

Tidewater Advanced Soccer League
Rules Document
(Updated October 2017)

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TASL is governed by two guiding documents- 1) the **TASL Policies, Procedures and Guidelines** and 2) the below **TASL Rules** herein outlined. These documents apply to all member and participating organizations (including those being sponsored) and their players, coaches, team and club officials as well as parents, spectators and others associated with the member.

Lack of knowledge of these Rules and Procedures will not relieve any coach, team official, parent or player of a team participating in TASL, or seeking entry into TASL, from the responsibilities and possible penalties contained herein. ALL CLUBS, TEAM OFFICIALS, PARENTS AND PLAYERS, BY PARTICIPATING IN TASL PLAY, AGREE THAT THEY ARE BOUND BY THESE RULES. ALL Sanctioning Documents and specific rules and regulations included therein also apply to all members participating always.

Section 1 - Game Information

	U9	U10	U11	U12	U13/U14	U15/U16	U17/U18/U19
Min No. Players on Field	5	5	6	6	7	7	7
Max No. Players on Field	7	7	9	9	11	11	11
Max Roster Size	12	12	14	14	18	18	22
Length of Half (Minutes)	25	25	30	30	35	40	45
Size of Ball	4	4	4	4	5	5	5

Key Notes:

- Player numbers in above include the keeper
- There shall be a five (5) minute interval between halves.
- Stoppage time is not allotted or added to the game.
- Matches tied at the end of regulation will remain tied unless otherwise specified. Home team will supply the ball for all matches
- Roster size accommodations are reviewed and decided on by TASL Board and Club Representatives.

Section 2 - Player Equipment

1. Shoes must meet FIFA specifications.
2. Shin guards for all players and goalkeepers are MANDATORY. Socks must cover entire shin guard.

3. When the color of jerseys is similar or identical, and the referee requests a change, the Home Team must change colors.
4. No jewelry of any kind may be worn (excluding corrective glasses).
5. Players who are wearing protective casts may be allowed to play only with the approval of the referee.

Section 3 - Substitutions

Substitutions may be made with permission of the referee at the following times:

1. Prior to a throw-in by the team in possession.
2. Prior to a goal kick by either team.
3. After a goal has been scored by either team.
4. At the beginning of the second half of play.
5. After an injury, by either team, when the referee stops play. The opposing team may be allowed a one-for-one substitution at the referee discretion.
6. After the issuance of a caution (i.e. Yellow Card) for the offending player. The issuance of a caution does not require substitution; this decision will be at the cautioned player's coaches' discretion.
7. At the Referee discretion during any stoppage of play.

Section 4 - Fields and Other Specifications (Table)

	U9/U10	U11/U12	U13 and Above
Field Size (Yds)	See Note Below		
Goal Area (Yds)			
Penalty Area (Yds)			
Goal Size (Yds)			

Note:

- Conform to US Youth Soccer Small Sided Games with modified rules or as modified by majority vote of TASL.
- Refer to latest FIFA Law 1 – The Field of Play

Section 5 - Laws of the Game Summary

TASL follows the FIFA Laws of the Games for U13 and Older matches. For Small Sided games, U9 through U12, TASL has modified the rules in accordance with US Youth Soccer and FIFA requirements and recommendations.

Section 6 - Spectator and Coaching Areas

1. All coaches, players and spectators, will remain eighteen (18) yards from the goal lines.
2. Coaches and players are to take opposite sides of the field from the spectators.
3. No coaching may take place from behind the goal lines.
4. All coaches and spectators must remain at least one (1) meter from the touch line at all times.
5. The referee or assistant referee may, at any time, restrict the sideline movement of coaches, players, and spectators.

Section 7 - Coaches

Section 7.1 – Selection

The selection of coaches to participate within any program within TASL will be at the discretion of the member clubs. TASL will not normally involve itself in the selection of coaches unless specifically requested to do so by a member club.

Section 7.2 - Guidelines

The following guidelines are provided for the selection and retention of coaches participating in TASL programs:

1. Head Coaches should be of sufficient maturity and moral character to accept the responsibility that coaching youth requires. While it is not the policy of TASL to provide guidance for the minimum age of coaches or assistants, member clubs should take into consideration the age of its coaches versus the age of the players they are assigned to coach. For example, it would be considered inappropriate for an 18-yr old person to coach a U19 team. Additionally, the use of convicted felons, sex offenders, and/or pedophiles as coaches is prohibited. All clubs participating in TASL, in accordance with the mandate of VYSA and other state soccer associations, are required to submit an approved risk management application and/or background check to preserve the safety and welfare of the youth involved in the TASL league.
2. Head Coaches shall possess sufficient knowledge to carry out the responsibility of coaching the game of soccer. To that end, it shall be the recommended practice (and strongly encouraged expectation) of TASL that each coach participating in a TASL program possess a USSF, United Soccer Coaches' or equivalent coaching license certificate.
 - a. Licenses ensure that age-specific coaching is conducted.
 - b. Licensure course are scheduled through the various entities which fall under the US Soccer Federation and are held several times annually.

- c. Assistant Coaches remaining in the program more than one year are encouraged to obtain the appropriate licenses as well.
3. TASL often offers coaching education incentives and reimbursement programs to its coaches. Coaches should contact their TASL rep for details.
4. It is expected that TASL coaches conduct themselves in an appropriate manner while on the field, either during practices or matches. Coaches unable to control their emotions, verbally (or physically) abuse players, other coaches, parents, League Officials, or referees shall be disciplined in accordance with procedures found elsewhere in this document.

Section 8 - U9 and U10 Modified Rules

1. No heading of any kind is allowed. See Note 1.
2. No Punting or drop kicks allowed. See Note 2.
3. "Build Out Lines" for restarts by the Keeper or Goal Kicks will be in use. See Note 3.
4. Offsides will be called. See Note 4.
5. Single or one-man Referee system will be used.

Note 1: Per U.S. Soccer's Concussion Initiative, if a player is suspected to have a head injury the referee is instructed to stop play to allow for treatment/evaluation as needed. If the player leaves the field of play for additional evaluation, a substitution can be made in that moment. The player with the suspected head injury may not return to the game unless a Health Care Professional (HCP) or Certified Athletic Trainer (ATC) has cleared the player. Any coach or parent insisting on returning the player to the game without approved clearance will result in the referee ending the game. TASL has taken a more conservative stance. TASL has enforced the No-Heading mandate for U12 and below. Deliberate heading is not allowed in TASL games for U9, U10, U11 AND U12 small-side play.

Deliberate heading is not allowed in 7v7 games. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred. If the play by the head is deemed inadvertent, then the proper restart is a dropped ball.

Note 2: If a goalkeeper punts/drop kicks the ball; an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt/drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

Note 3: Build Out Lines will be located in the area halfway between the center line and the penalty box. The Build out line will be identified by paint, cones or another player safe manner. The build out line promotes playing the ball out of the back in a less pressured setting. When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punting/drop kicking is not allowed). After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal

Note 4: The build out line will also be used to denote where offside offenses can be called. Players cannot be penalized for an offside offense between the halfway line and the build-out line. Players can be penalized for an offside offense between the build out line and goal line.

Section 9 - U11 and U12 Modified Rules

1. No heading of any kind is allowed. See Note 1.
2. Offsides will be called in accordance with FIFA Laws of the Game.
3. A three-man Referee system will be used.

Note 1: Per U.S. Soccer's Concussion Initiative and TASL's modified small sided rules to prohibit heading at both U11 AND U12. If a player is suspected to have a head injury, the referee is instructed to stop play to allow for treatment/evaluation as needed. If the player leaves the field of play for additional evaluation, a substitution can be made in that moment. The player with the suspected head injury may not return to the game unless a Health Care Professional (HCP) or Certified Athletic Trainer (ATC) has cleared the player Any coach or parent insisting on returning the player to the game without approved clearance will result in the referee ending the game. TASL has taken a more conservative stance. TASL has enforced the No- Heading mandate for U12 and below. Deliberate heading is not allowed in TASL games for U9, U10, U11 AND U12 small-side play.

Deliberate heading is not allowed in 9v9 games. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred. If the play by the head is deemed inadvertent, then the proper restart is a dropped ball.

Section 10 - Coach, Team and Player Match Identification Requirements

Coaches/Authorized Team Manager shall have the certified Club signed team roster and player cards at all TASL matches. Refer to the TASL Policies and Guidelines regarding registration guidelines.

Only players that appear on the certified team roster and have a certified player card can participate in any TASL match. (No exception unless prior TASL Approval has been provided). Refer to the TASL Policies and Guidelines regarding registration guidelines.

Player passes MUST have a current photo of the player permanently affixed to the card. Guest Players are NOT Allowed at Any Time for TASL Match play. Use of a guest player will cause that team to forfeit its game and possibly be levied additional sanctions as directed by TASL and defined in the TASL Policies and Guidelines.

Select/Travel carded players are authorized to play simultaneously in any Advanced Program within TASL based on Participating Organization guidelines and so long as the TASL player rule regarding Travel carded players on Advanced teams is followed: Teams at U9 through U12 will have no more than 4 Travel carded players on their roster, and Teams at U13 and higher will have no more than 6 Travel carded players on their roster. If a Travel Carded player is playing on an Advanced team they must also have a Recreational player card and be listed on the team roster.

Roster issues that remain unresolved or incidents with teams that are missing their roster or player cards should be reported immediately to a TASL on site rep, Club rep or TASL Official (President, Vice President, or Administrator) by fastest means available (e.g. telephonic, e-mail, text messaging) for resolution. If unable to contact a TASL Representative prior to match start, ensure that all information is passed as soon as possible and if the Coaches come to an agreement allow the game to proceed.

Section 11 - Referees

All Referee Assignors and/or Referees working TASL matches, whether directly for TASL or through a participating organization, agree to adhere to and abide by TASL guidelines as set forth in the TASL by-laws, TASL Policies and Guidelines and TASL Rules. Assignment of Referees and Referee Assistants is currently being conducted through TASL participating clubs (including those organizations being sponsored to participate in TASL); however, TASL reserves the right to centralize this process directly under TASL supervision. Clubs engaging any Certified Referee Assignor to assign certified referees and/or referee assistants for any TASL match will instruct the Referee Assignor that all rules and guidelines will be adhered to including the responsibility of the Referee Assignor to inform referees and referee assistants of the TASL rules and guidelines, website address and schedule location and other applicable rules as indicated in this document including guidelines as set forth in Section 4.2 of the TASL Policies and Guidelines document.

Clubs must enlist certified referee assignors that employ only referee(s) and referee assistant(s) that are certified through US Soccer. Under no circumstance will an uncertified referee be used as center referee for any TASL match (required by FIFA and US Soccer), venue coordinators or the home coach shall enlist one or more spectators, referred to as a "Club Linesman," to "run the line".

The club linesman should have at least a basic understanding of the laws of the games and can perform such function for the duration of the match or until relieved by a certified referee. Game referees/officials are defined as:

1. All currently registered and certified USSF referees, assistant referees, 4th officials or others duly appointed to assist in officiating in a match by being assigned by a currently Certified Referee Assignor.
2. Any non-certified, non-licensed, non-registered person serving in an emergency capacity as a “club linesman” referee.

Referees are as much a part of any soccer match as the coaches and players. The triumvirate of coach, player, and referee shall always strive to perform at their best level. By the same token, this same triumvirate will also commit errors. Only the “speaking captain(s)” shall be authorized to address the referees concerning aspects of the match in progress. Judgments made by the referee and assistants during the match are considered final and are not subject to debate. Referees are well within their rights to send coaches, players, and/or spectators off (i.e. issue a RED card) before, during, or after a match for dissent.

Referees and assignors shall use a one-man system for matches up to U10. A three-man system shall be used for all other matches U11 and up. All Assignors are required to abide by this guideline if Assigning referees for TASL matches.

Section 12 – Issuance of Cards

Yellow Cards are awarded for many types of fouls and IAW the FIFA Laws of the Game.

1. A player receiving the first Yellow card may continue to play in the game. The Player can continue to play and does not have to be substituted.
2. A player receiving a Second Yellow Card is considered Ejected (sent off) from the match and must, in a timely manner, leave the vicinity of the field. Two Yellow cards are equal to 1 Red Card.
3. A player receiving an ejection (i.e. RED CARD) from the referee must sit out the remainder of that match plus his/her team’s next TASL match. No substitution may be made for the ejected player during the match in which the red card was issued. The player must immediately leave the field and remove him/herself out of sight and hearing of the match in a timely manner. Players receiving two Red Cards during a season will be suspended from further League play pending review by the TASL Board of Directors. That review must be requested by the player before consideration to lift the suspension is made.
4. It is the duty of the coach and TASL Club representative to withhold ejected players from the next TASL match. Any violation of this requirement will be considered a separate offense and will be forwarded to the TASL Adjudication Committee for additional action.

5. Any team allowing a player, coach or team official to participate in a league match while under suspension shall forfeit the match in which the suspended individual participates.
6. The referee has the discretionary power to suspend or terminate a match whenever, by reason of the elements, interference by spectators, or other causes, he deems such stoppage necessary. When the referee terminates a match based on the conduct or actions of one team or its player(s), coach(es), team officials and/or spectators, the match will be scored as a forfeit by the offending team and the appropriate team fine will be applied.
7. A coach or team official receiving a sendoff instruction and/or red card from the referee must leave the field and remain out of sight and hearing of the match for the remainder of the match. In addition, the coach is prohibited from participating in the next match and is not allowed to be present at the field or in the area surrounding the field. Coaches ejected from matches may be subject to review and additional sanctions by the TASL Adjudication Committee. It is the coach's duty to self-impose the appropriate suspension. If a suspended coach participates, enters the field of play or the area surrounding the field while under suspension, the team shall forfeit the match and it will be scored as a forfeit by the offending team and the appropriate team fine will be applied. Appeals to this must be made in accordance with procedures established in the TASL Policies and Guidelines document.

Section 13 – Scheduling

Section 13.1 - Pre-Season Registration Deadlines

Member clubs conduct registration in accordance with their own internal procedures and those listed elsewhere in this manual. Due to the substantial number of teams nominally entered for League play, the paucity of fields and referees, and to inform all players and their families of a season schedule, it is the desire of TASL to provide completed schedules to all concerned NOT LATER THAN 7 days prior to Opening Day. Accordingly, member clubs shall provide information required to schedule matches to the TASL Administrator NOT LATER THAN the date established by the TASL Board of Directors. As season dates vary from year to year, the Board will establish the appropriate dates prior to the respective season and publish those dates via the TASL website.

Section 13.2 - League Schedule

The league's goal is to provide and schedule as many matches as possible with an optimum of 6 matches per season. Due to scheduling conflicts and/or special accommodations, some teams may have more games and/or more double headers than other teams. The Seasonal League Schedule for Fall and Spring is developed prior to each season by majority vote of member Club Reps and may or may not consist of two parts (Regular matches and Finals matches). The decision to include a Finals Event as part of the season design is up to the Club Representatives by majority vote and may change from season to season. Match schedules,

based on field availability may or may not consist of Saturday and Sunday play dates. All teams must appear for all matches unless applicable extenuating circumstances have been approved by TASL, or applicable fines and or sanctions will be assessed to the club.

The League schedule will be prepared by the TASL Administrator for dissemination to all TASL Clubs and member teams and posted on the TASL website. Member clubs desiring to place teams in the league schedule must declare them NOT LATER THAN team declaration deadline as established each season by the TASL BOD and Voting Member Clubs prior to the announced commencement of the League season.

Clubs shall use the electronic team declaration form provided on the TASL web site. Teams designated as advanced teams shall be placed in divisions with teams of like ability based on recommendation of the competition committee as approved by the TASL Board. All other teams will be assessed as well based on the declaration submitted by each Club Representative and as discussed and decided by majority vote of TASL. The league schedule will be produced based upon the number of teams entered per division and the number of fields available. Once promulgated, any changes to the league schedule must be submitted to and approved by the TASL Administrator. Request for changes through the TASL rep to divisional assignments must be reviewed and approved by the competition committee

Section 13.3 – Seasonal Matches

Any match scheduled (which may only be scheduled by the TASL Administrator) includes those dates listed as “rain outs” or “rain dates”. All teams are expected to be available for match play on any scheduled game date, including listed “rain dates” except in cases as described in this document.

Section 13.4 - Match Scheduling Policy

Teams declared to TASL for scheduling shall be placed in divisions based on recommendation of the TASL Competition Committee and approval of the board. The league's goal is to provide and schedule as many matches as possible with an optimum of 6 matches per season according to the event sanctioning documents as applicable by design of majority vote of TASL Executive body, BOD and Club Representatives each season. Dependent upon the size of the division, availability of fields, and the play dates available, teams may be scheduled to play double headers. The TASL Administrator is responsible for the promulgation and maintenance of the League schedule. Changes thereto can only be authorized by the TASL Administrator with the advice of the TASL President and the TASL Board of Directors. Teams are required to field a team for ALL scheduled matches and ALL listed or scheduled rain dates. Two types of conditions may warrant rescheduling of a league match - emergency conditions and/or legitimate outside activities as specified below. In these circumstances, requests to reschedule league matches or rain out matches shall be made in writing by the TASL Club Rep of the team

in question and verified via email to the TASL Administrator as soon as possible in the case of an emergency, prior to the scheduled match. Inability to field the minimum number of players (as defined by age group in the TASL Rules document) can be due to emergency conditions which are listed as follows:

1. Illness such as chicken pox, measles, food poisoning or other similar conditions affecting several team members. Note: Injuries, vacations, recreational activities or other team activities are not just cause for rescheduling matches.
2. Death of a team member or team official
3. Other emergency conditions at the discretion of the TASL Board of Directors.

Inability to field the minimum number of players, as defined in the TASL Rules document, can be due to legitimate activities; however, ALL Participating Organizations MUST provide TASL Administrator and President notice, in writing (email will suffice so long as it is confirmed received) prior to the scheduled match. The optimum goal should be to inform TASL prior to the schedule being published of any prior known conflicts. Failure to do so will result in a forfeiture fine being assessed the offending team. Outside activities which are listed as follows:

1. School activities such as organized trips or standardized testing such as PSAT or SAT testing which become known on short notice. Otherwise all known trips must be reported to your TASL Rep who must immediately report to TASL Executive body and Administrator.
2. Religious Ceremonies, such as confirmation, or bar/bat mitzvah that includes several team members.
3. Other legitimate activities at the discretion of the TASL Board of Directors.
4. Referee no-show.

Save for the above circumstances, failure to provide a team for a scheduled league match will result in a forfeiture of that match. The offending team will be required to pay a minimum fine of \$75.00 or cost of the referees for the match whichever is greater per occurrence (payable to the TASL). Since it is a premise of TASL to PLAY matches, forfeitures do a great deal of harm in that both teams are denied a match. Re-scheduling of forfeiture matches are normally not done unless the team that was prepared to play requests a re-schedule in writing to the TASL Board. The offending team's member Club Board TASL Representative must agree to the rescheduling and ensure that his/her team fields a proper team for that match. Failure to pay the forfeiture fine by the end of the regular season will result in the offending team being ineligible for post-season events, season inclusive Tournaments and/or Finals Events planned for match play. In addition, a team that causes more than one forfeiture in a season will be subject to review for further League play by the TASL Board of Directors.

Section 13.5 – Match Cancellation Policy

1. Rainouts. Prior to each season the TASL BOD and all Participating Member Organization Representatives discuss and agree upon a rain out policy, which MUST be conveyed by

each Organizations Representative to their respective teams. IF possible, the TASL Administrator may monitor the predicted weather conditions as game day approaches. Should adverse weather threaten the cancellation of matches 24-48 hours prior to game day, the TASL Administrator shall consider cancellation of all league matches upon consultation with the TASL President and Board of Directors. For inclement weather on game day, the following procedures shall apply:

2. In the event of inclement weather or at any time there is a doubt as to the playability of the fields, by 7 AM on a game day, the member club having jurisdiction of the venue to be used shall:
 - a. Verify the conditions of the fields.
 - b. Immediately notify the TASL Administrator when field(s) is unplayable.
 - c. Place the information on the agreed upon communication channels.
 - d. If, after matches begin, field conditions deteriorate which requires the cancellation of later matches, Club Representatives shall notify the TASL Administrator.
 - e. If fields are under the control of another activity (e.g., schools, park authorities) and these organizations determine playability of fields, member Club representatives must coordinate closely and in a timely manner to ensure early decisions and proper notifications are made.
3. Referee Decision of Unplayable Conditions:
 - a. A referee may suspend or terminate a match due to weather conditions; i.e., lightning, rain, fog, fields becoming unplayable in the opinion of the referee, etc. before or during a match. Under these conditions, the referee's decision is final. If at least one half of the match has been played, the match shall be deemed complete and the score shall stand.
 - b. After a referee cancellation, the host member Club shall determine if remaining matches scheduled for the field should be cancelled. In such cases, immediate notification of the TASL Administrator and Club referee assignor is required.

Section 13.6- League Standings

Standings, as maintained internally by TASL, and each organization's TASL Representative, have bearing on the seeding of the TASL brackets and are therefore relevant for the regular season and the maintenance of same shall be made by TASL. Such standings are used for internal TASL purposes regarding seeding as conducted by the Competition Committee as determined by TASL and upon approval of the Board of Directors.

Section 13.7 - Other Tournaments

There are several tournaments locally and statewide during the soccer year. While TASL will not prohibit any team from participating in any non-TASL tournament, it does reserve the right to require that teams desiring to enter a tournament which precludes the team from participating in a scheduled TASL match submit a notification via the online declaration NOT

LATER THAN 30 days prior to the match date so schedules may be re-adjusted. Failure to submit the request in a timely manner may result in the team paying a forfeiture fine as provided for elsewhere in this document. Participation in a tournament on a scheduled TASL match game day is not guaranteed to be made up.

APPENDIX A – US Soccer Birth Year Matrix



Birth Year and Season Matrix

When determining the age group for a season, the year the season ends should be used for determining the birth year. Also note that the format "U followed by age" really means that age and younger. For example, U8 should be read as 8 and younger. For more age-group information please reference [U.S. Soccer's Player Development Initiatives](#).

Season	2016-2017	2017-2018	2018-2019	2019-2020	2020-2021	2021-2022	2022-2023	2023-2024	2024-2025
Birth Year									
2020									
2019									U6
2018								U6	U7
2017							U6	U7	U8
2016						U6	U7	U8	U9
2015					U6	U7	U8	U9	U10
2014				U6	U7	U8	U9	U10	U11
2013			U6	U7	U8	U9	U10	U11	U12
2012		U6	U7	U8	U9	U10	U11	U12	U13
2011	U6	U7	U8	U9	U10	U11	U12	U13	U14
2010	U7	U8	U9	U10	U11	U12	U13	U14	U15
2009	U8	U9	U10	U11	U12	U13	U14	U15	U16
2008	U9	U10	U11	U12	U13	U14	U15	U16	U17
2007	U10	U11	U12	U13	U14	U15	U16	U17	U18
2006	U11	U12	U13	U14	U15	U16	U17	U18	U19
2005	U12	U13	U14	U15	U16	U17	U18	U19	
2004	U13	U14	U15	U16	U17	U18	U19		
2003	U14	U15	U16	U17	U18	U19			
2002	U15	U16	U17	U18	U19				
2001	U16	U17	U18	U19					
2000	U17	U18	U19						
1999	U18	U19							

Note: TASL teams compete at birth years U9-U19 only.