

# 2025



# Northern Valley Athletic Association Rules

**Updated December 2024**

*To provide youth participants, the opportunity to learn and play recreational youth sports for enjoyment, learning experience, and athletic growth.*

# General Information

## A. Organization

### 1. Name of League

1. Northern Valley Athletic Association (NVAA)

### 2. Mission

- To provide youth boys and girls, the opportunity to learn and play recreational youth sports for enjoyment, learning experience, and athletic growth.

### 3. Objectives \*UPDATED\*

- Allow recreational based teams the opportunity to compete with other recreational teams within a safe, secure and encouraging environment.
- Allow participants to have FUN!

## • Philosophy

### 1. Children Having FUN!

- The Northern Valley Athletic Association (NVAA) is primarily concerned with the well-being of our children. In order to promote positive growth in children's lives, the NVAA will always put children first.
- Competition is part of the game. The will to win is a natural desire of any athlete. The NVAA has the responsibility to offer athletic programs that encourage the athlete's development within a format of fun and friendship.

### 2. Sportsmanship

- It is important that all participants, coaches, spectators, and program directors teach and practice good sportsmanship.
- Learn to lose graciously and win with great modesty.

## C. Responsibility

### 1. Role Model

- As a coach, referee, or parent, you have the special opportunity to teach children how to enjoy healthy competition in athletics while developing a player's skills and knowledge.
- It is necessary to be aware of the role of an authority figure in a child's life.
- Coaches and officials frequently become the focal point of a child's attention on and off the field or court.
- Set an example in behavior that would be beneficial to all players' mental and physical development.
- It is important to remember you are working with children, not little adults. A child's ideas about competition, winning, participation, and play are different from an adult's ideas.
- To learn is to win...no other criteria is necessary.

### 2. Knowledge

- The responsibility you have assumed by accepting a position as volunteer coach, referee, staff member, or any other helpful position, requires you to devote some time to prepare yourself to adequately perform your role.
- As a coach or referee, there are several areas that you must become knowledgeable in to effectively manage your team or officiate a match.
- It is necessary to acquire a fundamental knowledge of the basic skills and rules of the respective game. This is accomplished by attending clinics, participating in the sport, or through available literature and videotapes.
- It is ideally best if you can perform the skills you are teaching; however, it is not an absolute requirement. If you are well informed of the proper techniques needed for any skill, you may verbally instruct your team while a skilled player demonstrates your verbal instruction.

### 3. Coaching Code of Conduct

- Youth sports are for kids, for their recreational enjoyment and should be FUN. Winning is not the most important thing, playing is.
- Stress sportsmanship and teamwork.
- Developing superstars should not be the objective, however, teaching the fundamentals of the game is.
- Attempt to develop each individual's skills to their fullest potential.
- Promote the importance of team unity and effort during practice and games.
- Remember that the game belongs to the kids; let them enjoy it.
- Every child should play at least one half of the game, if they attend practice.
- Remember the responsibility that you have in teaching your players. Sportsmanship and fair play must be foremost in this teaching process.
- **Abusive actions or language toward players, coaches, referees, or spectators will not be tolerated.**
- **Remember that the referee is in complete control of the game and has the authority to end a game at any point in consideration to maintain control of the situation. Don't question the integrity of the game officials.**

## D. Administration

### 1. Age Divisions

The following divisions will be used for volleyball

- K – 2<sup>nd</sup> (K-2)
- 3<sup>rd</sup> & 4<sup>th</sup> Grade (3-4)
- 5<sup>th</sup> & 6<sup>th</sup> Grade (5-6) and cannot be 13 years of age at any time during the season
- 7<sup>th</sup> & 8<sup>th</sup> Grade (7-8) and cannot be 15 years of age at any time during the season

The following divisions will be used for basketball

- 3<sup>rd</sup> Grade Boys, 3<sup>rd</sup> Grade Girls
- 4<sup>th</sup> Grade Boys, 4<sup>th</sup> Grade Girls
- 5<sup>th</sup> Grade Boys, 5<sup>th</sup> Grade Girls and cannot be 13 years of age at any time during the season
- 6<sup>th</sup> Grade Boys, 6<sup>th</sup> Grade Girls and cannot be 13 years of age at any time during the season

The following divisions will be used for soccer

- 3<sup>rd</sup> & 4<sup>th</sup> Grade (3-4)
- 5<sup>th</sup> & 6<sup>th</sup> Grade (5-6) and cannot be 13 years of age at any time during the season

The following information relates to the entire NVAA league and how participants are allowed to register

- *All NVAA sports programs are open for registration for any person in the designated age and grade group. The NVAA Board of Directors provides every person the full and equal enjoyment of the goods, services, facilities, privileges, advantages, or accommodations and no person will be denied or refused such services, directly or indirectly, based on disability, race, creed, color, sex, sexual orientation, gender identity, gender expression, marital status, national origin, or ancestry.*

The following information relates to an individual chapter's participation and representation in NVAA league activities

- *All chapters are required to participate in at least two (2) sports seasons per league year (approximately August-May). A sport season consists of one (1) singular sport being played in a specific season, such as Spring Volleyball. For purposes of understanding, a chapter may participate in volleyball only if they participate in both the fall and spring season within that league year.*

### 2. Teams

- Must have an official roster available at each game or access to them for review.
- No outside teams/club teams will be allowed to register with any chapter and participate in any NVAA leagues.

### 3. Players

- May NOT be listed on more than one NVAA team roster per sport season.
- Season dictates from the first league practice to the last league game.
- The NVAA does allow participants to "play up" one GRADE LEVEL, NOT one AGE DIVISION. Players too young to register for the lowest level of play may not play up into that level (i.e., a 2<sup>nd</sup> grade basketball player is not allowed to play up to 3<sup>rd</sup> grade basketball, which is the lowest level of basketball competition in the NVAA). Any additional requirements to a player playing up an age division is left to the discretion of the recreation director managing the player's team.
- **Players may participate in outside leagues if the outside league games do not affect scheduled NVAA games. At least 60% of the NVAA team cannot play on an outside league team of the same sport during the same season. If a child is found to be in violation of the rule, the child will be suspended for the rest of the NVAA season and previous NVAA games the child played in will be forfeited.**

### 4. Jerseys

- Each team must wear a jersey provided by the participating chapter, if not done, then they will not be allowed to play.

### 5. Protests

- Protests are not allowed.
- Judgment calls by a game official are not changeable.
- If a problem arises, the gym or field supervisor should be notified so that the gym supervisor may decide to rectify the issue.
- The gym supervisor's decision is final.
- If any area director feels a problem was handled incorrectly by the gym supervisor, then the area director may request a ruling to be made by all the area directors at a scheduled hearing or telephone conference.

### 6. Casts, Jewelry, & Blood

- Hard material guards, casts and or braces made of unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance may not be worn on the elbow, hand, finger, wrist or forearm, even with a padded covering.
- For the safety of all participants, the wearing of jewelry during league activities is prohibited. This includes, but is not limited to, necklaces, bracelets, rings, and hoop earrings. Exception: Small stud earrings are permitted, provided they are securely taped over to prevent injury. Players must ensure that the tape covers the entire earring and is securely in place before participating in any league activity. Failure to comply with this rule may result in the player being asked to leave the field or court until the jewelry is removed or appropriately taped.

- A player who has an open wound must be removed from the game and have any blood flow stopped.
  - The open wound must be covered before returning to play.
  - Change any clothing that has an excessive amount of blood on it before re-entering the game.
  - Each hosting site should make every attempt possible to have the necessary first aid items on site; however, coaches should also have first aid kits and a replacement jersey on hand.

#### 7. Post Season Tournament **\*UPDATED\***

- Starting in the Fall 2023 sports season, NO tournaments will be held for any division for any sport designated through the NVAA.

#### 8. League Standing

- League standings will be kept at the NVAA League's discretion.
- Game results will be updated on Quickscores no later than 5pm on the following business day.

#### 9. Rules

- The rules of play for each of the NVAA Leagues shall be the current National Federation of High School Rules, except for the following amended in each sport's rules below. All rules are in effect for all age divisions unless otherwise stated.
- All game facilities will have a current year copy of the NVAA Rule Book and will refer to the National Federation of State High School Association (NFHS) Rules Book when needed.

#### 10. Team Commitments

- Team commitment dates will be determined prior to each sport season and all chapter representatives must turn in team commitments on this date.

#### 11. Host Dates

- All chapters are responsible for hosting an equal number of times throughout each season with a minimum to 2 host site dates per sport.
- If facilities within a chapter area are not available, the chapter must coordinate with other chapters to use their facilities and incur any cost involved with hosting at that facility.
- Each chapter is responsible for having dates arranged prior to the team commitment date.

#### 12. Scheduling Information **\*UPDATED\***

- All schedules are subject to change based on availability of game space and other unforeseen circumstances.
- Teams in any K-4<sup>th</sup> division will be scheduled for 6 league games; teams in any 5<sup>th</sup>-8<sup>th</sup> division will be scheduled for 7 league games. Please note: in order to accommodate these schedules, some teams may play double-headers or multiple games on any given game date.

#### 13. Practices

- Practices may be held for no more than 3 hours maximum per week, depending on the availability of the chapter's gym/field space.

### E. Control

#### 1. Parents & Spectators **\*UPDATE\***

- Each coach is required to keep control of their team's parents and spectators to the extent they can while coaching.
- Team followers, supporters, or fans who exhibit flagrant un-sportsmanlike behavior that is directed toward an official of the game, coach, team members, or other fans, will be subjected to disciplinary action.
- Pending the circumstance and severity of the instance, the offender will be instructed to vacate the facility for the remainder of the game if the official(s) and gym supervisor deem it necessary.
- Both coaches will be notified that if the offender does not leave within 60 seconds, the game will be forfeited.
- Gym supervisors shall report the incident to the chapter director. The league will determine any additional action, if needed, including banishment from any future games.

#### 2. Coaches

- The coach shall be held directly responsible for the behavior of their team's players, assistant coaches, parents & spectators.
- All coaches MUST **remain in designated coach's box, or bench area** throughout the ENTIRE game unless:
  - They are calling an official time out.
  - They are greeting their players during a break from play.
  - Providing aid to an injured player.
- Only **three** coaches are allowed on the bench (during basketball and volleyball games) or on the sideline (during soccer games).
  - A coach may be ejected for an un-sportsmanlike act toward anyone or for receiving two technical fouls or warnings.
  - An ejected coach must leave the facility or compound immediately in addition to a 1 game suspension in the next NVAA game. Valid for ALL divisions.

#### 3. Tobacco Products

- THERE SHALL BE NO USE OF TOBACCO PRODUCTS BY ANYONE WITHIN THE FACILITIES USED BY THE NORTHERN VALLEY ATHLETIC ASSOCIATION.

#### 4. Vandalism

*To provide youth participants, the opportunity to learn and play recreational youth sports for enjoyment, learning experience, and athletic growth.*

- Any damaging act or willful destruction of property will not be tolerated.
- In addition to legal action pursued by the host facility, the chapter directors shall determine appropriate disciplinary action for any such violation.

## F. Cancellations & Postponements

### 1. Weather

- All games shall be played in accordance with the league schedule.
- If games are postponed due to bad weather conditions, then the chapter directors will make every attempt to reschedule the games as soon as possible with fair notice to all teams, players and parents. Make up games may be at other host sites and/or on different days. Games may not be rescheduled after 5 games.
- Parents and coaches are encouraged to contact the NVAA weather line 970-284-3550 for up-to-date cancellation information.
  - This line will be updated by 7:30am on game day.
- **Entire Day Game Cancellations:** If weather is deemed dangerous the Northern Valley Athletic Association may cancel all games scheduled to be held in one host location. Entire day cancellations will be made by the hosting chapter one hour prior to start of the first scheduled game.
- **Partial Day Game Cancellations:** If the weather turns for the worse throughout the day, games may be cancelled for the rest of the day.
- **Outside Activities**
  - **Lightning:** The Northern Valley Athletic Association follows the “See It, Hear It- Clear It” policy meaning that if any lightning is seen or thunder is heard, all outdoor facilities will be cleared, and activity will be stopped for thirty minutes from last spotting of lightning or thunder.
  - **Rain or Snow:** Anytime there is a constant rain/snow or downpour that affects both the visibility and safety of the game, the game will be cancelled or postponed.
  - **Light:** Games will be cancelled or postponed if there is no light present due to loss of sunlight and facility does not have adequate light to provide safe environment for games to be played.
  - **Playing Field:** Any and all activities will be cancelled or postponed if the playing environment is determined unsafe due to conditions.
    - Standing water on activity surface
    - Footing is unsure and slippery
  - **Cold Temperature or Wind:** If outdoor temperature is lower than 32 degrees Fahrenheit at the start of any game, the game will be cancelled or postponed. Any time there are gusts of wind exceeding 25 mph sustained or 50 mph gusts games will be cancelled or postponed. Anytime there is wind that makes the visibility of the playing field poor games will be cancelled or postponed.

### 2. Unforeseen Circumstances

- If a game needs to be changed (date/time) please look to rule D-13 for change information.
- If a team cannot support a scheduled game, for whatever reason, the team canceling the game shall be responsible for rescheduling the game, providing the officials, providing the facility and being financially responsible for any additional cost that may accrue for rescheduling.

## G. Game Misconduct

These rules extend to all players, coaches and spectators during all NVAA sporting events.

### 1. Yellow Card/Technical

- Will be issued as a warning for minor offenses.
- Any behavior the referee/sport official sees as being unsportsmanlike will result in a yellow card/technical foul.
- Two yellow cards will result in a red card.

### 2. Red Card/Second Technical (in one game)

- Any player, coach, or spectator receiving a red card/second technical will be immediately ejected from the game and asked to leave the premises. Premises include the area in which sporting event is held (gym or field). Ejected persons may wait inside their car in the parking lot if they remain quiet and calm.
- Law enforcement will be called if the violator fails to leave the premises within five minutes of issuance of a red card/second technical.
- Any player, coach, or spectator ejected from a NVAA sponsored game will not be able to attend the next scheduled game.

## H. Correspondence Procedures

1. **As a board, the NVAA reviews written correspondence from any party.** Due to the meeting schedule of the NVAA board, correspondence should be made available to all representatives so research into situations can be done prior to discussing the topic and/or issues can be resolved. Any and all correspondence should be written and turned in to the respective chapter representative.

**2. Correspondence received by the chapter representative one day or more prior to a monthly NVAA meeting should follow these guidelines.**

- Correspondence should be faxed to the Vice President.
- Vice President will email correspondence to all parties involved in situation.
- Involved parties should research the issue and resolve any issues that need to be resolved prior to next NVAA meeting.
- Any steps taken to resolve should be documented and submitted to the Vice President.
- Issue will be brought forward at next NVAA meeting.

**3. Correspondence received less than one day prior to NVAA meeting.**

- Call Vice President and discuss correspondence issues.
- Vice President will call all involved parties.
- Involved parties should research as much as possible and bring information to the meeting.

- **Mandatory Coaches Meetings**

All NVAA coaches or team representatives must attend a meeting with their chapter director prior to the start of each season.

# Volleyball

## A. Team Rosters

1. **Line-ups**
  - Coaches are required to determine starting line-ups and rotation of players.
2. **Minimum Players**
  - At least 4 players must be present at the start of the match.
  - At least 2 female players must be present at the start of the match.
3. **Female vs. Male Players**
  - Up to 3 male players may play on the court at any time.
  - Male players may not outnumber female players on the court at any time.

## B. Equipment

1. **Game Ball**
  - Shall be provided by the hosting Chapter.
  - Shall be constructed of leather or synthetic material.
  - Size of ball shall be
    - K-6<sup>th</sup> 7 oz. inflated
    - 7<sup>th</sup>-8<sup>th</sup> 9 oz. inflated
  - Host site will provide a minimum of 4 volleyballs per team for each game. See Rule 5 below.
2. **Net**
  - K-2<sup>nd</sup> Net shall be set at 6 ½' measured from center of court.
  - 3<sup>rd</sup>-8<sup>th</sup> The top of the net shall be placed at 7' measured from the center of the court.
  - The net shall have antennas according to the National Federation of High School Rules.
3. **Court**
  - Dimensions shall be 30' L x 60' W but may vary depending on the facility being used.
  - K-2<sup>nd</sup> Only: Court shall be 30' L x 40' W
4. **Jerseys**
  - Numbers may be duplicated and must be 6" tall on back of jersey.
5. **Outdoor Ball Policy**
  - No outside volleyballs are allowed for league play.

## C. League Match regulations

1. **Game Play \*UPDATED\***
  - All league games will play 3 sets.
    - The first two sets will play to 25 points; must win by 2 points with winner not exceeding 30 points.
    - The third set will play to 15; must win by 2, with winner not exceeding 18 points
  - Total time will not exceed 55 minutes.
  - K-2<sup>nd</sup>: all three sets will be 10 minutes; score will not be kept.
2. **Start of Match**
  - A forfeit will be declared if a team cannot field the minimum number of players required to start a game before the 10-minute allowance after scheduled start time.
  - Prior to start of gametime, the game official will conduct a pre-game conference with a captain and a coach from each team to determine if the minimum players are present from each team to start the match.
  - The game official will conduct a coin toss to determine which team will serve first for set 1 and set 2. Another coin toss prior to the start of set 3 will determine which team will serve first for set 3.
3. **Service**
  - Release of the serve is not required. Underhand serves allowed.
  - Overhand serves must be executed from the regulation service line.
  - The server shall not touch or cross the service line that they are serving from until the ball has been contacted for service.
  - A serve must be executed within five seconds of the official's whistle to serve.
  - A re-serve will be called when the server releases the ball for service then catches it or drops it to the floor. The official shall cancel the serve and direct a second and last attempt to serve. The server is allowed a new five seconds to re-serve.
  - Any serve that hits the net and stays within the boundary of the receiving team will be ruled playable.

#### 4. Second Service Line

- A 2<sup>nd</sup> service line shall be marked by tape 10 feet inside the court running parallel from each regulation service line. Line should extend across the entire court.
  - K-2<sup>nd</sup> Second service line will be ten-foot line
  - 3<sup>rd</sup>-4<sup>th</sup> Second service line will be 10' in from the out of bounds line. Service from this line is allowed for underhand serves only
  - 5<sup>th</sup>-8<sup>th</sup> Not allowed

#### 5. Rally Scoring

- A team may score a point during either team's service.
- If a team scores 5 continuous serves, an automatic side-out will be called and the service will be awarded to the opposing team.
- K-2<sup>nd</sup>: Score will not be kept. When a team fails to serve properly, return the ball or commits any other fault, the opponent wins serve, regardless of who serves the ball. If the serving team wins rally, they continue to serve. If the receiving team wins rally, they gain the service.

#### 6. Substitutions & Rotation \*UPDATED\*

- A team MUST rotate into its first service.
  - K-6<sup>th</sup> Continuous substitution (rotation) is required for each team. The rotation/substitution must be made after each side-out, in the middle back position, and include all players from the team.
  - 7<sup>th</sup>/8<sup>th</sup> Each team must provide a lineup card to the down ref before the game starts. Substitutions may be made before a serve, after a side-out changing possession of the serve, or during a time out for any position. Substitutions must be made between the 10ft line and net, in front of the score table. One or more players may substitute into the game after the official motions them in. Substituted players CAN ONLY substitute for the same player throughout the duration of the game: example- Player B substitutes for Player A, Player A and B can now only substitute for each other during the entirety of the game.

#### 7. Player Participation

- Every player must participate in one half of each game, including 7<sup>th</sup>/8<sup>th</sup> grade.  
*Note: It is not the intent of the NVAA to have parents or coaches "counting minutes" of playing times for players. Coaches should try as best as possible to play every player in half of every game, if they attend practice*

#### 8. Time Outs

- Each team is allowed 2, 1-minute time outs per set (up to 6 per game).
  - During a time out the total time (55 minutes) will continue to run for all 3<sup>rd</sup>-8<sup>th</sup> grade games
  - During a time out the total time (10 minutes) will continue to run for all K-2<sup>nd</sup> grade sets
- A maximum of 2 minutes is allowed between sets within a game.
- An official may call a time out for any reason.
- No timeouts shall be taken within the last 2 (two) minutes of the game clock time.
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#### 9. Injury

- If a player is removed from a set due to injury, player must remain out for remainder of that set, or game, at the discretion of the official and supervisor after conferring with the team and coaches.
  - A player with a head injury or suspected concussion will come out and remain out the remainder of the game and will not return to play.

#### 10. Libero Players

- No libero player will be used.



# Basketball

## A. Equipment

### 1. Game Ball

- Shall be made of leather or synthetic material.
- Shall be provided by the hosting chapter.
- Shall be 27.5" for 3<sup>rd</sup> grade boys and girls teams
- Shall be 28.5" for 4<sup>th</sup>-6<sup>th</sup> grade boys and girls teams
- Host site will provide a minimum of 4 basketballs per team for each game. See Rule 7 below.

### 2. Basket Height

- Basket height shall be set to 10'.

### 3. Court Size

- Court size may vary depending on each facility.
- Size of court shall be:  
3<sup>rd</sup>-4<sup>th</sup> Auxiliary or regulation size gym  
5<sup>th</sup> 6<sup>th</sup> Regulation size gym

### 4. Free Throw Line

- Distance of free throw line shall be  
3<sup>rd</sup>-4<sup>th</sup> 12'  
5<sup>th</sup>-6<sup>th</sup> 15' – regulation

### 5. Jerseys

- Numbers may be duplicated and must be 6" tall on back of jersey.

### 6. Footwear

- All players must wear athletic shoes.
- NO HARD SOLE SHOES OR SHOES THAT LEAVE MARKS ARE ALLOWED ON ANY PLAYING OR PRACTICING FACILITY GYM FLOOR.

### 7. Outdoor Ball Policy

- No outside basketballs are allowed for league play.

## B. Timing Rules

### 1. Forfeit Time

- Shall be ten minutes after the scheduled game time.
- A team must have at least three players present at forfeit time, or the game will be declared a forfeit.
- If both teams fail to show, a forfeit shall be declared for both teams.

### 2. Regulation

- The game shall be divided into 2, 20-minute halves.
- At the 1-minute mark in the 2nd half of a game: If the score differential is 10 points or less, the clock shall stop when the ball becomes dead for the remainder of the game. If the score differential is 11 points or more, the clock will continue to run when the ball becomes dead for the remainder of the game.

### 3. Time Outs/Halftime

- The game clock will stop for all time outs.
- Team time out may be requested by a player or a coach of a team.
  - 2, 1-minute time outs per half
  - Do not carry over from 1<sup>st</sup> half to 2<sup>nd</sup> half or from regulation time to any overtime period.
- Official's time out
  - Officials may call a time out due to a player injury or any other reason.
  - May be if necessary and are unrestricted in length.
  - Game clock will be stopped on all official's time outs.
- Halftime will be a maximum of 3 minutes.

## C. Playing Rules

### 1. Player Participation

- NVAA recreation basketball will be organized by single grade divisions and divided into boys and girls. The league will accept team registrations for separate boys' and girls' teams for grades 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup>.
  - In a situation where grade levels will need combined to form a team, the combined team must play to the highest grade division (i.e., a combined 3<sup>rd</sup> and 4<sup>th</sup> grade boys' team must play in the 4<sup>th</sup> grade boys division).
  - In a situation where girls and boys will need combined to form a team, the combined team must play in the boys' division.
  - In a situation where both grade levels and girls and boys will need combined to form a team, both of the above rules will be applied (i.e., a combined 3<sup>rd</sup> and 4<sup>th</sup> grade team with both boys and girls will play in the 4<sup>th</sup> grade boys division).

- Any combination of grade divisions or boys and girls on the same team is subject to league approval. The proposed combining of grade divisions or gender divisions may be rejected or accepted based on the proposing chapter's demonstration of need.
- Every player must participate in half of each game.  
*Note: It is not the intent of the NVAA to have parents or coaches "counting minutes" of playing times for players. Coaches should try as best as possible to play every player in half of every game, if they attend practice.*

## 2. Players to Finish Game

- A team must be able to finish the game with a minimum of 3 eligible players.

## 3. Substitutions

- When another player of their team replaces a player, they must report to the score table and wait to be motioned in by an official.

## 4. Fouls & Player Disqualification

- All fouls count toward a team's 7<sup>th</sup> and 10<sup>th</sup> team fouls. All fouls committed by a player also count toward a player's five (5) fouls. High school rules apply to all divisions.
  - a. Common foul: a foul committed by an opponent (example: holding, pushing, etc.)
  - b. Shooting foul: a foul committed on a player in the act of shooting
  - c. Intentional foul: a foul deliberately committed on an opponent
  - d. Team foul: all fouls committed are also called team fouls
  - e. Technical foul: any un-sportsmanlike foul or flagrant foul committed by a player, coach, or bench personnel  
Penalty shall be:
    - 3<sup>rd</sup>/4<sup>th</sup> High school rule + player must sit out 2 minutes
    - 5<sup>th</sup>/6<sup>th</sup> High school rule
  - f. Disqualified player: also known as 'fouled out'

## 5. Free Throws

- High school rules apply to all divisions.
  - a. Shooting free throw: awarded to a player that was fouled in the act of shooting
  - b. Bonus free throw: awarded to a player when the opposing team has reached 7<sup>th</sup> team foul
  - c. Double bonus free throw: awarded to a player when the opposing team has reached its 10<sup>th</sup> team foul
  - d. Technical foul free throw: awarded to a team after a technical foul

## 6. Scoring

- Free throw: 1 point
- Field goal: 2 points
- 3-point goal: 3 points (only where marked)

## 7. Mercy Rule

- a. If at any time the score differential is thirty (30) points, the scoreboards will be turned off.
- b. The final score will be recorded as the score at the time of the scoreboard being turned off.
- c. The team leading by 30 points may no longer double team in any part of the court for the remainder of the game.
  - Violation of this rule will result in a team foul.
- d. The team leading by 30 points may no longer run fast breaks after changes of possession.
  - Violation of this rule will result in a team foul and possession will be awarded to the opposing team.

## 8. Defense

- a. In all instances except for fast breaks, no defense can be played until the ball is moved past the half-court line (for "fast break" definition, see **9. Offense**)
- b. Man-to-man: where each player guards 1 player from the opposing team
  - 3<sup>rd</sup>-6<sup>th</sup> Allowed after half-court line
- c. Zone: where a team defends an area instead of individual players
  - 3<sup>rd</sup>-6<sup>th</sup> Allowed after half-court line
- d. Full court: where a team is allowed to play defense in the backcourt
  - 3<sup>rd</sup>-6<sup>th</sup> Not allowed
- e. Double teaming: aid of another player in guarding an opponent.
  - 3<sup>rd</sup>-6<sup>th</sup> Allowed at the 3-point arc; the player with the ball must be within reasonable shooting distance at the 3-point arc before they are double-teamed. "Reasonable shooting distance" will be defined as within 18 inches of the 3-point arc.
- f. Stealing: defensive team takes possession of the ball away from the offensive team
- g. Blocking a shot attempt: a player stops the shot attempt from the shooting player

## 9. Offense

- Fast break: a team that has possession of the ball does not hesitate to try to score on an opponent

- Lane violation: a violation committed by an offensive player
  - 3<sup>rd</sup>/4<sup>th</sup> 5 seconds
  - 5<sup>th</sup>/6<sup>th</sup> 3 seconds

## **D. Misconduct**

### **1. Ejected Player**

- A player may be ejected for an un-sportsmanlike act toward anyone or for committing a flagrant foul against another player.
- An ejected player must leave the gymnasium immediately in addition to a 1-game suspension in the next NVAA game.

### **2. Ejected Coach**

- A coach may be ejected for an un-sportsmanlike act toward anyone or for receiving two technical fouls.
- An ejected coach must leave the gymnasium immediately in addition to a 1-game suspension in next NVAA game.

# Soccer

## A. Timing Rules

### 1. Regulation

- The game is divided into 2, 25-minute halves.

### 2. Overtime

- There will be no overtime period for regular season games. Games can end in a tie.

### 3. Time Outs/Halftime

- No team time outs.
- Official's time out
  - a. An official may call a time out due to a player's injury or any other reason.
  - b. This type of time out may be necessary and are unrestricted in length.
  - c. The game clock will be stopped on all official's time outs.
- Halftime will be a maximum of 3 minutes.

## B. Measurements

### 1. Game Ball

- The game ball should be an official size 4 soccer game ball.

### 2. Goal Size

- Each facility may vary depending on the equipment available.
- Recommended size shall be 8' H x 24' L

### 3. Field Size

- Interior markings are adjusted proportionally for age groups and available field area. All measurements are approximate and dependent on available field space at each location. The recommended size shall be 70-80 yards in length by 45-55 yards in width.
- The center circle shall have an 8-yard diameter.

## C. Equipment

### 1. Shin Guards

- The use of protective shin guards is mandatory.
- Socks must completely cover the shin guards.

### 2. Footwear

- Soccer cleats are recommended but are not mandatory. Plastic or rubber cleats only. No baseball cleats are allowed.
- Tennis shoes or sneakers may be worn; however, no boots, spikes, or bare feet are allowed.

### 3. Jerseys

- Numbers may be duplicated and must be 6" tall on back of jersey.
- The goalie position must wear a uniform or pull over jersey, which is distinctive in color from all other uniforms on the field.

## D. Playing rules

### 1. Field Players

- 3<sup>rd</sup>/4<sup>th</sup> grade: 9v9 including goalie
- 5<sup>th</sup>/6<sup>th</sup> grade: 9v9 including goalie

### 2. Start of Play \*UPDATED\*

- A coin toss by the referee shall decide the choice of ends and the kickoff at the start of the game.
- The game will begin with a kickoff after each period or after a goal being scored.
- All divisions will switch sides of the field after the halftime break.
- The ball is placed at the center spot and is played with an indirect kick. No defending players may be inside the center circle at the time the ball is played. The offensive team MUST kick the ball outside of the center circle and then must 'touch' the ball before a member of the defending team is allowed to make contact with the ball (indirect kick).
- The player kicking it into play may not touch the ball again until another player of either team has touched the ball. If this "double touch" should occur, the opposing team shall be awarded an indirect free kick at the point of the infraction.

### 3. Ball In/Out of Play

- The ball is in play unless it has completely crossed over the touchline or goal line (see goal kick or corner kick) whether on the ground, or in the air, or when the game has been stopped by the referee for any reason.
- The ball is in play even when it rebounds from the goal posts, corner flags, and referee – provided the referee is within the field of play.
- A player may run outside the field of play and not be penalized.

### 4. Scoring

- A goal is scored when the entire ball crosses over the whole goal line, between the goal posts and under the cross bar. If a defending player causes the ball to cross over their own goal line as described above, the goal is scored for the opponent. 1 point is scored for each goal.
- In the case of a foul against the attacking team immediately preceding the attacking team scoring, the referee is instructed to employ the “advantage rule,” and disallow the goal.
- In the case of a foul against the defending team, immediately preceding the attacking team scoring, the referee is instructed to allow the goal.

#### 5. Mercy Rule

- Scoreboards will be set to 0 when there is a difference of eight (8) points at any time. The scoring table or head referee will continue to keep the official score in the scorebook.

#### 4. Advantage Rule

- A referee’s discretionary judgment, which allows an official to permit play to continue rather than stopping play to administer the foul. This concept is based on the premise that the foul did not put the offended team at a disadvantage, or the foul, if called, may take away a favorable opportunity for the offended team.
- The foul may be subsequently called if the advantage does not materialize. For example, a player is on a breakaway run and the opponent trips them, yet the player retains their balance and control of the ball, thus having a good opportunity to score.
- The calling of the foul would actually benefit the defending team; thus the referee uses the advantage rule to allow play to continue.

#### 5. Offside

- A player is in an offside position if:
  - The player is nearer to their opponents’ goal line than both the ball and the second last opponent.
  - A violation will occur when the player is in an offside position at the same time the ball is being passed forward to the player.
- A player is NOT in an offside position if:
  - The player is in their own half of the field of play.
  - No part of the attacking player (head, body, or feet) is closer to the opponents’ goal than the final defender (not including the goalkeeper).
  - The player is receiving the ball from a throw-in.
- A player is offside only when the following events take place the instant the ball is played by a member of their own team.
  - The player is ahead of the ball in the opponent’s half of the field.
  - A player is nearer to the goal than two of their opponents (including the goalkeeper), and the ball is passed to them is interfering or attempting to interfere with play or is gaining an advantage by being in that position.
  - A player cannot be offside during the initial action of a throw in, corner kick or goal kick.
  - It is the position of the receiving player when the ball is kicked and not the position of where the ball is received, that decides whether the receiver is offside or not.
  - The referee must decide whether this attacking player is intentionally interfering with play or seeking to gain advantage by taking up this advantage position; therefore, the official may not always make an offside ruling even though the player may be in an offside position.

EXAMPLE: If a player is dribbling the ball toward the opponent’s goal, and does not pass to a teammate, who is ahead of the ball and in an “offside position,” but takes a shot at the goal, there is no offside call. Simply being in an offside position is not sufficient for a penalty to be called. The player in this instance was not involved in the play.

#### 6. Throw Ins

- A throw in is awarded when the entire ball crosses over the touchline.
- Play is restarted from the point where the ball crossed the line.
- The throw-in is awarded to the opposing team of the player who last touched the ball.
- The thrower must:
  - Face the field of play.
  - Use both hands equally.
  - Have both feet on the ground either on or behind the touchline.
  - Throw the ball from behind and over the head.
- The thrower cannot play the ball a second time until another player has played it from either team.
- A goal cannot be scored directly from a throw in. A second contact must be made before the ball enters the goal.
- When the ball is incorrectly thrown in, a player of the opposing team retakes the throw in.

#### 7. Heading the Ball \*NEW\*

- In an attempt to limit the chance of concussions happening, coaches are encouraged to refrain from teaching their players to ‘head’ the ball with any portion of a player’s head. During gameplay, if such an instance occurs where a player ‘purposefully’ uses their head to make a play on the ball, play shall be stopped, and the ball will be awarded to the opposing team as an Indirect Kick.

## E. Type of Kicks

### 1. Free Kick

- Direct free kick
  - a. Does NOT have to touch another player, of either team, before entering the goal.
  - b. All defending players shall be at least 10 yards from the placement of a free kick.
- Indirect free kick
  - MUST touch another player, of either team, before entering the goal.
  - All defending players shall be at least 10 yards from the placement of a free kick.

### 2. Penalty Kick

- A penalty kick is awarded whenever the defending team, in its own penalty area, commits a foul.
- The ball is placed on a mark, centered on the goal at 10 yards and a player from the attacking team takes a direct free kick at the goal, with only the goalkeeper defending the goal, from a position on the goal line at the time the ball is kicked.
- No players from either team may be inside the penalty area or within 10 yards of the ball at the time that the kick is taken.

### 3. Goal Kick

- A goal kick is awarded to the defending team when the ball completely crosses the goal line without entering the goal and is last played by a member of the attacking side.
- Play is restarted with the ball being kicked from any point within the goal area by the defending team.
- The ball must leave the penalty area prior to being touched by any player on either side. The kicker cannot play the ball again until the ball touches another player.

### 4. Corner Kick

- A corner kick is awarded when the ball completely crosses the goal line without entering the goal and is last played by a member of the defending side.
- The ball is placed within the one-yard arc in the corner of the playing area nearest to where it crossed the goal line. A member of the attacking team then kicks the ball.
- No other player is allowed within 10 feet of the ball and kicker.
- A goal may be scored directly from a corner kick.

## F. Fouls

### 1. Prohibited Acts

- Kicking or attempting to kick an opponent.
- Tripping or attempting to trip an opponent.
- Jumping at an opponent.
- Violent charging except when the charge is shoulder to shoulder and when the player is playing the ball or attempting to play the ball.
- Striking or attempting to strike an opponent.
- Holding an opponent.
- Pushing an opponent.
- Intentionally handling the ball with the hand or the arm unless the player is the goalkeeper inside the penalty area or a player performing a throw in. (NOTE: When the ball bounds into a player's hand or arm, this is not penalty. The player's act must be intentional for a penalty to be assessed.)
- Charging an opponent from behind.
- Slide tackling

### 2. Penalty

- An indirect free kick shall be awarded for any foul not included above. EXAMPLE: dangerous play offside, obstruction, time wasting, etc.

## G. Playing Time & Requirements

### 1. Forfeit Time

- Shall be 10 minutes after the scheduled game time.
- 3<sup>rd</sup>/4<sup>th</sup> grade teams must have at least 7 players present at forfeit time, or the game will be declared a forfeit.
- 5<sup>th</sup>/6<sup>th</sup> grade teams must have at least 7 players present at forfeit time, or the game will be declared a forfeit.
- If both teams fail to show, a forfeit shall be declared for both teams.

### 2. Player Participation

- Every player must participate in half of each game.  
*Note: It is not the intent of the NVAA to have parents or coaches "counting minutes" of playing times for players. Coaches should try as best as possible to play every player in half of every game.*

### 3. Players to Start and Finish a Game

- 3<sup>rd</sup>/4<sup>th</sup> grade teams must have at least 7 players to start the game.
- 5<sup>th</sup>/6<sup>th</sup> grade teams must have at least 7 players to start the game.

- A team must have a minimum of 5 players to finish the game.
- If requirements are not met, the game will be declared a forfeit.

#### **4. Substitutions**

- There is unlimited substitution at the team's own throw-in, on any goal kick, on any injury for which play has been stopped, at the restart after a goal has been scored, and the beginning of the period.
- Substituting players must enter the field of play at the midfield line, only after the player(s) being substituted has left the field of play and only after the signal to enter has been given by the referee.

#### **5. Coach Rule**

- Coaches will not be allowed to pass the mid field line on their sideline.

#### **6. Player Rule**

- All players are required to stay 3 feet from the sideline when not in the game.
- Players must stay 10 yards from midfield line, except when the team is making a substitution.

#### **7. Spectator Rule**

- All spectators are required to stay 3 feet from the sideline.
- All spectators must remain on the opposite side of the field as the players and coaches and no spectators, or coaches, will be allowed behind the goals during the game.
- The referee shall suspend play until full compliance of all spectators is achieved.

### **H. Misconduct**

#### **1. Yellow Card**

- The referee shall issue a yellow card as a "caution" of unsportsmanlike behavior.
- If a player or coach receives 2 yellow cards in a game, the player is disqualified from further play.

#### **2. Red Card**

- The referee shall issue a red card as a disqualification for any unsportsmanlike behavior.
- If a player or coach receives 1 red card in a game, the player is disqualified from further play.

# NVAA Incident Report

Date of Incident: \_\_\_/\_\_\_/\_\_\_

Time of Incident: \_\_\_: \_\_\_

Location of Incident: \_\_\_\_\_

Parties Involved

**Name 1:** \_\_\_\_\_

Phone: \_\_\_\_\_ Address: \_\_\_\_\_

Parents or Guardian Name: \_\_\_\_\_

Team: \_\_\_\_\_ Coaches Name: \_\_\_\_\_

Coaches Phone: \_\_\_\_\_

**Name 2:** \_\_\_\_\_

Phone: \_\_\_\_\_ Address: \_\_\_\_\_

Parents or Guardian Name: \_\_\_\_\_

Team: \_\_\_\_\_ Coaches Name: \_\_\_\_\_

Coaches Phone: \_\_\_\_\_

**Name 3:** \_\_\_\_\_

Phone: \_\_\_\_\_ Address: \_\_\_\_\_

Parents or Guardian Name: \_\_\_\_\_

Team: \_\_\_\_\_ Coaches Name: \_\_\_\_\_

Coaches Phone: \_\_\_\_\_

**\*Witness Name:** \_\_\_\_\_ **Witness Phone #:** \_\_\_\_\_

**\*On-site Supervisor Name:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**\*Report Prepared By:** \_\_\_\_\_ **Date:** \_\_\_/\_\_\_/\_\_\_

**Incident/Injury Description:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Incident Response:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Care given (if applicable):** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Follow Up:** \_\_\_\_\_

\_\_\_\_\_ **Date:** \_\_\_/\_\_\_/\_\_\_