



CITY OF HARRISONBURG

**PARKS
& REC**

2021 U10 Youth Soccer Guidelines and Rules

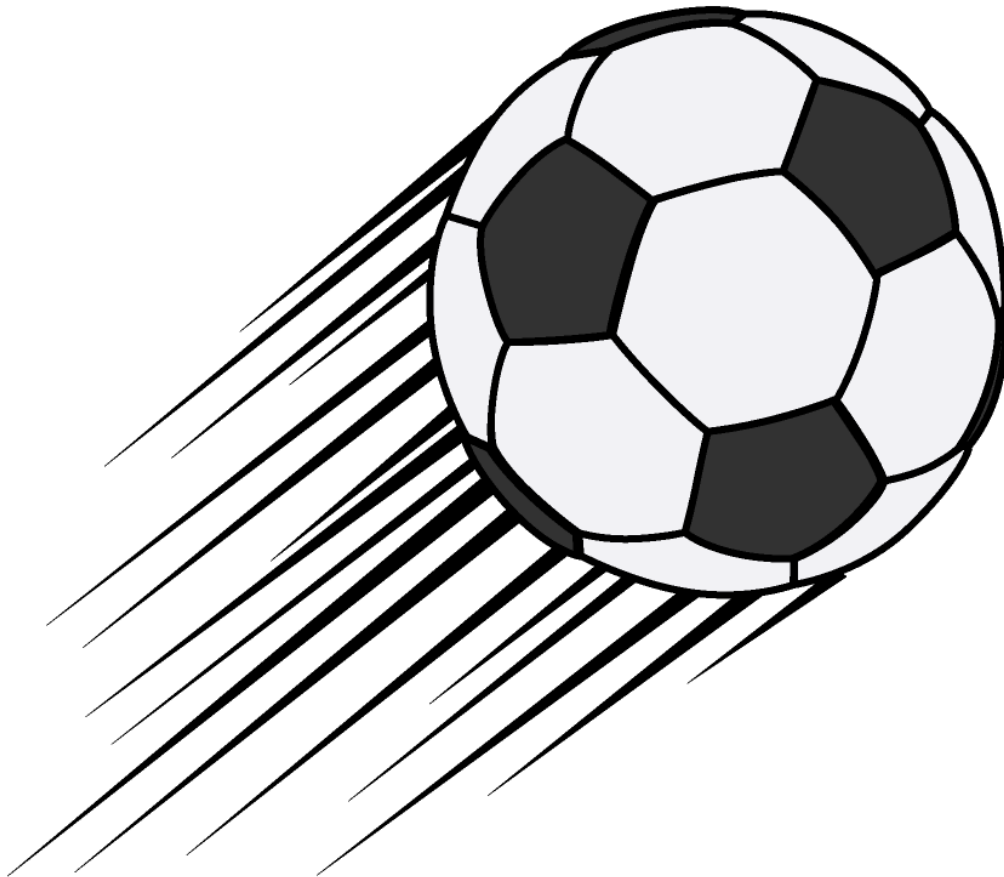


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Article 1: Mission/Vision Statement

City of Harrisonburg Mission Statement

The mission of the Harrisonburg Department of Parks and Recreation is to enhance the quality of life and meet the needs of the community by providing comprehensive leisure service opportunities and to develop and maintain a safe system of open spaces and public facilities for the use and enjoyment by the public.

Harrisonburg Parks and Recreation Values

Integrity

We are committed to taking initiative, being accountable, and adhering to our mission vision and values.

Teamwork

We engage in effective communication to build professional and respectful relationships while being open minded to and welcoming of diverse perspectives.

Innovation

We utilize technology, processes, and protocols of operation to enhance efficiency and pride in our organization's ability to be a leader in Parks and Recreation.

Safety

We are proactive in creating a safe working and recreational spaces for our employees and community.

Public Service

We provide consistent quality service by building relationships through diverse opportunities that appeal to our community.

Article 2: League Contact

Athletic Coordinator	Nathan Almarode	(540)433-9168 Ext 2404	Nathan.Almarode@harrisonburgva.gov
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Article 3:

Soccer League Guidelines/U10 (Ages 9-10): Below are the standards and rules in which this league will operate. These rules shall serve as guidelines for those playing, coaching, officiating, and administering. Some rules may be modified during the season if the league administrator's see it is in the best interest of the participants.



Equipment and Field Specifications

Size of Ball	4
Goal Size	6.5x18.5
Field size	40x60
Match Size	7v7
Roster Size	10 Max

Game Structure

Game Length	Two 25-minute Halves
Substitutions	Every 10 minutes of each half, in a dead-ball situation. No subs required in last 5 min.
Time Between Halves	5 minutes
Extra Period	N/A
Scoring	Goal- 1 point
Timeouts	One 60-second timeouts permitted per half of play. Injury timeouts as needed. Unused timeouts do not carry over to the next half.
Start of Game Possession	Coin Flip (winner gets ball at midfield)
Penalties	Players will be issued a warning before given a yellow card. Penalties given are under the discussion of the officials.
Yellow Cards	Assessed by officials. Players who receive 2 are ejected from the game.
Red Cards	Assessed by officials. If a red card is to be issued that player will sit out the rest of the game and the following game as well.

Game Tactics

Player Participation	Equal playing time (substitutions on 10-minute mark of each half, excluding last 5 minutes)
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Highlighted Game Play Rules

Running Clock/ Clock Stoppage	There will be a running clock. The clock will stop on: <ul style="list-style-type: none"> • Substitutions • Timeouts • Injury
Offsides	Offsides occurs when the offensive player is pursuing the ball in the opponent's half of the field AND any part of the offensive player (excluding arms) passes the 2 nd to last defender (goalie being the last) before coming in contact with the ball.
Heading	No heading shall be allowed. If a player contacts the ball with their head intentionally or on accident, a free kick shall be rewarded to the opposing team.
Free Kicks	Only to start or restart play, i.e. out of bounds balls.
Penalty Kicks	Assessed by officials.
Corner Kicks	Only to start or restart play, i.e. out of bounds balls.
Throw Ins	Will be replaced by free kicks. No exceptions
Build Out Line	When the goalie has control of the ball all defenders must be behind the build out line
Unsportsmanlike	<ul style="list-style-type: none"> • Players who receive 2 in a game will be ejected. • Coaches who receive 2 in a game will be ejected, and must vacate the facility.

Article 4: Rationale

- Substitution rules:
 - This helps ensure all participants are having an opportunity to experience the game with equal and fair playing time.
- Clock stoppage:
 - The balance of clock stoppage allows for better game flow, and proper substitution of players.

Article 5: No Tolerance/Sportsmanship Policy

- Spectators that show poor sportsmanship including, booing, harassing coaches, arguing calls, negative behavior or comments, threats, or obscene gestures shall be given 1 warning, and then ejected from the facility. Play will not resume until spectator has vacated. If they refuse to leave, the game will end, and the individual will be issued a trespass notice which will apply to all Harrisonburg Parks and Recreation facilities and parks.
- Cheering in a positive manner for both teams is highly encouraged. Remember, it takes a lot of nerve for our players to get in front of a crowd and PLAY. Please remember this during the game and help us build the positive experiences through the game of soccer.
- Please refrain from coaching our players from the sidelines. We have coaches who volunteer their time to do this, let them coach! This is also very distracting to our players. Again, do not be the reason for increased anxiety to our players.

Article 6: Registration

- Registration information may be found at www.harrisonburgva.gov/soccer.
- Posted via Harrisonburg Parks and Recreation social media outlets.
- Please make sure all requested information has been completed.

Article 7: Practices (See attached COVID-19 Resumption of Play Guidelines)

- Teams will have a minimum of 4 scheduled practices prior to the season starting.
- Practices will last no more than 1 hour.
- Practices will be held at the Smithland Athletic Complex.

Article 8: Game Day (See attached COVID-19 Resumption of Play Guidelines)

- Please arrive no more than 15 minutes prior to the start of the game.
- Uniforms will be provided for each team at the start of the season. Parents/Players will be responsible for keeping up with their uniforms throughout the season.
- It will be the responsibility of each participant or parent to have their uniform washed following each day's activity.
- Games will be scheduled for Saturdays. A game schedule will be distributed prior to the season and can also be found at www.harrisonburgva.gov/soccer.
- All activity will take place at the Smithland Athletic Complex.
- No shared food or beverages will be permitted during activity. All players must supply their own.
- Parents/guardians are responsible for the supervision of their children that accompany them to the games.

Article 9: Game Cancellations or Postponements

- For inclement weather notifications, please use the following resources:
 - Facebook: www.facebook.com/HarrisonburgParksandRecreation
 - Twitter: www.twitter.com/HburgParks
 - Email Notification: Nathan.Almarode@harrisonburgva.gov
 - If you are unsure of cancellations or postponements, contact coaches.

Article 10: Team Selection

- Teams will be organized and divided by league administrator.
- Volunteer coaches, who have children in the program, will be automatically assigned their own children.
- Siblings will be placed together on the same team.
- Participants and parents may not request to be placed on a specific team.
 - This is to help prevent an imbalance of talent.

Article 11: Resources

- Most questions concerning registration, schedules, ages divisions, etc. can be found at www.harrisonburgva.gov/soccer. For additional questions, contact league administrator.
- Team specific information can be directed toward each team's volunteer coach.



Youth Recreation Soccer League Resumption of Play Guidelines

The below guidelines are based on recommendations by the Virginia Soccer Association, the Virginia High School League, CDC, and local government restrictions.

For updated CDC Considerations visit: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

General Guidelines

1. Handwashing stations and/or hand sanitizer will be available upon entry to field areas. In addition, individuals/families are asked to provide their own for personal use.
2. All players, coaches, volunteers, contractors, and spectators should practice social distancing of 10 feet wherever possible from individuals not residing within their household, especially in common areas and sidelines. Cloth face coverings are not a substitute for social distancing.
3. All individuals should measure their body temperatures prior to leaving their home to ensure that no fever is present prior to participating or attending in activity.
4. Individuals who are considered "at risk" for severe illness or with serious underlying medical or respiratory conditions should only attend activities if cleared by a medical professional.
5. Individuals will be instructed to stay home if they have a fever or display any symptoms of COVID-19.
6. Daily symptom checks will be conducted upon entry to field areas. Individuals must enter through designated entry points.
7. Accurate practice and game attendance records will be kept along with current contact information for everyone. If a COVID-19 exposure occurs, timely notifications are critical, and this information will help contact tracing activities occur more smoothly.
8. In accordance with state and local laws and regulations, local health officials will be notified immediately of anyone with COVID-19. A Department staff member will be designated for COVID-19 concerns.

On-Field Guidelines

Handshakes/Personal Contact Celebrations

1. All players, coaches, volunteers, contractors, and spectators will prevent all but essential contact necessary for activity. This will include refraining from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
2. Players and families will be instructed to vacate the facility/field as soon as reasonably possible after the conclusion of their activity to minimize unnecessary contact with individuals from the next scheduled activity. This should be a minimum of 15 minutes.

Drinks and Snacks

1. All individuals must bring their own personal drinks to activities in their own clearly labeled bottle.
2. Following activity, all reusable drink containers should be cleaned upon returning to home, and prior to future usage.
3. There will be no shared use of food or beverages.

Personal Protective Equipment (PPE)

1. All players, coaches, volunteers, contractors, and spectators will wear cloth face coverings when in close contact areas and in places where recommended social distancing is not feasible, such as sideline areas.
2. If social distancing cannot be maintained while entering the activity area, individuals outside of the same household must wear face coverings.
3. Those participating in activities will wear a cloth face covering on the field during activity, if physically able to do so.
4. Cloth face coverings should not be placed on children under the age of 2.

Sidelines and Bench Areas

1. Coaches, instructors, volunteers, and players will have assigned spots on sidelines or outside of the field of play. These spots will be at least 10 feet apart.
2. Coaches, instructors, volunteers, and players will be instructed to wear a cloth face covering while on sidelines.
3. Players will be responsible for their own trash and personal equipment at the conclusion of play, then return to their parent's vehicles through the designated exit points.

Player Equipment

1. No personal equipment bags will be permitted in bench areas. Bags should be in the above-mentioned spaced-out spots to prevent contact.
2. Individuals should label their own equipment to prevent confusion.
3. Measures will be taken to avoid, or minimize, equipment sharing.
4. In the instances where necessary critical equipment is not obtainable by every individual or must be utilized, all surfaces of each piece of shared equipment will be cleaned first and then disinfected with an EPA approved disinfectant against COVID-19 and allowed sufficient time to dry before use by another individual.
5. Individual's equipment should be cleaned and disinfected after each use by a parent/guardian.
6. Balls, cones, goals, and other utilized equipment will be cleaned after each activity session using disinfectant spray and/or wipes. Balls will be cleaned and disinfected prior to returning to use.
7. Officials, coaches, instructors, volunteers, etc. will limit their contact with balls. Game or practice participants will retrieve balls that are out of play.
8. Warm-up balls, or balls used prior to the start of activity, will be isolated from shared-use equipment.
9. Spectators (when permitted) should not retrieve balls that have exited the field of play.

Activity Operations and Official Guidelines

Pre-Game Meetings

1. When possible, pre-game meetings will be eliminated.
2. If meetings are necessary, individuals will maintain physical distancing of 10 feet.
3. Meetings will consist of as few individuals as possible (one representative per team, and one official).
4. Individuals must wear cloth face coverings during the meeting.

5. Players will not be part of meetings.

Sideline Management

1. For each game, only required team coaches, officials, and league administrators (when applicable) will be on sidelines.
2. Practices are limited to only coaches and players.

Field Preparation and Maintenance

1. Fields will be prepared prior to teams and spectators arriving.
2. Any further maintenance will be completed at the conclusion of activities.
3. Any shared field preparation equipment will be sprayed or wiped with cleaner and disinfectant before and after each use.

Officials

1. Officials should wear cloth face coverings, and practice social distancing.
2. Officials should consider the use of electronic or hand-held whistles.

Facility, Fan, and Administrative Guidelines

Scheduling of Activities

1. Administrators will schedule sufficient time between activities to facilitate the complete evacuation of individuals from the previously scheduled activity from the premises before the next group enters. This will be a minimum of 15 minutes.
2. Players/families/spectators will be instructed not to show up to facilities or fields more than 30 minutes before the start time.
3. Individuals will enter through designated entry points and exit through designated exit points. If social distancing cannot be maintained while entering the facility, individuals outside of the same household must wear face coverings.
4. If there is an activity prior to the scheduled event, families and spectators should stay in their vehicles or at recommended social distances outside of the field area until the start of their activity to prevent overcrowding in spaces and walkways.
5. Warm-up activities should be no more than 30 minutes in length.
6. Pre and post activity gatherings (i.e., parking lot gatherings) are not permitted.

Limiting Spectator Attendance

1. All spectators should follow best social distancing practices – stay 10 feet from individuals outside of their household, and wear cloth face coverings.
2. Parents will be encouraged to drop off their child and remain in their vehicles during practice times. If parents request to view activities, they will have designated spots marked, 10 feet apart around the field. Game days will include no more than 2 spectators per household.
3. Team roster size will be reduced when applicable to help limit the number of individuals on site.
4. Attendance will be limited to only essential volunteers, and limited family members (max 2 per child).
5. Spectators should bring their own seating or portable chairs when possible. Bleacher use will be eliminated.
6. Spectators with any of the following conditions should not attend activities until cleared by a medical provider:
 - a. Active COVID-19 infection
 - b. Known direct contact with an individual testing positive for COVID-19
 - c. Fever

- d. Cough
- e. Individuals at high risk for severe disease should consider contacting their medical provider prior to attending any activities. This includes individuals who:
 - i. Have a serious underlying medical condition.
 - ii. Currently are residing in a nursing home or long-term care facility.
 - iii. Over the age of 65

Restrooms

1. Access to public restrooms will be limited.
2. A “one-in-one-out” policy should be utilized to ensure adequate distancing is met. The exception would be a parent/child combination.
3. Public water fountains or refill stations will not be available.

Concession Stands

1. Concession stands will not be open for food or beverages. They may be utilized to access necessary supplies such as first aid equipment.
2. These facilities will have limited access, and physical distancing measures must be met while in facilities.

Communication

1. Posters and signage of CDC guidelines will be posted at entrance points to parks, facilities, and/or fields that are in use.
2. Information will be disseminated to all families, volunteers, spectators about COVID-19 risks and the efforts that are being taken to mitigate those risks. This will be done via email, website postings, social media, coach/volunteer talks, and public announcements (when available).
3. Athletics Division staff members will be the designated individuals to address COVID-19 concerns.