



DEVELOPING CHAMPIONS FOR LIFE!

FUN! • INTEGRITY • FAIRNESS • TEAMWORK • STEWARDSHIP



Fall 2018 16U-19U SFL Classic Abridged Rules & Key Reminders

All coaches, volunteers, and referees are encouraged to read Loudoun Soccer's full Rules and Policies document, available online on the club's website, which includes FIFA's Laws of the Game and Loudoun Soccer's modifications to those Laws.

Several updates to rules and policies are made each season; the purpose of this document is to highlight changes and reminders that are most significant to you and your role as coach and/or referee.

General Reminders for ALL Grades 1-8 and 16U-19U Teams:

Team Rosters:

Only players appearing on each team's official Loudoun Soccer roster are permitted to play in matches and to participate in practice. Players who wish to join a team following the publishing of team rosters must do so by registering with Loudoun Soccer, and will be placed according to Club policies and procedures. The participation of unregistered players may result in disciplinary measures against the coach and/or forfeiture of match results.

Team Officials:

All Team Officials (head coach, assistant coach, team manager, etc.) MUST register with Loudoun Soccer, pass a background check, and be assigned to a team before participating. Anyone in a position of trust or authority with the team is considered a Team Official.

Practices - Frequency and Space:

Teams may train up to two (2) times per week. Teams are assigned practice field space by the club office. This assignment includes specific days, times, locations, and space. Most if not all teams will share a field with another team, and will receive half of a field within their format (ex: a Grade 1 team will have half of a 4v4 field, while a Grade 6 team will receive half of a 9v9 field).

Playing Time:

Every player who attends at least one (1) scheduled practice each week must play at least one half (1/2) of that week's scheduled game; coaches should exercise common sense when appropriating playing time so that players are not punished with less playing time due to circumstances beyond their control (e.g. practice canceled due to weather).

Player Positions:

Coaches are expected to rotate players into different positions throughout each game and/or the season.

Sideline Behavior and Referee Abuse:

Team Officials are responsible for their personal behavior as well as that of their team (spectators and players). Unacceptable conduct such as inappropriate language, aggressive actions, etc. toward anyone (referees, other Team Officials, players, spectators, etc.) will NOT be tolerated. Disciplinary action – including suspensions – may be issued for conduct that is either alleged or confirmed – serious violations can result in a suspension while facts are verified. **There is ZERO TOLERANCE toward referee abuse.**

Uniform Colors:

The "home" team (the team listed first in the schedule) should wear RED, while the "visiting" team should wear WHITE. Teams are expected to bring both jerseys to manage conflicts.

Player Equipment:

Shin guards are mandatory at practices and games. Soccer cleats are encouraged but not required; athletic cleats with an extra toe stud (e.g. baseball or football cleats) are strictly prohibited. All jewelry must be



DEVELOPING CHAMPIONS FOR LIFE!

FUN! • INTEGRITY • FAIRNESS • TEAMWORK • STEWARDSHIP



Fall 2018 16U-19U SFL Classic Abridged Rules & Key Reminders

removed; **covering earrings with tape is not permitted.** Equipment made of hard plastic or metal should be sufficiently padded and covered; however, participation in games is subject to the discretion of the ref.

Paid Coaches or Trainers:

Loudoun Soccer coaches and/or parents in the Recreation program shall not hire paid coaches or trainers for Recreational players or teams. Those interested in higher-level training are encouraged to contact the Director of Player Development. The Director of Player Development will assist you in determining your exact needs and work with you to develop a plan to meet those needs.

Inclement Weather:

Absolutely no activities may occur in the presence of thunder and/or lightning. The field must be vacated and all parties take shelter (in a building or a car); a 30-minute wait period is enforced following each sign of thunder or lightning. The coach is responsible for ensuring that all players are accounted for in these circumstances. The referee determines whether a match is suspended, abandoned, or played.

Concussions:

Any player suspected of suffering a concussion should be removed from play for evaluation and is barred from returning to play that day. The coach should submit the reporting form to the club office. The player may return to athletic activity only when a licensed healthcare provider has provided written clearance to the club.

16U-19U SFL: Changes, Clarifications and Emphasis:

- Practice length: each practice may be no longer than 90 minutes.
- Goalkeepers: Loudoun Soccer **STRONGLY ENCOURAGES** coaches to rotate their goalkeepers each half, although no rule prohibiting a player from playing goal keeper more than one (1) half per game exists.

The following reminders are SFL-specific rules that Loudoun Soccer teams follow by participating in that league:

- 11v11 Format – two 40-minute halves (away games may be 2x45 – check within your opposing coach).
- Verify the accuracy of your SFL game roster with the players on your team (uniform numbers, player date of birth, etc.) and notify Loudoun Soccer ASAP for inaccuracies; **failure to correct inaccuracies may result in forfeits.**
- The home team coach is required to call the visiting team coach by the Wednesday preceding the game to confirm the game time, team colors, location, directions, and any other information they may need. The home team is responsible for changing uniforms in case of a conflict.
- **Verify the uniform numbers on your SFL roster with the numbers the players actually wear.** All corrections need to be made by Week 2 of the season to your club rep; otherwise players may be ineligible to participate in the post-season.
- In case of a uniform color conflict, the home team is expected to change.
- Coaches are expected to bring two copies of their official SFL roster to each game to give to the opposing team's coach and to the referee; **failure to do so may result in a forfeit.**
- Blow-out Rule (SFL-specific rule): a team with a five goal lead is **REQUIRED** to remove a player from the field (play down a member). Each additional goal lead requires the removing of an additional player. However, the player may be added once the lead decreases from five goals to four. For example: a team winning 5-1 who scores again would be required to play with 10 players. If they score again (six goal lead), another player would be removed. If they're scored on (five goal lead), a player can rejoin.
- Mercy Rule: any coach whose team is losing by six or more goals has the option of terminating the match early by notifying the referee.
- Play Balance (SFL-specific rule): in the event one or both teams do not have a full complement to field a team (11 players to start the match), the team with more players is **REQUIRED** to follow this rule:
 - If one team has seven players → the other team plays with no more than nine players on the field
 - If one team has eight players → the other team plays with no more than 10 players on the field.
 - If one team has nine or ten players, the other team may play with 11 players on the field
- Visit <http://www.sflsoccer.org/sfl-documents/> for SFL-specific rules, especially regarding team demerits and player suspensions.