

Varsity Soccer League Rules

Frederick County Division of Parks and Recreation

Field of Play:

- Full soccer field

Field Markings:

- Each park field may be different, but all fields are appropriately sized for U15 play.

Goals:

- 8 x 24 feet.

Ball:

- Size 5

Player Attire:

- All players must wear shin guards; Cleats are recommended. Team jerseys, shorts, and socks will be provided prior to the first game.

Number of Players:

- 11v11

Referee:

- Officials will be using red/yellow cards but only for coach behavior. A yellow card will result in a warning, but a second yellow card in the same match will result in a red card. If a coach receives a red card, the coach will need to leave the game, and they will need to miss the next game. The league director will decide on the league disciplinary action for any following weeks based on severity.

Parent Assistants:

- Parents can be used to assist in officiating and as linesmen but are not permitted on the field.

Sidelines:



- Players and Coaches will be on the opposite side of the field of the spectators.

Duration of the Match:

- There will be 20-minute halves, with running clock for both. The half-time break will be approximately 5 minutes. Once game is completed, all players and coaches must leave the field immediately to allow for next scheduled game.

Throw-Ins:

- Any ball traveling out of bounds on either sideline will result in a throw-in

Goal Scored:

- To start each half, and after goals, the ball will be brought back to midfield for a kickoff by the appropriate team.

Headers:

- Headers can only be practiced 30 minutes a week. Headers can occur intentionally in games.

Slide Tackles/Penalties:

- Slide tackling will not be allowed. All penalties will result in an indirect kick unless in the penalty box then we will go with a penalty kick.

Offside:

- Offsides will be called at the referee's discretion.

Corner/Goal Kicks:

- Any ball traveling behind the goal will result in either a goal kick (if last played by an offensive player) or a corner kick (if last played by a defensive player). The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle.

Roster Size:

- Recommended minimum – 14 players / maximum – 22 players
- All players on the field must be registered and on the roster. Any violators of this will be reprimanded by the FCPR committee.



Playing Time:

- There shall be unlimited substitutions, which may occur on the fly. A minimum of at least 50% playing time is required.

Injuries/Medical Equipment:

- League director must be notified beforehand if a player plans to play with a cast on. Casts must be bubble wrapped and approved by a referee before games. Casts must be bubble wrapped for participation in any practices as well as games and approved by the coach. A player cannot participate at games or practices while wearing an orthopedic boot until the boot has been removed to limit the chance of re-injury or possible injury to others.

Lopsided rule:

- Losing team can add 1 player if winning team gets ahead by 4 goals. If the lead increases to 6 goals, then the coaches will need to communicate on the best action to take. More passes before taking a shot on goal, etc.

Forfeits:

- Teams must have a minimum of 9 rostered players to begin, continue, and conclude a match. That team can play down 2 players if only 9 are present. The official will allow a five-minute grace period for at least 9 players to arrive before calling the game a forfeit. The resulting score will be registered as a 3-0 result in the case of a forfeit. The grace period does not count towards the 20-minute half. For regular season, teams can borrow other rostered players to still have the game for playing time experience, but the game will still result in a forfeit. In playoffs, if there is a forfeit, there will be no game played.

Scores / Standings:

- Scores and standings will need to be reported to the league director

Sportsmanship:

- Unsportsmanlike conduct from coaches, players, or spectators will not be tolerated, and should be immediately reported to the league director. Violators could face suspension from Frederick County Parks and Recreation programs.



- The League Director reserves the right to make final determination on any rules or interpretations that may arise throughout the season*

