



## WOMEN'S OUTDOOR F.C. SOCCER LEAGUE Rules and Regulations

### I. FCP&R ADULT LEAGUES

- All players must sign the FCP&R Adult Leagues Code of Conduct/Waiver form before playing in any game.
- All players must be signed up by the deadline stated for their specific league in the [recreater.com](http://recreater.com)
  - Any players registering after the deadline must pay a \$20 late fee.
  - Any refunds for the adult leagues must be made prior to the listed league registration deadline.
  - Players may not be added to the rosters after the third game has been played.
  - In the case of an injured player, ONE new player may be added with the approval of the League Director to replace that injured player, who will then no longer be able to participate in the league. Any injury replacements must occur prior to the last game of the regular season.
  - Guest players, or borrowed players, may only be obtained from paid players within the same league and division to meet field or gender minimum. No guest or borrowed players may be used during playoffs.
- ID checks will occur the at the first game and sporadically throughout the season to make sure teams are compliant
- Refrain from the use of profanity or obscene gestures.
- Any team that forfeits two games will be dropped from the league.

### II. ROSTERS

- Roster sizes should be no smaller than 18 players.
- Roster/Waiver Forms should be submitted at the first game and are final after the third game has been played.

### III. PLAYER ELIGIBILITY

- Players must be a minimum of 18 years of age except for age specified divisions. Age determination date is the first scheduled game of the current season.
- All players must wear numbered jerseys of like color except the goalie, which must be in a jersey different to both teams. It is assumed that the goalie is number "0" or "00". **A player not in accordance with the uniform rule is not eligible to play.**
- A player may only be on the roster of one team within the given League.

### IV. TEAM AND PLAYER EQUIPMENT / UNIFORMS

- Appropriate soccer footwear or flat soled shoes must be worn. Metal spikes are prohibited.
- **Shin guards must be worn properly by all players and covered appropriately.**
- No jewelry or watches shall be worn by players on the field.
- If by chance two teams jersey colors are alike or similar, it is the responsibility of the **HOME TEAM** (listed first on the game schedule) to switch colors/jerseys or wear pinnies. Teams alternate set of jerseys **does not** have to be numbered, however, game officials should be notified of the reason for the switch and lack of numbers.
- **Water only is allowed on the turf field surface. No Food or Any Other Drink is permitted.**

### IV. PLAYING RULES

- Unless modified by this set of rules, all games shall be played in accordance to FIFA rules. (You may download a complete copy of FIFA rules from [www.fifa.com](http://www.fifa.com))
- All divisions will play with an unlimited number of substitutions in situations stipulated by FIFA.
- All players must wear jerseys of like color (see above)
- The team on the field shall consist of eleven (11) players. The minimum number of players to start and continue a game is seven (7) rostered players. Once the game begins, if a team falls below 7 rostered players, the game will be considered a forfeit.

**Frederick County Division of Parks and Recreation**  
**355 Montevue Lane, Suite 100, Frederick, MD 21702**

- Games shall consist of two (2) forty-five minute halves with a five (5) minute rest period between halves.
- There will be no grace period for any games. The referee will give reasonable warning to let teams know when he/she will be starting the game clock after conducting the coin toss. All games must start at the scheduled time. After 15 minutes of game time, should seven (7) rostered players not show for a team, forfeiture occurs.
- A forfeit is considered a game. Forfeited games will not be rescheduled. A 3-0 win will be given to the team that did not forfeit.
- A player who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. An athlete shall not continue competition unless the bleeding is controlled and the wound is covered.
- Slide tackling as defined by FIFA rules will not be permitted and is a yellow card offense in **ALL DIVISIONS OF PLAY.**

V. FOULS, MISCONDUCT, DISCIPLINARY ACTION AND PROTEST

- All suspensions, ejections and other disciplinary actions are taken without the possibility of a refund, and will be reviewed by the FCPR League Director
- All ejections and Repeated offenses will be reviewed by the FCPR Sports Committee.
- Any cards that are issued during the game; the referee will inform the FCPR League Director. Cards will be kept on file at the League Office.
- **Upon receiving a yellow card the player must be substituted and sit the next 5 minutes**
- A red card equals an ejection for the current game and a one game suspension.
- Two yellow cards in the same game equal a red card.
- Five (5) accumulated yellow cards in one-season equal a one game suspension.
- Formal complaints about referees, other teams, administration, etc. must be made in **writing** by the **team manager only** to the FCPR League Director.

VI. FIELD SUPERVISION

- FCPR will provide nets for the games and line the fields.
- FCPR will coordinate referee scheduling through an assignor.
- Each team shall supply one game ball for play.

VII. SCORE REPORTING & STANDINGS

- Both teams are responsible for reporting scores to the FCPR League Director within 48 hours.
- Official standings will be kept on file at the FCPR office. General standings can be viewed at [The League Web Page](#)
- Standings will be calculated as follows: (Scores not reported by the deadline will be an 0-0 tie)
  - Points: 3pts for a Win, 1 pt for a tie, 0 pts for a loss
    - Forfeits will be recorded as a 3-0 win/loss
    - Win percentage. (Total recorded wins + (.5 x number of ties) / Total Games)
- Tie breakers will be calculated in the following order:
  1. Points
  2. Head to Head
  3. Goal Difference
  4. Goals Conceded
  5. Goals Scored
  6. Official Tie

VIII. TOURNAMENT / PLAYOFF RULES

- In case of a tie at the end of regulation for a playoff game, two 10 minute halves will be played. First team to score a goal wins the game.
- If still tied after 2 halves, the game goes to penalty kicks.
  - Only players on the field at the end of regulation can participate in penalty kicks unless more than 11 penalty kicks is needed to determine a game winner.

**Frederick County Division of Parks and Recreation**  
**355 Montevue Lane, Suite 100, Frederick, MD 21702**

- 5 penalty kicks per team, teams will alternate turns
- If neither team is ahead after the first round of 5 penalty kicks, then teams will continue to alternate turns 1 by 1 until winner is decided
- Winners name goes on perpetual trophy to be kept at FCPR

XI. INCLEMENT WEATHER, GAME POSTPONEMENT, AND RESCHEDULING

- In case of rain on the day of the game, teams and referees should call the following FCPR cancelation line; **301-600-6291 (option 2)**.
- Should there be an unplayable field due to inclement weather occurring after 4pm. the decision of field playability will be left to the discretion of the referee.
- Rescheduled games must be played as rescheduled or forfeited.
- When rescheduling a make-up game, the League Director will make every effort to first schedule games on the same playing day. If that is not possible then the League Director reserves the right to reschedule games on any day in order to complete league play.

**Frederick County Division of Parks and Recreation, through the League Director, reserve the right to amend the rules and schedules as conditions may warrant.**  
***League Director: Keith Tapley; 301-600-1784; ktapley@frederickcountymd.gov***