

Arlington Women

Taken from the Constitution and Bylaws, March 2004

Games on synthetic surfaces are ONLY CANCELLED IN DANGEROUS WEATHER (Tornadoes, Hurricanes, Lightning Storms) and never in rain (even hard rain). Referees need to be reminded that Sunday games ALLOW slide tackling (they are all OPEN games) and Weekday (they are all Masters) games DO NOT. (Virginia Highlands, Gunston, Wakefield, Thomas Jefferson)

All our games are 40 min halves with at least 5 min half-times.

1. All games will be played by modified FIFA (Federation International Football Association) rules, with the following exceptions:
2. The minimum number of players needed by each team to begin official play is seven (7). Unlimited substitutions by *both* teams is permitted by the Referee on goal kicks and kick-offs and by the *team in possession* on throw-ins.
3. The game will consist of forty (40) minute halves with a five (5) minute break between halves. There will be a fifteen (15) minute grace period from the designated starting time to await a minimum number of players (7) and/or the arrival of a Referee.
4. Players may protect their faces and chest with palms facing inward close to the body. The ball must not be directed by the player's hands or arms. (THIS IS ULTIMATELY A JUDGMENT CALL BY THE REFEREE).
5. The goalkeeper will have possession of the ball when its movement has been stopped by any part of one or both hands or arms and/or if the ball has been pinned to the ground by any part of the body. The goalkeeper cannot be touched when she has possession of the ball. Once the ball has left the goalkeeper's hands the ball can be played by the other team. (THIS IS ULTIMATELY A JUDGMENT CALL BY THE REFEREE).
6. When a drop-ball decision is made for an occurrence within the penalty area, the Referee will move the play to the nearest point outside the **penalty area** to restart play.
7. Slide tackling is NOT allowed in the Masters Division (over 30) by any player *except the goalkeeper*. Slide tackling IS allowed in the Open Division.
8. Each player must have a permanent number (silk-screened or iron-on) on her jersey in order to play in a game with no number duplicated. For uniform conflicts, the VISITING team will wear their alternate jerseys. Alternate jerseys do not require permanent numbers but must conform to the same color group. Leg wear/socks can be of different color(s) as long as there is no confusion with the opposing team's uniform.
9. Shin guards are required as per Law 4.

Arlington Indoor

- III. **Equipment:** Teams are required to dress in matching colored jerseys, with the goalkeeper's jersey being of a different color. **Shin guards are required for participation in any league. Socks must cover shin guards.** At the Gunston Bubble synthetic turf, footwear is restricted to molded cleats (maximum ½ inch), turf shoes, or other soled athletic shoes. No metal cleats or spikes are permitted. At Barcroft Sports & Fitness Center, footwear shall be flat sole, **non-marking shoes** (no molded or turf cleats).
- V. **Player Eligibility:** All players must be listed on the official team roster. Roster challenges may be made prior to the start of the game or during halftime. Youth teams must provide proof-of-age in cases of challenge. All players must meet the age requirements by the first day of the session.
- VI. **League Point System:** Win = 3 points Tie = 1 point Loss = 0 points
- League games that end in a tie after regulation play will be counted as a tie. Playoff games ending in a tie will be followed by a five (5) minute sudden-death overtime period. If at the end of the overtime period the game is still tied, penalty kicks will be used to break the tie.
- VII. **Individual Player Participation:** Players may only be on one roster in a given division **and** league. Players may compete in more than one division or league (i.e. coed and men's). Players must be able to provide proof of identification upon request.
- IX. **Red Card Policy:** Any player or coach who receives a red card must leave the playing surface and will automatically be suspended from the next game. Players and coaches receiving a red card must view the rest of the game from the mezzanine area (at Barcroft), unless asked to leave the facility by the staff.
- **Red Cards will result in the team playing shorthanded for five (5) minutes. After the 5-minute penalty has been served, the team may return to full strength.**
- X. **No Shows/Forfeitures:** If a team cannot play a scheduled game the opposing team will be awarded a 3-0 victory. **No reschedule will be given.** A forfeit will occur if a team does not have the minimum number of players to play within 10 minutes after the scheduled start of the game (10-minute Rule). This time will be subtracted from the first half. The 10-minute Rule states that for every three minutes off the clock, one (1) goal will be awarded to the completed team.

RULES OF THE GAME

1. **Team Size:** An adult team consists of five (5) players, one of whom is the

goalkeeper. All coed teams will consist of three (3) men and two (2) women, including the goalkeeper (who can be male or female). Youth teams will consist of six (6) players, one of whom is the goalkeeper. A minimum of four (4) players is needed to start and continue a game (coed teams will need a minimum of one (1) woman to have a valid team, but must play down a player). *****As of 19 December 2006, women's teams will consist of six (6) players, one of whom is the goalkeeper - old rule was five (5) women.*****

2. Substitutions: unlimited substitutions are allowed during a game. Substitutions may be made “on-the-fly” (during play) as long as the exiting player is within the “touchline” by the team bench before a substitute player can come into the game. Goalkeepers can be substituted only during a stoppage of play and must notify the official that a goalkeeper change has been made.
3. Game Length. A game consists of two (2) 20-minute halves and a 3-minute half time. The official time is a running clock; the clock will stop during a serious injury.
4. Kick-off in the first half will be given to the **home team**. The visitors will have the kick-off in the second half. A goal can not be scored directly from a kick off. Back passing is allowed during the kick-off.
5. Three-line Violation: A goalkeeper can not throw the ball in the air over the 3 lines unless the ball touches a player or a wall.
6. Goalkeeper Restrictions: A goalkeeper may not touch or pick up any ball that he/she dribbles into the penalty area or has been passed off the foot of a teammate. Goalkeepers are not allowed to punt or drop-kick the ball. While holding the ball in his/her hands, the goalkeeper must distribute the ball within five (5) seconds by bouncing or throwing the ball to a teammate.
7. Corner Kick/Goal Kick: If the ball goes over the in-play area off the goalkeeper or a defending player, the offense will be awarded a corner kick.
8. Fouls. If a player has a question regarding a foul call, s/he may address the official with questions.
9. Fouls and Misconduct:

Major Offenses (Direct Free Kick)

- Kicking or attempting to kick an opponent
- Tripping or attempting to throw an opponent
- Slide tackling (knee touching floor)- **exception for goalkeepers inside of the penalty box**
- Jumping at an opponent
- Charging an opponent

- Striking, attempting to strike, or spitting at an opponent
- Holding an opponent
- Pushing an opponent
- Intentionally handling the ball
- Checking an opponent into the perimeter wall

Minor Offenses (Indirect Free Kick)

- Playing in a dangerous or reckless manner
 - Obstructing an opponent
 - Illegal substitution
 - Delaying game, including goalkeeper failing to play the ball outside of penalty area within five (5) seconds.
10. Free Kicks: The ball is in play when it moves from foot contact of the initial player. Opposing players must stand **two (2) yards** from the ball. If a player refuses to move back to 2 yards, he/she will be issued a yellow card for delay of game. If a major offense takes place inside the goal box a penalty kick will be awarded. The penalty kick will be taken from the top of the goal area and the shooter will set one foot next to the ball before a shot can be taken (no step rule).
 11. Kick-Ins: Kick-ins happen whenever the ball leaves the playing area or hits the wall above the blue line. All kick-ins are considered an indirect free kick; therefore a goal cannot be scored off a kick-in. A kick-in must be taken no more than five (5) feet from the wall nearest where the ball left play.
 12. Assault. **Any player, coach, or other team member hitting, shoving or otherwise assaulting a Gym Supervisor or game official shall be immediately barred from further participation in league activities until formally reinstated by the League Commissioner.**

FACILITY RULES

1. No gum chewing or spitting is allowed in the facility.
2. Only water is allowed in the Gunston Bubble. No sodas, sports drinks, juice, or food are allowed.

Fairfax Women Soccer League (FWSA)

Weather Hotline 703-550.4107 Special Parking Instructions - DO NOT park in "Gardeners Only" Parking spots [primarily near field #4]. Park in two rows as usual.

REFEREES MUST COMPLETELY FILL OUT BLUE CARD supplied by the home team. If no blue card is provided by the home team, notify [Commissioner](#) (703-922-7902) as soon as possible, but no later than 24 hours.

1. Length of games 2 x 45 with a 5 minute half.
2. Substitution as follows:
 - a. own team possession on throw in
 - b. either team may substitute on a goal kick
 - c. either team may substitute after a goal is scored
 - d. substitution on an injury is for the injured player when Referee calls an injured player time out
 - e. cautioned player
 - f. free substitution at the half
3. Goalie Possession: The goalie has possession on the ball when she has control of the ball with one (1) hand. The goalies may not be touched when she has possession of the ball. The ball may not be touched by the opposing team when the goalie has possession.
4. Slide tackling not permitted in Masters Red, Blue & White divisions
5. Potentially Harmful Devices: No player may participate in a game while wearing an exposed cast, brace, or other potentially harmful device. All casts and braces (i.e. metal and hard plastic) must be padded and covered.
JEWELRY SHOULD EITHER BE REMOVED OR PADDED AND COVERED. Exposed metal will not be allowed.
6. Shin guards are **not** mandatory
7. ~~A player who receives a yellow card must leave the field for a period of 10 minutes. The carded player may be substituted for if the team has an available player.~~ Rescinded as of 16 Sep 99
8. Uniform requirements and conflicts:
 - a. players must have permanent numbers on the back of their team jersey. A permanent number is one that is defined as one that is silk screened or iron-on only.
 - b. players with the same shirt number as another teammate may **not** play.
 - c. uniformity in team shirts, such as coloring, pattern, etc., is required.
 - d. visible apparel under shorts may be of a different length, and a different color than the basic color of the shorts.

- e. in the event existing division teams with the same or similar color uniforms are scheduled to play, the **home** team will wear its own color and the **visiting** team will make appropriate adjustments (different colored jerseys with permanent numbers) to avoid confusion of players.
9. Coaches and/or spectators will not be permitted behind the goal area. Coaching is allowed only from your own sidelines. Coaches will be held responsible for the conduct of their spectators through the Referee's carding system. Coaches are subject to all FWSA rules.
10. Conduct **not** to be tolerated by team players, coaches, and/or spectators include:
- a. abusive or degrading language
 - b. physical threats or assault
 - c. behavior induced by alcohol or the influence of controlled substances
 - d. support or encouragement of poor sportsmanship, including harassment of less skilled players
 - e. harassment of Referees
 - f. entering the field of play except for substitution/injury
 - g. disputing and/or attempting to influence the Referee's decision
 - h. non-control of spectators by teams responsible

LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION AND COMMUNITY SERVICES

P.O. BOX 7000

LEESBURG, VIRGINIA 20177

ADULT SOCCER LEAGUES - RULES AND REGULATIONS

1.00 Administrative Regulations and Information

1.01 The following Adult Soccer Leagues shall be played in accordance with FIFA laws of the game:

- a. Women's Leagues
- b. Men's Leagues
- c. Coed Leagues

1.02 Qualification for participation in Adult Soccer Leagues is based on the following criteria:

- a. Submission of a timely filed team application.
- b. Submission of a timely filed roster, signed by a designated team manager, which documents full legal name (no nicknames), signature, address, zip code, and telephone number for each player. At least two-thirds (66%) of a team's roster must include Loudoun County residents, with proof of residency submitted with the team roster. Proof of residency can be a copy of one of the following: Drivers license, non-driver ID, utility bill, lease, etc. Exception: See rule **6.02**.
- c. Submission of the entry fee and non-resident fees payable to County of Loudoun on or before the established deadline date. **Partial fees will not be accepted.**

1.03 All rosters, roster changes, protests, or any other paperwork affecting the administration of this league will not be considered official unless PRCS is notified in writing on the designated form. Papers sent by mail should be verified by telephone. **Incomplete paperwork will not be accepted.**

1.04 Tournament Play. At the conclusion of regular season play, some leagues will have post-season tournaments scheduled. (See the General Information sheet of the specific league for details). **The**

Commissioner may decide to curtail the length of the tournament due to limited fields and/or time constraints. However , it is the intention of the League Office to play all intended regular and playoff games.

1.05 Any question or situation not included in these rules or official interpretation thereof, shall be referred to the League Commissioner for final disposition.

1.06 Standings will be calculated by awarding teams three points for a win, one point for a tie, and zero points for a loss. In case of ties, the order of tiebreakers follows:

- a. winning percentage
- b. head-to-head results
- c. total runs scored
- d. least runs allowed
- e. total wins
- f. coin flip

2.00 Coaches/Managers

2.01 The coach, manager, or his/her designee shall be the team representative.

2.02 The team representative shall be responsible for the following:

- a. Attending all league meetings.
- b. Informing team members of the outcome of league meetings or protest review.
- c. Attending the annual soccer rules clinic. **Teams not represented at the annual rules clinic may not submit protests on game situations or rules interpretations.**
- d. Knowing the league rules and informing team members as to their interpretation.
- e. Distributing league materials to team members.
- f. Controlling the conduct of his/her players and spectators.**
- g. Acting as liaison to the League Office.

- h. Fees, rosters, protest's and any other league paperwork required by the League Office and the timely submission of same.
- i. Informing the Commissioner results, including goals scored and goals against. Failure to inform the Commissioner of the score will result in the game being scored 1-0.
- j. Gathering photos for player passes by the captain's meeting.**

3.00 Officials

3.01 Officials shall be members of an approved association holding a current contract with PRCS.

3.02 Officials shall be assigned to games by the official's association designated assignor.

3.03 Officials shall be paid from entry fees held in trust by PRCS.

3.04 At unlighted fields the fitness of the grounds for a game shall be decided solely by the official(s). At lighted fields the fitness of the grounds for a game shall be decided by the official(s) and/or the facility attendant. Failure to abide by the official's or facility attendant's decision shall result in disciplinary action by the League Commissioner. The intent of this rule is to prevent injury to players and protect fields from inappropriate usage.

3.05 The officials shall keep the official time of the game.

3.06 The officials shall collect player passes at the start of the game to ensure each player is legally eligible to play. The officials shall also withhold player passes if any player is red carded. He/she must mail the player pass to the Commissioner along with a game report.

4.00 Entry Fees

4.01 The entry fee shall be an established amount to cover league expenses, including, but not limited

to, the following:

- a. Officials (where applicable).
- b. Registration and user fees.
- c. Awards.
- d. Administrative overhead (supervision, maintenance, lights, etc.).

4.02 The entry fee will be announced each year at the organizational meeting and must be paid on or before the deadline date established by the League Office.

4.03 No entry fees will be accepted at the organization meeting. Any team (new or returning) may apply for league entry beginning the next business day after the organizational meeting **except when the organizational meeting is held more than one day prior to the official registration date.**

4.04 A team roster and application must accompany each team's entry fee in order to be considered for a league. **Failure to abide by this policy may delay or prevent a team from registering.**

4.05 For each non-county resident on the roster an additional **\$29.00** fee will be assessed to the entry fee.

5.00 Player Eligibility

5.01 A player must be eighteen (18) years of age **and** out of high school prior to the opening game of the season.

5.02 A player may participate on only one (1) team in each of the defined leagues (see Rule 1.01) under the jurisdiction of PRCS. Example: A male player may play on one team in each of the following leagues: Men's, and COED, but he may not play on two Men's league teams or two COED league teams. An individual may serve as a non-playing coach/manager for more than one team.

EXCEPTION: Women may participate on one team in each division so long as the teams are ineligible to meet in regular and/or post-season play. Example: A female player can participate on one team each COED division and the Women's league.

5.03 Any player suspended or barred from participation in these leagues by PRCS is ineligible to participate on any team in any league under the Loudoun County jurisdiction until the suspension is lifted. Suspended players must take the initiative to contact the League Office to apply for reinstatement of eligibility. (Participation includes coaching as well as playing).

5.04 A team playing an ineligible player shall automatically forfeit all games in which this player participated. Participation is defined as being rostered on a team, playing, or serving as a player-coach.

5.05 Any player using an assumed name shall be permanently barred from these leagues.

6.00 Team Rosters

6.01 Team roster, application form, entry fee, proof of residency, and non-resident fees must be submitted to the League Office by the entry deadline each year. Rosters must be typed or printed on the roster form provided by the League Office in original form. Rosters must list the full legal name (no nicknames), signature, address, zip code, jersey number, and either a home or work telephone number for each player, manager or coach. Incomplete rosters and duplicated copies will not be accepted.

Teams failing to comply will not be considered for the league.

6.02 For participation in these leagues, all rosters must be comprised of at least 66% Loudoun County residents, and this percentage must be maintained throughout the season. Place of employment does not qualify a player as a resident. Exception - corporate/company teams may participate provided that:

a. The corporation, company, or agency must be based in Loudoun County or has a branch office in Loudoun County.

b. All players must work for the corporation, company, agency, or the branch office based in Loudoun County.

c. Thirty-three (33) percent of the rostered players must live in Loudoun County. Proof of residency required.

d. Entry fee must be paid by a corporation, company, agency, or recreational fund check to County of Loudoun by the established deadline date.

6.03 All roster changes, (i.e., additions, deletions, etc.), must be made in writing on a separate change of roster form and filed with the League Office prior to that player's participation in league games. Added players must sign the change of roster form. A team roster may be changed by team managers or coaches only.

6.04 Roster changes will be allowed until before a team's fourth game played. A request for an emergency roster change after the deadline will be adjudged by the League Commissioner, whose decision will be final.

6.05 A player who is dropped from a team may not be reinstated to that same team during the same season.

6.06 A "returning team" is defined as a team having played the previous season, which, for the current season, is comprised of 33% of the previous season's rostered players. (Team does not have to play under the same team or sponsor's name).

6.07 If it is determined that a team roster is falsified the team representative shall be suspended from participation in the Loudoun County Adult Soccer League for the remainder of the season plus one additional year.

6.08 Each roster will be limited to a maximum of 26 players.

6.09 Playoff eligibility will be as follows:

a. Spring/summer leagues - All players on the final roster as of the changes deadline.

b. Fall leagues - All players on the final roster as of the changes deadline.

6.10 At the discretion of the League Commissioner, the top three (3) teams in each division at the end of the season may be moved up to the next higher division the next season played. The bottom two (2) teams may be moved to the next lower division.

6.11 Teams shall provide player passes to the referee(s) prior to the start of the game.

7.00 Uniforms and Equipment

7.01 Uniforms are required for all teams in all leagues. Each team will be assigned an unique uniform color(s). Each uniform must contain the prescribed colors and a visible and clearly defined number not to exceed two digits.

7.02 Enforcement of uniform requirement: If a player does not wear a uniform consistent with the team color(s) and number(s), or if a player wears a jersey bearing the same number(s) as another player, he/she cannot participate.

7.03 Absolutely no jewelry is allowed to be worn during play with the exception of medical and religious bracelets or necklaces. A player wearing either must tape down the item to the skin and may allow the medical alert identification to be shown. If a player wishes to wear a religious item, he/she must have a letter certified by his/her religious leader and sent to the Commissioner. He/she must also tape down the item to the skin. Players wearing glasses must have shatterproof lenses or eyeglass protectors. It is the responsibility of each player to comply.

7.04 All soccer balls will be provided by the home team and must meet current FIFA requirements for size, dimensions, design, and other regulations.

7.05 Shin guards must be worn by all participants and be covered by socks.

7.06 Soccer or athletic shoes can only be worn during play.

7.07 Metal (or metallic in nature) cleats and screw-in cleats are prohibited in the League during play.

8.00 Forfeiture

8.01 If the required number of players (8), six men and two women, or five men and three women, for COED, has not been met by the scheduled starting time, the team having the required number shall win by forfeit, and the score shall be 1-0. If both teams fail to have the required number of players, the game shall be declared a double forfeit and will not be rescheduled. If an official fails to appear, the facility attendant will call forfeits.

Exception: COED only. A team must have no more than 8 men participating in a game, but may have as many as 9 women participating.

8.02 A team forfeiting two league games because of failure to have the required number of players will be dropped from further participation until their case is reviewed. All games will stand and no part of the franchise fee will be returned.

8.03 Using an ineligible player shall result in forfeiture (see Rule **5.00**).

8.04 If a team does not have like uniforms that are consistent in color and numbers, then that team shall forfeit.

9.00 Protests

9.01 Under official soccer rules, decisions involving an official's judgment may not be protested. If a ruling is believed to conflict with the league rules regarding **eligibility only**, a captain may protest the game by notifying the official(s) who will note the time of the protest. Notification of intent to protest must be made immediately upon discovery. A written protest must then be submitted to the League Office postmarked within 48 hours after the game is played. A **\$58.00** fee must accompany each protest. If the appeal is granted, the fee will be returned. A postage meter machine tape will not be

accepted as a postmark.

9.02 Each protest must contain the following information:

- a. Date, time, and place of the game.
- b. Names of officials.
- b. The rule and section of the official rules or league rules under which the protest is made.
- c. The decision and conditions surrounding the making of the protest.
- d. All essential facts involved in the matter protested.
- e. What the expected outcome of the protest should be (what is the protestor expecting to happen).

9.03 Protests will be reviewed by the League Commissioner and any one he requests to assist him. The League Commissioner's decision will direct whether the protest will be denied, or whether the game will be replayed from the point of the protest, or will be forfeited. The decision of the League Commissioner is final.

9.04 If any of the procedures for protest are not followed, the protest will not be accepted.

10.00 Cancellation/Postponement of Games

10.01 The League Commissioner shall have the authority to set, change, or reschedule date, time, and location of all games. Games may be rescheduled for any available day. **Make up games will likely be played Saturday or Sunday's.**

10.02 Games will not be postponed for any reason other than inclement weather or unfit playing conditions of the field, in which case games will be postponed by the League Office, the Facility Attendant, or the Officials before the game starts, or by the Officials after the game is in progress. A game in progress suspended for inclement weather or other cause is subject to a fifteen (15) minute delay, or thirty (30) minute delay for lightning. After any delay the game *may* be "called" and shall be rescheduled and replayed at the point of interruption (Exception: In Tournament play, games will be rescheduled and resumed at the exact point that play was suspended). If the first or subsequent game of a playing cycle is officially postponed due to unfit playing conditions, then the remaining games scheduled for that field are also postponed. (Exception: If a game is postponed due to lightning,

subsequent games of the playing cycle may be played if the official(s) determines that the threat of lightning and/or rain has passed). In this instance the fifteen (15) minute delay will not take affect. Recorded cancellation information may be obtained by calling 703-777-0456.

10.03 Dates and facilities designated by the League Office for regular season, postponed, playoff and tournament games must be met by all teams or a forfeit will result. Notification of makeup dates for postponed games will be made as soon as possible. After such notification, the responsibility of the League Office has ended.

11.00 Code of Conduct for Players and Others

11.01 Coaches, manager, and players shall not:

- a. **At any time lay a hand upon, shove, strike, or be guilty of a physical or verbal attack upon any official, facility supervisor, player, or spectator. Penalty: Suspension from all sports activities sponsored by PRCS and possibility of assault charges being filed. Length of suspension will be determined on a case-by-case basis.**
- b. Bait or be guilty of objectionable demonstrations of dissent at an official's decision, or refuse to abide by an official's decision. Penalty: Warning by official and/or ejection from the game for the player and coach / manager.
- c. Make an abusive verbal attack upon any official, facility supervisor, player, or spectator or loss of control by the player. Penalty: Ejection from the game for the player and the coach / manager.
- d. Use unnecessarily rough tactics in the play of the game against the body or person of an opposing player. Penalty: Warning and/or ejection from the game and suspension from the league until his / her case has been reviewed by the League Commissioner.
- e. Disobey or attempt to circumvent league rules and regulations or the intent thereof. Penalty: Suspension for the remainder of the season.
- f. Use profanity. At the official's discretion, if a player is using improper or excessive profanity the player will be ejected from the game.

11.02 No person or persons shall possess and/or partake in alcoholic beverages, illegal drugs, or **tobacco products of any kind while participating either as a team member or spectator at programs administered by PRCS:**

- a. First offense: Player shall be suspended for the team's next ten (10) games. Player will also be ineligible for any other Loudoun County league games during the suspension. Should the

suspension be imposed with less than ten (10) games remaining in the season, the suspension will carry over to any post season tournament, and/or the next sport league in which the suspended player is enrolled.

b. Second offense, and each offense thereafter: Suspension will double in number of games suspended (i.e., second offense-twenty (20) games, third offense-forty (40) games, etc.).

c. Spectators will be asked to leave the facilities, and/or prosecuted.

d. In all cases, player/spectator is subject to prosecution.

e. Note that tobacco may be used areas other than “play areas” (softball fields, soccer fields, playgrounds, etc.). An acceptable location to use tobacco is a parking lot.

11.03 Any coach or manager who uses an ineligible player shall be automatically suspended from the next two games his/her team plays and will be placed on probationary status for a period of one calendar year.

11.04 Any coach, manager, or player who is placed on probationary status and is reported again for violating the "Code of Conduct" or league rules will be given a minimum penalty of suspension for the remainder of the season.

11.05 If a player, manager, or coach is ejected from a game, he/she must leave the park or facility in a timely manner and may not return for any other games played that night. He/she is also automatically suspended from the next game his/her team plays. If the suspended person does not leave the park or facility in a timely manner, or is guilty of a second offense during the suspension, he/she will be subject to additional disciplinary action as directed by the League Commissioner.

11.06 All sections of rule **11.00**, Code of Conduct for Players and Others, are not subject to protest or review.

12.00 Playing Rules

12.01 All games will feature two 40 minute halves with a five minute half time. At the end of regulation time, if the score is tied the game will be scored as such. **EXCEPTION: During playoffs the overtime**

procedure will be two five minute sudden death periods. If after the second overtime session there is not a winner the game will go to penalty kicks. The lineup for penalty kicks needs to be male/female or female/male. If a team gets to a point where every female on the team has participated in the penalty kicks and there is still no winner the cycle for women participating in the penalty kicks shall start over.

Example:

Round 1: Male 1 Round 2: Female 1 Round 3: Male 2 Round 4: Female 2 Round 5: Male 3

Round 6: Female 3 Round 7: Male 4 Round 8: Female 1 (If the team has only 3 women) Round 9: Male 5

12.02 Slide tackling is prohibited from the league. The penalty is a yellow card.

EXCEPTION: Sliding to kick a ball or prevent it from leaving the field is acceptable. Slide tackling when an opposing player is within the immediate vicinity of the ball at the beginning or the end of the slide tackle is prohibited.

12.03 There shall not be more than eleven players allowed to play (10+1 goalie). A game may be started with eight players.

COED: The gender ratio for COED play shall be eight men and three women. A team cannot exceed the limit of men but may increase the number of women allowed to play, so long as the total amount of players on the field does not exceed 11; no more than nine women may participate at once.

Team may start or continue a game with 2 women & 8 men., Once a team drops below two females at any point during the game, the game will be forfeited and the win awarded to opponent. (Note: this was voted on at the captains meeting 4/6/2010)

12.04 Substitutions may be made with the consent of the referee(s) during the following conditions:

- a. During a throw-in only by the team in control of the throw.
- b. During a goal kick.
- c. After a goal has been scored and before the kick off.
- d. When a player is injured. The player may be replaced and no other substitutions are allowed from that team. The opposing team may substitute one player in this situation.
- e. After a yellow card. The team manager/captain may request to substitute the cautioned

player.

12.05 Fouls not resulting in a cautionable or sending-off offence will follow FIFA laws of the game.

12.06 Yellow cards (cautionable offences) are given to those players committing any of the following offences:

- a. unsportsmanlike behavior;
- b. showing dissent by words or action;
- c. persistently infringing FIFA and/or Loudoun County laws of the game;
- d. delaying the restart of play;
- e. failing to respect the required distance when play is restarted with a corner kick or free kick;
- f. entering or re-entering the field of play without the referee's permission;
- g. deliberately leaving the field of play without the referee's permission;
- h. improperly wearing jewelry.
- i. slide tackling

12.07 Red cards (sending-off offences) are given to those players committing any of the following offences:

- a. serious fouls;
- b. violent conduct;
- c. spits at anyone;
- d. denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his/her own penalty area);
- e. denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick;
- f. Uses offensive or insulting or abusive languages and/or gestures;
- g. Receives a second yellow card in the same match.

Any player receiving a red card must leave the Park immediately. Failure to abide by this provision could result in the offending player's team forfeiting the game.

Addendum 8/09:

Both captains can agree before the match begins to:

1. Allow a team to start with 2 Women (or 1 Women) and not play a player down (Ex: 2 Women , 8 Men)
2. Allow a the match to start up to 10 minutes late if a team is waiting on players. In this case the time will be taken off of the first half time. (Ex: if the match starts 5 minutes late, the first half

will be 35 minutes and the second half will be 40 minutes).

Northern Virginia Soccer League (NVSL)

USSF Affiliated

ALL REFEREE ASSAULTS, WHETHER VERBAL OR PHYSICAL SHOULD BE REPORTED BY THE REFEREE & THE ASSISTANT REFEREES TO THE COMMISSIONER & BY SENDING WRITTEN REPORTS TO: THE LEAGUE & DC/NOVA SRU AT P.O. BOX 157, SPRINGFIELD, VA 22150-0157. REPORTING MUST BE DONE BY ALL THREE OFFICIALS.

General Authorized rule sources "FIFA Laws of the Game" with local league modifications as contained herein. In all USSF affiliated games USSF senior association player passes are to be verified. The coach is to issue passes, Referee or Assistant Referee is to collect passes from players, check the passes against player and roster. Officials must retain passes until end of game & then return those not subject to ejection. Passes of ejected players for anything OTHER than referee abuse/assault will be returned to the team at the end of the game. Passes of players ejected for Referee Assault/Abuse shall be mailed with the match report form.

The visiting coach is responsible for the behavior of all spectators with his team. The home coach is responsible for all others. Home team is responsible for avoiding color clashes and providing regulation game ball. The Referee is the final judge of the fitness of the ball and the field.

The Referee can allow teams 15 minutes after scheduled kick off time to present the roster with eight (8) players and eight (8) player passes on the field of play prepared for the kick off. After this time the Referee will cancel the game. This is the ruling of the State Association, a ruling which is intended to start the game on time, not give a later kick off time.

Players

Minimum to start ~~eight (8)~~ seven (7) players

Maximum players on roster and bench 22

Each team is responsible for supplying 2 corner flags and 1 net

No Pass - No Play

If a club has duly registered its players, it should be able to produce a player pass for each of its players and/or a signed letter from the League Registrar, or Division director, stating which players are eligible to play after submitting a valid driver's license (driving license and permission slip will be retained by the Referee until the end of the match).

In the event that the Registrar is not available, the Division director may write a player permission slip. Finally, in the event that **both** the Registrar and the Division director are not available, the Vice President may write a permission slip. Permission slips written by the Division Director or Vice President are subject to the Registrar's verification of eligibility.

If the whole team lacks passes at the end of the grace period (scheduled kick off time plus 15 minutes), as indicated by the Referee (e.g. coach forgot to bring passes); a forfeit results. **NO PASS - NO PLAY**

Substitutions: Unlimited Substitutions

[[top of page](#)]

UPDATE: Master Division Only Both teams may substitute on goal kicks.

Old rule = as below: only team in possession could substitute on goal kick.

UPDATE: Master Division Only Teams will use rosters and picture government IDs (i.e. driver license) to check in and play.

Old rule = each player must submit a Player Pass - no pass no play.

Team in possession, prior to throw in and prior to goal kick - (all divisions other than Master)

Both teams may substitute any number of players after a goal has been scored by either team and at half time

Injured player (injured player only)

All member clubs of the League are responsible for the actions of individual members and supporters, and are required to take all precautions to prevent threats to, and acts of violence toward Referees and Assistant Referees, officers, players and supporters of other teams, league officers and other soccer authorities and spectators not involved with either team prior to, during, and after a game.

Referee has the discretion to shorten game time as required to meet field time limitations.

TIE BREAKERS NOT APPLICABLE IN REGULAR LEAGUE PLAY

Only players on the field at the final whistle may participate.

Choice of first kick is awarded by coin toss -- winner kicks first.

Teams alternate in taking five (5) shots from the penalty mark .

Kicker may play ball only once, rebounds do not score.

Team scoring most shots wins, when tied after five (5) shots, teams continue to take alternate shots until either side is ahead.

No player may kick a second time until all of those players on the field at the final whistle, including the goalkeeper, have had a turn.

If a game has to be terminated because of darkness while the taking of shots from the penalty mark is still in progress, a coin may be tossed, or drawing of straws may be done to determine a winner.

[\[top of page \]](#)

NVSL CUP

If a game is tied at the end of regulation time, two (2) periods of 7 ½ minutes each overtime, followed by shots from the penalty mark.

At nights, on lighted fields, the game has to be completed with two (2) hours of the scheduled kick off time.

Referee has the discretion to shorten game time as required to meet field time limitations.