



Charles County Youth Soccer League (CCYSL) Guidelines

FALL 2025



REVISIONS FROM SPRING 2025

Number	SECTION	Paragraph or sentence	REVISION	IMPACT
1	Team Memberships	B	Roster rule clarification	Minor
2	Program Format	B	Girls U19 moves to spring only	Minor
3	Program Format	C	Girls U19 new format.	Minor
4	Program Format	D	Girls U19 new format.	Minor
5	Player Eligibility	A	Updated Birth Year Chart	Seasonal
6	Player Eligibility	B	Clarification to Roster rules	MAJOR
7	Player Eligibility	E,F,G	Added paragraphs for roster policy change.	MAJOR
8	Ejections/Suspensions	A	Added sentence 4 for roster violations.	MAJOR
9	Administrative Match Rules	B	Removed line 6) U19G	Minor
10	Administrative Match Rules	E	Changed Duration of Matches for U12, U15, U19.	MAJOR
11	Administrative Match Rules	H	Added sentence 3 for metal stud prohibition	MAJOR
12	Match Rules	G	Updated U8 Build Out line rules	MAJOR
13	Match Rules	H	Updated U10 Build Out line rules	MAJOR
14	Inclement Weather		Added Cold Weather Section	Safety

The League

Mission: Waldorf Soccer Club (WSC), LaPlata Youth Soccer Association (LPYSA), Southern Maryland Youth Organization (SMYO), and Western Charles Youth Organization (WCYSO) have joined forces to bring the benefits of boys and girls recreational soccer to the youth of Charles County. Recreational Soccer is primarily devoted to the enjoyment and development of youth soccer players without the emphasis on travel, high-level competition, or steep costs. The purpose of recreational soccer is to provide an opportunity for the participants to have fun, be with friends, make new friends, learn the sport, develop life skills, and a lifelong love of the game.

Administration: All leagues will operate under the coordinated jurisdiction of the boards of WSC, LPYSA, SMYO, and WCYSO. Questions and concerns should be brought to the WSC, LPYSA, SMYO, and WCYSO boards' attention for review. For any issue that requires voting, each organization will receive one, equal vote. If necessary to resolve any issues, the organizations have agreed to seek out a person from the Charles County soccer community to serve as an independent arbitrator to ensure the needs of all youth involved in the league are served.

Coaches

Head and Assistant Coaches will be responsible for the following:

- A) Inform team members and parents about all information pertaining to the league (rules, regulations, schedules, etc.)
- B) Ensure all roster information, including assistant coaches' names and phone numbers, remain current throughout the season. Changes must be reported immediately to the appropriate WSC, LPYSA, SMYO, or WCYSO boards attention.
- C) Ensure all players meet the eligibility requirements, including but not limited to player's age and roster minimums/maximums.
- D) Participate in a Criminal Background Investigation consistent with US Youth Soccer and Maryland State Youth Soccer Association.
- E) Coaches are reminded that administering any type of drug to players is absolutely prohibited.
- F) Adhere to the Charles County Public School no smoking policy while on school grounds. Including ECigarettes.

Team Memberships and Roster Rules

- A) All players must be registered with **only one club**: WSC, LPYSA, SMYO, or WCYSO.
- B) **Players may only be rostered on one team ONLY. Players may not be “borrowed” from one team to another. Further, “Guest Playing” is prohibited.**
- C) All teams will consist of a minimum and maximum roster size. See section IV. Program Format
- D) Players must play within the appropriate age division: see Program Format below.
- E) Players may be allowed to play up one age division but cannot play down in age.
- F) Players should be distributed evenly among teams by their club’s administration according to age and experience.
- G) WSC, LPYSA, SMYO, and WCYSO agree to effectively distribute players evenly amongst teams and when necessary will coordinate efforts to properly place players on teams to provide an equal distribution of talent between all teams within a division.
- H) **Once finalized, players will only play on their assigned team/roster and in one club.**

Program Format

- A) Seasonally, league formats will be determined and maybe adjusted due to player registration and team counts. See below for traditional league format.

B) Division Breakdown

Division Breakdown*
Boys: U8, U10, U12, U15, U19
Girls: U8, U10, U12, U15, U19 ((Spring ONLY)

*Note: SMYO has decided not to participate in the U8 portion of the CCYSL for FALL 2025.

C) Age Division Formats

Age Division Formats	
U8	Five-On-A-Side, Small Field
U10	Seven-On-A-Side, Intermediate Field
U12	Nine-On-A-Side, Intermediate Field
U15, U19	Eleven-On-A-Side, Full Field
U19 (girls)	SPRING ONLY - Eleven-On-A-Side, Full Field, unless lack of registrations, THEN Seven-On-A-Side, Intermediate Field

D) Minimum/Maximum Roster Size

Minimum/Maximum Roster Size		
U8	Min: 7	Max: 10
U10	Min: 10	Max: 12
U12	Min: 12	Max: 16
U15	Min: 14	Max: 20
U19	Min: 15	Max: 20
U19 (girls 11v11)	Min:14	Max: 20

Player Eligibility

- A) Players must conform to US Soccer birth years for all age groups ([us_soccer_birth_year_and_season_matrix1.pdf \(usyouthsoccer.org\)](#)). Playing up an age group will be allowed at the discretion of the registering club. Playing down an age group will not be permitted.

Age Group Birth Years (Fall 2025/Spring 2026)
U8: 2018-2019
U10: 2016-2017
U12: 2014-2015
U15: 2011-2013
U19: 2007-2010 (2007's can't have graduated high school)

- B) Any **TEAM** that plays a non-rostered or illegal player will automatically forfeit all matches that the illegal player(s) participated in. This includes any team that “borrows” a player from another team or organization. In addition, the head coach of the offending team **MAY** face further disciplinary actions (See Ejections/Suspensions section below)
- C) At the coach’s discretion, a player who misses practice or has conduct issues with their team may be withheld playing time. Prior to administering limited playing time, coaches must first:
- 1) Inform their Organization’s President of the conduct or attendance issues.
 - 2) The Organization’s President must approve any playing time restrictions prior to imposing them on the player.

D) Select Player Status

- 1) Any player who is currently participating in a Rec Plus, Select or Travel program shall be considered as select player status.
- 2) Select players must be distributed as evenly as possible among teams in each individual age division, per association.
- 3) Team rosters must include whether a player is of recreational or select status.

Select Players Per Roster	
U8	2 Players
U10/U12	3 Players
U15/U19	4 Players

E) FINAL team rosters are due PRIOR to the second scheduled Saturday of the season. Fall 2025 deadline will be Friday September 12. Roster ADDS and DROPS are forbidden after this date. Each club is responsible to send their roster to the other club presidents.

F) FINAL rosters MUST include player name, jersey number, and date-of-birth.

G) Club presidents will keep ALL rosters for any needed verification. Club presidents will have access to all rosters.

Ejections/Suspensions

- A) Consequences for suspensions/ejections will be under the coordinated jurisdiction of the boards of WSC, LPYSA, SMYO, and WCYSO.
- 1) Any player or coach who receives a red card during a match will be required to serve a minimum 1-match suspension, effective immediately, starting with the team's next scheduled match.
 - 2) Any parent or spectator who is asked to leave a match or practice site, is reported to be involved in any form of harassment, obscene gestures or language, or any other unsportsmanlike behavior by an official or WSC/LPYSA/SMYO/WCYSO board member will be required to serve a minimum 1-match suspension, effective immediately, starting with the team's next scheduled match.
 - 3) Additional match suspensions and/or removal from the league for the remainder of the season may be considered by the WSC/LPYSA/SMYO/WCYSO boards for severe acts by players, coaches, or parents. Such acts include fighting; threatening an official, player, coach, spectator, WSC/LPYSA/SMYO/WCYSO board or staff member; or conduct with intent to harm an official, player, coach, spectator, WSC/LPYSA/SMYO/WCYSO board or staff member.
 - 4) All coaches and players may also be subject to penalties imposed in violation of the Referee Abuse Policy which would be in addition to club and league level penalties.
 - 5) The Head Coach of a **TEAM** that plays a non-rostered or illegal player **MAY** be suspended for a time to be determined by the four club presidents based on the number of games that a non-rostered or illegal player participated in.

Administrative Match Rules

A) Starting the Match:

- 1) A ten (10) minute grace period shall be observed.
- 2) As soon as the minimum is achieved, the match must start (prior to the grace period elapsing).
- 3) If a team starts the match with the minimum number of players, and that team falls below the minimum number for any reason other than an injury, the match will be terminated, and that team will forfeit the match. The final score will be recorded as 3-0.

B) Minimum Number of Players to Start a Match:

- 1) U8: A minimum of four (4) players per team are needed to start a match.
- 2) U10: A minimum of six (6) players per team are needed to start a match.
- 3) U12: A minimum of seven (7) players per team are needed to start a match.
- 4) U15: A minimum of nine (9) players per team are needed to start a match.
- 5) U19: A minimum of nine (9) players per team are needed to start a match.

C) Spectator, Player, & Coaching Locations/Regulations

- 1) Spectators will occupy one sideline.
- 2) A spectator line will be marked on fields two yards outside of and parallel to the sideline. All spectators must stay clear of the lane to provide a safety area for all players and officials.
- 3) Spectators are not permitted to sit/stand behind goals from one corner flag to the other on each end-line.
- 4) Players and coaches from both teams occupy the other sideline.
 - a) Spectator and player/coach's sidelines at each match location will be determined prior to the start of the season.
- 5) Players and coaches are to be located within ten yards in either direction of the mid-field line. Coaching will be limited to this area.
- 6) A maximum of 3 authorized coaches are allowed on the player/coach sideline.

D) Goal Sizes

Goal Sizes	
U8	6' W x 4' H
U10, U12	21' W x 7' H
U15, U19	24' W x 8' H

E) Duration of Matches

- 1) U8 matches will be played in quarters. U10, U12, U15, and U19 matches will be played in halves.
- 2) Half-time will not exceed five (5) minutes.
- 3) Match Times will be as follows:
 - a) **U8: (4)-10-minute quarters**
 - b) **U10: (2)-25-minute halves**
 - c) **U12: (2)-30-minute halves**
 - d) **U15: (2)-35-minute halves**
 - e) **U19: (2)-40-minute halves**

F) Equipment

- 1) Shin Guards are MANDATORY for match and practice participation in all age groups.
- 2) Eye Glasses: Players wearing glasses must secure them with a strap.
- 3) Jewelry and earrings are prohibited.
- 4) Religious and medical-alert medals are not considered jewelry. A religious medal shall be taped and worn under the uniform. A medical-alert medal shall be taped and may be visible.
- 5) Due to safety concerns, WSC/LPYSA/SMYO/WYCO does not recommend wearing beads in the hair, however, if beads are to be worn, at the discretion of the referee, they must be securely fastened to the head and must not present a safety hazard to the player, teammates or opponents.
- 6) There are no direct rules prohibiting playing with a cast but casts should be wrapped with padding, like foam or bubble wrap, to ensure no hard parts are exposed. Determination of proper padding is up to the discretion of the referee.
- 7) Referee examination of player's equipment prior to the match is mandatory.
- 8) Soccer ball sizes will be as follows:
 - a) U8: Size 3
 - b) U10/U12: Size 4
 - c) U15/U19: Size 5

G) Uniforms

- 1) Home teams must wear pinnies if a color conflict exists.
- 2) The Goalkeeper must wear a jersey or pinnie of a different color to distinguish him/her from the players of both teams and from the referee.
- 3) All Coaches on the sideline must be identifiable by the referee (wearing a club shirt or name badge).

H) Footwear:

- 1) Players must wear soccer cleats or soccer turf shoes.
- 2) No street shoes or sneakers of any type are permitted.
- 3) **Metal-studded shoes are strictly forbidden for all age groups. Players found to be wearing metal-studded shoes will not be allowed to play until they change into legal shoes.**

Mandatory Play & Substitution Rules:

- A) Coaches are required to play every player for at least half of each scheduled match.
- B) There are no limits on the number of substitutions.
- C) Substitutions may be made, with the approval of the referee, at any stoppage of play.
- D) Coaches must have substitutes ready on the mid-field line prior to substitution.
- E) All substitutes must enter the field of play from the mid-field line upon stoppage of play.
- F) A player who is being substituted must exit the field at the nearest point on the boundary line, unless otherwise directed by the referee.
- G) Players entering the field of play shall wait until the substituted player exits.
- H) No substitute is allowed for a player receiving a red card.
- I) The official must be notified only when substituting the goalkeeper.

Match Rules – All divisions will be governed by the FIFA Laws of the Game

(<https://www.theifab.com/laws-of-the-game-documents/?language=all&year=2024%2F25>).

Specific rules and/or emphasized rules are listed below.

A) Goalkeeper:

- 1) The Goalkeeper can play the ball with their feet anywhere on the field of play.
- 2) The Goalkeeper cannot play the ball with their hands if the ball is intentionally played to them by their own player's feet.
- 3) Goalkeeper cannot score by throwing the ball into the opponents' goal.
- 4) Goalkeeper must have at least part of one foot on, the goal line when a penalty kick is taken.

B) Heading the ball:

- 1) Head balls are prohibited in U8, U10, & U12.
- 2) For U8, U10, & U12 age groups, when a player inadvertently touches the ball with his head, play will stop immediately, and advantage will not be played. Play will be restarted with a drop ball for the other team.
- 3) When a player deliberately heads the ball in a game, an indirect free kick (IFK) 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 point nearest to where the infringement occurred.

C) Handball:

- 1) Handballs are judgement calls made by the official. Judgement calls are not available for protest.
- 2) Typically, a handball is not an offence if:
 - a) The hand/arm is in a natural position, close to the body
 - b) The hand/arm does not make the body unnaturally bigger
 - c) When a player falls and the hand/arm is between the body and the ground to support the body, but not extended from the body.
- 3) It is an offence if:
 - a) If a player deliberately touches the ball with their hand/arm, including moving the hand/arm towards the ball.
 - b) Gains possession/control of the ball after it has touched their hand/arm
 - c) The hand/arm has made their body naturally bigger using their hand/arm
- 4) A red card will be awarded for a handball if the offense prevents a clear goal-scoring opportunity.

D) Slide Tackle

- 1) Slide tackles are prohibited in U-8, U-10, and U-12 age groups.
- 2) A yellow card caution MAY be given to the offending player at the discretion of the referee.

E) Officiating

- 1) Capital Area Soccer Referees Association will officiate all matches. FIFA rules and guidelines will be used unless otherwise indicated.
- 2) CCYSL supports U.S. Soccer's new Respect the Call program aimed at preventing referee abuse. Players, coaches, and spectators are all encouraged to report referee abuse to the boards of WSC/LPYSA/SMYO/WCYSO. More information on this program can be found at <https://www.ussoccer.com/rap>.

F) Injury

- 1) If bleeding results from an injury, the player must be removed from the match until the bleeding has stopped and any open wound is bandaged.
- 2) If there is excess blood on the player's jersey, it will have to be changed.
- 3) No spectator or coach is allowed in the field of play unless invited by the referee.
- 4) If stoppage occurs with the ball still in play, play restarts with drop of ball.

G) **U8 Division Specific Rules** (Note: SMYO is not participating in the U8 league for FALL 2025).

- 1) Play will be 5v5 with a goalkeeper
- 2) No offside
- 3) All kicks are indirect. Opponents should be five (5) yards from the ball.
- 4) No kicks from inside the goal box. If a foul occurs within the goal box, the ball will be placed at the nearest point on the "6", which is the top of the goal area.
- 5) Throw-ins: Players are offered two (2) chances to throw the ball in correctly. Opposing team will get the ball after the second failed attempt.

6) U8 Build Out Line

- a) When the goalkeeper has the ball in his or her hands during play from the opponent or during a goal kick, the opposing team must move behind the build out line which should be equal distance between the goal box and midfield. If no build out line is present the midfield line is used until the ball is put into play. NOTE: The goalkeeper always has the option to put the ball in play (see sentence b) prior to the opposing team retreating to its build-out line. This is NOT recommended for U8 and we ask coaches to teach holding the ball and waiting.
- b) Unless the referee calls for a goal kick, once the opposing team is behind the build out line, the goalkeeper MUST pass, throw or roll the ball into play (NO Kicking is allowed)
- c) After the ball is put into play by the goalkeeper and received/touched by their teammate, the opposing team can cross the build out/mid-field line and play resumes as normal.
- d) The opposing team must also move behind the build out line during a goal kick until the ball is put into play.
- e) If a goalkeeper punts or dropkicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense

- f) If the punt or 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

H) U10 Division Specific Rules:

- 1) Play will be 7v7 with a goalkeeper
- 2) Offside is called in the U10 Division, however only between the build out line and the end line.
- 3) Punting and drop kicks are not allowed

4) U10 Build Out Line

- a) When the goalkeeper has the ball in his or her hands during play from the opponent or during a goal kick, the opposing team must move behind the build out line which should be equal distance between the goal box and midfield. NOTE: The goalkeeper always has the option to put the ball in play (see sentence b) prior to the opposing team retreating to its build-out line.
- b) Unless the referee calls for a goal kick, once the opposing team is behind the build-out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed).
- c) 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: If the goalkeeper places the ball on the ground, as though it was a goal kick, the ball is deemed to be **in play**.
- d) The opposing team must also move behind the build out line during a goal kick until the ball is put into play
- e) If a goalkeeper punts or drop kicks the ball, an **indirect** free kick should be awarded to the opposing team from the spot of the offense.
- f) If the punt or 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

- 5) Penalty kicks will be taken from the Penalty Mark on each field

I) U12 Division Specific Rules

- 1) 9v9 with a goalkeeper
- 2) Offside is called in the U12 Division.
- 3) Penalty kicks will be taken from the Penalty Mark on each field

J) U15/U19 Division Specific Rules:

- 1) Play will be 11v11 with a goalkeeper
 - a) Offside is called in the U15/U19 Divisions
- 2) Penalty kicks will be taken from the Penalty Mark on each field

League Standings/Scores

- A) League Standings: Points are kept. No standings will be recorded for the U-8 age and U-10 groups.
 - 1) Win = 3 points
 - 2) Tie = 1 point
 - 3) Loss = 0
 - 4) Forfeits will be recorded 3-0
- B) All scores must be reported
 - 1) Scores are to be reported via the Google Doc provided by WSC/LPYSA/SMYO/WCYSO
- C) Goal Differential:
 - 1) If a match ends with a difference of more than 5 goals, the official box score will be a maximum of a 5-goal difference – for example if a score is reported 8-1 the final score will be registered as 6-1.
 - 2) Tie-Break Procedures: will only be used if teams are tied in regular season standings.
 - a) Win/Loss record in head-to-head competition.
 - b) Goal differential
 - c) Least points allowed by teams still tied
 - d) Coin flip
- D) Playoffs
 - 1) A Post Season Tournament will be offered following the spring season (Time & Weather Permitting)
- E) Protests
 - 1) Protests will not be allowed. Any issues related to game play (e.g., illegal players, shortened games, etc.) should be raised to the boards of WSC/LPYSA/SMYO/WCYSO.
- F) Scheduling/Postponements/Cancellations
 - 1) Schedules will be hosted on WSC's website (add link)
 - 2) Once the schedule is posted and final, schedule changes will only occur due to inclement weather, field issues, or referee availability.

Inclement Weather Policy

- A) Notifications will be sent to organization presidents to provide updates on program or facility cancellations and closures due to inclement weather.
- B) Teams scheduled for the first match of the day will report to the playing site as scheduled, unless prior notification is received from their respective organization.
- C) Recreation, Parks, and Tourism staff will notify organizations of park closures as soon as possible. WSC/LPYSA/SMYO/WCYSO will accordingly postpone matches and inform coaches, who in turn will notify players.
- D) If weather conditions change while a match is in progress, or the field is in unsafe playing condition--the referee has the discretion to cancel matches at the match site.

- E) Thunder and Lightning - If thunder and/or lightning can be seen or heard, the match must be stopped, and protective shelter sought immediately. If either situation should occur, 30 minutes will be allowed to pass after the last sound of thunder and/or sighting of lightning, before the contest may resume.
 - 1) The 30-minute delay will restart after any instance of thunder or lightning.
 - 2) If thunder or lightning is heard or seen any time after the first 15 minutes of the delay, the match will be considered cancelled.
- F) Matches cancelled due to inclement weather during the first half of play will be rescheduled in their entirety according to field availability and time.
- G) Matches cancelled due to inclement weather after completion of the first half (or first two quarters for a U-8 game) will be counted as a complete match.

Safety Concerns - Heat Policy

- A) There is considerable danger concerning heat stress/exhaustion during outdoor physical activities which occur during late spring, summer, and early fall. All athletes are at risk and the necessary precautions need to be taken for all sports. All participants should be monitored closely.
- B) Coaches shall pay particular attention to extreme weather conditions and adjust practice schedules when appropriate. When the heat index (air temperature plus relative humidity) reaches 84 degrees or higher, the following restrictions listed below must be followed:

HEAT INDEX READING	RESTRICTION
105+ degrees	DANGER! Discontinue regular practice. Very short restricted practice is permitted. Make sure all athletes drink water.
95 - 104 degrees	EXTREME CAUTION! Modify practice with required water breaks every 30 minutes. Observe athletes carefully for signs of heat injuries. Make sure all athletes drink water.
84 - 93 degrees	WARNING! Provide a mandatory ten (10) minute rest per 45 minutes of activity. Water is to be available at all times.
Below 83 degrees	NO RESTRICTIONS. Monitor the heat index for increases. Water is to be available at all times.

Safety Concerns – Cold Weather Recommendations

Extreme Cold - Extreme cold weather can pose significant risks during youth sports, impacting both performance and safety. To mitigate these risks, it's crucial to prioritize proper preparation, including appropriate clothing, warm-up routines, and hydration, as well as to be aware of the signs and symptoms of cold-related illnesses like hypothermia and frostbite.

Safety Considerations:

Clothing:

Layering is key. Start with a moisture-wicking base layer, add an insulating layer (like fleece), and finish with a waterproof and windproof outer layer. Don't forget warm socks, gloves, and a hat.

Warm-up:

Thorough warm-ups are essential to get the blood flowing and loosen muscles before activity.

Hydration:

Dehydration is a concern in cold weather, so ensure athletes are drinking plenty of fluids, even if they don't feel thirsty.

Monitor Temperature and Wind Chill:

Pay attention to both temperature and wind chill, as wind can significantly increase the perceived cold. Some guidelines suggest cancelling or shortening activities in extreme cold (below -28°C) and exercising caution at -23°C to -28°C .

Recognize Cold-Related Illnesses:

Be aware of the signs of hypothermia (shivering, confusion, drowsiness) and frostbite (numbness, tingling, discoloration of skin).

First Aid:

Have a first aid attendant on site who is familiar with the signs and symptoms of cold-related illnesses.