



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), Men's 25+ 11 vs 11 (Wednesday), and Co-Ed 18+ 7 vs 7 (Monday) Leagues will be offered.

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. The conduct of team players, assistant coach, players' parents and team spectators
 - 4. Inform and distribute to team members and parents all information pertaining to the leagues (rules, regulations, make up dates, etc.)
 - 5. Obtaining and returning on time to office of the League Director all league information required such as franchise fees, registration, rosters, etc.
 - 6. Reinforce the recreation philosophy to all players.
 - 7. Responsible for keeping team bench and surrounding area free of trash resulting from team members and team spectators (see Park Rules).
 - 8. Responsible for informing team members and ensuring that there will be absolutely no alcohol consumption or drug use on Park or B.O.E. property.

III. **New Rules Due to COVID-19**

- A. Games/practices are to be scheduled 15-20 minutes apart to allow for appropriate transition of teams. Arriving players/teams should wait in their car until the prior game/practice area is cleared

to allow for this transition.

- B. No team/spectator gathering(s) allowed throughout the park or in parking lots.
- C. Players/Coaches/Officials/Spectators are responsible to confirm the following health evaluation prior to arriving to each practice/game. If yes to any, participation is prohibited.
 - Do you feel well today? Have a fever, sore throat, cough, or shortness of breath?
 - Is your temperature greater than or equal to 100.4?
 - In the past 14 days have you tested positive or have been exposed to a COVID positive patient?
 - Are you awaiting the results of a COVID-19 test?
- D. Face Coverings/Masks must be worn at all times indoors and outdoors by coaches and spectators.
- E. Coaches should have extra face coverings/masks for their team should they be needed.
- F. Players and officials do not need to wear a face covering/mask on the field of play unless they choose to do so. Players and officials must wear a face covering/mask on the sideline. Officials must put their face covering/mask on with any player/coach interaction on or off the field.
- G. Coaches and officials are encouraged to use electronic whistles outdoors and are required indoors where face coverings/masks are required at all times.
- H. Athletes/Players are to maintain 6 feet social distancing when on the sidelines. For games, coaches should use cones or other means to designate distancing space for each player on the sideline.
- I. Athletes/Players are to use their own equipment, provide their personal drink/water, and snack(s). No sharing of personal items or belongings. Teams should not have traditional shared snacks at half time or end of the game.
- J. Avoid high fives, handshakes, fist bumps, or hugs. No spitting will be permitted.
- K. Athletes/Players are to keep their belongings in a designated area and six (6) feet apart.
- L. To all extent possible, player should have their own individual equipment; any shared equipment must be cleaned/sanitized in between use of individuals.
- M. Spectators are limited to two (2) per athlete/player, must wear face covering/mask and maintain six (6) feet social distancing from others.
- N. Approved Travel Region – Maryland, D.C., and Virginia – day trips, no overnight travel, subject to re-evaluation related to the COVID health situation. Teams within this region can travel to Charles County and play games adhering to all guidelines.
- O. Tournaments - If scheduled, appropriate for teams/day travel from Maryland, D.C., and Virginia. To all extent possible, a tournament scheduled for consecutive days should allow for adequate travel time in adherence with day trips. No teams or individual players from outside the Maryland, D.C., and Virginia region would be eligible to participate in a tournament.
- P. Concessions – Pre-Packaged items, bottles or can, must identify/mark and maintain six (6) feet social distance guidelines for patrons.
- Q. Please notify the Department of Recreation, Parks and Tourism immediately if a player, coach, official, spectator, are experiencing symptoms or received a positive test result so proper tracing procedures and schedule adjustments can be implemented to reduce the spread.

IV. TEAM MEMBERSHIP:

- A. A 20% administration fee is deducted for all refund requests 4 weeks prior to the league starting;

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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+.

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 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.

V. 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 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 prohibited at all times 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 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 game site.
- M. Overtime period will be five (5) minutes in length.
- N. Second team listed on schedule is home team.

VI.

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.

VII.

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 (no fee required for player eligibility protest). 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 (identical number of points accumulated for wins/losses/ties):

- Won/Loss record in head-to-head competition.
- Goal differential in head-to-head.
 - Least goals allowed by teams still tied.
- Goal differential against entire league.
 - Least goals allowed by teams still tied.
- If possible and necessary, a playoff will be held.

- 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:
 - 1. Game(s) which were won by forfeit will not be included in the head-to-head competition (tie break procedures).
 - 2. The game in which each opponent played against team which forfeited, will be eliminated from the head-to-head competition.
 - 3. 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.

- A. **Awards:** The regular season champion will receive a sponsor trophy. The winning head coach of the regular season 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.

- B. Choice of awards must be made immediately following the conclusion of the league. Player name verification is required immediately following the season for all awards. Shirt sizes and numbers are required if the shirt option is selected.

VIII. EJECTIONS AND SUSPENSIONS:

- A. Consequences for suspensions/ejections will be decided by the Recreation, Parks, and Tourism office based upon a 3 Tier system. Anyone suspended may not attend any game or practice sites until their suspension has been fulfilled.

- 1. **Tier One: 2 Game Suspension**
 - a) A Tier One offense may be issued to any player, parent, coach, or spectator who:
 - 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.
 - 2. Any further ejections may result in suspension from the league.
- 2. **Tier Two: Suspension for Remainder of the Season**

- a) Players 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 who:
 1. Committed 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 Three 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, spectator who:
 1. Commits multiple Tier One or Tier Two offenses within one year of previous offenses.
 2. Is involved in a severe incident that displays excessive or relentless 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.

IX. CANCELLATION AND GAME RESCHEDULING PROCEDURES

- A. Charles County Recreation utilizes the Charles County Citizen Notification System (CNS) to provide updates on program or facility cancelations and closures due to inclement weather. Sign up to receive free text messages or emails at <https://www.charlescountymd.gov/services/alerts/citizen-notification-system>. Notifications will also be uploaded onto the Department of Recreation, Parks, and Tourism Facebook feed.
- B. In the 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.
- C. Cancellations at the last minute or at game time will be handled by the referee or park attendant at the field.
- D. All park/school complexes will be visited daily by the park staff. In case of inclement weather, each park/school field will be evaluated individually as to playing conditions. Please remember that parks/schools are located in different areas of the County and that cancellation at one site does not

necessarily mean that we are cancelling elsewhere.

- E. All games to be rescheduled will be done by the League Director and may be scheduled on nights or days other than regularly scheduled. Schedules will remain the same, only rainouts will be rescheduled. Coaches are responsible for calling in to get rescheduled game updates after 12:00 p.m. the next working day.
- F. Coaches are responsible for calling in to get rescheduled game updates after 12:00 p.m. the next working day.
- G. Lightning: Criteria for suspension and resumption of play:
 - a. A 30 second or less flash to bang count calls for removal of all players from playing area.
 - b. Once play has been suspended, wait at least 15 minutes after the last flash of lightning is witnessed or thunder is heard prior to resuming play.

X. 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 emailed to RobertMT@charlescountymd.gov.

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>