



**Arlington Soccer**  
**Recreational Soccer**  
**Program**

**Administrative Handbook**

Updated: June 2021

**GENERAL:**

Arlington Soccer (ARL) is affiliated with the Virginia Youth Soccer Association (VYSA); the United States Youth Soccer Association (USYSA) and the United States Soccer Federation (USSF).

Lack of knowledge of Arlington Soccer (ARL) rules will not relieve any club, coach, team official, parent or player of a team participating in ARL from the responsibilities and possible penalties herein. All clubs, team officials, coaches, parents, and players, by participating in ARL play, are bound by these rules.

The soccer year shall be comprised of two (2) separate seasons of play; Fall (Sept – Nov) and Spring (March – June). (For the purposes of VYSA compliance and insurance, however, the Fall and Spring seasons are considered two parts of the same year.)

ARL's Recreational Soccer Program utilizes the child's school grade, with some exceptions, to determine placement of players on teams; and teams into age groups. Per VYSA, USYSA and USSF limitations for youth sports organizations, however, all ARL players must be U19 for the entire Fall-Spring year of play. U19 is defined as per VYSA (and applied across ARL Travel and ADP teams) by birth year. For example, a player born in 2003 is U19 for the Fall 2021/Spring 2022 Rec Soccer seasons.

In response to ARL decisions, no individual may employ the aid of any lawyer or the courts of any State or of the United States without first exhausting all available administrative remedies within the body of organized soccer to include ARL, the VYSA, the USYS, and the USSF.

**RISK MANAGEMENT:**

ARL regularly participates in risk-management programs, including performing background checks on the coaches/adults that work with the children on our teams and in our programs.

**GAME FORMATS:**

ARL utilizes the following game formats:

- Kindergarten group – 4 vs 4 (no goalkeepers)
- 1<sup>st</sup> grade and 2<sup>nd</sup> grade groups – 4 vs 4 (no goalkeepers)
- 3<sup>rd</sup> grade and 4<sup>th</sup> grade groups – 7 vs 7 (6 field players + GK)
- 5<sup>th</sup> grade and 6<sup>th</sup> grade groups – 9 vs 9 (8 field players + GK)
- 7<sup>th</sup> grade through 12<sup>th</sup> grade groups – 11 vs 11 (10 field players + GK)

**REGISTRATION:**

Each player must register with ARL and be assigned to a member club or team of the association. In no instance shall a player participate in official ARL games or practices or other programs without having completed the applicable registration process. Only players who are on a team's official game roster may participate in an official ARL game or practice.

A player may only be placed on a team's official game roster if the player's registration and financial obligation have been completed prior to all established deadlines.

Team coaches must never allow any unregistered players to participate on their teams, or make promises to parents regarding player placements. All players must go through the ARL registration process and be placed

on the appropriate team by ARL/Club personnel.

### **FEES:**

Each player who registers with Arlington Soccer shall pay a "Player Registration Fee" as recommended by the Recreational Committee and approved by the ARL Board of Directors.

The Player Registration Fee will not be prorated or reduced for registrations received once the season has begun.

Players may receive financial assistance from ARL if the player's family meets the eligibility requirements and completes the required paperwork.

The ARL Player Registration Fee covers (for Kindergarten through 8<sup>th</sup> grade):

- ARL administration, staff and operation expenses
- Financial aid program
- Referee fees
- VYSA player registration and insurance coverage
- Field preparation, equipment & maintenance
- Team coach background checks
- Arlington County Fee (\$8 per player, per season, for Arlington County and City of Falls Church registrants; \$20 per player, per season, for other non-residents)

The ARL Player Registration Fee covers (for 9<sup>th</sup> through 12<sup>th</sup> grade):

- ARL administration, staff and operation expenses
- Financial aid program
- Referee fees
- VYSA player registration and insurance coverage
- Field preparation, equipment & maintenance
- Team coach background checks
- Fall tournament hosted by ARL
- Arlington County Fee (\$8 per player, per season, for Arlington County and City of Falls Church registrants; \$20 per player, per season, for other non-residents)

### **FINANCIAL ASSISTANCE**

Financial assistance to play in ARL is available to those who qualify by completing established procedures.

Players may receive an established amount of financial assistance from ARL if the player's family meets the eligibility requirements and completes the required paperwork.

Players are automatically eligible for financial aid if:

- They are currently enrolled in the free or reduced lunch program at their school
- Their family gets SNAP, WIC, or MEDICAID benefits

### **REFUNDS**

If a player completes the registration process, but is never placed on a team or contacted by a team representative, that player may receive a full refund of the fee paid.

No refunds will be given after the first game of the season, except if a player experiences a season-ending injury. Players experiencing a season-ending injury (proved by providing a signed and dated letter from a doctor stating such) will be granted a pro-rated refund based on the number of games left in the season. Late fees, if applicable, cannot be refunded due to a season-ending injury. All refunds are subject to a \$5 processing fee to cover the cost of credit card processing fees. While rare, if the weather or some other unavoidable circumstance limits our program in any way, no refunds or other adjustments will be made.

A player can request a refund before the first game of the season, but will be subject to a \$5 processing fee.

All requests for refunds should be submitted to ARL staff and/or the player's Club Manager. ARL Staff will decide on all exceptions to the refund policy and the amount of any refund, based on facts and circumstances.

#### **PLAYER ASSIGNMENTS TO ARL CLUBS:**

Players registering with ARL in the Kindergarten – 8<sup>th</sup> grade groups, are typically assigned to a member club in accordance with the player's residence in established public elementary school districts or attendance at an Arlington school, or by request of a player or their parents.

- Players previously registered with ARL may remain with their assigned club even if their residence changes.
- Coaches and clubs may not recruit players from outside their assigned areas.
- Players who register after established deadlines are not guaranteed to be placed with the club or team of their choosing. Placement will be made based on available openings on association-wide teams.

Prior to the established deadlines, registered players will be allocated to their appropriate club for team placement, provided there is space on that club's team(s) in the player's age group. Club Managers will be responsible for forming teams and submitting the number of properly formed teams (see team requirements).

Properly registered players will be available to their appropriate club if that club's team in the player's age group is in need of a player. If the club's team in the player's age group is full, the player will be assigned to the most appropriate club/team that is in need of a player.

If a team has not reached the maximum roster size, a player may be assigned to that team. The team coach and/or Club Manager may not refuse the addition of a player if the team has open roster spots, as determined by ARL approved team size guidelines.

**AGE GROUP PLACEMENT OF PLAYERS:**

All players, once registered and assigned to a club, should be placed on a team in their appropriate group, according to the player's current school grade.

No player will be permitted to play-up **with the exception** of players who are out of sync with other students their age (i.e.: due to repeating or skipping a year or more of school); that player may elect to play with either of the appropriate grades, subject always to the U19 limitation for ARL as a youth sports organization.

**TEAM FORMATION:**

Each season, Club Managers will be responsible for forming teams in each age group and submitting these teams to ARL staff prior to the established Team Formation Date.

A player may only be placed on a team's official game roster if the player's registration and financial obligation have been completed prior to all established deadlines.

A player may only be placed on the roster of one (1) ARL Recreational team. A player may be registered and rostered with a select team and a Recreational team in accordance with ARL rules but only through the 4<sup>th</sup> grade. After 4<sup>th</sup> grade, players must choose to participate in one program or the other (*see select player rule*).

Before a team can be submitted to ARL staff to be placed in the schedule, the team must meet established criteria. These criteria are:

- Each team must contain a minimum number of properly registered and rostered players. The minimum number of players for a team to be viable is the number of players needed to field a full side at the age group they are playing in. For example, a 3<sup>rd</sup> grade team needs seven (7) players to be viable.
- Each team must contain a coach and a contact person (usually the coach) with an email address for that contact person. If coach information changes, the appropriate Club Manager must inform appropriate ARL staff.
- While minors can coach teams, at least one adult (age 25+) must be listed as a coach or assistant coach for the team.

The following chart shows current information for each age group:

## ARL Recreational Soccer Formats – 2021-22

Age Group	Game Format	Team Size*	Team Cap**	Restart from Sideline	Game Length (mins)	Min # of Player to Start	Field Size***	Ball Size	Referee	Offside	Free Kicks	Additional Rules	Select Players Allowed? ****
K	4v4 (no GK)	8	8	Coaches restart with roll-in	4x8	3	30x20	3	Coaches	No	Indirect Only	No	No
1 <sup>st</sup>	4v4 (no GK)	8	8	Kick-in	4x10	3	30x20	3	Coaches	No	Indirect Only	No	1
2 <sup>nd</sup>	4v4 (no GK)	8	8	Throw-in (with forgiveness)	4x12	3	30x20	3	1 Ref	No	Indirect Only	No	1
3 <sup>rd</sup>	7v7 (6+GK)	11	13	Throw-in	2x25	5	60x40	4	1 Ref	Yes	Indirect & Direct	Build Out Line	2
4 <sup>th</sup>	7v7 (6+GK)	11	13	Throw-in	2x25	5	60x40	4	1 Ref	Yes	Indirect & Direct	Build Out Line	2
5 <sup>th</sup>	9v9 (8+GK)	14	17	Throw-in	2x30	6	75x47	4	1 Ref	Yes	Indirect & Direct	No	No
6 <sup>th</sup>	9v9 (8+GK)	14	17	Throw-in	2x30	6	75x47	4	1 Ref	Yes	Indirect & Direct	No	No
7 <sup>th</sup>	11v11 (10+GK)	16	21	Throw-in	2x30	7	112x75	5	1 Ref	Yes	Indirect & Direct	No	No
8 <sup>th</sup>	11v11 (10+GK)	16	21	Throw-in	2x30	7	112x75	5	1 Ref	Yes	Indirect & Direct	No	No
HS	11v11 (10+GK)	18	-	Throw-in	2x30	7	112x75	5	3 Refs	Yes	Indirect & Direct	No	No

\* Teams cannot exceed the team size limit without the permission of the team coach. Managers must receive this approval from the coach before adding any player to the team past the team size limit. Teams under this number of players cannot refuse a player being added to the team.

\*\* Teams cannot exceed this limit except under approval from the Recreational Soccer Director, the Club Manager, and the team's coach.

\*\*\* These are ideal measurements. Some field sizes may vary.

\*\*\*\*ADP players do not count toward the Select Player cap, however the total combined number of ADP and Travel players cannot exceed half the team's total number of players. For example, a 4<sup>th</sup> grade team of 12 players could have up 6 spots Travel and/or ADP; a team of 11, up to 5 Travel and/or ADP.

For all teams, after the fourth league game has been played, no additional players may be rostered to that team, unless exceptional approval has been given by ARL staff.

**DATE OF ELIGIBILITY:**

A player is eligible to participate in an official ARL game or practice only when that player's name appears on the official team roster as generated from the ARL registration system.

Two business days must be allowed between the receipt of a player's complete registration and that player being placed on a team's roster. Typically, complete registrations must be into the ARL office before Wednesday at 5:00pm for a player to be eligible to participate in games that weekend.

**TEAM ROSTERS:**

Coaches, or persons subbing as coach, are required to always have in their possession at the field of play an official ARL Team Roster showing all eligible players.

For the Kindergarten and 1<sup>st</sup> grade groups, team coaches will be reminded prior to the season that only properly registered and rostered players may participate in official ARL practices and games. Coaches should have a copy of their team roster at all games.

For the 2<sup>nd</sup> grade through 4<sup>th</sup> grade groups, each team's roster will be reviewed by the referee before each game. Prior to the start of each game, each team will provide the game referee with its official ARL game roster. The referee will meet with each team coach, remind the coach that only players whose names are on the roster may participate in that game and compare the number of names on the roster with the number of players ready to participate in the game.

For the 5<sup>th</sup> grade and older groups, the referee will perform a pre-game check-in. This check-in will consist of all the team's players standing in front of the referee. The referee will read off each name on the roster. As a player's name is read, that player steps behind the referee. Only those players whose name appears on the roster may participate in that game. Players deemed ineligible to play due to the referee's review must sit out of that game.

If a team does not have a roster at a game, the game may continue with the following actions taken:

- The referee will mention in the game report the team(s) that did not have a roster.
- The coaches involved in the game, in addition to reporting the game score, will report in an email or phone call to appropriate ARL staff, that a team did not have a roster.
- ARL, upon receipt of a report that a team did not have a roster, can contact the team and the appropriate Club Manager to inform them of the rule and stress compliance.
- Upon further review, the game may be declared a forfeit by staff or by the

Rules and Discipline Committee for non-compliance, with the results of the game reflecting the forfeit.

Referees will allow for a 10 minute grace period to allow a team to get up to the minimum number of players to start a game and avoid a forfeit. The game clock will start on time, and the amount of time needed for the grace period will be subtracted from the first half of the game. Prior to its start, if a game is declared a forfeit, regardless of reason, it may only be played as an unofficial scrimmage. In a scrimmage, the following conditions will be in effect:

- The referee is encouraged, but not required, to stay depending on numbers.
- ARL does not sanction the game and relinquishes all liability.
- ARL-registered players allowed by the coaches may participate.
- Players who are not registered with ARL may not participate.
- The game must finish in the originally allotted time.
- The score of the game will not be recorded or counted in the divisional standings.

The score of a forfeited game will be reported as 4 – 0, in favor of the team that is in compliance. If both teams are in noncompliance, the game will be declared a forfeit, with the score reported as 0 – 0, but with neither team receiving the points.

#### **SELECT PLAYERS ON ARL RECREATIONAL TEAMS:**

For purposes of the ARL rules, a select player is a player who is rostered:

- On a travel team - (by VYSA definition; regardless of gender, age or location)

For the purposes of an upcoming season, a player's select status is determined as of that season's Team Formation Date.

The maximum number of select players that a Recreational team in an age group may have on its roster is listed on the chart on page 6. Beginning in 5th grade, players must choose between Travel and Recreational soccer and are not allowed to participate in both at the same time.

All players who are rostered with a Travel team or in the ARL developmental program must be identified as such on the ARL online team roster from the time they register. Players who fail to self-identify can be removed from the program without refund and may be subject to additional penalties within the Travel program.

#### **GAME PROCEDURES:**

Before each game:

- Coaches should introduce themselves to the referee/other coaches and confirm that the players on their team comply with ARL policies.
- Coaches should discuss with the referee/other coaches any ARL playing rule that may be different from a rule of another league.
- In the 2<sup>nd</sup> grade and older groups, coaches must provide an official team roster for



the referee to review.

- In the 5<sup>th</sup> – 12<sup>th</sup> grade groups, coaches must assist the referee with the pre-game check-in as requested.

After each game:

- Coaches should thank the referee/other coaches and give any praise deserved.
- Report the score of the game (2<sup>nd</sup> grade and older), as well as submit a review of the opposing coach, players, and parents through the score reporting software.
- If there were any **outstanding** behavioral issues surrounding an opposing coach, parents, or players, please report directly to your club manager. Contact info can be found on the ARL website.

#### **PLAYING TIME:**

For the purpose of fostering the good of soccer and the development of all ARL players, all field players will play a roughly equal amount as all other field players in every scheduled game. Any disciplinary issues, for which a coach may wish to restrict playing time below what would be considered equal playing time, must be discussed and approved in advance with the ARL Recreational Soccer Commissioner.

It is also recommended that players be rotated through and allowed to play all the positions on the field during the course of the season.

#### **USE OF INELIGIBLE PLAYER:**

If a team is found to have used an ineligible player, as determined by ARL staff, the Recreational Committee or their representatives, the penalty will be forfeiture of all games in which the ineligible player participated, with the results of the game reflecting the forfeit. Additional penalties, including sanctions against the player, coach and or member club may be imposed by ARL staff, the ARL Recreational Committee, ARL Board of Directors, and/or their established subgroups.

The ARL Recreational Committee or ARL staff, on their own motion in the absence of a proper protest, may find a team to have used an ineligible player and may assess such penalty as it deems appropriate.

#### **AGE GROUP PLACEMENT OF TEAMS:**

Requests for exemptions to the team placement policy must be submitted by the Club Manager, in writing (email is accepted) to the ARL Recreational Soccer Commissioner at least two (2) weeks prior to the Team Formation Date. The Recreational Soccer Director must respond to the Club Manager before the Team Formation Date. Typically, the decision on a request will be based on whether the team's developmental needs are not being met by playing in its correct age group and how each player on the team will be affected.

Permission for a team to participate in an age group outside the team's appropriate age group is for one (1) season and, if desired, must be re-submitted for approval at the beginning of each season.

## **DIVISION MAKEUP:**

The purpose of placing teams into divisions is to:

- In the Kindergarten – 2<sup>nd</sup> grade groups: to group teams together to make game schedules. Kindergarten divisions will be given random animal names, and 1<sup>st</sup>/2<sup>nd</sup> grade divisions will be given different colors. The divisions will be formed at random by appropriate ARL staff.
- In the **spring** 2<sup>nd</sup> grade season, and both seasons of the 3<sup>rd</sup> grade and older groups: to schedule teams with similar skills to compete against each other. Divisions will be numbered as 1, 2, 3 etc., except 2<sup>nd</sup> grade which will continue to use colors.

Prior to each season, for each age group, divisions will be formed by ARL staff. The teams and number of teams in a division may change from season to season. The total number of teams in an age group, and the appropriate grouping of those teams, will determine the total number of divisions needed in each age group.

Prior to each season, teams will be placed in the appropriate division.

In the spring 2<sup>nd</sup> grade season and both seasons for 3<sup>rd</sup> grade and older groups, the results from the previous season will be used to assist with the team placement for the coming season.

In the 2<sup>nd</sup> to 4<sup>th</sup> grade groups, in the fall and spring seasons, game scores will be reported (but not published), using the established score reporting procedures, for the sole purpose of properly placing teams in the appropriate division the following season.

Club Managers must inform the ARL staff regarding teams who have changed names between seasons. These teams will be held to the established criteria to determine if it is considered a new team or a returning team.

Team names will be formed in the following manner: name of neighborhood club [space] grade gender (B for predominantly male, G for female) [space] coach's name [space] followed by the team's "fun" team name (if any). For example, Aces 7B Lindh Narwhals.

ARL staff and the Club Managers will ultimately determine the placement of all teams. After the Team Formation Date, ARL staff will place all teams into divisions.

- These divisions will be formed randomly for the Kindergarten and 1<sup>st</sup> grade groups; formed randomly for the 2<sup>nd</sup> grade Fall season; formed based on the previous season's results for the 2<sup>nd</sup> grade Spring season, and formed based on the previous season's results for the 3<sup>rd</sup> grade and older age groups.

Once divisions are formed, the Club Managers will review the divisions to confirm their teams' placement. After this review, the game schedule for each division will be formulated. Once the game schedule is completed, teams will not be moved from a division during that season.

In general, teams who have more than 75% of the players from last season's roster will be considered a returning team and should be held to that team's results from the previous season.

Teams with less than 75% of the players from the previous season's roster will be considered a new team and should not be held to that team's results.

Club Managers must inform ARL staff of the changes in these teams and consult with staff in regard to the appropriate placement of these teams.

All new teams will be placed in the appropriate division based on input from the team's Club Manager and the team's coach.

Divisions for kindergarten generally will be formed with eight teams, but can range from 6 to 10 teams based on the total number of teams in the specific age group.

Forming divisions with an even number of teams is desirable; as it provides each team with an opponent each weekend and decreases the number of Sunday games.

Divisions for 1<sup>st</sup> grade through high school will be formed with a minimum of four (4) teams and a maximum of team (10) teams.

The number of teams in a division will determine the schedule of play for that division in the 1st grade and older groups, the divisional schedule based on the number of teams is listed below:

- 4 Teams – each team plays the other teams twice in the season + 2 randomly scheduled games.
- 5 Teams – each team plays the other teams twice in the season.
- 6 Teams – each team plays the other teams once in the season + 3 randomly scheduled games.
- 7 Teams – each team plays the other teams once in the season + 2 randomly scheduled games.
- 8 Teams – each team plays the other teams once in the season + 1 randomly scheduled game.
- 9 Teams – each team plays the other teams once in the season.
- 10 or more Teams – teams are allocated eight 8 regular season games and will not play all the other teams.

#### **DIVISIONAL STANDINGS:**

In all ARL regular season league games in all age groups, games that are tied at the end of regulation time will remain a tie game. There will be no overtime.

For the 3<sup>rd</sup> grade and older groups, a team's final standing in its division will be determined by the number of points it receives based on its win/loss record during the season. Points will be awarded as follows:

- 3 points for a win
- 1 point for a tie
- 0 points for a loss

#### **SCORE REPORTING:**

In the Kindergarten and 1<sup>st</sup> grade groups, scores will not be reported, will not be published and will not be used to determine divisional placement.

In the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> grade groups, during the Fall and Spring seasons, game scores will be reported (but not published), using the established score reporting procedures, for the sole purpose of properly placing teams for the next season.

In the 5<sup>th</sup> grade and older groups, game scores will be reported and league standings will be published. It will be the responsibility of both teams to report the score of each game using procedures established by ARL.

When reporting scores, the exact score for both teams must be provided. In the published results, the score will be adjusted to show a maximum goal difference of +4 for each game. For example: a game score of 7 – 1 will show in the published scores as 5 – 1.

The importance of score reporting cannot be overemphasized as the standings are used to determine the next season's division structure. Should a coach fail to accurately report scores, especially a team with a winning season, that team would appear to be weaker than it actually is causing it to be put in a lower division for the coming season, creating an unbalanced division.

If a game score is not reported by either coach involved within two (2) weeks from the completion of the game, the score will be entered as 0-0 and neither team will receive any points for the game.

In the event of disagreements on the score of the game, ARL staff will communicate with the Referee Commissioner, who will communicate with the game referees, to determine the score of the game.

#### **PROMOTION/RELEGATION:**

In all circumstances, the promotion/relegation procedures will be flexible and able to be modified by the ARL staff and the Club Managers.

Generally speaking, however, in the 3<sup>rd</sup> grade and older groups, at the close of each season, based on the season's standings, the two (2) teams at the bottom of a division will drop to a lower division and the two (2) teams at the top of a division will advance to a higher division. This is not always possible, as in some age groups, the number of teams from spring to fall may dramatically change causing, for instance, a five division age group turning to a three division age group. In this case, a team could be promoted two divisions due to the decrease in the actual number of divisions, based on the number of teams in the age group. Promotion and/or relegation for a team can be amended through consultation between ARL and a Club Manager.

**CANCELLATION OF GAMES AND PRACTICES DUE TO INCLEMENT WEATHER:**

ARL is assigned playing fields by the Arlington County Department of Parks and Recreational (DPR) and the City of Falls Church's Department of Parks and Recreation. These groups make the decision on the closure of fields and the cancellation of scheduled games and practices due to inclement weather.

If the County has closed a field due to weather or wet conditions, no games or practices may be conducted on that field.

Games that are cancelled due to weather or field conditions will be automatically rescheduled by ARL. These games will be considered regularly scheduled games and requests for changes to these games will not be accepted unless it is for an academically related school function. While ARL will make every effort to schedule each team its full allotment of games, it is possible, due to field availability, that cancelled game may not be rescheduled.

Games that are terminated by the referee due to weather conditions will follow the following procedures:

- If terminated during the 1<sup>st</sup> half: the game will be rescheduled by ARL. Coaches must report to ARL staff, by email, that the game was canceled by the referee.
- If terminated after the conclusion of the 1<sup>st</sup> half: the game will be considered complete and the score at the time of the termination will count as the final score. Coaches should report the game score, using established score reporting procedures.

To determine the status of games and practices during periods of inclement weather; please check the Arlington County Inclement Weather Line (703- 228-4715). For games and practices scheduled on fields in the City of Falls Church, the Inclement Weather Line is (703)248-5125.

Regardless of the weather conditions and field status, to ensure the safety of the players:

- It is ultimately the referee's decision to suspend or cancel a game.
- It is ultimately the coach's decision to suspend or cancel a practice.

**GAME SCHEDULE CONFLICTS AND SPECIAL REQUESTS:**

Special requests for game schedules are not accepted.

Requests for changes to regularly scheduled games will be accepted for an academically related school function. To request that a game be rescheduled, ARL staff must be notified at least ten (10) days prior to the scheduled game.

**AUTHORITY TO CANCEL, POSTPONE OR RESCHEDULE GAMES:**

All decisions regarding the cancellation, postponement and/or rescheduling of games are the responsibility of Arlington Soccer staff. No Coach or Club Representative shall cause a game to be canceled, postponed or rescheduled.

**PAID COACHES/TRAINERS:**

ARL Recreational coaches and/or parents shall not hire paid coaches or trainers for recreational teams.

ARL member clubs may arrange for paid coaches to conduct club sponsored clinics or specialized training programs. These programs should be coordinated with the Recreational Soccer Commissioner.

**UNIFORMS and EQUIPMENT:**

For Kindergarten through 8<sup>th</sup> grade, each player must wear the official uniform of their club for ARL league games. Older versions of a club's uniform are acceptable. In accordance with FIFA rules and for the safety of the players, all players must wear shin-guards, and may not wear anything that may potentially injure themselves or any other player. Socks must fully cover the shin-guards. No jewelry, including earrings, may be worn by players. Placing tape over piercings does not void this rule.

For the high school program, each player must wear the official uniform of their team for ARL league games. Teams may choose the uniform they wear to games. No team uniform may contain any sponsorship, picture, logo or wording that is inappropriate for youth soccer, as determined by the Recreational Committee. In accordance with FIFA rules and for the safety of the players, all players must wear shin-guards, and may not wear anything that may potentially injure themselves or any other player. Socks must fully cover the shin-guards. No jewelry, including earrings, may be worn by players. Placing tape over piercings does not void this rule.

**YELLOW AND RED CARDS:**

In the Kindergarten – 2<sup>nd</sup> grade groups, there will be no yellow or red cards issued to players. If the referee or game leader feels that a player has acted recklessly or in a dangerous manner, the referee or game leader will ask the player's coach to make a substitution for that player. The player may return to the game at a later time. There will be no suspensions or ramifications issued to the player for the first offense. A second offense should involve a conversation with and by that player's coach. After a third offense in the same game, the player can be substituted out and not return to the game. In this case, however, the coach and the player's parents should develop an education plan for the player.

In the 3<sup>rd</sup> through 8<sup>th</sup> grade divisions, the FIFA rules regarding yellow and red card will apply. Any player receiving a second yellow card, or a red card, in a game will be required to leave the game without substitution. The player's team must play short-handed for the remainder of that game. The player will also be required to sit out the next official ARL game played by the player's team. The player's team will be allowed to play that game with the full allotment of players. It will be the team coach's responsibility to enforce the sit out rule.

In the High School divisions, FIFA rules regarding yellow and red card will apply. Any player receiving a second yellow card, or a red card, in a game will be required to leave the game without substitution. The player's team must play shorthanded for the remainder of that game. The player will also be required to sit out the next official ARL

game played by the player's team. Any player who receives a red card for fighting will be required to sit out their team's next official two games. The player's team will be allowed to play those games with the full allotment of players. It will be the team coach's responsibility to enforce the sit out rule.

In the event a rostered player who is not currently one of the established players on the field enters the field to participate in a brawl, the team of that player will immediately forfeit the game, and the offending player(s) will receive a straight red card for fighting.

Team coaches will be required to report any player who is ejected from a game (2 yellow cards or a red card) with the game score report.

A player receiving a red card may be subject to additional penalties imposed by ARL staff, the ARL Recreational Committee, the ARL Board of Directors and/or their established subgroups.

Referees for all ARL games will be instructed that, if the behavior of a coach, assistant coach or spectator, in the opinion of the referee, violates the ARL Code of Conduct, the referee may show that person a red card and require the person to leave the playing area before the game continues. Failure to comply with the referee's instructions will be cause to terminate the game (see also: Conduct of Adults; Conduct of Coaches).

#### **DECISIONS:**

Any questions or situations not covered by these rules or interpretation thereof shall be referred to the ARL Recreational Committee and the Recreational Soccer Commissioner. All major rules changes may require approval by the ARL Board of Directors.

#### **OFFICIAL COMPLAINTS AND PROTESTS:**

All coaches' complaints concerning coach/player behavior must be put in writing and sent to the complaining coach's home club manager and to the Recreational Soccer Commissioner.

No protest will be permitted on game situations involving "Referee Judgment" calls. Only protests involving player eligibility and/or refusal of the referee to follow established ARL Rules will be acted upon.

Protests involving player eligibility, refusal of the referee to follow established ARL rules, or other issues such as opposing coach/team behavior, must be submitted in writing (email is acceptable) by a person serving in an official capacity as a team coach or club manager.

Procedure for filing a protest:

- Protests must be submitted to the ARL Recreational Commissioner and their home Club Manager within forty- eight (48) hours after a game has been completed. An email of the notice to protest is acceptable.
- The supporting materials for all protests must be submitted in writing or email.
- Once a protest or response has been delivered, no further contact with ARL

personnel will be permitted regarding the protest.

- Receipt of the protest documentation will be confirmed to all parties. At this point staff may resolve the issue either alone or in conjunction with the Rules & Discipline Advisory Group. Following this adjudication, either party may choose to appeal to the ARL Rec Rules & Discipline Committee for action. This committee will contain a minimum of three (3) people, will establish necessary administrative policies and will report to the Recreational Committee.
- The procedures set forth in this rule are to be considered jurisdictional and the protest of a game result not complying with these procedures may be rejected.

**CONDUCT OF ADULTS** (and others in attendance at games or other ARL events):

Arlington Soccer is a community that includes both children and adults, on and off the field. The conduct of adults should be examples of good sporting behavior. Their behavior should set an example for all players of ARL. ARL will not tolerate conduct that may be interpreted as poor sporting behavior by coaches, parents or other adults. It is the responsibility of the team coach to maintain and enforce appropriate conduct of adults during games and practices. Examples of inappropriate conduct are:

- Shouting dissent over a call from the sidelines
- Criticizing the referee's performance in front of players
- Debate over a call or the referee's performance after the game has finished
- Other acts of disrespect toward the referee or game officials
- Using abusive or degrading language
- Physical threats
- Being under the influence of intoxicating substances
- Supporting or encouraging poor sporting behavior by players
- Harassing referees, members of the other team or their supporters
- Entering the field of play except for injury

Please treat other members of the community with respect and tolerance. **Please also report inappropriate conduct to and through the correct channels:**

- Parents and players with outstanding issues should report them to their coaches (unless it the issue is with their own coach: in those cases, they should please communicate with their home Club Manager directly).
- Coaches with outstanding issues should report them to their home Club Manager, who may then relay them to the ARL Recreational Commissioner.
- Please notify the ARL Recreational Commissioner and the team's home Club Manager immediately of issues with Arlington County staff so we can deal with those. Please do not attempt to resolve those on your own.
- Please notify the ARL Recreational Commissioner and the team's home Club Manager immediately ANY time public law enforcement is called. ARL Senior Staff need to be alerted as soon as possible in all such cases.



## **RULES AND DISCIPLINE**

Arlington Soccer encourages and expects players, parents, coaches, staff, volunteers and spectators to embrace our core values, treat others with respect, value our community and respect the game. The Club thrives when we work together to ensure a safe, inclusive, nurturing and fun environment in which to play the game of soccer. In addition to our current codes of conduct and the above-noted mechanisms, Arlington Soccer also has a Rules & Disciplinary (R&D) process that covers all programs.

Instances of problematic behavior can be reported to R&D for review at the appropriate level.