



VIKINGS LEAGUE AGE GROUP MODIFICATIONS TO LAWS OF THE GAME

SUMMARY OF SPECIAL VIKINGS LEAGUE RULES APPLICABLE TO ALL AGE GROUPS

All of these rules and other helpful information can be found on our website. Go to www.sfvikings.com and click on the "About Us" link on the left.

1. **PLAYING TIME** – Each player must play at least half of the game This applies to all age groups in Vikings.. Referees are not required to try to enforce this but if it is noticed the referee should report it to the League.
2. **SUBSTITUTIONS** – A team may substitute for an injured player at any time. Specific substitution rules for ages U8-U11 are on the reverse of this page. For U12 and older teams, unlimited substitutions can occur at own throw-in, either team's goal kick and after a score.
3. **LOCATION OF SPECTATORS** – At Polo, Garfield, and Silver Terrace, spectators must observe match from outside fence boundaries. At other fields, spectators are to be on one side of the field and coaches and their players on the other (unless there is no free side in which case, the coach and spectators from each team will share one half of the pitch). No one may stand behind the goal line. All spectators must stand back at least 3 feet from the sideline. The coach of each team will have a designated parent on the parent side who shall be responsible for the conduct of the spectators. No food, gum, or beverages (other than water) allowed on turf fields such as Garfield, Silver Terrace, and South Sunset.
4. **LOCATION OF COACHES** – Coaches must stay in their technical area (10 yards from the center line) and may not run up and down the sideline or go on the other team's half. No team may have more than two coaches in the technical area during the game. Any additional coaches must be in the spectator area.
5. **IMBALANCED GAMES – No Running Up The Score.** Teams and coaches are strongly encouraged not to run up the score in any game. If one team is stronger than the other, the League encourages the coach of the stronger team to take steps like substituting for stronger players, playing weaker players in forward positions, etc. to even the competition. If a team gets a four-goal advantage, it must reduce the number of players on the field by one. For each additional goal by the leading team (increase in the lead), the leading team must reduce the number of players on the field by one additional player. For each additional goal by the trailing team (decrease in the lead), the leading team may increase the number of players on the field by one. At no time will either team have more than the maximum or less than the minimum number of players on the field according to their age group rules.
6. **LATE GAMES or NO SHOWS** – In order to start playing a game, a team must have present at least 7 players in U12 and above divisions and at least 5 players in U11 and below divisions. There is a 10-minute delay if a team does not meet this minimum and then a forfeit will be awarded. The minute that the minimum number of players is present, the game should start. In the event of a delay, for this or any other reason, the referee must shorten the game time to keep on schedule (so that this game will finish 5 minutes prior to the next game) and shall do so by shortening each half proportionately. We recommend that coaches and the referee discuss this in advance to avoid any issues.
7. **CRITICIZING THE REFEREE** – Coaches are not to criticize, evaluate or advise the referee in any way during a game, although they can do that later in writing to the office. If the referee wants to ask the coaches' advice that is fine but outside of that coaches are to keep quiet. The only exception is if a coach feels the play has become dangerous, in which case he/she can make one request to the referee. If the coach still feels the game is unsafe he/she should abandon the game.
8. **ASSISTANT REFEREES** – At every game, all U9-U14 teams must provide one volunteer parent who serves as an assistant referee to help the referee. This parent must be familiar with the "9 Things a Vikings Volunteer Assistant Referee Needs to Know". This information can be found on the Vikings website at www.sfvikings.com.
9. **VIKINGS RED HAT** – Required to be worn by one coach during the game.