

Poquoson Parks and Recreation Soccer League By-Laws

Purpose: To provide a fun and safe atmosphere for the children of Poquoson to learn the aspects of the game of soccer, additionally participation will promote the spirit of fair play, competitive sports, teamwork and good sportsmanship.

1. Divisions will be U16, U13, U11, U9, and U7
 - a. Divisions U 16, and U13 will play other teams within Hampton Roads Youth Soccer Association (HRYSA)
 - b. U11 will play Fort Eustis.
 - c. Both U9 and U7 will play in house at Phillips Park.
2. Teams make up:
 - will consist of: U16 and U13 eleven players (11)
 - U11 nine players (9)
 - U9 seven (7) players including a goal keeper
 - U7 six players (6) without a goalkeeper.

U9 and U7 may play equal sides if numbers are low so as teams do not have to forfeit.
3. Substitutions may occur at any time during a game with the exception of the goalkeeper, who may be substituted when the ball is out of play. For U 16, U13, U11 team HRYSA rules will apply.
4. In the U7 and U9 division any free kick assessed in the penalty area will be moved outside the penalty box.
5. Practice is an integral part of recreational programs. All participants are required to attend practices. Failure to do so may result in limited or no playing time for the participants. Coaches should notify Parks and Recreation if this becomes the case and a situation arises.
6. There will be no off side in the U11, U9 and U7 leagues.
7. Games will consist of four (4) ten (10) minute quarters. All divisions will have two (2) minutes between quarters and five (5) minutes between halves. U11, U13, and U16 teams will follow HRYSA rules and by-laws.
8. If one team has less than the official number of players at game time, the game will start anyway. Each team must play the same number of players. Late arriving

players may enter the game upon arrival. Coaches need to concur in order to even teams.

9. Shin Guards are required.
10. Any equipment considered such as rings, jewelry, cast, hair barrettes, etc.) Will not be permitted to be worn by players.
11. All other rules will be according to USYSA, USSF and FIFA.

Hampton Roads Soccer Association By-Laws

(Revised May 22, 2002)

1. The Hampton Roads Soccer Associations uses USSF rules as modified.
2. Each Association as part of Hampton Roads Soccer Association will determine playing time requirements. The goal of the league is to allow maximum playing time for as many children as possible.
3. Ball Sizes for league Play:
 - a. U-7 Number 3
 - b. U9 Number 4
 - c. U11 Number 4
 - d. U13 Number 5
 - e. U16 Number 5
4. It is required that all division players must wear shin guards and socks over the guards to play. No shin guards=no play
5. Team size for game is eleven (11) players, however games may be started with a minimum of eight (8) players in proper uniform. U-9 team size is nine (9) players, but games may be started with a minimum of seven (7) players in proper uniform. Games will be started with an equal number of players on each team. If an injury or ejection of a player occurs after a game begins, it is not necessary for the opposing team to “draw down” to main equality of numbers. If a team is short player(s) the opposing team may not play more than 2 more player(s). This rule does not change at half time.
6. Field Size: U9: 70 yds by 50 yds.
U11 80 yds by 55 yds
U13 100 yds by 55yds (minimum)
U13 120 yds by 75 yds (maximum)
U16 Same as U13

Fields for U9 and U11 may vary or be changed +/- 10 yds.
7. Goal Size: U9, 6 ft. by 6yds.

U11, 7 ft. by 7yds.

U13 and U16, 8ft.by 8 yds.

8. A legal game occurs when the teams have fielded the minimum number of players and one-half of the regularly scheduled game for a particular division has been played. Teams not having the minimum number of players properly uniformed and ready to play at the scheduled game time will be granted a 10 (ten) minute grace period for additional players to arrive, after which the game will be a forfeit. Coaches should check with game officials to insure all have the same time. Late players arriving to play will be placed in the game at the appropriate times based on substitution rules.

9. Substitutions

U11/U9/U7 end of quarter or half, any goal kick, possession thrown in.

U13/16 end of half, any goal kick, possession thrown in.

All divisions may substitute a player on an official caution (yellow card) or substitute for an injured player one for one, or after a goal is scored.

10. Length of game varies with age division:

- a. U9 four 10 minute quarters
- b. U11 four 12 minute quarters
- c. U13 two 30 minutes halves
- d. U16 two 35 minute halves.

11. In the opinion of the referee there exists any circumstances that could prove harmful to the well being of any player (i.e. dangerous lightening, hazardous field conditions) the game will be terminated and rescheduled. Games will be played rain or shine. The official will decide at game time if the game is to be played. Both teams are required to be on the field at game time unless notified otherwise, by the League Commissioner, host organization or their representative.

12. The published schedule, with any amendments and corrections, is the official schedule for the association. Games are expected to be played as scheduled. The schedule will be altered only in rare and extraordinary circumstances. Any requests for schedule changes should be made to the Association Commissioner well in advance of the proposed change. As a general rule matters of personal convenience, (i.e. the inability of a coach to attend a particular game) is not sufficient to mandate a schedule change

All games postponed as a result of inclement weather will be officially re-schedule and will thus assume the status of officially scheduled games subject to the provisions as listed above.

Failure to play a scheduled game will result in a forfeit to the opposing team.

The decision to postpone a game due to inclement weather will be made as follows:

- (1) The decision to postpone before a game has commenced will be made by the host league president with the advice of the coaches involved. The decision should be reached two (2) hours prior to scheduled game times.
- (2) After the game has begun, the decision to postpone will be made by the game officials. All such decisions will be based upon the existing conditions of the particular situation.

13. There will be a two (2) minute break between quarters and a five (5) minute break between halves. Teams will change goals at the end of each half.
14. Only one game official is required to start a game. If only one official is available each team will be required to provide an assistant coach to serve as linesman. Duties of the will be explained by the official present. If both teams appear for a scheduled game and no officials are present, the teams will wait ten (10) minutes. If no official is present after that time, a parent from each team will call the game. Remember the children want to play.
15. If there is any un-sportsmanlike conduct by a coach, player, or parent, such as yelling or otherwise verbally abusing an official or other players, the official will issue no more than one warning to the player or coach of the offending team. A second violation will result in the offender being expelled from the playing field.

Actions to be taken when a player/coach receives a red card:

Player: Will be removed from the game and put under the supervision of the team coach on the team's bench.

Coaches/parents: will be asked to leave the field altogether. If a coach is removed and there is no other coaching staff present then the game will be terminated.

The referee will report facts to the Association Director as soon as possible after the incident has occurred. If a player or coach receives a red card for any reason, he/she will be required to sit out the next game that their team plays.

16. The coach may address the official at any time as to how much time is remaining in the game. During the game the only player who can address the officials is the

- team captain as designated by the coach prior to the game beginning. Coaches are responsible for the proper conduct and decorum of his/her team and their spectators.
17. Other significant modifications to Federation Rules are addressed in Rule Adaptations/Interpretations.
 18. The uniform consists of team jersey and shorts. Trousers, sweat pants. Warm-ups etc., may be worn for comfort. The team jersey must always be the outer garment. Sweaters, sweatshirts, etc must be worn under the jersey.
 19. Players may only play on one team in their age group and league. Players that are not registered through their respective association are not eligible for play.
 20. Our goal is to provide the best possible soccer program for youth served by the Hampton Roads Soccer Association. We strive maximum participation, development of good sportsmanship and basic soccer skills, and most importantly, a program that provides enjoyment for the youth participants.

Rule Adaptation/Interpretations

1. If the lines are drawn crooked, this is the way the ball must be played not how the lines should have been drawn.
2. The home Team shall be responsible for ensuring two (2) properly inflated balls are available for use by the game official, who shall select the balls to be used for the game from those that are available at the field. The home team will also determine which goal they will defend prior to the start of the game. *The home team director is responsible for scheduling make-ups, not the league commissioner.*
3. A cautioned player may be replaced immediately.
4. Coaching areas designated on the field. (mid field to end line if both teams are on the same side of the field) Coaches may not coach from anywhere outside the coaching area while game is in progress. U9 coaches are excluded from this rule. U16 Coaches may only coach from mid-field to the 18 yd. Line.
5. A player of coach may call instructions to a member of his or her team only if he or she identifies the player or team by name. Any instructions, which in the opinion of the referee could in any way, mislead a member of the opposing team, or which are provocative, or are interpreted, as un-sportsmanlike conduct-an indirect kick will be awarded.
6. Off side will be called in the U11 division and below age groups. Eustis and Poquoson will not do so.

7. In the event a permanent Association Commissioner is not appointed by the association members the responsibilities will be rotated as follows: Hampton 99, Langley 2000, Monroe 2001, Poquoson 2002, AYSO 2003, Phillips 2004, Eustis 2005, Calvary 2006
8. The Commissioner will ensure that each association provides current maps/directions to all field locations 1 week prior to the season opening day and will distribute copies to each league.
9. Effective 25 January 2001 the association year of birth changes to 31 May for spring soccer and 31 December for fall Soccer of the current year.
10. These by-laws must be reviewed by all League Directors on an annual basis and changes or corrections should be reported to the association commissioner who will direct necessary corrections.
11. Teams will share the same side of the field while spectators will occupy the other.
 - 11a. This will be true for all age groups except for U7 in Poquoson.

Poquoson Field Directions:

Phillips Fields (1, 2 & 3) (U7 & U9)

51 Odd Road

Poquoson

Poquoson Parks and Rec / Gretchen Gochenour (757) 592-1944 / 868-5302

From the Peninsula (the east):

- Follow US Route I-64 to exit 256 Oyster Point / Victory Boulevard, State Route 171 exit.
- Take exit 256B onto Victory Boulevard, State Route 171.
- Follow Victory Boulevard, State Route 171 to Poquoson. (Victory Boulevard, State Route 171 becomes Little Florida Road.)
- Follow Little Florida Road to Odd Road.
- Turn left on Odd Road.
- Follow Odd Road to Poquoson High School on your right (you will pass Poquoson Primary School, also on your right).
- Turn right into the Poquoson High School parking lot. The fields are on your left.

From Richmond (the west):

- Follow US Route I-64 to exit 256 Oyster Point / Victory Boulevard, State Route 171 exit.
- Take exit 256B onto Victory Boulevard, State Route 171.
- Follow Victory Boulevard, State Route 171 to Poquoson. (Victory Boulevard, State Route 171 becomes Little Florida Road.)
- Follow Little Florida Road to Odd Road.
- Turn left on Odd Road.
- Follow Odd Road to Poquoson High School on your right (you will pass Poquoson Primary School, also on your right).
- Turn right into the Poquoson High School parking lot. The fields are on your left.

From Gloucester (the north)

- Follow US Route 17 south across the York River via the Coleman Bridge.
- Follow US Route 17 to the Langley Air Force Base Magruder Boulevard State Route 134 exit just past the Harwood Mills Reservoir in York County.
- Take the Langley Air Force Base Magruder Boulevard State Route 134 exit (this is a single direction exit).
- Follow Magruder Boulevard, State Route 134 to Victory Boulevard, State Route 171.
- Turn left onto Victory Boulevard, State Route 171.
- Follow Victory Boulevard, State Route 171 to Poquoson. (Victory Boulevard, State Route 171 becomes Little Florida Road.)
- Follow Little Florida Road to Odd Road.
- Turn left on Odd Road.

- Follow Odd Road to Poquoson High School on your right (you will pass Poquoson Primary School, also on your right).
 - Turn right into the Poquoson High School parking lot. The fields are on your left.
- From Virginia Beach (the east)
- Follow US Route I-64 west across the Hampton Roads Bridge Tunnel.
 - Follow I-64 to exit 262B Magruder Boulevard, State Route 134 exit in Hampton.
 - Take exit 262B Magruder Boulevard, State Route 134 exit (this is a single direction exit).
 - Follow Magruder Boulevard to Semple Farm Road.
 - Turn right onto Semple Farm Road at the McDonald's.
 - Follow Semple Farm Road to Wythe Creek Road.
 - Turn left onto Wythe Creek Road.
 - Follow Wythe Creek Road to Little Florida Road.
 - Turn right onto Little Florida Road.
 - Follow Little Florida Road to Odd Road.
 - Turn left on Odd Road.
 - Follow Odd Road to Poquoson High School on your right (you will pass Poquoson Primary School, also on your right).
 - Turn right into the Poquoson High School parking lot. The fields are on your left.

South Lawson Park (U11, U13 & U16)

Poquoson

Poquoson Soccer Club / Debra Cooper (757) 865-8905

Poquoson Parks and Rec / Gretchen Gochenour (757) 592-1944 / 868-5302

From the Peninsula (the east):

- Follow US Route I-64 to exit 256 Oyster Point / Victory Boulevard, State Route 171 exit.
- Take exit 256B onto Victory Boulevard, State Route 171.
- Follow Victory Boulevard, State Route 171 to Poquoson. (Victory Boulevard, State Route 171 becomes Little Florida Road and then Little Florida Road becomes Poquoson Avenue.)
- Follow Poquoson Avenue to south Lawson Road (you will pass Poquoson Middle and Elementary Schools on your left, south Lawson Road will be on your right after passing The Crabcake House Restaurant on the left).
- Follow south Lawson Road to the end. The field is beside the parking lot.

From Richmond (the west):

- Follow US Route I-64 to exit 256 Oyster Point / Victory Boulevard, State Route 171 exit.
- Take exit 256B onto Victory Boulevard, State Route 171.

- Follow Victory Boulevard, State Route 171 to Poquoson. (Victory Boulevard, State Route 171 becomes Little Florida Road and then Little Florida Road becomes Poquoson Avenue.)
- Follow Poquoson Avenue to south Lawson Road (you will pass Poquoson Middle and Elementary Schools on your left, south Lawson Road will be on your right after passing The Crabcake House Restaurant on the left).
- Follow south Lawson Road to the end. The field is beside the parking lot.

From Gloucester (the north)

- Follow US Route 17 south across the York River via the Coleman Bridge.
- Follow US Route 17 to the Langley Air Force Base Magruder Boulevard State Route 134 exit just past the Harwood Mills Reservoir in York County.
- Take the Langley Air Force Base Magruder Boulevard State Route 134 exit (this is a single direction exit).
- Follow Magruder Boulevard, State Route 134 to Victory Boulevard, State Route 171.
- Turn left onto Victory Boulevard, State Route 171.
- Follow Victory Boulevard, State Route 171 to Poquoson. (Victory Boulevard, State Route 171 becomes Little Florida Road and then Little Florida Road becomes Poquoson Avenue.)
- Follow Poquoson Avenue to south Lawson Road (you will pass Poquoson Middle and Elementary Schools on your left, south Lawson Road will be on your right after passing The Crabcake House Restaurant on the left).
- Follow south Lawson Road to the end. The field is beside the parking lot.

From Virginia Beach (the east)

- Follow US Route I-64 west across the Hampton Roads Bridge Tunnel.
- Follow I-64 to exit 262B Magruder Boulevard, State Route 134 exit in Hampton.
- Take exit 262B Magruder Boulevard, State Route 134 exit (this is a single direction exit).
- Follow Magruder Boulevard to Semple Farm Road.
- Turn right onto Semple Farm Road at the McDonald's.
- Follow Semple Farm Road to Wythe Creek Road.
- Turn left onto Wythe Creek Road.
- Follow Wythe Creek Road to Little Florida Road.
- Turn right onto Little Florida Road. (Little Florida Road becomes Poquoson Avenue.)
- Follow Poquoson Avenue to south Lawson Road (you will pass Poquoson Middle and Elementary Schools on your left, south Lawson Road will be on your right after passing The Crabcake House Restaurant on the left).
- Follow south Lawson Road to the end. The field is beside the parking lot.