



22/23 RULES - Quick Reference



OVERALL RULES (All FCL Leagues)

Player Passes

All players and coaches must present their US Club Player Identification Card to the referee prior to the match. If the individual picture is not on the ID card and the card is not laminated, the individual will not be eligible for the match. No pass, No Play.

Note: ECNL-R players MUST present their approved ECNL player passes to all ECNL-R competitions.

Match Reports

All players must be printed on the match report for all FCL run leagues. No players may be hand-written on any match reports.

Game Length

ALL FCL Run Competitions shall be played at the following game length:

U8: 4 x 10 minutes	U9/10: 2 X 25 minutes.
U11/12: 2 x 30 minutes	U13: 2 x 35 minutes.
U14/15/16: 2 x 40 minutes	U17/18/19: 2 x 45 minutes

Uniforms/ Jersey Conflict

It is encouraged to follow the standard of Home-Light, Away-Dark and for Two-Game/Travel Weekend: SAT: Home-Light, Away-Dark; SUN: Home-Dark, Away-Light.

If there is a conflict in jersey colors, it is the AWAY team's responsibility to change colors. The HOME team will have the right to choose the uniform color they will wear.

Games per Day

All FCL run leagues have a One-game-per-day Rule for all U13-U19 teams/players. U8-U12 can play a max of two (2) games per day.

Note: All rules apply for the age group you are playing in. Therefore a U12 player may NOT play a U12 game and up to U13 in same day.

Water Breaks (FCL 2.8)

Water breaks will not be allowed unless the temperature is or expected to reach eighty-five (85) degrees or higher during the competition.*

*If a Club decides that water breaks are necessary outside of these guidelines (for the safety of the players), they have full discretion to do so as long as agreed prior to the start of the match.

Specific details on water break guidelines and timing can be found in the FCL Handbook.

Incomplete Games (1.12 FCL) (Weather related incomplete games)

In the event that a game cannot be completed, the game will stand if half or more of the game was played. If there is no result, and the match is suspended prior to the expiration of one half, the game shall be replayed at a time agreed upon by the competing teams in consultation with FCL.

Site directors should follow weather/lightning policy accordingly (2.5 FCL). It is at the discretion of the site director and teams to agree to cancel a match due to Weather delay or unplayable conditions.

SUBSTITUTIONS (League Specific)

ECNLR (3.9) Once an ECNL Registered Player is substituted in one half of any ECNL Competition, such Player may not re-enter the game for the duration of the half. Once an ECNL Registered Player is substituted in one period of overtime of any ECNL Competition, such Player may not re-enter the game. There shall be a maximum of seven (7) substitutions in any half or in overtime of any ECNL Competition.*

NPL (1.9.2) U13-19 A substitution can take place at any stoppage with the referee's permission. Substitutions are permitted as follows: Once an US Club Registered Player is substituted in one half of any FCL/NPL Competition, such player may not re-enter the game for the duration of the half. Once the registered player is substituted in one period of overtime of any FCL/NPL Competition, such player may not re-enter the game. There shall be a maximum of seven (7) substitutions in any half or in overtime of any FCL/NPL Competition. There will be 1 re-entry per half for an injured GK (no field player re-entry)*

League 2 (1.9.3) U13 through U14 - Substitutions are unlimited. A substitution can take place at any stoppage with the referee's permission. **U15 through U18/19** - Substitutions are permitted as follows: Once an US Club Registered Player is substituted in one half of any FCL Competition, such player may not re-enter the game for the duration of the half. Once the registered player is substituted in one period of overtime of any FCL Competition, such player may not re-enter the game. There shall be a maximum of seven (7) substitutions in any half or in overtime of any FCL Competition. There will be 1 re-entry per half for an injured GK (no field player re-entry)*.

**In accordance with the new USSF Head Injury guidelines, a substitution for a suspected head injury will not count against re-entry rules.*

Pre-ECNL, DEV League & League 3 (1.9.4) As per FIFA guidelines, unlimited substitutions are allowed in all age groups. However, teams may substitute only with the referee's permission. Substitutes must wait on the sideline (off the field of play) until the field player has left the field of play and/or the referee has indicated the substitute may enter the field of play.

Heading Game Rule (1.6 FCL)

For 11U (actual age-not age group) and below, when 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 point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue. This rule shall apply to the age groups of U12 and below.

As of Jan 1, of the U12 season, players are eligible to head the ball during competition. Players who are playing up will play according to the rules of the age group in which they are playing. It is the club's responsibility to understand the effects of this rule on players playing up.