



Charles County

Department of Recreation, Parks, and Tourism

Women's Indoor 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 6 vs 6 Indoor Soccer League will be offered.

II. NEW RULES: COVID 19

- A. The Charles County Department of Recreation, Parks & Tourism will follow all current local health department guidelines regarding face covering, social distancing, spectators, group sizes, food, and transportation of participants if required. Some guidelines and restrictions still may vary by program and location. 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. Please use CDC's covid calculator to determine isolation period by going to:
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

III. 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. Coaches are responsible for ensuring that all players and coaches are properly registered in the MyRec registration software.
 - 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.
 - 8. Responsible for informing team members and ensuring that there will be absolutely no alcohol consumption or drug use on County Park, Recreation Facility, or B.O.E. property.

IV. TEAM MEMBERSHIP:

- A. Each team roster shall be limited to a minimum of Eight (8) players and a maximum of fifteen (15) players. NOTE: Rosters will not be accepted with less than the minimum amount of players.
- B. 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.
- C. Players must be 18 years old and not attending high school
- D. Players can only play for one team during the season in this division
- E. 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.
- F. Each team is required to have every player on their roster show ID before stepping on the floor to play in their first game only. At any time during the season, DRPT reserves the right to ID any player whose eligibility comes into question. All ID's will be verified prior to the start of any playoff games.
- G. Additions and deletions to the roster must be submitted on the official Add/Drop Form to the office of League Coordinator before player(s) are eligible to play.
 - 1. The last day to add/drop player is the third Wednesday after the start of the season.
 - 2. Adding or dropping players must be done by using the current Add/Drop Form. **Phone-in additions will not be accepted nor will it be accepted at the game site.** Teams may hand deliver or email signed Add/Drop Forms; however, no player will become eligible to participate until the Add/Drop Form has been received by the League Coordinator and they have properly registered in MyRec Registration Software.
 - 3. Add/Drops must be submitted by COB Wednesday. Add/Drops submitted after Wednesday will not be eligible to play in the same week's game.
 - 4. Teams needing to add players (after last day to add/drop) may do so with the permission of the League Coordinator; but such teams are not eligible for regular season awards.
 - 5. Teams may not hold players on their team past the add/drop date to eliminate their participation in the program.
- H. Each team must have a designated coach.
- I. Out of County Players:
 - 1. Non-residents 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.
- J. 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.

- K. If a player is on two (2) separate rosters and plays in a game, the team which the player first played for shall be her 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. Games will be played six-a-side (6 vs 6).
2. Games will be played at the capital clubhouse.
3. Substitutions may be made on the fly. Substitutions on the fly must be according to the following guidelines:
 - For safety reasons, only one player can substitute at a time.
 - A player may not step onto the floor to enter the game until the player coming off the court is within 3 feet from the bench.

- B. **TIMEOUTS:** There will be no team timeouts. Officials may call stop the clock for injuries, penalty cards, etc. No substitute for a disqualified player.

- C. **DELAY OF GAME:** There will be no delay of the game if a team does not have enough players to start the game (players must be dressed and, on the court,). The clock will start as the game was scheduled. Any team that doesn't have enough players at the start of the game will be penalized in the following manner:

1. Teams will be allowed to play the game with one player down. (Minimum of 5 players)
2. If enough players arrive within the first half of the game, the game will be played.
3. The time elapsed will not be added back to the official game clock.
4. If the team does not have five players by the time the first half has elapsed, the game will be declared a forfeit.

- D. A minimum of five (5) players are needed to start the game. The team playing short-handed (with 5 players) can add the 6th player upon their arrival at game site.

- E. Penalty kicks will be taken from the penalty mark.

- F. Slide tackles are always prohibited during play. A slide tackle will result in a caution from the referee (yellow card: the player must leave the playing area (the game) for a minimum of two (2) minutes). No substitution is allowed for a carded player.

G. KICKS

- a. Kickoffs may go forward or backward. All kickoffs are indirect kicks.
- b. Any free/penalty kick from behind the top of the penalty box, including goal kicks, cannot cross mid-court in the air. The ball must touch the ground, a player, or the wall before crossing mid-court. A violation results in an indirect kick at mid-court.
- c. Balls in play can travel across mid-court in the air without penalty.
- d. All goal kicks must clear the penalty area. A re-kick will be given if the ball is touched before the ball clears the penalty area.
- e. Balls hitting the ceiling or basketball goals will be put back into play with an indirect kick near the spot where the ball was initially kicked.
- f. Play will be stopped if the ball enters a dangerous area or injury to a player occurs. Ball will be put back into play with an indirect kick or drop ball, at the referee's discretion.
- g. Balls hitting the side, or the back of the goal net will be declared dead, with a goal kick or

corner kick awarded. **Under no circumstances should players attempt to “play” the ball against or behind the net.** Balls hitting the goal post will be live balls.

- h. No throw-ins will be made. All balls which go out of bounds will be put back into play as described above.
- H. 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.
- I. A one (1) referee system will be used to officiate all games.
- J. Games will consist of two (2) 20-minute running-time halves.
- K. Halftime will be five (5) minutes.
- L. Penalty accumulations: A player receiving a red card will be ejected from the game and cannot be substituted.
- M. No Overtime.
- N. Second team listed on schedule is home team.
- O. **PENALTIES (YELLOW CARD/RED CARD):**
 - a. Players that receive a caution (yellow card) must leave the playing area (the game) for a minimum of two (2) minutes. **No substitution is allowed for a carded player.** Players must sit out the full two minutes regardless of additional goals scored.
 - b. Players that receive a second yellow card or a red card during the game must leave the playing area, escorted by a parent or guardian. The team will receive a five (5) minute penalty and must play down a player for the entire five minutes. Upon completion of the five minutes, the team may return to full play of six players.
 - c. All players are subject to the Department of Recreation, Parks & Tourism Code of Conduct and details stated throughout the section.
- P. **GOALKEEPER:** The goalkeeper cannot throw or punt the ball over mid-court in the air. The ball must bounce, roll, or hit a player before crossing mid-court. Goalkeepers will not be allowed a drop-kick to return the ball to play. A violation will result in an indirect kick at mid-court. Goalkeepers may kick the ball directly from the ground with no mid-court violations.

VI. V. EQUIPMENT:

- A. All teams must wear (IDENTICAL) numbered jerseys (front or back) of the same color, rubber soled shoes. Shin guards must be always worn. Cleats are not allowed.
- B. Game Ball: Size #4 futsal ball will be provided. Any questions regarding playing equipment shall be determined by the League Director and/or referee at the game site.

VII. VI. LEAGUE REGULATIONS:

- A. 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.
- B. 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.**

- C. 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.
- D. 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.
- E. No verbal complaints concerning umpires, other teams, etc., will be addressed --- all complaints must be made in writing and submitted to the League Director.

F. League Standings

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

Win = 3 Points

Tie = 1 Point

Loss = 0 Points

G. 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.

H. Games won by forfeit will not be included in head-to-head competition (tie break procedures).

I. 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.

J. Awards:

- Team trophy awarded to the first and second place finishers of regular season.
- Individual awards (15 max.) will be given to the regular season league champions only.
- Team trophy awarded to the post season tournament winner if post season tournament is held.

VIII. EJECTIONS & 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 sites until their suspension have been fulfilled.

1. Tier One: 2 game Suspension

a) A tier one offense will be issued to any player, parent, coach, or spectator who:

1. Is ejected from a game by an official for harassment, obscene gestures or language, or any other unsportsmanlike behavior. The result of these actions will result in a 2 game suspension effective immediately starting with your teams next scheduled game.

2. Any further ejections will result in suspension from the league

2. Tier Two: Suspension for remainder of season

a) Players will 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 will be issued at the discretion of the League Director to any player, parent, coach, or spectator who has:

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 will 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 who:

1. Commits multiple tier one or tier two offenses within a 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. VIII. CANCELLATION AND GAME RESCHEDULING PROCEDURES

A. All coaches will be notified of any practice/game cancellations via email.

A. Coaches are required to notify their team of any cancellations.

B. Reschedules will be completed by the League Director, and may be scheduled on nights or days other than regularly scheduled. Schedules will remain the same.

X. IX. FORFEITS:

A. 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).

- B. Any team using an ineligible player or uses a player under any assumed name shall automatically forfeit all games in which the illegal player participated. Any player guilty of this infraction will be suspended. Repeat infractions will result in that team being dropped from the league.
- C. All scheduled games of a team that is dropped from league play, shall be forfeited to the opponents. None of the dropped team's games shall be included in the league standings.

XI. GAME RESULTS POLICY:

Coaches are responsible for turning in game results by calling the Sports Office 301-934-0123 no later than 8:00 a.m. the next business day. Scores can also be sent via e-mail to FlowersA@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 fall 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 your child has 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 Parents or Guardians

- 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 fall
- Cannot recall events after hit or fall

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 YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion

- Ensure that they follow their coach’s rules for safety and the rules of the sport
- Encourage them to practice good sportsmanship at all times
- Make sure they wear the right protective equipment for their 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 YOUR CHILD HAS 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 for your child to return to sports
- **Keep your child out of play**
 - Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s ok. Children 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 your child for a lifetime.
- **Tell your child’s coach about any recent concussion**
 - Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child 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>