend.





NVSC Game Rules of Play

NOTE: The NVSC Rules of Play are for U4 – U12; NCSL Rec Rules will be coming soon (after Monday the 25th their intent is to maintain continuity between SFL and the transition to NCSL.

Principal rule for all games – do not allow unregistered players to participate.

NVSC Game Rules of Play

Key Features for U4-U8



- A key concept for these age groups is that the teams play on parallel fields using split rosters.
- We establish rosters so that teams split up on game day and play matches on fields side by side.
- Players can be mixed and matched throughout the game to give all players lots of playing time and have fun.
- U4 – U6 - Balls going out of play need to be put back into play by the coaches. Objective is to keep play moving with few stoppages.
- U7 – U8 – Balls going out of play should be put back in play more officially, via throw-ins, corner kicks, and goal kicks as appropriate.
- Players should be encouraged to attack and defend the full field, ie, the intent is not to position a set defender to stand in front of the goal.
- No referees are provided for these age groups.
- Coaches should act as the referee and keep play moving; play should be stopped and restarted if the ball leaves the field or goes into the goal.

Age Group - Game Info



U5 / U6: coed - size 3 ball - plays 4v4 - 8 min. quarters - 5 min. break at quarter; 10 min. break at half. Continuous play with no throw-ins, goal kicks, or corner kicks - out of play balls get put back into play by coach. No goalies - children CANNOT stand in goal box of goal in a goalie position. No Referees are assigned and therefore no fouls called. Equal playing time for all players as best as possible (all players who are willing must play at least 1/2 the game). Coaches coach from within the field – play 2 fields simultaneously. Substitutions can occur at any time.

U7 / U8: separate boys and girls teams - size 3 ball - plays 4v4 (minimum 3 players) - 10 min. quarters - 5 min. break at quarter; 10 min. break at half. Throw-ins, goal kicks, and corner kicks are required to restart play. Offside position is not called. Players are encouraged to understand the difference between offensive and defensive play, but specific positions are not assigned. No goalies - children CANNOT stand in goal box of goal in a goalie position. No Referees are assigned and therefore no fouls called. Equal playing time for all players as best as possible (all players who are willing must play at least 1/2 the game). Coaches coach from within the field – play 2 fields simultaneously. Substitutions can occur at any time.

U10: separate boys and girls teams - size 4 ball - plays 7v7 (minimum 5 players) - 25 min. halves - 10 min. break at half. Throw-ins, goal kicks, and corner kicks are used to restart play and offside penalty is called. Specific positions are assigned (including goalie and mid-field) and players are encouraged to understand the strategy and purpose of their positions. Players should be encouraged to try all positions on the field. Center Referees are assigned to games and all calls (including fouls) are made by referees. Referees can give yellow and red cards, as needed. Equal playing time for all players as best as possible (all players who are willing must play at least 1/2 the game). Coaches coach on same side as their families and opposing teams sit on opposite sides of the field (*NOTE – HW turf fields – players are on one side, spectators on the other*). Substitutions can occur at any stoppage of play. Build out line denotes offside penalty and opposing team's positioning for goal kicks and goalie play. No punting – goalie must pass, roll, or throw ball. No headers allowed.

U12: separate boys and girls teams - size 4 ball - plays 9v9 (minimum 6 players) - 30 min. halves - 10 min. break at half. Throw-ins, goal kicks, and corner kicks are used to restart play and offside penalty is called. Specific positions are assigned (including goalie and mid-field) and players are encouraged to understand the strategy and purpose of their positions. Players should be encouraged to try all positions on the field. Center Referees and Sideline Referees are assigned to games and all calls (including fouls) are made by referees. Referees can give yellow and red cards, as needed. Equal playing time for all players as best as possible (all players who are willing must play at least 1/2 the game). Coaches coach on same side as their families and opposing teams sit on opposite sides of the field. (*NOTE – HW turf fields – players are on one side, spectators on the other*). Substitutions can occur at any stoppage of play. Midfield line denotes offside penalty. Punting is allowed. No headers allowed.



Game Info

**All players must be registered in NVSC's Recreational League
*no travel players or unregistered players***

Recreational League – U4-U12 (no heading in these age groups is allowed)

<u>AGE</u> <u>GROUP</u>	<u>MAX</u>	<u>MIN</u>	<u>BALL</u>	<u>DURATION</u>	<u>BREAKS</u>	<u>NOTES</u>
U4/5	4	3	3	8 min qtrs 5 min@qtr/10 min@half		Coaches on Field (play 2 fields)
U6	4	3	3	8 min qtrs 5 min@qtr/10 min@half		Coaches on Field (play 2 fields)
U7/U8	4	3	3	10 min qtrs	5 min@qtr/10 min@half	Coaches on Field (play 2 fields)
U9/U10	7	5	4	25 min halves	10 min@half	Goalies; Center Ref
U11/U12	9	6	4	30 min halves	10 min@half	Goalies; Center Ref

U13-U19 – see NCSL Rec Rules (coming soon) for specific game rules and policies; use of travel players on SFL teams may result in forfeit of any and all games up to that point

<u>AGE</u> <u>GROUP</u>	<u>MAX</u>	<u>MIN</u>	<u>BALL</u>	<u>DURATION</u>	<u>BREAKS</u>
U13	11	7	5	35 min halves	5 min@half
U14	11	7	5	35 min halves	5 min@half
U16	11	7	5	40 min halves	5 min@half
U19	11	7	5	45 min halves	5 min@half

Wrap Up



- **Non-compliance with NVSC rules, policies and protocols can lead to the player/coach being placed in bad standing.**
- **NO UNREGISTERED PLAYERS MAY BE USED.**
- **If you are unsure, or have a question, please ask.**
- **Need help, please reach out.**
- **As noted, our goal is to create a fun and safe environment for our players, coaches, staff and parents.**
- **Good Luck to everyone this season, lets make it successful, safe and healthy.**

PLEASE CONTACT YOUR PLAYERS TONIGHT!