2026 Fall Public Schools
Quick Rules Reference
NFHS Rules Apply
Regular Season

Arlington Middle Schools

Gunston
Hamm
Jefferson
Kenmore
Swanson
Williamsburg

RULES

- One Referee Assigned
- 25 Min Halves
- NO Overtime
- Start Time typically 3:30 pm

- Intentional heading is not allowed (IDFK)

Prince William Middle Schools

East: Fred Lynn, Graham Park, Potomac, Potomac Shores, Rippon, Woodbridge

Central: Beville, Benton, Hampton, Lake Ridge, Manassas Park, Parkside, Saunders

West: Bull Run, Gainesville, Marsteller, Grace Metz, Reagan, Unity Braxton, Nokesville

RULES

- Boys play in Fall, Girls in Spring
- One Referee Assigned
- 30 Min Halves
- Overtime 2 x 5 mins FULL Time
- Start Time typically 5:15 pm, but is flexible due to traffic
- Mercy rule: game ends if 10+ goal lead after ¾ game completed.

- Intentional heading is not allowed (IDFK)