

Northern Virginia Athletic Conference

Coaches Information

The Conference, a partnership between ASA, BRYC, BAC, FPYC and VYS, strives to promote several values as foundational pillars to create a safe and positive atmosphere for all our participants: fun, sportsmanship, teamwork, and celebration. Our goal is quite simple - to make each experience enjoyable for all our athletes and, as our coaches, you play a big role in that success.

- As an umbrella league under the Virginia Youth Soccer Association (VYSA), we abide by their rules using the FIFA ruleset adapted for youth play. The conference has a few additional adaptations as agreed upon by our partner clubs for combined play:
 - We have two divisions, Premier (for 7th/8th/9th) grades and Champion (10th/11th/12th). Premier plays 40-minute halves and Champion plays 45, both have 5-minute halftimes
 - Matches may not be played without a certified, club scheduled, referee. Lack of referees will result in the home club needing to reschedule or forfeit. Spectators may not substitute for a center judge.
 - Substitutions may be made with the consent of the referee at the following times: throw-ins, goal kicks, or
 - after a score. Both teams may substitute and unlimited number of players if any team initiates a substitution.
 - One (1) water break per half, with the clock running, is allowed if either coach requests it.
 - The minimum players needed to start a game is nine (9) within the first 15 minutes of the game, or the team will forfeit. Additionally, nine (9) players will remain as the minimum throughout the match.
 - On Wednesday of each week the home coach will reach out to the visiting coach and let them know the field set up for the game.
- The home coach can determine if both teams are on the same side of the field, opposite each other and where each team will reside. Regardless of option, no coach may not stand within or interfere with any players preparing to enter the game as a substitute.
- Spectators may sit in any grandstand, but may not sit within 5 yards behind an opposing team if not within a grandstand.
 - No slide tackles – A player leaving her feet or sliding to initiate contact or to tackle another player is banned in our conference within all age groups.
 - There is a Mercy Rule with two aspects:
- After a four-goal advantage, the leading team will remove a player from the pitch and will continue to remove players for each increase in the differential. If it reduces, the leading team may add a player back to the pitch at the notice of the head referee

- After a six-goal advantage, the referee has the option to end the game, regardless of duration played.
 - Yellow and Red Cards provide an indication of unsportsmanlike behavior, should the following occur, the offending team will forfeit the game immediately upon reaching one of these thresholds:
 - Five (5) total yellow cards of any type for players, coaches, or spectators
 - Two (2) total red cards of any type for players
 - A single red card on any coach, spectator, or sideline infraction

Our intent is to reduce all unsportsmanlike behavior on the pitch from all participants and a positive sporting experience for our athletes for all aspects of their games.

While we strive to promote our values of Fun, Sportsmanship, Teamwork, and Celebration, we are also providing opportunities to compete against one's peers. Within both divisions the tie-breaking factors to separate each team are based on athletic and sportsmanship performance and how it impacts the post season are detailed below. Here is the order of the tiebreakers in the division table:

- Total points earned in a season.
 - +3 for a win
 - +1 for a tie.
 - Forfeits will subtract one (-1) point.
 - Sportsmanship Rating – Each team starts the season with a 100-point base that can improve or decrease based on the sportsmanship offered to their fellow participants, including players, coaches, and referees, including:
 - +3 for each regular season game without a card being issued.
 - -2 points for each yellow card
 - -5 points for a red card
 - Total Wins
 - Goals Against, any forfeits will count as zero points against
 - Head-to-Head Record

After each game, all coaches can email NoVACscores@gmail.com with the division played, teams involved, total score, and any player info for the website. Once feedback is collected by Monday, the weekly table will be updated as a running total during the season. However, no stats will reside within the table outside tie breakers measured by the conference. Player statistics reported by coaches will be housed in a separate table to show Goals, Assists, and Defensive points. Defensive points are awarded at the coach's discretion for great performance (+1 points) to stand out performance (+2).

If you have any questions or issues, please contact the NoVAC director for your specific club.