



Spring '26 Rules

Important Reminders

- All players must be wearing a MATCHING team jersey with a number.
No number = no play for that player
- Each Captain will supply the game ball. Captains can request that RSL provide them with a game ball when they register their teams (\$25 added to account to purchase ball)
- Physical Rosters must be presented to refs at each game. Make sure you have copies. RSL will give each captain a roster. It is the captain's responsibility to maintain.
- *Offenses and Consequences (Discipline Committee Enforced)*
 - ★ All cards will be documented on the player's profile. Even accumulating YELLOWS
 - ★ If a player receives a red card for Sportsmanship (cussing ref, getting in ref's face, etc)
 - ★ The incident will then be presented to the Roanoke Soccer League Board Discipline Committee.

Important Reminders

- ★ The player can submit their version of the incident to the board within 24 hours of the offense.
- ★ The Discipline Committee will determine if the player is allowed to complete the remainder of the season.
- Game Forfeits (11v11)
 - ★ Teams must have 8 rostered players or game will be forfeited
 - ★ Captains must advise the Board of forfeit at least 2 hours prior to game to cancel referees and let other teams know.
 - ★ Less than one hour before scheduled kickoff, a \$10 rescheduling fee will be charged by the referee assignor.
 - ★ The game gets recorded as 0-3.

Rules/Regulations

Cost:

Early Bird Special - 2/1/26 - 3/1/26

- \$65 (+ \$20 YEARLY MDCVSA fee ALL players in RSL)

Regular Registration Period- 3/2/26-3/29/26

- \$70 (+ \$20 YEARLY MDCVSA fee ALL players in RSL)

Late Registration- 3/30/26- 4/19/26

- \$75 (+ \$20 YEARLY MDCVSA fee ALL players in RSL)

Dual team registrations

We understand that several players play on multiple teams. RSL does offer the ability to assist with the cost if a player signs up to work games as a Field Marshal. A Field Marshal acts as a representative of RSL for the games. Interested players can reach out to RSL for the responsibilities and process to become a Field Marshal. See the breakdown below on discounts for working games:

- ★ Work 25% of games - \$20 discount (any division)
- ★ Work 50% games total any division-50% discount on RSL registration. (Must still pay \$20 MDCVSA yearly fee)
- ★ Work 80%-100% discount on RSL registration. (Must still pay \$20 MDCVSA yearly fee)

Rules/Regulations

Coed-11v11

- *Subbing- FIFA Sub rules- Players must be called on by referee at center mark*
- *No Slide tackling.*
- *Offsides will be called.*
- Minimum of 3 women and 8 men on field during play (no specific position requirements-Example-goalie)
- In an effort to maintain competitive balance, ensure fairness, and reduce the use of unauthorized players, the following updates to the substitute player policy are proposed:
 - ★ **Substitution Limits and Eligibility**
 - Each registered player may sub for another team a **maximum of 4 times per season**, regardless of division.
 - Players may **cross-bracket** when subbing (e.g., Champions to Premier or vice versa), **regardless of gender**.
 - **Only one Premier Division player may sub for a Champions Division team at a time**, and it will count as **one of their four allowable subs**—just as it would if they subbed within the Premier Division.
 - ★ Players **CANNOT** cross bracket dual register (to maintain the recreational feel of the Champions bracket
 - ★ Players must be registered in the division they are subbing for. Example- If a player wants to sub for a coed team, they must be a registered player in the coed division/bracket and/or a dual registrant. A men's or women's division player who is only registered in the single division is not eligible to sub for a coed team.
 - ★ In the event of inclement weather where at least **one half of play is completed**, the game will **count as a sub appearance** for any sub listed, regardless of whether they physically played.
- No more than 3 subs/guest players allowed for each game. (men or female)
- We understand injuries occur and we want our players to be able to have a break from play when needed.
- Rosters are set by the **4th game**. No additional players after this date to be eligible to play in Playoffs/Championships
- **No subs/guest players from other teams** allowed for Playoffs/Championships.
- *Keep language PG (Kids might be present) Discipline measures will be in place and cards will be distributed.*

Women's 11v11

- *Subbing- FIFA Sub rules- Players must be called on by referee at center mark*
- *No slide tackling.*
- *Offsides- Offsides will be called.*

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- *Keep language PG (Kids might be present) Discipline measures will be in place and cards will be distributed.*
- *Subbing/guest players from another team is allowed when the team is down women players. Rule is not to allow "Ringers" to play when you have enough to play. See bylaws for number of allowed subs based on number of team members present.*
- A player subbing for multiple divisions must be registered as a dual player! Example- If a player wants to sub for a coed team, they must be a registered player in the coed division and/or a dual registrant. A men's or women's division player who is only registered in the single division is not eligible to sub for a coed team.
- ***No subs/guest players allowed for Playoffs/Championships***
- Rosters are set by the **4th game**. No additional players after this date to be eligible to play in Playoffs/Championships

Men's 11v11

- *Subbing- FIFA Sub rules- Players must be called on by referee at center mark*
- *No Slide tackling.*
- *Offsides will be called.*
- Players must be registered in the division they are subbing/guest playing for. Example- If a player wants to sub for a coed team, they must be a registered player in the coed division/bracket and/or a dual registrant. A men's or women's division player who is only registered in the single division is not eligible to sub for a coed team.
- *Subbing/guest players from another team is allowed when the team is down male players. The rule is not to allow "Ringers" to play when you have enough to play. See bylaw snippet below for number of allowed subs based on number of team members present.*
- We understand injuries occur and we want our players to be able to have a break from play when needed.
- Rosters are set by the **4th game**. No additional players after this date to be eligible to play in Playoffs/Championships
- ***No subs/guest players from other teams allowed for Playoffs/Championships.***
- *Keep language PG (Kids might be present) Discipline measures will be in place and cards will be distributed.*

Bylaws snippet regarding Sub players

Substitute Players

1. RSL registered players may play for other teams as an "emergency" guest player. If a team has 10 or fewer of its OWN rostered players, that team may take up to 3 subs from another team. If a team has 13 of its OWN rostered players, no subs from another team will be permitted. If a team has 11 of its OWN rostered players, they may take up to 2 subs and if a team has 12 of its OWN rostered players, the team may only take 1 sub. The total must never go past 13 players. The only sub from

Rules/Regulations

another team that DOES NOT count towards the 3 sub limit is a rostered goalie. All teams MUST provide subs from another team with a same color jersey or pinny in order for the subs to play.

2. Players must be registered in the division they are subbing for. Example- If a player wants to sub for a coed team, they must be a registered player in the coed division/bracket and/or a dual registrant. A men's or women's division player who is only registered in the single division is not eligible to sub for a coed team.

Coed Bracket Format

Premier League (Top Division)

Teams (6): Urban Legends, Medkick, Roanoke, Average Joe's, San Mateo, West Ham and Cheese

- **Regular Season Format:**

- ★ *Each team plays the other teams twice (10 matches per team).*
- ★ *Traditional point system: Win = 3 pts, Draw = 1 pt, Loss = 0 pts.*
- ★ *Standings determine seeding for playoffs.*

- **Playoff Structure:**

- ★ *Top 4 teams*
- ★ *Single-elimination format:*
- ★ *Semifinals: Highest remaining seed vs. lowest remaining seed, other two teams face off.*
- ★ *Final: Winners of the semifinals.*
- ★ *Premier League Loser (Relegation Factor):*
 - *The lowest-seeded team in regular season moves to the Champions Bracket*

Champions League

Teams (8): Pick, Mellow Yellow, Unathletico, Folklore, RUC Highlander, Cooked FC, Receptors + new teams

- **Regular Season Format:**

- ★ *Each team plays 8 matches*
- ★ *Traditional point system: Win = 3 pts, Draw = 1 pt, Loss = 0 pts.*
- ★ *Top 2 teams qualify for the Champions Final.*
- ★ *1st and 2nd place teams face off in a single-match Championship Final.*
- ★ *Winner crowned*
- ★ *Winner advances to the Premier League bracket for following season*

Captain's Responsibilities

- Make sure all trash is picked up
- Make sure YOU don't argue with the refs. Grab a Field Marshal or Board Member.
- Make sure your players DO NOT argue with referees or other players.
- Communicate with opposing team captains regarding subs **prior** to the game.
- Make sure all players on your team are registered for the division, Have **ROSTER** printed and available.
- Make sure your players are wearing **shin guards**.
- Read the Bylaws regarding Guest Sub players from other teams

Contact Information

Commissioner- Kimberly Trask 540-589-1391

Board Members

- Christian Moore
- James Taylor
- Kyle Vargas
- Sean Kosmann
- Marta Delareza
- James Wait