

**FRONT ROYAL SOCCER ASSOCIATION, INCORPORATED RULES AND REGULATIONS**



214 E. Jackson Street, Front Royal VA, 22630

**Adopted October 2023**



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The purpose of these Rules and Regulations is to provide the procedures for administering the Front Royal Soccer Association (FRSA) program. The FRSA Executive Board provides clarification and the final interpretation of these procedures. The Board shall review and revise, if necessary, these Rules and Regulations on a seasonal basis.

The League will offer a soccer program in both the fall and the spring. Each season will follow the structure of League play, with standings to be kept for U10 divisions and up.

**Apart from Article XVI all rules herein are specific to the recreational soccer program.**



# ARTICLE I: PLAYER ELIGIBILITY

- 1.1 The league will offer a soccer program to those 5-18 whose parents/legal guardians live, work, or pay taxes in the Town of Front Royal or Warren County.
- 1.2 Residents outside of our county may play in our League so long as they have not been suspended from any other League. Warren County residents will be given first priority. Players suspended from other leagues will be reviewed on a case by case basis.
- 1.3 Divisions/Ages for our Soccer Program are dependent on registration numbers and are subject to change. Ages for each division are as follows (note that the Soccer 'year' goes from Fall season to Spring season, so the current year is the year of the Fall Season):



SOCCER AGE GROUP CHART									
Season	2016-17	2017-18	2018-19	2019-20	2020-21	2021-22	2022-23	2023-24	2024-25
<b>Birth Year</b>									
2020									U5
2019								U5	U6
2018							U5	U6	U7
2017						U5	U6	U7	U8
2016					U5	U6	U7	U8	U9
2015				U5	U6	U7	U8	U9	U10
2014			U5	U6	U7	U8	U9	U10	U11
2013		U5	U6	U7	U8	U9	U10	U11	U12
2012	U5	U6	U7	U8	U9	U10	U11	U12	U13
2011	U6	U7	U8	U9	U10	U11	U12	U13	U14
2010	U7	U8	U9	U10	U11	U12	U13	U14	U15
2009	U8	U9	U10	U11	U12	U13	U14	U15	U16
2008	U9	U10	U11	U12	U13	U14	U15	U16	U17
2007	U10	U11	U12	U13	U14	U15	U16	U17	U18
2006	U11	U12	U13	U14	U15	U16	U17	U18	U19
2005	U12	U13	U14	U15	U16	U17	U18	U19	
2004	U13	U14	U15	U16	U17	U18	U19		
2003	U14	U15	U16	U17	U18	U19			
2002	U15	U16	U17	U18	U19				
2001	U16	U17	U18	U19					
2000	U17	U18	U19						
1999	U18	U19							
1998	U19/20								
<b>U19/20 AGE GROUP IS 8/1/1997 - 12/31/1998 FOR 2016-17</b>									

- 1.4 If a division does not exist for a particular season, then players that would be in that division will play in the next higher division
- 1.5 Players who continually exhibit unsportsmanlike conduct toward players, coaches, officials, etc., shall be reviewed by the Board to determine eligibility.



## ARTICLE II: REGISTRATION

- 2.1 Every player must be registered through the completion of a registration form signed by either a parent or guardian electronically or in person, prior to that player participating in practices or games. A new form must be submitted each season (fall and spring).
- 2.2 Every player's parent or legal guardian must also sign, electronically or in person, the hold harmless agreement, parent code of conduct, medical release form, and a photo release form. In some circumstances, a signed supplemental release form may be required by the League. These forms must be signed by a parent or guardian for each season in which that player participates.
- 2.3 All players **must** be registered in the recreational soccer program. Any team using a player not properly registered in any game will cause that game to be forfeited. The Board will determine whether further penalties shall be levied on that coach, team, or player.
- 2.4 Registration fees will be set each year by the Board at the April meeting. These fees will be paid before both the fall and spring seasons. If more than one family member participates, the registration fee will be reduced. Refunds will only be awarded in cases where the family has to move before the season starts, a player is injured and unable to participate, or when a player signs up for a girls or boys division, and it gets changed to Co-ed due to registration numbers. In these cases, a refund must be requested immediately. No refunds will be given after a child has attended one practice or game, except in the event of a season ending injury. Absolutely no refunds will be given after 2 games have been played for any reason.
- 2.5 At the Executive Boards discretion, additional refunds may be considered.

## ARTICLE III: TEAM FORMATION

The primary consideration in team formation will be to make teams as evenly skilled as possible.

- 3.1 Soccer Shots
- This is a Saturday instructional division with coaching provided by a third party, and players will be assigned to groups by the designated third-party provider.
- 3.1 U-6 - U7 – U8 Divisions
- Players will be randomly assigned to teams by the Division Commissioner.
  - Every attempt should be made to keep the maximum number of players on a team to 6.
- 3.2 U-10 through U-19 Divisions
- 3.2.1 Fall Season



- Teams in these divisions will be formed by player drafts for the Fall Season.
- The league draft day for the following season will be announced at the coaches meeting. If a coach cannot attend the draft he may send a designated representative, or an impartial board member will draft his team, picking the highest rated players available.
- Players are assigned ratings by their coach from the previous season. Travel players should be designated as such on their player card. New FRSA players will be left unrated, unless we have other information (ie; they played travel, or for HS). Ratings may be adjusted by the commissioner as they see fit. Ratings should be in 0.5 point increments from 1 to 5 with five being the best players (i.e. 5, 4.5, 4, 3.5, ...)
- At the draft coaches will draw numbers for draft order, and will pick 1-N, and then N-1, reversing the order for each round until all players are selected. Coaches may NOT trade their draft order selection.
- Children of Coaches and Assistant Coaches must be their first picks in the round that their child's rating becomes the highest of those left to be picked (ie; if their child is rated a 5 they must be their first pick).
- Siblings of players already selected by a coach must be selected first in the round that the child's rating becomes the highest of those left to be picked unless the parents have requested they not be on the same team.
- After the draft each coach will add up their player ratings, and adjustments may be made if necessary.

### 3.2.2 Spring Season

- Returning players will be placed on the team they played for in the Fall unless:
  - They request a change be made.
  - They are added to a sibling's team.
  - The number of teams in the division change.
  - They advance to another division upon approval of coach and commissioners. See Section XV
  - Changes in rosters cause inequality amongst the teams.
  - If it is decided to redraft, a coach may select 4 players (to include coach's and assistant coach's children) from their Fall team of the same soccer year prior to the start of the draft
  - It is decided by the Executive Board to redraft the entire division.
- New Players are any players who did not play in the Fall Season
- New players will be placed on teams either directly by the commissioner to ensure fairness, or by supplemental draft.
- Siblings of returning players must be placed on the same team unless otherwise requested.
- Any returning player who registers after the deadline and/or after all team rosters are full will be put on the wait list until a roster spot becomes available.

3.2.3 Parents may select one weeknight on their registration form if their child cannot practice on certain days of the week. (Starting Fall of 2022)

3.2.4 Parents may request not to have one specific coach. No other coaching requests will be honored.



### 3.2.5 Waiting List:

- Registration forms received after the registration dates in July (fall) and February (spring) will be placed on a waiting list. When an opening occurs, the player will be assigned to a team on a first-come, firstserved basis. If this assignment is refused, the player will be placed at the end of the waiting list.
- The waiting list in any season will close when the first game is played.

3.2.6 Every attempt should be made to keep the maximum number of players on a U-8 team to 7, a U-10 team to 10, and U-12 team to 12, a U-14 team to 18, and a U-19 team to 20.

## ARTICLE IV: RECREATIONAL TEAM GUIDELINES

4.1 FRSA's Recreational program is not designed for the purpose of building Travel Teams. It is designed for the love and fun of playing soccer.

4.2 Each team will have a designated coach and up to one assistant coaches that may be on the coach's side of the field during games and assisting during practices. No person can coach or assist more than two teams. Any person assisting with games or practice must have completed all requirements per section IV - C.

4.2.1 If the Commissioner is unable to recruit enough coaches for every team in their division, then the team is formed without a coach. The Commissioner will meet with the parents of the team and advise them if a coach is not found the team will be dispersed and the players will be added to other teams in the same division.

4.2.2 The Division Commissioner should recruit coaches with whom they have a good working relationship. A Division Commissioner may elect not to recruit/accept a coach for any reason provided they can acquire enough coaches for the division otherwise.

4.2.3 The Board shall review all coaches and assistant coaches and the Executive Board reserves the right to dismiss a coach or assistant coach at any time during the season for what it believes to be inappropriate behavior or any behavior it believes to be detrimental to FRSA.

4.2.4 The Board reserves the right to assign assistant coaches to different teams if warranted.

4.3 Requirements for coaching and assisting:

- Completion of VYSA Background Check –every 2 years
- Concussion Training – every 2 years
- Positive Coaching Alliance Training
- VYSA Abuse Prevention Course – Yearly
- Coaching course or clinic (if available)
- 21 years of age (18 years of age for assistant coach)



(a 18-20 year old assistant shall not be on the field for practice or game without a head coach or board member present)

- 4.4 Each coach, assistant coach, team parent, or anyone assisting during practice or games, must complete and submit all training before having any interaction with the players. Deadline for all training submissions to FRSA shall be done and completed by the current seasons Coaches Meeting:
    - February or March- Spring Season
    - August- Fall Season
    - Any Coaches coming in after the Coaches Meeting, must have all training completed by their first practice night.
  - 4.5 Each team member shall be required to provide their own approved uniforms (Jerseys, Socks and shorts). Players must provide their own shoes (cleats), shin guards and regulation size practice ball for their division.
- Current Size 3 for Soccer Shots - U8, Size 4 for U10 – U12, and Size 5 for U14 – U19.
- 4.6 Coaches must have a medical release form for each team member and or the team, signed by a parent or guardian. These forms must be present at all team activities, including all practices and games. If any form is not signed by the parent or guardian, the player(s) without the form(s) will not be permitted on the field.
  - 4.7 Team Practices
    - 4.7.1 It is each coach's responsibility to supervise and teach his or her players during practices and games.
    - 4.7.2 Teams/Players shall not practice more than twice a week, nor shall practices exceed one and one-half hours in length.
    - 4.7.3 Coaches must request practice space and time from the Vice President or his designee before the season begins. If they do not, then they will be assigned a practice day and location.
    - 4.7.4 Practices shall only be approved practice fields secured provided by FRSA.
    - 4.7.5 If a Coach requires additional held during practices, the Coach must come before the Board to submit their request. All extra helpers must complete all the coaching requirements before any interaction with the players.
  - 4.8 Coaches must offer players that regularly attend practice the opportunity to play at least half of each game. A coach may limit game time for players that do not attend practice, but should make the parents aware that this is what is likely to happen.
  - 4.9 If a player becomes a discipline problem, a coach can hold the player out of a match, or limit his/her playing time. The coach shall inform the Division Commissioner and the player's parents when this



occurs. Ultimately, with approval of the Division Commissioner, the coach can request the League drop the player from his/her team. Players that are dismissed forfeit all fees paid.

4.10 Teams and coaches are to be on the opposite side of the field from the parents whenever possible. In U-7, U-8 and U-10 divisions, one coach may remain on the spectator's side.

4.11 Coaches must avoid running up the score. This is intended to help maintain the motivation of players and to allow them to continue to enjoy playing soccer. Violations of this rule may be viewed as not keeping within the spirit of the game and considered unsporting behavior. Actions should be taken before the score is out of control. If one action doesn't contain the score then another should be added. The limit for a scoring lead is 5 points ahead of the other team.

- Suggestions include: moving main scorers to defense, moving main scorer to goalie, substituting main scorers at next available opportunity, and/or requiring scorers to pass to teammates more often. In the event of an excessive point differential in his/her team's favor, the coach shall be responsible for reporting to his/her Division Commissioner actions taken to keep the score under control. The Board reserves the right to penalize a coach for disregard or repeated violations of this rule, including, but not limited to, suspension from the next match or dismissal. The league reserves the right to investigate large scoring disparities.

4.12 Coaches must complete and turn in player evaluations to their respective commissioners by the end of the season, to be used for team formation purposes only.

- **Failure to do so could result in a loss of player registration discount.**

4.13 Coaches must turn in any equipment loaned to them at the end of the season. With the approval of the appropriate commissioner, coaches returning for the immediately following season may make arrangements with the equipment manager to keep equipment between seasons. This must be done prior to the end of the current season.

- **Failure to do so could result in a loss of player registration discount.**

4.14 Any coach not abiding by the rules may be asked not to return.

4.15 Coaching Registration Discount

4.15.1 1 Head Coach and 1 Assistant per team will receive a discount on registration, amount determined by the board prior to the Coaches Meeting of each season.

4.15.2 Discounts for head coach and assistant may differ.

4.16 Shall submit an incident/injury report when witnessing an incident/injury or they have knowledge of any incident/injury during their practice and/or game





4.17 Coaches may only use equipment issued by FRSA or other equipment designed for the use of soccer practice or play. No other equipment may be used and the use of such equipment may be considered a violation of

Section 4.2.3

4.18 **FRSA JUNIOR COACHES** – The goal of the Junior Coach program is provide opportunity for young soccer enthusiasts’ to get into coaching, gain experience, gain training and service credits, become an impact on younger players, become a positive Role Model for the soccer community and remain involved in the best game in the world.

The objective of the program is to create the next generation of soccer Coaches in the city that can continue to provide opportunities for players to learn and play.

The Head Coach and team’s role in this is to be a part of the Junior Coach’s development. The Head Coach will provide their guidance, tips, feedback, and players will be responsible for being there to play and have fun!

- FRSA Junior Coach to assist with Head Coaches with their teams
- Junior Coach shall be between the ages of 16 to 18.
- Junior Coach must be registered as a player so that they are covered under the VYSA Insurance.
- Once practice/game schedules are confirmed, and JC schedules are confirmed, teams will be paired with a Junior Coach, via the Executive Board.
- The Junior Coach will be present for the entire practice but the level of involvement will be determined between the Board, the Head Coach, and the Junior Coach.
- The Junior Coach can be on the sideline with the teams Coach and Assistant, to learn all aspects of Coaching.
- Junior Coaches must complete ALL of the Coaching requirements as stated in the FRSA Rules and Regulations
- Junior Coach has to be 2 years older than the oldest player
- Junior Coach can only coach Divisions U12 and younger • Requirements for Junior Coaches:
  - Completion of VYSA Background Check – every 2 years
  - Concussion Training– every 2 years
  - Positive coaching Alliance Training
  - VYSA Abuse Prevention Course – Yearly
  - Coaches Code of Conduct
  - Coaching course or clinic (if available)

Each Coach, Assistant Coach, Team Parent, or anyone assisting during practice or games, must complete and submit all training before having any interaction with the players. Remember, they are not there to cover when the Coaches are out of town. A Head Coach and/or Assistant Coach MUST be present at all practices and games.

After the season is complete, the Head Coach is responsible for submitting feedback to the FRSA Commissioner of that Division.

Feedback is essential for the program development and the Junior Coaches development.



**4.19 – TEAM PARENT** – The role of a Team Parent is intended to help carry out duties as requested by the Team’s Coach and/or League.

- Help distribute and collect information to parents and players such as; photos, fundraising materials, making phone calls when practices are cancelled or moved and awards/certificates to players. • Be a good communicator
- Be organized
- Be dependable
- Completed all training required.
- Requirements for Team Parents
  - Completion of VYSA Background Check – every 2 years
  - Concussion Training – every 2 years
  - Positive coaching Alliance Training
  - VYSA Abuse Prevention Course – Yearly
  - Coaches Code of Conduct
  - Coaching course or clinic (if available)

Each Coach, Assistant Coach, Team Parent, or anyone assisting during practice or games, must complete and submit all training before having any interaction with the players.

## **ARTICLE V: FIELDS**

5.1 To obtain a League reserved practice field, all coaches in U6-U19 must make arrangements with the League Vice President on draft day. Soccer Shots do not practice.

5.2 The League via the Parks and Recreation Department will arrange to have their game and practice fields properly mowed and marked. (Marking is optional for practice fields)

5.3 The League via the Parks and Recreation Department will arrange for goals with nets to be used during competition. The Parks and Recreation Department are solely responsible for securing these goals. Coaches should assess the goals before practices/games to make sure they haven’t become loose, and are safe. Coaches should never allow any players or spectators to hang on goals or nets.

5.4 The Executive Board or the Parks and Recreation Department shall determine whether a field is in playable condition up to the day before any scheduled game. On the day of any scheduled game, it is the responsibility of the Referee Commissioner and the game official to determine whether the field is in playable condition.

### **5.5 PRACTICE FIELD LOCATIONS**

- Ressie Jeffries Elementary
- Eastham Park
- Skyline Soccerplex
- 15th Street Practice Field



## ARTICLE VI: GAMES

- 6.1 Whenever possible, games will be officiated by USSF certified referees for Divisions U7 and up. In every case, the judgment of the referee is final. No appeal will be allowed on any judgment call by the referee.
- 6.2 An appeal on a matter of the laws of the game or a violation of these policies and procedures shall be reviewed by the Board and the Division Commissioner only in cases where the outcome of the game would be affected directly by upholding the appeal. If the appeal is upheld, the game will be replayed.
- 6.3 Game appeals must be made at the end of the game in which the situation occurred. A formal appeal should be typed containing the date, time and place in the game, referee, score, situation and rule interpretation that is being questioned, and all the essential facts. The formal appeal must be filed with the FRSA Board within three (3) days. The Board of Directors will have one week to make a decision and reserves the right to reject any appeal that, in its judgment, has no direct effect on subsequent play, or the final result of the game. The decision on an appeal will be made known to the teams involved within 96 hours (subject to change).
- 6.4 Issues concerning the interpretation of rules by players, coaches, officials, or other persons connected with the League that are less serious in nature may be raised formally or informally with any member of the Board. The matter will be addressed at the next scheduled Board meeting.
- 6.5 All applicable policies and procedures apply to all games, whether regular season, play-off, or tournament.

## ARTICLE VII: CANCELLATIONS AND RESCHEDULES

- 7.1 The only grounds for rescheduling a game are because of poor or unsafe playing conditions. Rain, cold, heat, and missing players or coaches, are not of themselves factors that may cause the cancellation or rescheduling of a game. The Board member on duty may adjust the starting time of a scheduled game to accommodate any delay due to weather. **NOTE:** No assumptions of cancellations should be made. A cancellation of one game does not mean all other games have been cancelled.
- 7.2 Lightning – FRSA uses the 30-30 rule for determining if any lightning and thunder represent a safety issue. If a lightning strike is seen and/or thunder is heard within 30 seconds of the strike, then games/practices should be suspended and shelter sought immediately. If you can't see lightning, but do hear thunder, then games/practices should be suspended and shelter sought immediately. Play should not be restarted until 30 minutes after hearing the last thunder.
- 7.3 Referees/Coaches should stop a game/practice at any time they feel that conditions are unsafe (lightning, extreme high winds, tornadoes, extremely slippery conditions, etc.). See the FRSA official hazardous weather policy online.
- 7.4 Both teams are required to have at least the minimum number of players present at game time. The minimum number of players (non-guest) for each division (U-7 and up) is:
- U7 and U8 – minimum is 4



- U-10 minimum is 6
- U-12 & up minimum is 7

7.5 The Board of Directors has complete responsibility for the rescheduling of games.

7.6 Division Commissioners will inform coaches in their divisions of any rescheduled games.

7.7 In the event a game must be suspended because of conditions that make it impossible to continue play (weather or field conditions that make it unsafe to play), the referee shall declare it an official game if one-half or more of the game has been played. If less than one-half of the game has been played, the game must be rescheduled. This will not apply to play-offs or tournaments.

7.8 FRSA may include one or more weekends each season that is designated for make-up games. These dates may fall on Holiday weekends.

## **ARTICLE VIII: GUEST PLAYERS**

8.1 Any use of players other than the players listed on the official roster is prohibited.

8.1.1 If a team has less than the required number of players at the start of the game, the opposing team must play the short-handed team at the number of players that that team has.

8.1.2 The number of players on the field of play can be increased as officially rostered players arrive to game.

8.1.3 If the number of players present for the start game is insufficient compared to the size of the playing field, adjustment of the playing field will be considered (i.e., playing a U19 game on a U10 field 7v7). This determination will be made by both coaches and the Referee assigned to this game.

8.1.4 violations to this rule can result in disciplinary actions levied by the Front Royal Soccer up to and including, forfeiture of game, and suspension of Coach, Assistant Coach, or both.

## **ARTICLE IX: RESOLUTION OF FORFEITS**

9.1 Any team that does not have the minimum number of players (Article VII Section 7.4) or refuses to take the field at the start of the game will be considered to have forfeited. This will be represented as a 1-0 loss.

9.2 If both teams do not have the minimum number of players to start both teams will forfeit. This will be represented with a 0-0 score and 0 points

9.3 Any team whose number of players drops below the minimum during play or refuses to re-take the field will forfeit. This will be represented by a score of x-0 where x is the current score of the non-forfeiting team, but at least one (1).



## ARTICLE X: TEAM STANDINGS

10.1 Team standings shall be determined as follows: A win counts as three (3) points; a tie counts as one (1) point; a loss counts as zero (0) points, and a forfeiture counts as zero (0) points.

10.2 Results:

10.2.1 Results are reported to the Referee Commissioner online through the FRSA website.

10.2.2 Tie Breaker: This applies only to U-10 Divisions and above.

- Tie Breaking Procedure is as follows:
  - Step 1. Best Record Head to Head
  - Step 2. Goal Differential Head to Head. (Maximum 4 goal differential per game)
  - Step 3. Goal Differential (Maximum 4 goal differential per game)
- In case of multiple ties, when a team is eliminated from a tie situation, the remaining status will be determined with the tie breaking procedure starting over at Step 1.
- If more than two teams are involved in a tie situation, then head-to-head procedure (Step 1) only applies if each of said teams has played each other exactly the same number of games.

## ARTICLE XI: THE LAWS OF THE GAMES

11.1 A match shall be played according to the Laws of the Game as set forth by the Federation International De Futbol Association (FIFA) and the United States Soccer Federation (USFS), except in the cases noted below:

- Unlimited Substitutions are allowed in all divisions.

11.1.2 U-6 Games

- No score will be kept
- Games will be 4v4
- Field and goal size are reduced accordingly.
- No goalies will be used
- No throw-ins, goal kicks or corner kicks when the ball goes out of bounds, coaches will put a new ball into play.
- Games will be divided into four 8 minute quarters with a 5 min breaks
- Coaches will act as referees



### 11.1.3 U-7 Games

- No score will be kept
- Games will be 4v4
- Field and goal size are reduced accordingly.
- No goalies will be used
- Throw-ins may be repeated if incorrect.
- Games will be divided into four 10 minute quarters with a 5 min breaks

### 11.1.4 U-8 Games

- No score will be kept
- Games will be 4v4
- Field and goal size are reduced accordingly.
- No goalies will be used
- Throw-ins may be repeated if incorrect.
- Games will be four 10 minute quarters with 5 minute breaks.

### 11.1.5 U-10 Games

- Games will be 7v7
- Field size and goal size are reduced accordingly.
- Games will be two 25 minute halves with a 10 minute halftime (dependent on team size).
- Goal keepers will be introduced
- Build-out line will be used

### 11.1.6 U-12 Games

- Games will be 9v9
- Field and goal size are reduced accordingly.
- Games will be two 30 minute halves with a 10 minute halftime (dependent on team size).

### 11.1.7 U-14 Games

- Games will be 11v11
- Games will be two 35 minute halves with a 10 minute halftime (dependent on team size).
- Heading is introduced
- Slide Tackles are introduced



### 11.1.8 U-19 Games

- Games will be 11v11
- Games will be two 40 minute halves with a 10 minute halftime (dependent on team size).

## ARTICLE XII: REFEREES

12.1 FRSA will not tolerate any verbal or physical abuse or assault on a referee by a spectator, player, or coach, regardless of the circumstances, location, or time of the occurrence. The League prohibits a coach or parent to approach a referee and challenge his/her call, either during or after a game. If the coach or parent has a complaint, they should discuss this with the Referee Commissioner. Formal complaints should be in writing to the Referee Commissioner.

12.2 Coaches are asked to rate the officiating after any match. The League provides a web form for this. The League will request that referees who consistently receive low ratings be counseled or given additional training by the Referee Commissioner. Failure to improve may preclude officiating at FRSA matches. A coach is encouraged to provide positive feedback to those referees who called a good game.

12.3 Referees are responsible for the enforcement of the laws of the game and for insuring proper behavior by spectators, coaches, and other team personnel. The referee may banish a coach, team official or spectator from the area where the game is being played. Most referee interaction with non-players should be through the coach. The referee may suspend the game while the banished individual leaves the area to the satisfaction of the referee. If the person does not depart the area, the referee can terminate the game. Such actions must be reported to the Referee Commissioner and the Executive Board.

12.4 FRSA will back its referees. Players, team officials and spectators should be aware that they could be barred for their actions.

12.5 Referees will need to be at least 13 years of age prior to the fall or spring season in which they are refereeing.

12.6 When at all possible, referees should be older than the team they are refereeing.

12.7 Referees shall maintain their equipment in serviceable conditions. This equipment shall include a yellow referee shirt, black shorts, black socks, a whistle, a game card holder, flags, and a watch. The cost of this equipment shall be the responsibility of the referee.

12.8 Referees shall be paid according to the below schedule:

Age Group	Game Half (Minutes)	Center Ref Pay	Assistant Ref Pay
U7/8	20	\$23	N/A
U10	25	\$29	\$19
U12	30	\$33	\$21



U14	35	\$40	\$23
U19	40	\$50	\$25

12.9 Cancelled game will be paid at half the rate in the above schedule if cancelled within the 24 hours of the scheduled start of a game. Those cancelled beyond the 24 hours mark will not be paid.

12.10 When a game is cancelled, and a referee officiates another game during that same time slot the referee shall receive payment for the greater of the cancelled game (half rate) and the actual officiated game. They shall not receive payment for both cancelled and officiated games.

12.11 Referees shall also receive the following bonuses depending on the number of games officiated each season. These bonuses will replace the certifications/recertifications reimbursements paid in the past.

- \$100 = 10-14 reported games
- \$150 = 15-19 reported games
- \$200 = 20+ reported games

12.12 Referees payments shall be available within one week of the last game of the season. The Referee Commissioner shall provide the payment batch in Team Sideline within 5 days of the last game of the season to the Treasurer. The payment batch should match post game reporting and assignments in Team Sideline prior to forwarding to the Treasurer. The Treasurer will make referee checks available within one week of the last game of the season including securing the approval of one Executive Board Member.

### **ARTICLE XIII: CONDUCT**

13.1 If at any time the conduct of Board Members, referees, team coaches, players, or spectators is determined to be detrimental to FRSA or the good of soccer, such persons shall be subject to suspension by the Board from participation in the soccer program of the League for such period of time as the Board may deem necessary.

13.2 Coaches shall be responsible for the conduct of their teams' players and supporters while they are at a game, practice field, or facility. Improper conduct on the part of the coaches, players, or spectators may result in penalties against the individual, including expulsion from the field or facility, forfeiture of a game, or suspension under paragraph A of this section. (The referee has full jurisdiction over the game in accordance with FIFA rules. Referees shall provide a written report to the Referee Commissioner within 48 hours describing the circumstances surrounding the ejection of a player from a game or the forfeiture of a game.)

13.3 Any player issued a red card or two yellow cards during one game shall be sent off for the remainder of that game and suspended for the next scheduled game in which his/her team plays. The Board shall determine a suspension of a player for more than one game.

13.4 Issues concerning the conduct of players, coaches, officials, or other persons connected with the League that are less serious in nature, or that are raised informally shall be referred to the Board. The Board will attempt to resolve them at the next scheduled Board meeting.





13.5 Issues of misconduct that are more serious in nature should be presented to the Executive Board immediately, preferably in writing. The Executive Board will attempt to resolve the issue within 1 week.

13.6 Matters that are defined as more serious, and which shall be the concern of the Executive Board are as follows:

- Matters that are referred by any Board member, either because they have not been resolved informally or because, in his or her estimation, they are of sufficient gravity to warrant immediate attention from the Executive Board.
- Matters on which the Executive Board is requested to act in writing by any member of the League.

13.7 The Board may request statements from any person involved in the matter. When appropriate, it shall request a statement from both the complaining and complained against parties. If at any time a player, coach, official, or parent is determined to have acted improperly, that person shall have the right to appear personally before the panel before that determination shall be made final.

13.8 The Board will attempt to make a final decision on serious matters referred to it within one week. This time may be extended in order to complete the receiving of statements. The decision of the Board shall be reported to all involved parties within 72 hours after the decision has been finalized.

13.9 The Board shall report all matters referred to it and their outcome to the members of the League at its next regular meeting.

## **ARTICLE XIV: VIOLATION PROCEDURES**

14.1 The referee of any League-sanctioned game shall note all incidents of awarded cards or disciplinary action taken against a player, coach, etc. on the game card. In addition, in the case of any of these actions, the referee will submit a fully completed Game Report Sheet to the Referee Commissioner.

14.2 The Referee Commissioner will notify the involved coach within 24 hours of receiving the Game Report Sheet that any red card awarded to a player (or coach) requires a mandatory and automatic one-game suspension from the next League game that the team plays. No appeals or protests of this regulation will be heard. Failure to observe the suspension at the next game after the notification will be considered an offense on the coach's part. Any game played with a suspended player(s) or coach(s) on the field will be considered a forfeit by the offending team. In addition, a review will be conducted of all incidents involving FRSA members to determine whether a violation of the Code of Ethics for FRSA has occurred. If it is found that the incident should be submitted to FRSA, the review process established by FRSA would take precedent at this time and further review by the FRSA Executive Board will be suspended.

14.3 Recommended Sanctions - The following is a list of recommended sanctions that might be taken by the Board. No appeal or protest will be entertained for judgment calls by the referee.



<b>Penalty *</b> <b>(Accumulated over one season)</b>	<b>Sanction *</b>
2 yellow cards	Referee Commissioner will meet with or call the offending player's coach and division commissioner.
1 red card or 3 yellow cards (Note: 2 yellow cards in one game in a send off from that game)	1 game suspension; contact coach and division commissioner. Results
2 red cards	2 game suspension; Executive Board action required.
3 red cards	Suspension for remainder of season.

\* The accumulated total for determining sanctions will not be held over from one season to the next. All players, coaches, and League members will begin each season with totals of zero (0). A season is defined as a single period of uninterrupted, officially scheduled, and sanctioned matches covering a minimum of five (5) games (including tournaments in the relevant season.) Sanctions that are un-served or partially served at the end of one season, however, will be served at the beginning of the next season or as determined by the Board.

- In addition, the Board of Directors is permitted to impose additional sanctions and penalties over and above those recommended. Any single action, incident, or willful and continued disregard for the Rules and Regulations and/or the FRSA Code of Ethics can be cause for the immediate forfeiture of privileges in any activities of the League, including practices, tournaments and games.

## **ARTICLE XV: PROCEDURE FOR PLAYER EARLY ADVANCEMENT**

- 15.1 The player's parent or guardian should submit the early advancement form to the coach at least four weeks before the last regular season game.
- 15.2 The coach must indicate their opinion on the advancement form with a detailed assessment of the player's ability and give it to the appropriate division commissioners at least 3 weeks before the end of the season.
- 15.3 The division commissioners for the player's current division and the division being advanced to (or their trusted representatives) should observe the player during two games and provide a detailed assessment and recommendation to the board.
- 15.4 The Board should make the determination whether the player can move up or not based on the recommendations of the coach and division commissioners. This determination should be kept on file for one (1) year.
- 15.5 Parents should be informed of the board's decision in writing (email is ok), including a synopsis of the player



assessments, particularly when a player is denied advancement.

## ARTICLE XVI: TRAVEL TEAMS

16.1 Organization: Front Royal Soccer Association sponsors travel teams to provide more competitive play for Warren County area players who demonstrate above average skills. These players and their parents must also be willing to make additional time and financial commitments. At least one team per age group, U-09 and above can be formed for travel competition. Forming additional travel teams from an age group can result in a travel team that may not be very competitive.

### 16.2 Applying for Sponsorship

16.2.1 To apply for sponsorship for a new team, the coach must first complete all necessary VYSA documents and submit the forms to the Board during the scheduled Board meeting two months before the end of the League's registration deadline.

If the coach is approved, then a completed, confirmed roster, including name, birth date, address, and phone number of each child, and the name, address, and phone number of any assistant coaches and managers, must be submitted at the scheduled Board meeting directly before the last day of the Recreational Program's registration so that the Board has time to discuss the team and vote on sponsorship.

16.2.2 To apply for continuing sponsorship of an existing team, each season the coach must submit updated forms, current roster, and open tryout dates if needed. After tryouts are concluded, a completed, confirmed roster, including assistant coaches and managers, must be submitted to the Board.

16.2.3 FRSA considers the best interest of the youth players as the most important factor in approving the addition of a new team, or the continuation of a team. As part of its deliberations, the Board will consider both the team members and the coaching staff. The coaching staff will be evaluated on the following criteria:

- The coach's adherence to FRSA's coaching philosophy.
- The short term and long term plans for managing and developing the team.
- he demonstrated commitment to player development as a priority.
- The coaching credentials, including experience and training.
- The demonstrated commitment to FRSA.
- The organizational and interpersonal skills.

The team members will be evaluated on the following criteria:

- The number of team members.
- The appropriateness of the ages in the specified age group.
- The talent of the members of the team.



In addition to considering the coaching staff and the team members, the Board will also take into consideration how many other existing teams of that age group may be affected.

### 16.3 Coaches Requirements

16.3.1 Persons applying to coach in the Travel Program must meet minimum requirements in order to apply. These requirements are as follows:

- 21 years of age
- years, or 4 seasons, of soccer coaching experience
- must complete the required background check
- must submit all required VYSA documentation to the FRSA board for review
- attend all meetings (or their designee) required by the league (NCSL, ODSL, etc.) their team belongs to
- attend 1 (one) FRSA Board Meetings (or their designee) per season. These meetings shall be in June and November

In addition to the minimum requirements, coaches are expected to attend some type of coaching clinic or class annually. This regulation may be waived if no clinics or classes are available in the area.

16.3.2 The Board must approve all coaches and assistant coaches, and reserves the right to request a team dismiss any coach at any time during the season for inappropriate behavior, or risk losing sponsorship for that team.

- The Board may also preclude future participation by a coach or assistant coach if warranted.
- FRSA abides by the USYSA/VYSA rules of the background check as part of the selection of coaches and assistant coaches to help ensure the safety of our young players.

16.4 Reviews – In agreeing to sponsor a travel team, the Board takes upon itself the responsibility to ensure that the travel team continues to meet the goals of the League. It is the responsibility of the Board to ensure that the players receive appropriate training in an environment that is conducive to learning and developing. To do this, travel teams will be reviewed each season before continued sponsorship is given. Factors that may necessitate earlier review are complaints received or continual poor team performance. The purpose of the review is to identify any problems, the source of the problems, and provide possible solutions. This information will be provided to the coach and team and discussed as needed. If no solution is reached, sponsorship may be withdrawn from the team.

16.5 Player Selection – The coach is responsible for player selection of his/her team. The coach must conduct open try-outs before each season when forming a new team, and when adding more than 3 additional players to a current team. The try-outs will give every member of the Recreational Program the opportunity to come and be considered for a travel team. It will also give the travel team coach an opportunity to evaluate more players than he/she may have noticed while scouting the recreational teams.



16.6 Limitations - FRSA highly encourages travel players to play in their appropriate age group. In view of this, the Board will only sponsor a team in which 50% of the players are in the upper age bracket of the age level, i.e. if a U-14 team has 14 players, 7 must be 13 before the cut-off date. If there is an uneven amount of players on the team, the percentage is rounded down, i.e. if a U-14 team has 15 players, only 7 must be 13 years of age. If a majority of the players are of a younger age, then the coach should consider lowering his/her age division. Exceptions to this percentage guideline will be given only if the talents of the younger players warrant it.

16.6.1 Travel coaches may not solicit nor accept any players from the Recreational Program after the league has formed its teams for the season without prior approval and consent from the Board and the respective coach (s). This activity can greatly affect the team balance that the Recreational Program tries to achieve.

16.7 Travel coaches shall notify the FRSA Travel Commissioner of all disciplinary action (or any infraction) taken against any travel player or coach.

## **ARTICLE XVII: TRAVEL TEAM FINANCES**

17.1 Each travel team shall be responsible for all financial obligations including registration fees and fines that it incurs as a result of managing its team. No team may make agreements with businesses, vendors, or other entity, and name FRSA as the responsible party without prior written approval by the Board.

17.1.1 Travel teams will conduct their own fundraising efforts. A team does not need to request permission from the Board for small fundraising activities, such as car washes and candy sales.

17.1.2 If a travel team will be conducting fundraising activities of a larger magnitude, wants to use the FRSA name, or expects a conflict with other League fundraising activities, the team must request permission from the Board in advance.

17.1.3 If requested, travel teams will provide a financial report to the Board at the end of each season. The League may complete a yearly audit.

17.1.4 Travel Teams shall use the same registration program (ie. Team Sideline), financial systems and processes as recreational teams. Travel Teams shall process all financials through FRSA's bank account.

17.1.5 FRSA shall be due the following fees at the end of each season (if applicable):

- Game Fields - \$25/game
- Practice Fields - \$20/1 hour practice
- Lighted Fields – \$20 in addition to game field
- VYSA Coaches Insurance – at cost
- Background Checks – at cost
- Admin Fee - \$50



- 17.2 Uniforms and Equipment - Each travel team shall be responsible for the purchase of uniforms for its players.
- 17.2.1 If they want to use a Warren County field for practice during the recreational season, travel teams must apply and pay for the use of a Warren County practice field. They may request assistance from the Vice President when procuring practice fields if needed, and can also request to use any recreational practice fields that are not being used.
  - 17.2.2 The League via the Parks and Recreation Department will provide, maintain, and line the fields for travel games during the recreational season. It will also take care of any town requirements regarding field usage and insurance. Teams are responsible for any field rental costs incurred.
  - 17.2.3 The League via the Parks and Recreation Department will provide corner flags for all home games, will schedule the recreational games so as not to conflict with the travel games, and will provide a referee assignor to schedule referees for the travel games according to the requirements of the travel league/association.

