

# American Soccer League of Virginia

## League Rules

1. Roster: Maximum 22 players.
2. Ratio of men to women playing 7:4; no more than 7 men on the field - you may have more than 4 women on the field.
3. All FIFA rules apply with these exceptions:
  - **NO SLIDE TACKLING** - slide tackles will result in an indirect free kick for the opposing team (unless advantage has been played by the referee) and be automatically yellow carded.\*
  - Unlimited substitutions.\*
  - **PLEASE NOTE:** (aka Rule 13) ANY unsporting behavior regarding refereeing decisions may result in loss of possession and an indirect free kick for the opposing team. This includes gestures or comments from the field or respective bench areas.
  - Yellow and red cards will be recorded throughout the season - One red card and/or multiple yellow cards may warrant a suspension for that player.\*\*
4. **SHIN GUARDS ARE MANDATORY** (No Shin guards = No Play)
  - Socks **MUST** be worn over shin guards.
5. Shirts must remain tucked inside shorts for the duration of the match.
6. Shirts must be the same color; **ALWAYS** bring an opposite color shirt (e.g. if your team wears blue, also bring a white).
7. Watches, jewelry, and hats may not be worn.\*
8. All games will start on time; Referee can allow a 10 minute grace period if necessary.
9. **IMPORTANT:** Any team that uses a non-registered player will forfeit that game and be fined.\*\*
10. Forfeit games will be recorded as a 3-0 loss for the forfeiting team.

\* At the referee's discretion.

\*\* At the League President's discretion after review of the incident(s).