



Charles County Department of Recreation, Parks, and Tourism Adult Soccer Guidelines

I. THE LEAGUE:

- A. **Mission:** To enhance the quality of life of our residents and visitors by providing well rounded recreational and competitive sports programs focusing on building a sense of community and improving the overall quality of life for current and future generations.
- B. **Philosophy** - The Charles County Adult Soccer League is first and foremost a recreational sports league. Its purpose is to provide the opportunity for Charles County citizens to participate in an organized league.
- C. **Administration** - The league will operate under the jurisdiction of the Charles County Department of Recreation, Parks, and Tourism. (Guidelines are subject to review and changes may be made at the discretion of the League Director.) Any questions or discrepancies should be directed to the League Director's attention.
- D. **League Format** - There will be a round robin regular season schedule. The league will be open to one or more divisions of competition. There must be at least four teams to constitute a division. A Women's 18+ 7 vs 7 (Sunday) and Men's 35+ 11 vs 11 (Wednesday).

II. COACHES AND MANAGERS:

- A. The coaches/or managers shall be the team representative and shall be responsible for the following:
 - 1. Be the liaison between League Director and team
 - 2. Attend all coaches/managers meetings
 - 3. Inform team members about all information pertaining to the league (rules, regulations, schedule, etc.)
 - 4. etc.)
 - 5. The conduct of players and team spectators. It is the responsibility of the coach/manager to keep all children out of the dugout areas.
 - 6. Obtaining and submitting all league information required such as franchise fees, registration, completed rosters with all team members signatures, etc.
 - 7. Responsible for keeping team bench and surrounding area free of trash resulting from team members and team spectators (see Park Rules).
 - 8. Coaches are responsible for turning in scores to staff on site at the game locations.

III. TEAM MEMBERSHIP:

- A. A 20% administration fee is deducted for all refund requests 4 weeks prior to the league starting; a 50% refund if withdrawal requested 2 weeks prior to the league starting; no refund will be given inside of two weeks.
- B. Each team roster shall be limited:

1. 7 V 7 - minimum of ten (10) players and a maximum of fifteen (15) players.
2. 11 V 11 - minimum of fourteen (14) players and a maximum of twenty (20) players.

NOTE: Rosters will not be accepted with less than the minimum number of players.

- C. Players must be 18 years old and not attending high school.
- D. Allowed to roster four 25+ players. The rest of the team must be filled out with by 35+. (Men's League)
- E. Players can only play for one team during the season in this division.
- F. Completed team rosters must be submitted to the league director on the due date of the league franchise fee. Franchise fees will not be accepted without a roster. See League Calendar for exact registration deadline date.
- G. Each team must have a designated coach.
- H. Out of County Players:
1. Charles, St. Mary's, and Calvert County residents may participate.
 2. Non-residents (Tri-County) of Charles County are welcome to participate, however, in the circumstance of a division reaching a maximum capacity of teams, rosters with Charles County citizens will be given priority.
- I. Additions, substitutions and/or subtractions to the preliminary roster must be in writing and submitted to the office of league director before player(s) are eligible to play in any game. See League Calendar for add/drop deadline date. (Official Add/Drop Form must be used.)
- J. Teams needing to add players (after last day to add/drop) may do so with the permission of the league director, but such teams are not eligible for regular or post season awards.
- K. The leagues are recreational, therefore members on a particular team may not be held on a team past the add/drop date to eliminate their participation in the program.
- L. If a player is on two (2) separate rosters and plays in a game, the team which the player first played for shall be their team for the remainder of the season.

IV. MATCH RULES:

- A. All matches will be played using F.I.F.A. rules with the following modifications:
1. Women and Co-Rec Games will be played seven-a-side (7 vs 7).
 - i. Games will be played on intermediate-size soccer fields (120' x 90').
 2. Men's games will be played eleven-a-side (11 vs 11)
 - i. Games will be played on regulation-size soccer fields (300'X170')
 3. Substitutions may be made, with the approval of the referee, and at the following times:
 - i. Prior to a goal kick by either team.

- ii. After a goal by either team.
- iii. After an injury, by either team, when the referee stops play.
- iv. At half-time.
- v. The official must be notified only when substituting for the goalkeeper.

- B. All substitutes must enter the field of play from the vicinity of the mid-field line. Players may leave the field from any point.
- C. No substitute for a disqualified player.
- D. Penalty kicks will be taken from the penalty mark on each field.
- E. Slide tackles are always prohibited during play.
- F. Goalkeepers can play the ball anywhere on the field of play. Goalkeepers may not touch the ball with their hands when they are outside the penalty box. Goalkeepers are permitted to score.
- G. A one (1) referee system will be used to officiate all games.
- H. Games will consist of two (2) 35-minute running-time halves.
- I. Halftime will be five (5) minutes.
- J. Teams will be permitted two (2) timeouts per game. Timeouts will last one (1) minute.
- K. Penalty accumulations: A player receiving a red card will be ejected from the game and cannot be substituted.
- L. Minimum number of players to start a game:
 - a. 7 vs 7 - five (5) players are needed to start the game. The team playing short-handed (with 5 players) can add the 6th and 7th player upon their arrival at the game site.
 - b. 11 vs 11 – nine (9) players are needed to start the game. The team playing short-handed (with 9 players) can add the 10th and 11th player upon their arrival at the game site.
- M. Overtime period will be five (5) minutes in length.
- N. The second team listed on schedule is home team.

V. EQUIPMENT:

- A. All teams must wear (IDENTICAL) numbered jerseys (front or back) of the same color, rubber soled shoes or approved cleated shoes. Shin guards must be worn at all times.
- B. The home team will be responsible for supplying the game ball (#5). Any questions regarding playing equipment shall be determined by the League Director and/or referee at the game site.

VI. LEAGUE REGULATIONS:

- A. Refund: Teams that pay their franchise fee and drop prior to the league starting date will be assessed a \$100.00 fee. Teams that drop after the league starting date are not eligible for a refund.**
- B. Forfeiture:
 - 1. Teams who fail to field a team two consecutive games may be suspended from the league and no refund will be allowed (determined by the League Director).
 - 2. Any team using an ineligible player or using a player under an assumed name will automatically forfeit all games in which the illegal player participated. Any player guilty of

this infraction will be suspended.

3. Any repeat infraction of the above rule will result in that team being dropped from the league and all scheduled games not played will be forfeited to the opponents.
- C. Protests: Rule interpretations must be protested at the time of the incident, and before play resumes. If the official's decision is not accepted, the coach must immediately notify the Head Official of their intention to protest. The Head Official will record the protest on the game report.
 - D. Field Information: All vehicles must park in the designated parking areas and not on grassy areas near field. Failure to adhere to this rule will result in the league losing the use of the facility.
 - E. If by chance a situation cannot be clarified by the head official, a written protest may be made. **IF THE COACH HAS NOT ADDRESSED THE HEAD OFFICIAL FOR AN ON-THE-SPOT CLARIFICATION, THE LEAGUE DIRECTOR WILL NOT ACCEPT A PROTEST ON THE MATTER.**
 - F. Formal protests (including player eligibility) must be submitted in writing to the Department of Recreation, Parks & Tourism main office within two working days of the incident.
 - G. All protests must be accompanied by a \$100.00 certified check or money order, made payable to Charles County Department of Recreation, Parks & Tourism. If the protest is upheld, the fee will be refunded. The coach/manager shall be the only person permitted to protest.
 - H. No verbal complaints concerning umpires, other teams, etc., will be addressed --- all complaints must be made in writing and submitted to the League Director.
 - I. League Standings

Points will be kept as follows to determine placement in league standings:

Win = 3 Points

Tie = 1 Point

Loss = 0 Points

- J. Tie Break Procedures. The tie break procedures will only be used if teams are tied in regular season standings, and will be as follows:
 1. Win/Loss record in head-to-head competition.
 2. Points allowed in head-to-head competition.
 3. Points allowed against the entire league.
 4. If necessary, a coin flip will take place.

* *If three or more teams are tied, prior to #2 Win/Loss record in head-to-head competition between all tied teams will be used. If teams are still tied, total points allowed in head-to-head competition between all tied teams will be used prior to number 2.
- K. Games won by forfeit will not be included in head-to-head competition (tie break procedures).

- L. If teams are tied at the end of the regular season and one of the teams has won one (1) or more games by forfeit:
 - a. Game(s) which were won by forfeit will not be included in the head-to-head competition (tie break procedures).
 - b. The game in which each opponent played against the team which forfeited, will be eliminated from the head-to-head competition.
 - c. Example: Team A and B have identical won/lost records at the conclusion of the regular season. Team C has a forfeit to team A but won or lost to Team B by playing a game and not forfeiting. Because of the forfeit of Team C to Team A, the game with Team C and B will also be recognized as a forfeit and both games with Team C will not be included in the head-to-head competition (tie break procedures). This rule may duplicate as often as necessary.
- M. **Awards:** If a post season tournament is held, the tournament champion and runner up will receive a sponsor trophy. The regular season runner up will receive a sponsor trophy.
 - 1. The regular season championship may pick one of three awards options:
 - 1. Sponsor trophy or medals for players.
 - 2. Championship shirts w/numbers and names on the back.
 - 3. \$150 discount off the next league the team registers for.
 - 4. The choice of awards must be made immediately following the final game. Player name verification is required immediately following the game for all awards. Shirt sizes and numbers are required if the shirt option is selected.

VII. EJECTIONS AND SUSPENSIONS:

- a. Consequences for suspensions/ejections will be decided by the Recreation, Parks, and Tourism office based upon a 3 Tier system. Any player, parent, coach, or spectator who is suspended may not attend any game or practice sites until their suspension has been fulfilled. If games are postponed or rescheduled, suspensions are indefinite until games are played.
- 1. **Tier One: 2 game Suspension**
 - a) A tier one offense may be issued to any player, parent, coach, or spectator based on the following criteria, which includes but is not limited to:
 - 1. Is ejected from a game or asked to leave a game or practice site by an official or Department of Recreation, Parks and Tourism staff member for harassment, obscene gestures or language, or any other unsportsmanlike behavior. The result of these actions may result in a 2-game suspension, effective immediately, starting with your teams next scheduled game.
 - b) Any further ejections may result in suspension from the league.

2. Tier Two: Suspension for remainder of season

- a) Anyone may be suspended from the league and all Department of Recreation, Parks, and Tourism programs for the remainder of the season.
- b) A tier two offense may be issued, at the discretion of the League Director to any player, coach, or spectator based on the following criteria, which includes but is not limited to:
 - 1. Committing multiple tier one offenses within the same season.
 - 2. Strike, shove, bump, trip, or threaten an official, player, coach, spectator, Recreation, Parks, and Tourism staff member or league official during or after a game, on Charles County Community Center, Public School, or Park property.

3. Tier Three: 2 Year Suspension

- a) Anyone involved in a tier 3 offense may be suspended from the league and all Department of Recreation, Parks, and Tourism programs for a minimum of two years.
- b) A tier three offense may be issued, with discretion from the League Director to any player, parent, coach, or spectator based on the following criteria, which includes but is not limited to:
 - 1. Committing multiple tier one or tier two offenses within a year of previous offenses.
 - 2. Is involved in a severe incident that displays excessive, relentless, or malicious disobedience of our mission, including but not limited to; harassment, fighting, or conduct with intent to harm an official, player, coach, spectator, Recreation, Parks, and Tourism staff member or league official during or after a game, on Charles County Community Center, Public School, or Park Property.

VIII. CANCELLATION AND GAME RESCHEDULING PROCEDURES

- A. In case of inclement weather, each park field will be evaluated individually as to playing conditions. Please remember that our parks are located in different areas of the county and that cancellation at one park does not necessarily mean that we are cancelling elsewhere. All coaches will be notified of any cancellations via email. Notices will also be posted on our website.
- B. For information **after 4:00 p.m.**, you can still call the park where your game is scheduled directly. A recording will announce which fields are canceled. White Plains Park office number is 301-645-2617 and Laurel Springs Park office number is 301-934-2541.
- C. Cancellations at the last minute or at game time will be handled by park staff at the field.
- D. All games to be rescheduled will be done by the League Director, and may be scheduled on various nights. Schedules will remain the same, only rainouts will be rescheduled. Coaches are responsible for checking the Department of Recreation, Parks & Tourism website at www.charlescountyparks.com (Outdoor Sports/Adult Co-Ed Kickball/Make-up Games) for all rescheduled game dates.

E. Lighting: Criteria for suspension and resumption of play:

1. A 30-second or less flash-to-bang count calls for removal of all players from the playing area.
2. Once play has been suspended, wait at least 15 minutes after the last flash of lighting is witnessed or thunder is heard prior to resuming play.

IX. GAME RESULTS POLICY:

Coaches are responsible for calling the Sports Office with the scores from their games by no later than 12:00 p.m. the next business day. Scores should be reported to staff at the game location.

CONCUSSION FACT SHEET

WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding”, “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious.

Concussions can also result from a or from players colliding with each other or with obstacles, such as a goalpost, even if they do not directly hit their head.

The potential for concussions is the greatest in athletic environments where collisions are common. Concussions can occur, however, in any organized or unorganized sport or recreational activity. As many as 3.8 million sports and recreation-related concussions occur in the United States each year.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

If you have experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

Signs Observed by Others:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes

- Cannot recall events prior to hit or
- Cannot recall events after hit or

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

HOW CAN YOU HELP PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself from a concussion

- Follow your coach’s rules for safety and the rules of the sport
- Practice good sportsmanship at all times
- Wear the right protective equipment for the activity. Protective equipment should fit properly, be well maintained, and be worn consistently and correctly
- Learn the signs and symptoms of concussion.

WHAT SHOULD YOU DO IF YOU THINK YOU HAVE A CONCUSSION?

- **Seek medical attention right away**
 - A health care professional will be able to decide how serious the concussion is and when it is safe to return to sports
- **Keep yourself out of play**
 - Concussions take time to heal. Don’t return to play until a health care professional says it’s ok. Players who return to play too soon – while the brain is still healing – risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting you for a lifetime.
- **Tell your coach about any recent concussion**
 - Coaches should know if you have had a recent concussion in ANY sport. Your coach may not know about a concussion you received in another sport or activity unless you tell the coach.

Remember, you can’t always see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. It’s better to miss one game than the whole season.

For more detailed information on concussion and traumatic brain injury, visit: <http://www.cdc.gov/injury>

