

Loudoun Soccer Adult League

League Rules and Player Guidelines

1. Footwear

- Molded cleats, turf shoes, or flats only.

2. Player Equipment

Shin Guards

- Shin guards are mandatory for all players.

Jerseys

- A permanent jersey number is required.
- The jersey number must match the roster.
- All field players must wear the same jersey color.

Jewelry

- Jewelry is not allowed.
- Fitness trackers are allowed if covered with a wristband.
- Medical alert bracelets are allowed but must be taped.

3. Players on the Field

8v8 Format

- Maximum: 7 field players plus 1 goalkeeper.
- Minimum: 6 players to start and continue a match.

Coed Leagues

- At least 1 female player must be on the field at all times.
- If only 1 female player is present, the team must play with 6 field players plus 1 goalkeeper.
- If no female players are present, the team may not play until the requirement is met.

4. Game Length

- Two 25-minute halves.

- 2-minute halftime.
- No stoppage time is added.

Grace Period

- A 5-minute grace period is allowed to reach the minimum number of players.
- The game clock runs during the grace period.
- If the team still does not have enough players, the match is declared a forfeit, resulting in a 3-0 loss.

5. Game Rules

Kickoff

- The ball may be played in any direction.
- A goal can be scored directly from kickoff.

Substitutions

- Unlimited substitutions are allowed.
- Substitutions must occur at the halfway line.
- Substitutions are allowed during throw-ins, goal kicks, kickoffs, and corner kicks.

Offside

- There is no offside rule in this league.

Slide Tackling

- Slide tackling is not allowed.
- Minimum penalty: direct free kick.
- A slide tackle may also result in a yellow card or red card.

6. Restart Rules

6-Second Rule

- Free kicks, throw-ins, goal kicks, and corner kicks must restart within 6 seconds.
- A delay may result in a caution and/or an indirect free kick for the opposing team.

8-Yard Rule

- Opposing players must stay 8 yards away during free kicks and corner kicks.

7. Goalkeeper Rules

- No punts or drop kicks are allowed.
- The ball must be distributed by throw, place kick, or kick from dribble.
- Goalkeepers must release the ball within 6 seconds.
- Goalkeepers cannot handle a deliberate back pass from a teammate's feet.
- Sliding saves or tackles are allowed only inside the penalty area.

8. Injuries

- Any bleeding player must leave the field immediately.
- The game clock will not stop for injuries.

9. Forfeits and Cancellations

- Forfeit score: 3-0.
- Teams must notify staff at least 24 hours in advance if they cannot play.
- If your team can't attend and give no notice, they will be fined \$75.00 dollars to cover referee fees.

10. Standings and Playoffs

Points System

- Win: 3 points.
- Tie: 1 point.
- Loss: 0 points.

Playoffs

- The top 4 teams advance to the playoffs.

Tiebreakers

1. Head-to-head result.
2. Least goals allowed.
3. Most goals scored.
1. Fewest forfeits.

Playoff Games

- No overtime.
- Games go directly to penalty kicks.
- Each team selects 3 kickers, followed by sudden death if the match remains tied.

11. Discipline and Cards

Yellow Card

- The player must leave the field temporarily.
- The team plays short one player for 2 minutes.

Red Card

- The player is ejected for the remainder of the match.
- The team plays short one player for the rest of the game.
- The player must leave the facility immediately.
- Minimum suspension: 1 game.

12. Zero Tolerance Policy

Loudoun Soccer has zero tolerance for:

- Fighting.
- Spitting.
- Pushing, striking, or kicking.
- Threats.
- Racial slurs.
- Abuse toward referees or staff.

Possible penalties include:

- Game suspensions.
- 1-year bans.
- Team suspension.
- Removal from playoffs.
- Permanent ban from the league.

13. Serious Violations

- Violent conduct: minimum 1-year suspension.
- Spitting on someone: 1-year suspension.
- Threatening participants: 1-year suspension.
- Verbal abuse of officials: minimum 1-game suspension.

Key Player Reminders

- Bring ID every game.

- No slide tackling.
- No offside rule.
- Shin guards are required.
- No jewelry.
- Goalkeepers cannot punt.
- Zero tolerance for fighting.