Northern Valley Soccer League

Rules and Conduct Code (as of 8/28/2026)

League Summary

The purpose of this league is as follows:

a) Instructional environment to learn the game of soccer and to foster a sense of enjoyment of the game of soccer
b) Provide an enjoyable, competitive environment that exposes our kids to competition, thus allowing them to develop good sportsmanship with regard to wins, losses, the opposing players, the referees, coaches, and spectators.
c) The league is not an official legal entity, but rather an informal structure for the towns to coordinate play and have a common structure with other towns

General Rules

a. Field Setup
All coaches and players will be on one sideline and all spectators on opposite sideline. Teams are allowed **3 coaches maximum**. Each team should have a marked designated box (10 yards long on either side of mid field) within which the coaches and players must remain.

b. Conduct Towards Referees
Verbal (or physical) abuse of referees will not be tolerated. Coaches and players should not argue calls with the referees. Coaches should keep discussions with the referees for halftime or end of game in a more private setting. No coach is allowed to walk onto the field (in an attempt to 'talk' to the referee) during the game. The referee shall issue a yellow card if she/he is approached by a coach walking onto the field during play. A second infraction will result in a red card, which requires ejection from the game. A coach using profanity will also receive a red card and automatic ejection. In addition, any player using profanity or other ugly displays shall be immediately red carded, requiring ejection. Substitution for this player is allowed.

Rules of Play

Division 78 (7th/8th grade)

- Games are on regulation small-sided or large-sided fields depending on number of players
- Boys Division = Boys & Girls / Girls Division = Girls only
- Boys - Number of players – 9 players per side (8 + goalie)
- Girls - Number of players – 9 players per side (8 + goalie)
- If there are at least 13 players on each team, play 11 v 11 (10 + goalie) on large sided field
- Teams can agree to play smaller numbers (and on small field) if necessary to facilitate the game being played
- 35 minute halves / #5 ball
- Goalie can play whole game
- League-assigned referees used for this age group $75 per team – cash or check to be paid to referees before game starts ($70 to the Center Ref, and $40 to each of the two Assistant Refs)

Division 56 (5th/6th grade)

- Boys Division = Boys & Girls / Girls Division = Girls only
- Games are on regulation small-sided fields
- Number of players – 9 players per side (8 + goalie)
- 30 minute halves / #4 ball
- Goalie can play whole game
- Intentional heading is not allowed. The result will be an indirect free kick. If a defender heads intentionally inside the penalty area, then there will be a corner kick awarded.
- Carded center referee could be used for this age group

Division 34 (3rd/4th grade)

- Boys Division = Boys & Girls / Girls Division = Girls only
- Games are on regulation small-sided fields
- Number of players – 8 players per side (7 + goalie)
- 25 minute halves / #4 ball
- Players shall be allowed a second throw-in (or do-over) in first throw is foul throw. In the event the second throw is a foul throw, the ball is turned over to the opponents
- Intentional heading is not allowed. The result will be an indirect free kick. If a defender heads intentionally inside the penalty area, then there will be a corner kick awarded.
- A build out line (signified with cones on sideline or drawn line halfway between the penalty area and the half line) will be used for goal kicks and goalie punts. Team without ball can cross breakout line once ball is played . There will be no offsides until the opposing team buildout line
- Goalie can play the whole game, but recommended to play ½ game

Division 12 (1st/2nd grade)

- Boys Division = Boys & Girls / Girls Division = Girls only
- Games are on adjusted small-sided fields (within one half of large-sided field)

- Number of players – 7 players per side (6 + goalie)
- No penalty kicks
- 20 minute halves / #3 ball
- Offsides will not be called unless from goal hanging
- Players shall be allowed a second throw-in (or do-over) in first throw is foul throw. In the event the second throw is a foul throw, the ball is turned over to the opponents
- Intentional heading is not allowed. The result will be an indirect free kick. If a defender heads intentionally inside the penalty area, then there will be a corner kick awarded.
- A build out line (signified with cones on sideline or drawn line halfway between the penalty area and the half line) will be used for goal kicks and goalie punts. Team without ball can cross breakout line once ball is played
- Goalie can play the whole game, but recommended to play ½ game

Referee Assignments

- For Div 12, Div 34 the home team is responsible for supplying and paying the referees
- For Div 56 the home team is responsible for supplying 2 assistant referees. The Referee coordinator will supply the center referee
- For Div 78, the NVSL Referee Coordinator will assign one carded adult referee as Center Referee (CR) and two league youth referees as Assistant Referees (ARs)

Rules for all Divisions

- If both teams have the same color shirts, the home team will switch to a different color shirt – pinnies are acceptable.
- The goalie will wear a contrasting, different color shirt.
- Goalie has unlimited steps within the penalty box but must release the ball within 6 seconds.
- Goalies should be protected!! Once the goalie maintains controllable contact with the ball, the goalie and the ball shall be left alone. Attempts to kick the ball shall be considered dangerous play, the play whistled dead, and an indirect kick will be awarded to the goalie's team taken from the top of the penalty box.
- All games shall consist of 2 halves – not 4 quarters. The only exception will be in excessive heat if both coaches agree.
- There is no overtime for regular season games. Games that end in a tie are left as a tie.
- Substitutions can be made by a team on all stoppages of play at the referee discretion. If a team plays a stoppage immediately, then substitutions will not be made.
- Players must wear shin guards, covered by socks, as well as rubber soccer or multi-purpose cleats (baseball cleats are not permitted) or sneakers.
- All players shall have matching shirts, wear no jewelry or hard objects such as hard casts.

- **<u>Very Important</u>: In order to control scoring and promote fair play the following tactics shall be required of each coach during every game. Immediately following a goal which puts one team ahead of another by 4 goals, the losing team shall add 1 player to the field, and continue to play with on extra player. Upon a lead of 5 goals, they shall add a second player. If the goal advantage is reduced, the rule should be used in reverse to reduce players, 1 player per one goal such that at a 3 goal advantage, the number of players is even once again**

  3 goal lead – equal number of players on both teams
  4 goal lead – losing team has one more player
  5+ goal lead – losing team has two more players
  Coaches always have the discretion to remove players

Players and Team Rosters

1. Team Rosters must be submitted to the league upon league request
2. Teams are permitted to have players play up from the grade below or crossover(not in playoffs) if needed to allow the game to be played
3. A team playing short can use cross over players with full disclosure to the opposing team. A team can use cross over players up to a total of 2 substitutes.

NVSL Playoff Rules

These are Playoff Rule Changes from Regular Season:

1. Goaltenders can play a whole game.
2. Players do not have to be taken off the field if score is large differential, but official scores will be reported with a 5 goal maximum, so do not run up the score. For example, a 7-1 final score is officially reported as 6-1.
3. <u>Adding player(s) at 4+ goal lead is valid</u>
4. A game tied at the end of regulation goes into two 5-minute sudden death overtimes.
5. If a game is tied after overtimes, there will be a 5-player shootout. Shooters and goaltenders in the shootout must be the players on the field at the end of overtime.
6. Player may play up to allow for a MaX of 2 subs and you must inform the other team. NO CROSSOVERS
7. Any other questions refer to the NVSL rules and FIFA rules.