



Blue Ridge United
Recreational Soccer League
Handbook/Rulebook



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Club Mission, Vision, and Values

Blue Ridge United is a non-profit youth soccer organization located in Frederick County, VA. Founded in 1977, we currently offer programming for players ages 2 to 18.

Our Mission:

Blue Ridge United serves the community by providing access to youth-centered soccer opportunities for all levels and ages of play through programs that encourage and develop sportsmanship, creativity, learning, teamwork, and character in a fun and safe environment.

Our Vision:

To develop leaders and lifelong athletes by providing unique, competitive, and enjoyable experiences based on proven methods that value the well-being of children above all.

Our Core Values:

Fun:

- We understand players enjoy playing and believe everyone works harder to accomplish their goals when they have fun.

Accessibility:

- We strive to provide all kids with access to opportunities and resources to play soccer, including those who might otherwise be excluded or marginalized.

Balance:

- We understand that all our participants experience competing demands on their time, and we recognize that a balanced approach to these demands is critical to maintaining a healthy, happy, athletic lifestyle.

Sportsmanship:

- We conduct ourselves in the highest ethical manner in all aspects of our club by honoring the rules of the game as well as by showing integrity, respect, and gratitude to our opponents,



officials, coaches, parents, volunteers, and fellow teammates.

Passion:

- We are united by our love of soccer and recognize that passion for the game is the energy that motivates participants to pursue opportunities for growth, success, and development, which will serve them throughout their lives.

Accountability:

- We hold one another responsible for engaging in a fully involved and purposeful attitude that allows all participants to improve through commitment to hard work and dedication to common goals

Safety:

- We believe in protecting our participants from risks and injuries inherent in active sports by committing to the recommendations of medical, scientific, and educational experts

Learning:

- We value the acquisition of soccer skills and game tactics, but more importantly, we believe this training fosters valuable life skills like resilience, hard work, teamwork, humility, fair play, and healthy competition with not only others, but ourselves.

League Objectives and Goals



The league is all about fun, fitness, and creating friendships within the sport. Each grade level has rules and game formats modified to safely and competitively progress within the game up to FIFA Rules.

Registration, Participation, and Eligibility

Recreation League Registration:

- ALL players must be registered each season with Blue Ridge United Soccer Association.
- Players who have **NOT** registered may **NOT** participate in the league. Coaches must **NEVER** allow an unregistered player to participate during practices or games.
- No Travel players are allowed to participate in any form while registered in the current travel season.

Participation and Eligibility:

- Our recreational league is for all players in pre-kindergarten (4 years old) to seniors (18 years old) in high school.
 - Participants are organized into teams based on:
 1. Grade the player is in (October 1st - September 30th)
 2. The school they attend *
 3. District (District option will be used mainly to create Elementary School teams) *
 4. Practice Location
- *When there are not enough players to form a team from the same school, or if the same school team is full, players will be placed on teams from the same district*
- Players must play in their respective grade division.
- Our United Juniors program is for all players who are 3 years old.

Practice day/time

- Our coaches choose the practice time and days. Practice will be



1-2 times a week for one (1) hour. We do mandate that they cannot begin practices until 5:00 pm.

- With over 1,000 players participating in the league, we cannot move players due to conflicts with other activities or for carpooling purposes.

Equipment Checklist

- Listed below is a checklist of items needed for a successful season. Players will be provided with a game uniform, but items below are not included in the Blue Ridge United Registration. Players must purchase the following items:
 - **United Juniors - 2nd Grade**
 - Soccer Ball: Size 3
 - Soccer Cleats
 - Shinguards
 - Soccer Socks (Black or Navy Preferred)
 - Soccer Shorts (Black or Navy Preferred)
 - **3rd-6th Grade**
 - Soccer Ball: Size 4
 - Soccer Cleats
 - Shinguards
 - Soccer Socks (Black or Navy Preferred)
 - Soccer Shorts (Black or Navy Preferred)
 - **7th - HS**
 - Soccer Ball: Size 5
 - Soccer Cleats
 - Shinguards
 - Soccer Socks (Black or Navy Preferred)
 - Soccer Shorts (Black or Navy Preferred)
- Players must wear their shin guards in Both practice and games.

Refund Policy



- Refund requests must be submitted via mail (BRYSA, P.O. Box 2865, Winchester, VA 22604) or email (ssimpson@brysa.org). No refund will be issued due to dissatisfaction with team assignment, practice location, or practice time. The following charges will apply: a \$15 processing fee + admin fee of 50% will be subtracted (per player) from any other refunds.
- Weather-related refund requests will not be considered.

Fall 2026 - Spring 2027 Age Group Chart



	2022	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011 - 2008	
January	Pre-k	K	1st	2nd	3rd	4th	5th	6th	7th	8th	HS	HS	
February	Pre-k	K	1st	2nd	3rd	4th	5th	6th	7th	8th	HS	HS	
March	Pre-k	K	1st	2nd	3rd	4th	5th	6th	7th	8th	HS	HS	
April	Pre-k	K	1st	2nd	3rd	4th	5th	6th	7th	8th	HS	HS	
May	Pre-k	K	1st	2nd	3rd	4th	5th	6th	7th	8th	HS	HS	
June	Pre-k	K	1st	2nd	3rd	4th	5th	6th	7th	8th	HS	HS	
July	Pre-k	K	1st	2nd	3rd	4th	5th	6th	7th	8th	HS	HS	
August	Pre-k	K	1st	2nd	3rd	4th	5th	6th	7th	8th	HS	HS	
September	Pre-k	K	1st	2nd	3rd	4th	5th	6th	7th	8th	HS	HS	
October		Pre-k	K	1st	2nd	3rd	4th	5th	6th	7th	8th	HS	HS
November		Pre-k	K	1st	2nd	3rd	4th	5th	6th	7th	8th	HS	HS
December		Pre-k	K	1st	2nd	3rd	4th	5th	6th	7th	8th	HS	HS



VOLUNTEER COACHES

Blue Ridge United Recreational Program is a volunteer-driven program. Each season the coaches, assistant coaches, and manager make it possible for the players to play the beautiful game. We encourage coaches of all backgrounds to help maintain the sustainability of our recreational program. **The club will provide educational services on a season-to-season basis.**

Coach Requirements:

- Background Check: Volunteers must pass a background check through the Frederick County Parks and Recreation Department (FCPRD). The check will be valid for two years and will be conducted by One Source, Inc.
 - Review Appendix "A" provided by FCPRD (End of Document)
- Safesport Training: Coaches must complete Safesport Training. Upon registering to volunteer, they will receive an email link to complete the training.
 - Coaches may not attend any and all BRU functions, including practices and games that involve Blue Ridge United Players.

Equipment:

- The club has pinnies and cones for the coaches to use throughout the season.
 - Can be provided upon request
- 12-week age-specific session plan is provided for coaches to review and use at their discretion
 - Coaches can contact the Recreational Director, Olivia Hall (ohall@byrsa.org), for any additional assistance.



Parents / Spectators Code of Conduct

Parents and Spectators:

- Harassment of referees will not be tolerated
 - BRU will follow the US Soccer referee abuse prevention policy (<https://www.ussoccer.com/rap>)
- Parents are not permitted to give instructions to players (Please allow coaches to coach)
 - A major consideration is that our children are going through their formative years of mimicking their elders and learning from their actionable behaviors or what they can see. The main item we cannot forget is the joy of working through the process, whether it be winning or losing.
- Why a need for positive sideline behavior?
 - Encouraging sideline behavior from parents is essential for maintaining a healthy, enjoyable sports environment for young athletes. Studies consistently show that children perform better and enjoy sports more when parents offer positive support rather than criticism or coaching from the sidelines. For example, athletes whose parents show supportive behaviors, like cheering positively or encouraging effort, report higher levels of confidence and enjoyment in the game.
 - Parents' support is always needed. Players receiving consistent support, even in the face of a challenge, significantly boost their confidence. Knowing that their car ride home is not filled with anxiety, loss of hope, and stress will give the players the room to be brave and try new things.
- Negative behaviors and their effects:
 - Conversely, negative behaviors, such as yelling at referees or criticizing the child, can lead to decreased self-esteem, anxiety, and even a loss of interest in sports altogether.



- Parents are expected to represent the organization in a positive manner.
- BRU adheres to the guidelines of USYS, US Soccer, US Club Soccer, and VYSA

General Rules

Goal Safety:

- When moving goals, always do so using the wheels properly and PUSH while standing OUTSIDE of the goal post.
- ALWAYS use weighted sandbags across the back rails to anchor the goals
 - Small Goals (7v7 and 9v9): 2 Sandbags
 - Large Goals (11v11): 3 Sandbags

Fields:

- No gum or food on the turf at Preston Complex
- Please do not leave any trash at the fields/school properties
- Please respect the Winchester City Parks and Recreation Department (Winchester Public Schools) and the Frederick County Recreation Department (Frederick County Public Schools).
- No Dogs are allowed at any of the BRU-related programs, which include:
 - Camps / Clinics
 - Practices and games
 - Tournaments

Parking:

- When parking at all BRU-related practice and games at all locations, please make sure that you park in a designated spot. All locations have the right to tow away any vehicle that is not



parked in a designated spot. **Blue Ridge United is not responsible for any vehicle towed.**

- No child should be left unattended at the parking lots. There are frequent vehicles pulling in and out, so please make sure all kids are accounted for.

Weather Policy / Field Closures

Frederick County and Winchester City Parks and Recreation

Field closures will be made by Frederick County and Winchester City Parks and Recreation no later than 3:30 PM on weekdays and 8:00 AM on weekends. Blue Ridge Youth Soccer Association, Inc. will update www.brysa.org accordingly.

Practices:

1. If the area is under a severe weather watch or warning, Blue Ridge Youth Soccer Association, Inc. staff will cancel practices.
2. Coaches and parents should check the weather to determine whether there is a chance of inclement weather. When possible, parents should remain on the premises.

3. Coaches, players and parents must all play a role. Watch for darkening clouds and flashes of lightning, and pay close attention to the wind. Increased wind may mean a storm is approaching.

- Utilizing your phone's weather app is highly encouraged.
- Connect with recreational administrator Susan Simpson at (540) 662-6380 or (ssimpson@brysa.org)

Games:

1. The referees and coaches will be responsible for player safety.
2. It is the responsibility of the referee to delay/cancel games due to lightning and/or other inclement weather.



3. If subsequent games are to be affected, Blue Ridge Youth Soccer Association, Inc. will update www.brysa.org accordingly.

Procedures For Inclement Weather:

1. Clear the field or practice area as quickly as possible. Players are to grab their equipment and exit the field as quickly as possible. If there is an imminent threat, players should leave without their equipment.
2. Players are not to re-enter the field until Blue Ridge Youth Soccer Association, Inc. Staff, Coaches or Referees permit. This must be no sooner.

Field Closures:

- Field closures are determined by the Frederick County and Winchester City Parks and Rec park rangers, NOT Blue Ridge United unless otherwise dictated due to extreme heat and freezing temperatures. Cancellation announcements from the Parks will be made after 3:30 PM for weeknights and 8 AM on Saturdays. The announcement will be posted on our website, www.brysa.org, and the Blue Ridge United Hotline: (540) 662-6380.
- **Statusfy is used to monitor and announce any and all closures.**
 - Frederick County Parks and Rec (VA) - Statusfy:
<https://statusfy.com/5405006003#>
 - City Parks and Recreation - Statusfy:
<https://statusfy.com/5404909565>



Cold Weather Policy

The following policy will be followed by all members of Blue Ridge Youth Soccer Association, Inc. All members will be subjected to the rules and guidelines provided or face disciplinary action.

Cold weather is defined as any temperature that can negatively affect the body's regulatory system. It is important to remember that temperatures do not have to be freezing to have this effect.

Individuals engaged in sports activities in cold, wet, or windy conditions are at risk for environmental cold injuries.

Risk	Temp / Wind Chill	Rules and Recommendations
Low Risk	40 F & above	Rules: • All Age groups can participate outside in all conditions Recommendations: • Players wear appropriate clothing • Coaches monitor weather conditions
Moderate Risk	30 F - 40 F	Rules: • All Age groups can participate outside • Players must have pants and a jacket on to begin training • U5-U12 must keep their pants and jackets on through training • U13 & above may use their discretion when training Recommendations: • All Players Must have hats and gloves
High Risk	15 F - 30 F	Rules: • U5-U12 may not train outside • U13 & above must have pants and a jacket on to train

		• All players must have hats and gloves • Outside activities no longer than one hour Recommendations: • Provide Re-Warming Facilities
Extreme Risk	15F or Below	Rules • No Outdoor Activities

Clothing:

Each player should consider the following clothing guidelines as they prepare to train outdoors in cold weather. It is important that athletes avoid wearing multiple layers of cotton. When the body sweats, the cotton becomes dense and permeated with sweat.

- Wear several layers around the core of the body (especially those who are not very active).
- The first layer should wick moisture away from the body (dry tech shirt).
- The top layers should trap heat and block the wind (fleece).
- The outer layer should be wind and water-resistant or waterproof
- No cotton as the inside layer.
- Long pants are designed to insulate.
- Sweatpants are a good choice as a base layer.
- On windy or wet days, wind pants or a nylon shell should be worn on the surface layer.
- Long-sleeved garment that will break the wind
- Gloves
- Hat to cover the ears.
- Face protection
- Moisture-wicking socks

Cold Weather Injuries/ Symptoms and Care

Hypothermia: Body Core Temperature below 95°F



Symptoms include:

- Shivering
- Lethargy
- Amnesia
- Impaired motor control
- Pale, cold face and extremities
- Decreased heart rate
- Slurred speech
- Impaired mental function

Treatment: Remove wet clothing, warm with dry insulating blankets, cover the head, and get to a warm environment. Provide warm beverages, avoid friction, and avoid warming extremities initially.

Frostnip/Frostbite: Frostbite is the actual freezing of body tissues.

Symptoms include:

- Dry, waxy skin
- Swelling
- Burning, tingling
- Limited movement
- White/blue/gray patches
- Aching, throbbing, and shooting pain

Treatment: Re-warm slowly in warm water (not hot); avoid friction/rubbing tissue.

Chilblain: is an exaggerated or uncharacteristic inflammatory response to cold exposure.

Symptoms include:

- Red or blue lesions
- Swelling
- Increased temperature



- Tenderness
- Itching, numbness, burning

Treatment: Wash and dry the area; elevate and cover with loose clothing or blankets; avoid friction or lotion.

Signs/Symptoms of Cold Stress:

- Fatigue
- Blurred vision
- Confusion
- Numbness, tingling of the skin
- Slurred speech
- Uncontrollable shivering
- Red or painful extremities
- Swollen extremities
- Headache or dizziness

Extreme Heat Policy

The following policy will be followed by all members of Blue Ridge Youth Soccer Association, Inc. All members will be subjected to the rules and guidelines provided or face disciplinary action.

Exposure to abnormal or prolonged amounts of heat and humidity without relief or adequate fluid intake can cause various types of heat-related illness. Children and adolescents adjust more slowly than adults do to changes in environmental heat. They also produce more heat with activity than adults, and sweat less. Sweating is one of the body's natural cooling mechanisms. Children and adolescents often do not think to rest when having fun and may not drink enough fluids when playing, exercising, or participating in sports.



Heat Index	Rules and Recommendations
85 F & Below	Rules • Must ingest water at least once per hour Recommendations: • At least (2) water breaks an hour • 3-5 minute rest period recommended with each break
86-89 F	Rules • Must ingest water at least twice per hour • No restrictions on water consumption Recommendations: • At least (3) water breaks an hour • 3-5 minute rest period recommended with each break • All athletes wear sunscreen
90-94 F	Rules • Water consumed every 20 minutes • At 5 minute rest period for each hour of training • No restrictions on water consumption • Watch / Monitor athletes for heat-related illness Recommendations: • 3-4 water breaks an hour • 3-5 minute rest period recommended with each break • Cool Towels for cooling • All athletes wear sunscreen
95-99 F	Rules • Water consumed every 20 minutes • Mandatory 4 water breaks • 3-5 minute rest period recommended with each break • For every 45 minutes of work, a minimum of 15 minutes of rest out of the sun/in shade • No restrictions on water consumption • Watch / Monitor athletes for heat-related illness Recommendations: • Cool Towels for cooling • All athletes wear sunscreen • Training last no more than (2) hours
100 - 104 F	Rules • Water consumed every 15 minutes • Mandatory 4 water breaks • 3-5 minute rest period recommended with each break • For every 45 minutes of work, a minimum 15 minutes of rest out of the sun/in



	- shade - No restrictions on water consumption - Watch / Monitor athletes for heat-related illness - Training to last no more than 1.5 hours (with at least one hour rest from the sun before returning to activity) Recommendations: - Cool Towels for cooling - All athletes wear sunscreen
105 or above	Rules All outdoor activities cancelled

Preparing to Play in the Heat:

The following guidelines should be taken into consideration to prevent heat-related illnesses.

- Stay hydrated. This means drinking plenty of water before, during, and after activity, even if you are not thirsty.
- Wear lightweight, light-colored, loose-fitting clothing in hot weather.
- Bring plenty of water to practice/games (a minimum of 1 liter).
- Pack a cooling towel or spray bottle to cool the neck/face during breaks.
- Apply high SPF sunscreen that blocks UVA and UVB rays 15 minutes before

outdoor activity and reapply every 2 hours or more frequently if sweating.

- Pace activity. Have a warm-up, intensity increase, and cool down.
- Limit exposure.
- Have some shade or cooling area available if you will be out for prolonged

periods (wide-brimmed hat, umbrella, tent, shade tree, car with air

conditioning).

- Monitor urine output and color. Urine the color of lemonade indicates proper hydration, whereas urine that looks more like apple juice indicates



dehydration. Use this as an indicator to gauge proper fluid intake over time.

Hot Weather Injuries / Symptoms and Care:

Dehydration: lose more fluid than you take in.

Symptoms include:

- Dry, sticky mouth
- Lethargy
- Thirst
- Headache
- Dry skin
- Dizziness/lightheadedness
- Decreased urine output

Treatment: Replace lost fluid with water and sports drinks. Avoid carbonated beverages and excessive salt.

Sunburn/ Sun Poisoning: Burn or rash resulting from prolonged exposure to ultraviolet(UV) radiation that inflames the skin.

Symptoms include:

- Skin redness/blistering/rash
- Pain and tingling
- Swelling
- Headache
- Fever and chills

Treatment: Get out of the sun. Apply cool compress. Drink extra fluids for the next few days. Apply aloe gel or moisturizer. See medical attention for severe sunburns with blisters or burns covering a large area.



Heat Exhaustion: occurs in extreme heat conditions and excessive sweating without adequate fluid and salt replacement. It occurs when the body is unable to cool itself properly and, if left untreated, can progress to heat stroke.

Symptoms include:

- Muscle cramps
- Pale, moist skin
- Usually has a fever over 100.4°F
- Nausea
- Vomiting
- Diarrhea
- Headache
- Fatigue
- Weakness
- Anxiety, faint feeling

Treatment: Move to a cool place and rest. Remove excess clothing and place cool clothes on the skin. Give cool sports drinks containing salt and sugar. If no improvement or not able to take fluids, send them to urgent/emergency care for IV fluid replacement.

Heat Stroke: The most severe form of heat illness occurs when the body's heat-regulating system is overwhelmed by excessive heat. It is a life-threatening emergency and requires immediate medical attention.

Symptoms include:

- Warm, dry skin, High fever, usually over 104°F
- Rapid heart rate
- Loss of appetite
- Nausea
- Vomiting



- Headache
- Fatigue
- Confusion
- Agitation
- Lethargy
- Stupor
- Seizures, coma, and death are possible

Treatment: Move to a cool place and rest. Call 911. Heat stroke is a life-threatening emergency. Remove excess clothing—Drench skin with cool water. Place ice bags in the armpits and groin. Offer cool fluids if alert and able to swallow.

Heat Cramps: painful muscle cramps and spasms that occur during or after intense exercise and sweating in high heat.

Symptoms include:

- Painful cramps, especially in the legs
- Flushed, moist skin

Treatment: Move to a cool place and rest. Remove excess clothing and apply cool clothes to the skin. Give cool sports drinks, including salt and sugar. Stretch cramped muscles slowly and gently.

Extreme Weather Policy and Procedure

This extreme weather policy is to be followed by all Blue Ridge Youth Soccer Association, Inc. staff, coaches, referees, players, and parents. The Blue Ridge Youth Soccer Association, Inc., Board of Directors will discipline those found in violation of this policy.

Lightning/Thunder Safety Protocols:



1. Lightning may strike when the storm is within 10 miles of your location. If you hear thunder, lightning is close enough to strike you. Immediately move to a safe shelter when you hear thunder or see lightning. Safe shelters include: a substantial building with electricity or plumbing, and a personal vehicle. Stay in a safe shelter for at least 30 minutes after the last sound of thunder or the last sight of lightning, whichever occurred last.

Players, coaches and spectators must seek safe shelter as quickly as possible. Follow NOAA Lightning safety guidelines below:

- [More information on Lightning Safety](#)
- Each Thunder heard, lightning strike seen is a 30 minute wait before re-entering the field.
- Seek shelter indoors, and in cars; NOT under a tree, Pavilions, and other open areas with a "roof"/"covering".
- Practices and Games:
 - Practices can be canceled at the discretion of the coach. Safety First.
 - Games can be canceled and rescheduled as needed per the referee and coaches decisions on the field at the discretion of the BRU Recreational Director.

2. Blue Ridge Youth Soccer Association, Inc Staff, Coaches and Referees will monitor for the sound of thunder and sight of lightning. We serve a wide range of fields and locations for practices and games, we will do our best to monitor all potential impacts for all teams.

- Common sense is encouraged by Coaches and Parents alike.

Severe Weather Watch vs. Warning:



- A severe weather watch is issued when weather conditions are favorable for severe weather (tornado, severe thunderstorms, hurricanes, etc.)
- A severe weather warning is issued when severe weather is imminent or occurring.

Signs of Severe Weather:

- Dark Clouds
- Thunder
- Lightning
- Hail
- Rain
- Increased Wind Speed
- Sudden Temperature Drop

Game Day Rules:

General:

- Blue Ridge United Recreational program applies the [USYS Policy on players and playing rules](#).
 - BRU has the right to adjust the rules to cater to our community
- Equalizing Field Players: In order to keep games competitive and fun, it is required to alter the number of field players when there is a disparity between the teams. When a team is short on players due to illness, injury, or similar circumstances, the opposing team must reduce the number of field players to maintain a competitive game OR, provide a few players to the opposition to stack numbers equally and support all involved.
- **Mercy Rule: The game score should not go over 6-0.**



- **Coaches must also apply various levels of restrictions, such as:**
 - **Flipping offensive players with defensive**
 - **10 passes before goal**
 - **Increase for challenge**
 - **Switch the point of attack before going to goal**
 - **Play the right mid and left mid before going to goal**
 - **Play to the left back and right back, then right mid to left mid**
 - **Play back to the keeper before going to goal**
- **The team that is winning has to take a player off to make the game more even.**
 - This does not apply to Red Card ejections. In cases where equalizing field players will result in one team having excess substitutes, leading to significantly reduced playing time, Blue Ridge United encourages coaches to share players to equalize roster size for the game reasonably. The age group equalizing standards are listed below:
 - Pre-k - 2nd Grade: The number of field players should always be equal
 - 3rd Grade - HS: The number of field players should not vary by more than one



Pre-Kindergarten(U5) & Kindergarten(U6) Game Day Rules

Dimensions	Number of Players on the field	4 vs. 4; no goalkeeper
	Field Size	25 x 20 yards
	Goal Size	3 x 5 ft
Game Day Rules	Game Duration	Four 8-minute quarters
	Offside Penalty	No
	Penalty Kick	No
	Throw in / Kick in	Kick in



	Substitutions	At anytime
	Slide Tackling / Heading	Not allowed, will be called a foul
	Buildout line (opposing team goal kick)	Midfield Line
	Referee	N/A: Coaches help referee the game

First Grade (U7) and Second Grade (U8) Day Rules

Dimensions	Number of Players on the field	5 vs. 5; no goalkeeper
	Field Size	25 x 30 yards
	Goal Size	3 x 5 ft
Game Day Rules	Game Duration	Four 10-minute quarters
	Offside Penalty	No
	Penalty Kick	No



	Throw in / Kick in	Kick in
	Substitutions	At anytime
	Slide Tackling / Heading	Not allowed, will be called a foul
	Buildout line (opposing team goal kick)	Midfield Line
	Referee	N/A: Coaches help referee the game

Third and Fourth Grade (U10) Day Rules

Dimensions	Number of Players on the field	7 v 7; (6 field players and a goalkeeper)
	Field Size	60 x 40 yards
	Goal Size	6-7 ft x 18-21
	Penalty Area	26 x 12
	Game Duration	Two 25-Minute Halves
	Offside Penalty	Yes



Game Day Rules	Penalty Kick	Yes
	Throw in / Kick in	Throw in
	Substitutions	At anytime
	Slide Tackling / Heading	Not allowed, will be called a foul
	Buildout line (opposing team goal kick)	Build out line - Dotted line, between the box and the half line
	Referee	Yes



Fifth and Sixth Grade (U12) Day Rules

Dimension s	Number of Players on the field	9 v 9; (8 field players and a goalkeeper)
	Field Size	80 x 50 yards
	Goal Size	6 x 21 ft
	Penalty Area	34 x 14 yards
Game Day Rules	Game Duration	Two 30-Minute Halves
	Offside Penalty	Yes
	Penalty Kick	Yes
	Throw in / Kick in	Throw in
	Substitutions	At anytime
	Heading	Not allowed, will be called a foul
	Slide Tackling	Yes
	Buildout line (opposing team goal kick)	The opposing team can't be in the penalty box
	Referee	Yes



7th and 8th Grade (U14) Game Day Rules

Dimensions	Number of Players on the field	11v11; (10 field players and a goalkeeper)
	Field Size	110 x 70-55 yards
	Goal Size	8 x 24 ft
	Penalty Area	44 x 18
Game Day Rules	Game Duration	Two 35-Minute Halves
	Offside Penalty	Yes
	Penalty Kick	Yes
	Throw in / Kick in	Throw in
	Substitutions	At anytime
	Slide Tackling / Heading	Yes
	Buildout line (opposing team goal kick)	The opposing team can't be in the penalty box
	Referee	Yes



High School (U19) Game Day Rules

Dimensions	Number of Players on the field	11v11; (10 field players and a goalkeeper)
	Field Size	110 x 70-55 yards
	Goal Size	8 x 24 ft
	Penalty Area	44 x 18
Game Day Rules	Game Duration	Two 40-Minute Halves
	Offside Penalty	Yes
	Penalty Kick	Yes
	Throw in / Kick in	Throw in
	Substitutions	At anytime
	Slide Tackling / Heading	Yes
	Buildout line (opposing team goal kick)	The opposing team can't be in the penalty box
	Referee	Yes

Appendix "A"

EXAMPLES OF CRIMES WHICH ARE CONSIDERED UNACCEPTABLE FOR WORKING WITH YOUTH THROUGH FCPRD SPONSORED OR COSPONSORED PROGRAMS

Persons who have been found guilty or entered a plea of guilty or no contest, regardless of the adjudication for any of the disqualifying offenses will not be allowed to be employed by or volunteer with Frederick County Parks and Recreation Department (FCPRD) or FCPRD cosponsored activities. This listing of examples of offenses is not exhaustive and other offenses may be considered unacceptable. For offenses not listed below, evaluations will be made on a case by case basis by FCPRD staff.

****Shall include prior adult offenses, juvenile offenses, and adjudication of delinquency****

ALL SEX OFFENSES OR CASES INVOLVING THE CARE OF CHILDREN, FELONIES OR MISDEMEANOR

Examples: child molestation, rape, sexual assault, sexual battery, sodomy prostitution, Solicitation, indecent exposure, child endangerment etc.

FELONIES

All felony violence regardless of the amount of time since offense.

Examples: murder, manslaughter, aggravated assault, kidnapping, robbery, aggravated burglary, etc.

All felony offenses other than violence or sex within the past ten years.

Examples: drug offenses, theft, embezzlement, fraud, etc.

MISDEMEANORS

All misdemeanor violence offenses within the past seven years.

Examples: simple assault, battery, hit and run, protective order violations etc.

All misdemeanor drug and alcohol offenses within the past five years.

Examples: Driving under the influence, simple drug possession, drunk and disorderly, public intoxication, possession of drug paraphernalia.

Any other misdemeanor within the past five years that would be considered a potential danger to children or is directly related to the functions of that volunteer

Examples: contributing to the delinquency of a minor, providing alcohol to a minor theft

PENDING CASES

Anyone charged for any of the disqualifying offenses or for cases pending in court is disqualified until the official adjudication of the case.

In addition, applicants will be disqualified if they have been adjudged liable for civil penalties or damages involving sexual or physical abuse of children, been subject to any court order involving sexual abuse or physical abuse of a minor, or had their parental rights terminated.