

2026 Quabbin Valley League Boys & Girls Soccer Rules

General Rules:

- 1) The Quabbin Valley League is a recreational league from communities around WMASS. We ask coaches and parents to serve as role models and ensure that players develop positive attitudes and good sportsmanship. While we keep scores and standings, fun and good sportsmanship are the priorities.
- 2) The league website will be NEW this season and be used for schedules, standings, contact info, distribution of information, etc... It will be: <https://leagues.teamlinkt.com/quabbinvalleysoccer>
- 3) All coaches and managers in all divisions are directly responsible to their organization representatives and/or town recreation director.
- 4) There shall be no smoking on the field, in the coaches' box, in the stands or on the bench. Smoking is prohibited at all youth activities and people not in compliance will be subject to leaving the premises immediately or future suspension of games. This includes the use of ALL tobacco products including but not limited to vapor machines and e-cigarettes.
- 5) The Quabbin Valley League, officials of the cities and/or towns, sponsoring organizations, coaches, managers, referees, or any other city and town employees cannot be held responsible for any injuries incurred while participating or observing activities in this league.
- 6) It is mandatory that each team in all divisions have a First Aid Kit available for games and practices.
- 7) All coaches must submit a CORI check through their parks and recreation department and/or sponsoring organization.

Divisions/Rosters:

- 1) Organizations entering teams in the League must submit team rosters no later than Wednesday, August 19, 2026. **ROSTERS MUST BE TURNED IN BEFORE OR BY THE DATE SPECIFIED OR TEAMS WILL NOT BE INCLUDED IN THE LEAGUE. NO EXCEPTIONS!**
 - a. Complete team rosters must be submitted to the League Director before any team is allowed to play in the League.
 - b. There is no maximum limit on any team roster.
 - c. The cutoff date for adding and/or dropping players to a roster is **Friday, October 2, 2026**.
 - d. Coaches must notify the League Director or Youth Coordinator (who in turn gives the info to the director) with all the pertinent information before said player(s) can participate. Any team using an ineligible player will forfeit all games in which that player participated, and the League Director will take appropriate action.
- 2) The determining effective date for all grade classifications is September 1st, 2026, and participants must play in the grade division they are entering in the **fall 2025**.
- 3) There will be 3 divisions of play in both boys & girls play (with the exception of 7th/8th which will be COED). The divisions will be as follows:
 - a. 3rd/4th. Players cannot turn 11 prior to Sept 1, 2026 and cannot be in 5th grade or above.
 - b. 5th/6th. Players cannot turn 13 prior to Sept 1, 2026 and cannot be in 7th grade or above.
 - c. 7th/8th Players cannot turn 15 prior to Sept 1, 2026 and cannot be in 9th grade or above. No High School players.
-NEW: At least 2 girls MUST be on the field at all times in 7th/8th (unless an injury occurs)
- 4) Participants are allowed to participate in a division above his or her age group; however, this must be approved by the director and this player can only play and appear on one team's roster.

Game Play Rules:

1. All games will be played in accordance with 2026 High School Rules except as indicated below in this document.
2. All players must be dressed and, on the field, ready to start to play at least 5 minutes prior to game time.
3. Ball size, game length, number of players, field size by division:

Division	Ball Size	Half Length	# of Players	Max Field Size	Goal Size
3/4 th	#4	25 minutes	7 vs. 7	45 x 65 yards	6 x 12 feet
5/6 th	#4	25 minutes	9 vs. 9	50 x 80 yards	6 x 18 feet
7/8 th	#5	30 minutes	11 vs. 11	Regulation HS	Regulation

4. If a tie occurs after regulation play, there will be no overtime periods played.
 5. The game clock will stop in accordance with 2026 High School Soccer rules on all injuries.
 6. Bench Area:
 - a. Coaches and Assistant Coaches are restricted to the player's bleacher or bench and/or mid-field line area for coaching. Failure to comply with this rule can result in removal from the playing field area.
 - b. Players will be on the same sideline and are separated by the midfield line.
 - c. All parents and non-players must occupy the opposite side of the field from the team benches.
 - d. No "coaching" by parents or coaches behind the endlines. There should be no fans or coaches located behind the goals.
 7. **Substitutions are made at mid-field** on the team bench sideline. The following are the times when teams will be able to substitute:
 - 1) After any goal that is scored, during any goal kick, and at halftime
 - 2) The defensive team can only sub if the offensive team is substituting. If the offense is bringing in one sub the defense can only bring in one. If they have two, the defense can bring in two, etc....
 - 3) On throw-ins the defense can only sub unless the offensive team is.
 - a. Must be same numbers as stated on rule 7-(2).
 - b. On a corner kick only, the offensive team can sub if the subs are ready to come in before the kick.
 8. The home team will supply the game ball. If a game ball cannot be produced by the home team, then the visiting can supply the game ball. If there is a dispute, the final decision to be made by the referee on which game ball is to be used.
 9. **Slide tackling is NOT PERMITTED in ANY DIVISION!**
 10. The "evens on" rule for offside calls will be enforced in the 3rd/4th, 5th/6th, 7th/8th grade Divisions.
- * The use of head balls is not permitted again this year in the 3rd/4th grade division.** This is for safety reasons and is in accordance with USA Youth Soccer.
11. There are **NO TIMEOUTS**. Games will stop for only injuries or to retrieve the soccer ball.
 12. **Lopsided Games:** If you play an opponent in which the game or score becomes lopsided, please use the following strategies:
 - a. Substituting player positions-defensive players move to offense and vice versa.
 - b. Removal of your better players letting kids that do not play as much get more playing time.
 - c. Work on passing more instead of shooting.
 - d. If all of these fails, try removing one or two players and playing shorthanded.
 13. Goalies have six (6) seconds to either kick or throw the ball once total control has been obtained. They also can take as many steps anywhere within the penalty area to release the ball as long as within the six (6) second time span. Opposing players must retreat 10 yards to allow the goalie to release the ball or a warning will be issued to the opposing player(s) involved.

Standings/Score Reporting:

*Winning team coach must submit their score to their town coordinator the next working day. The town coordinator will then go to the league website and put in the score. In the event of a tie, each coach should submit that score to their coordinator.

1. The point system used for division play will be two (2) points for a win and one (1) point for a tie.
2. If a coach is unable to field a team, they must contact their director and the opposing team well in advance of the game.

The Uniform / Playing Conditions:

1. Molded rubber soccer/baseball shoes are recommended. **Metal cleats are NOT allowed.** Sneakers are allowed, however, for better traction soccer cleats are recommended.
2. Numbered jerseys of the same color must be worn by all participating players. ***If two teams have the same color jersey the home team must supply and wear pinnies that are a different color.***

3. Goalie jerseys must be a different color than the dominant color of their team's jerseys, as well as the opposing team jersey colors.
4. Game jerseys are to be always tucked in on the playing field. (Goalies excluded)
5. **No jewelry** of any kind can be worn at any time while the player is participating in the game. All necklaces, earrings, bracelets, metal hair clips, etc. must be removed prior to the start of the game. Earrings **CAN NOT be taped** over during game play. They must be taken out or the participant can't play.
6. Players are requested to refrain from chewing gum or eating during play.
7. ***Shin guards are mandatory for League play.*** Players are recommended but not mandated to wear mouth guards.
8. Coaches and parents should provide the players with adequate fluids while athletes are competing. Players must bring other fluids in plastic containers. Glass containers are not allowed.

Officials/Behavior:

1. Each community is responsible for scheduling and paying officials for their home games.
2. If there are no officials for the game, the head coaches must agree on a parent or parents to officiate the game. It is always best to try to get all games in under this circumstance and the result of the game is final once they agree to play.
3. Players, coaches, and spectators are prohibited from harassing or verbally abusing officials, opposing players, coaches, or spectators at any time preceding, during or following the game.
 - a. If harassment continues the officials will warn violators by use of a yellow card or a warning to stop further abuse.
 - b. Any player, coach, or spectator receiving a red card or getting thrown out of the game must leave the premises.
 - c. Coaches/Spectators receiving a red card will or who are thrown out of a game will receive a **THREE (3) game suspension**. When a player receives a red card or is thrown out his team must play a man short for the remainder of the game.
 - d. **Players receiving a red card/thrown out of game will be suspended for one additional game.**
 - e. Officials will file a report with the League Director.
4. **Any player, coach, spectator, or manager who threatens or assaults any League Official will automatically receive a one-year suspension with discussion of the severity of assault for possible lifetime banishment.**
5. Any player, spectator or coach involved in a fighting incident anywhere on park property while participating in League activities will be suspended for the remainder of that game and the next scheduled game. Any 2nd offense will result in suspension from the League for the remainder of the season and possible lifetime banishment.

Weather, Makeup Games, Reschedules:

1. The home community/team is responsible for cancelling games. Each community has their own procedures for cancelling, they are listed here:
 - a. For games that will be played in Chicopee and questions that exist due to inclement weather conditions only the **coaches/officials can call 594-3481 and press 2 for cancellations** after 4:00 PM on weekdays, after 8:00 AM on Saturdays and Sundays.
2. **Make-up Games:**
 - a. Game should be replayed within two (2) weeks of the original date when possible.
 - b. The home team coordinator and coach are responsible for setting up the makeup date with the visitors.
 - c. The coordinator must be notified to update the league website and schedule officials.