Updated 1/31/2026

METRO DENVER WOMEN'S SOCCER CLUB
RULES AND REGULATIONS
2026

Rule 1: PLAYER REGISTRATION AND PLAYER CARDS

A. Each team manager must provide the referees with a game card prior to the start of each game. All players should carry their Driver's license as a back-up ID. A PLAYER WHO DOES NOT APPEAR ON THE ROSTER MAY NOT PLAY IN THE GAME. All players must have numbered jerseys.

B. Each player must be registered with MDWSC. This registration will occur by each player logging onto Playmetrics and registering as a player on a particular team. The player registration fee must be paid at the time of registration. The game roster must list each play prior to the start of the game. Referees or team managers may add subs to the roster.

C. The team roster should have no less than seven (7) players.

D. Women turning 25 years of age by 12/31 of the calendar year of the current season may register and play in the league (any division) at the beginning of said season Division A (only) teams may carry two (2) U-25 (21+) players on their roster.

E. Any team found to be using a player or players ineligible under any provision of Rule 1 may be subject to suspensions, fines, forfeiture, disbanding or expulsion from the League without a refund. The team will automatically forfeit the game or games in question. The player (s) shall be suspended from at least the next league game for which she is otherwise eligible after the discovery of the violation.

F. An individual may only play on one team in the league, except as goalkeeper or as a supplemental player.

   a. Teams are allowed to recruit supplemental players from teams in their division or lower to fill out their roster for a particular game (no more than 14 players total). This rule is intended for unexpected circumstances, not as a routine strategy for a team to fill its roster.
   b. Goalies 25+ can sub in any division; players can only play in their division or above.

Rule 2: TEAM AFFILIATION

A. A team shall be affiliated with MDWSC upon receipt by the Registrar for the following:
   1. Completed team registration on Playmetrics.
   2. All fees or other monies required by MDWSC for that season
   3. The Team Manager or Co-Manager is the team representative in all matters and has the duty of proper team registration
   4. Any team found to be ineligible under any provision of rule 2 may be subject to suspensions, fines, forfeiture, disbanding or expulsion from the League without a refund.

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Rule 3: DUTIES OF THE HOME TEAM AND VISITING TEAM

A. The home team at the 1st game of each field will pick up field equipment from storage location. Home team of the last game played on the field is responsible to return the field equipment to storage.
B. Each team is responsible to put up or take down one net and 2 corner flags.
C. If the referee declares a conflict in uniform colors, the home team must change shirts. Alternate jerseys must match in color.
D. Each team shall be prepared to provide a #5 game ball in good condition.
E. Each team is responsible for the actions of its players, coaches and fans.
F. Each team must have matching home and away
G. numbered jerseys with no duplicate numbers.

Rule 4: RULES OF COMPETITION

A. League games are games played during the official MDWSC season as scheduled by MDWSC.
B. All games shall be conducted according to FIFA'S Laws of the Game, except as amended by MDWSC and CSA. Teams, Managers, Players are responsible to know these rules.
C. Substitutions are unlimited and allowed on any out-of-play ball (e.g., throw-in, goal kick, corners, after a goal has been scored) with referee permission. A player can sub for an injured player on any stoppage with referee permission.
D. A player will not be allowed to participate if wearing anything deemed by the referee to be dangerous to another player.
E. A player may not wear any metal jewelry unless it is for medical reasons, i.e., a medic alert bracelet. All earrings, necklaces and rings must be removed before game start. Silicone rings are allowed. Fitbits and other activity trackers must be covered.
F. All braces must be covered by a sleeve.
G. All games are to be played as scheduled. If a team fails to show for any game that team will be fined the cost of the referees and fields.
H. Each team should be ready to play at the scheduled match time. Ready to play means a minimum of seven (7) players listed on the game roster and properly equipped. If one or both teams is not ready to play at the scheduled game time there shall be a 15 minute grace period. 15 minutes after the scheduled time the team(s) that could not field a team (ie at least 7 players) will be fined the cost of the referee and field fees. Once a team has 7 players, even if some of them are not ready, the referee can start the game. If a team is short, we encourage teams to share players and play. It is not a forfeit if the teams share players.
I. The only exception to Rule 4-H is notification to the league scheduler by Friday at noon prior to the game. The league will alert the referees and the opposing team. Please note even with advance notice the team that is unable to field a team will be responsible for both team field fees. After Friday at noon, the forfeit penalty is all field + referee fees.

Rule 5: STANDINGS

A. League standings shall be determined by the following procedure
    Win 3 points
    Tie 1 point
    Loss 0 points
B. To break a tie - head to head results, then goal difference, and then goals against.

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Rule 6: SLIDE TACKLING

A. Slide tackling shall be prohibited for all games played in MDWSC.
B. The spirit of the No Slide Tackling Rule is to reduce the possibility of injury.
C. Slide Tackling is defined as a play where any player intentionally comes into contact with the playing surface with any part of her body other than the soles of her feet.
D. This rule includes slide tackling as a DANGEROUS PLAY foul.
E. A goalkeeper may slide tackle the ball, only in the penalty area, but may not slide tackle from behind or in a dangerous manner.

RULE 7: FORFEITS

A. Any team notifying the league and referee representative that it cannot field a team for a league scheduled game shall forfeit the game. This notification must be by noon the Friday prior to the scheduled Sunday match. The team calling in the forfeit is responsible for notifying the league. The league will work with the teams to make a game possible (playing shorter halves; fewer players on each team, etc). If that is not possible, the forfeiting team will pay the field fees for both teams. The league will notify the referees and opposing team. Any team that forfeits **after Friday at noon MT** prior to the game will be assessed at a minimum the field and referee fee for both teams.

RULE 8: MISCONDUCT

A. Any player who receives a red card for an infraction, including but not limited to, fighting shall be suspended for a minimum of (2) two league games – that is the game where the red card was given and the following game. Two yellow cards given to the same player in one game is equivalent to a red card and will be subject to the same penalty. The referees have discretion to impose a longer suspension if they think the infraction merits a more severe penalty.
B. Foul or abusive language directed at another player or a referee will result in a card. Excessive foul language by any player may result in a card.
C. Teams that fail to control their players, coaches or fans will result in suspensions, fines, forfeiture, disbanding or other sanctions.
D. Misconduct is judged by the referee. For more information on types of fouls that will draw cards, please refer to the game reports – C codes are yellow card infractions, S codes are red card infractions.
E. Any player who receives two red cards in a season will be suspended from the league for a year.
F. In accordance with the IFBA trial rule, only the designated team manager is allowed to speak and discuss decisions with the referee.