

RSL Spring 2025 Rules

Mandatory Captains Meeting-April 2, 2025

New:

- 1. Each team captain will receive a team ball for the season. Captains are responsible for the ball and will be charged \$25 holding fee. At the end of season, captains will return the ball and will receive the \$25 returned. If the ball is lost, RSL will use the \$25 holding fee to purchase a new ball.**
- 2. Bylaws have been updated. The discipline section has been adjusted. Additional language regarding discipline has been added. Please make sure you review when registering.**
- 3. The following was added to the Shin Guard section in bylaws**
Shin Guards should be the appropriate size to protect the player's shin. Manufacturer shin guards without modifications are expected. Referees can refuse play if deemed altered or too small.

Sportsmanship

Offenses and Consequences (Discipline Committee Enforced)

- All cards will be documented on the player's profile.
- The incident will then be presented to the Roanoke Soccer League Board Discipline Committee.
- The player can submit their version of the incident to the board within 24 hours of the offense.
- The Discipline Committee investigate

Reminders:

- 1. All players must be wearing a MATCHING team jersey with a number. No jersey = no play for that player**
 - **Exceptions- If a player shows up without his/her jersey, a pinnie can be used for that game only.**

Captain's Duties

1. Make sure all trash is picked up
2. Make sure your players DO NOT argue with referees or other players.
3. Communicate with opposing team captains regarding subs **prior** to the game.
4. Make sure all players on your team are registered for the division, Have Roster available

5. Make sure your players are wearing **shin guards**.

NEW Coed 11v11

Relegation Structure

This system ensures competitive balance, gives developmental teams something to strive for and allow flexibility to adapt for future seasons.

Committee Member overseeing this -Christian Moore.

Premier League (Top Division)

Teams (8): Joes, Urban, Roanoke, West Ham, Pink, Medkick, Franchise, Byarn.

Regular Season Format:

- *Each team plays the other teams once (7 matches per team).*
- *Traditional point system: Win = 3 pts, Draw = 1 pt, Loss = 0 pts.*
- *Standings determine seeding for playoffs.*

Playoff Structure:

- *All 8 teams qualify for playoffs.*
- *Single-elimination format:*
- *Quarterfinals: 1st vs. 8th, 2nd vs. 7th, 3rd vs. 6th, 4th vs. 5th.*
- *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 eliminated in the quarterfinals moves to the Promotion/Relegation Playoff against the Championship League playoff winner.*

Champions League

Teams (6): Pick, Mellow Yellow, Chaos, Folklore, Highlander, New Team.

Regular Season Format:

- *Each team plays the others twice (home and away).*
- *10 matches per team.*
- *Traditional point system: Win = 3 pts, Draw = 1 pt, Loss = 0 pts.*
- *Top 2 teams qualify for the Champions Final.*
- *Champions Final & Promotion Playoff:*
- *1st and 2nd place teams face off in a single-match Championship Final.*
- *Winner crowned*
- *Winner advances to the Promotion/Relegation Playoff against the lowest-seeded team eliminated in the Premier League quarterfinals.*

Promotion/Relegation Playoff

- *Champions Playoff Winner faces the lowest-seeded team eliminated in*
- *the Premier League quarterfinals.*

- *One-match playoff to determine who plays in the Premier League next season.*
- *Winner earns a spot in the Premier League.*
- *Loser plays in the Champions League the following season.*

Schedule Overview:

1. *Premier League Regular Season: 7 weeks.*
2. *Champions League Regular Season: 10 weeks.*
3. *Playoffs:*
 - *Premier League: 3 rounds (Quarterfinals, Semifinals, Final).*
 - *Champions League: 1 Final match.*
4. *Promotion/Relegation Match: 1 match.*

This structure ensures:

✓ *All Premier League teams get a playoff shot while still maintaining incentive for seeding.*

✓ *Fair and competitive Championship League playoffs with only the top two teams advancing.*

✓ *A clear promotion/relegation pathway for the top Championship team.*

This system ensures competitive balance, gives developmental teams something to strive for, and allows flexibility to adapt for future seasons.

Captain's vote

Captains voted **yes** to the following:

- o Dual Registration
 - Men- Dual registration within a bracket. Example: Registered on a team in Premier, can Dual register for another team within Premier bracket. Can not cross into Champions bracket
 - However, with the limited number of females that play... it has been adopted that females can still be dual registered on a roster and cross brackets.

All-Star Game

Proposal for the Premier vs. Champions Division All-Star Game

Event Overview

To celebrate the talent, competition, and community of both divisions, we propose the Premier vs. Champions Division All-Star Game. This showcase match will feature the best players from each division, creating an exciting and competitive event for players and fans alike.

Selection Process

Nominations:

Each team captain will nominate four players from their team:

2 male players

2 female players

Nominations must be submitted by a set deadline before voting begins.

Voting:

Only team captains will vote. 1st place, 2nd place, 3rd place vote for male and female selections.

Captains from each division will vote on the nominated players from their own division (they cannot vote for their own players).

The 22 players with the most votes in each division will be selected for their respective All-Star teams.

Selection for team

· The Premier division will have 2 players from each team selected, giving the first 16 the remaining 6 players will be free voted based on the result of the votes.

· Champions division captains will select 3 players from each team giving the first 18 with the remaining 4 being free voted based on results of the votes.

· Free voting- Once the first 16 and 18 players are selected for each division a second vote will be cast in which the remaining players will be voted regardless of team affiliation.

All-Star Team Format

Each All-Star team will consist of 22 players:

11 male players

11 female players

The team will be led by the head coach of the 1st place team in their respective division at the end of the regular season.

The second-place team's coach will serve as the assistant coach.

Game Format

90-minute match (two 45-minute halves).

Rolling substitutions to ensure all selected players get time on the field.

Mixed-gender lineups at all times to promote inclusivity and balanced play.

Season Rules

Coed

- *Subbing- FIFA Sub rules- Players must be called on by referee at center mark*
- *No Slide tackling.*
- *Goalies can punt etc.*
- *Offsides will be called.*
- *Minimum of 3 women and 8 men on field during play (no specific position requirements-EX-goalie)*
- *Players playing in Premier bracket **CANNOT sub for teams in Champions bracket.** (Women are the exception)*
- *Players playing in Champions bracket **CANNOT sub for teams in Premier bracket** (Women are the exception)*
- *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.*
- *No more than 3 subs 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 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- sub in on the fly*
- *No slide tackling.*
- *Offsides- Ref will use discretion because they can only see what they see as **one** ref. We will have volunteer side refs*
- *Blatant offsides will be called.*
- *Goalies can punt etc.*
- *Keep language PG (Kids might be present) Discipline measures will be in place and cards will be distributed.*
- *Subbing is allowed when the team is down women players. Rule is not to allow "Ringers" to play when you have enough to play.*
- *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 from other teams*** 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

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Men's 11v11

- *Subbing- FIFA Sub rules- Players must be called on by referee at center mark*
- *No Slide tackling.*
- Goalies can punt etc.
- *Offsides will be called.*
- 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.
- No more than 3 subs 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.
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