Capitol Hill Schools

Parent Football League

League Rules

(updated 9/19/2026)

1. **Team and Player Registration.**

A. All Players must be at least 21 years of age and (a) the parent of at least one child (the child does not have to be enrolled in a DCPS school) or (b) a member of the faculty at the school for which they are playing (maximum 2 non-parent faculty members).

B. All players registering for the league will be placed with the public elementary school, middle school, or high school assigned to the player's indicated address unless placement with a different team is requested.

C. All players must be properly registered on a team during the season for which they are playing. Each player may be registered for only one team.

D. All players must sign a liability waiver.

E. Each team shall have no fewer than 10 and no more than 25 registered players.

1. If teams cannot meet the minimum roster requirement they should prioritize using players on the league waitlist.
2. Guest players should be used as a last resort. Before participating as a guest player, the player will need to sign a waiver prior to playing in a game, the opposing manager must agree to use of the guest player and the referee must be notified. A guest player should wear a shirt (including pinnie) of a similar color to the team jersey but should not wear the actual team jersey. No player can participate as a guest player more than two times in one season without registering for the league.

F. Each team shall have a designated male and (if available) female captain for each game who shall check in with the referee prior to the start of the match and again at halftime."

2. Rules of Competition.

Current FIFA laws of the game will apply except for the following:

A. Number of players:

1. Capitol Hill division:
   a. Each team shall have a maximum of 9 players and a minimum of 6 players on the field at all times.
   b. A team can play with less than 6 players if the manager of the opposing team agrees to forgo an automatic forfeit.
   c. There will be 8 players allowed on the field for each team. If there is a mom on the field teams are allowed to have an extra player or 9 players on the field.
2. Northwest division:
   a. Each team shall have a maximum of 7 players and a minimum of 4 players on the field at all times.
   b. A team can play with less than 4 players if the manager of the opposing team agrees to forgo an automatic forfeit.
   c. There will be 6 players allowed on the field for each team. If there is a mom on the field teams are allowed to have an extra player or 7 players on the field.
3. Inter-division playoffs and championship (if played)
   a. Each team shall have a maximum of 8 players and a minimum of 5 players on the field at all times.
   b. A team can play with less than 5 players if the manager of the opposing team agrees to forgo an automatic forfeit.
   c. There will be 7 players allowed on the field for each team. If there is a mom on the field teams are allowed to have an extra player or 8 players on the field.

B. Forfeits:

1. There will be a 10 minute "grace period" from the designated start time for a team to have the minimum number of players to start the game or the game will be declared a forfeit.
2. The league shall have the right to remove teams from the league in the event of multiple forfeits in a single season.

C. Uniforms and Equipment:

1. Each team must wear a shirt color that distinguishes that team from the opposing team in each game. In the event of a color conflict, the team designated as the home team shall change (each team is provided pinnies for such situations.
2. Shinguards are not required (but strongly recommended).
3. Soccer or other suitable athletic shoes must be worn. Metal cleats or street shoes are not permitted. Referees' decisions on footwear suitability are final.

4. Decorative jewelry (including watches and fitbits but not including wedding bands, engagement rings, or religious jewelry) are not permitted to be worn during play.

D. Games shall consist of 2 halves of 25 minutes each, with a running clock and a 5 minute halftime.

E. Unlimited substitutions shall be permitted, upon the referee's permission, at the following stoppages of play:

1. Goal kick (for either team).
2. Goal scored (for either team).
3. Throw in (for either team).
4. For an injured player (the opposing team may substitute one player as well).

F. Slide tackling is not permitted.

G. The offside rule will not apply.

H. Goalkeepers are not allowed to release the ball via a punt or drop kick; they may, however, put the ball on the ground so it is in play and then kick the ball without restriction.

I. Discipline:

1. In the case of a yellow card:
   a. The carded player shall sit out for at least two minutes.
   b. The team will not play short during that time period.
2. In the case of a red card (including two yellow cards received in the same game):
   a. The carded player shall take no further part in the game.
   b. The carded player shall leave the premises immediately. If the player does not leave, the game shall be declared a forfeit.
   c. The carded player shall not play in the next game if the card was received for any reason other than offensive, abusive, or insulting language, serious foul play, or violent conduct, in which case the following suspensions shall apply:
      1. Offensive, abusive or insulting language: player shall not play in the next two games;
      2. Serious Foul Play: player shall not play in the next three games;
      3. Violent Conduct: player shall be banned from the league indefinitely.
3. Card Accumulation:
   a. Any player who receives three yellow cards in a single season will be suspended for the two matches following the match in which the third yellow card was received (if the third yellow card is received in the last or second to last game of the season, any remaining penalty will carry over to the next season in which that player participates).
   b. Any player who receives five yellow cards in a single season will be permanently ineligible to play in the league upon the end of that game.

3. Standings

A. Each team will play a predetermined number of games designated by the league.

B. There will be at least one rain date included in the schedule.

   1. In the case of inclement weather, the game shall be considered final for purposes of the standings if the game has reached halftime.
   2. If the game has not reached halftime, it shall be restarted from the beginning, schedule permitting. If the game cannot be replayed, it will be recorded as a 0-0 draw.

C. 3 points will be awarded for a win, 1 point for a draw and zero points for a loss.

D. Points deductions for disciplinary action against players:

   1. A team will have two points deducted from the league standings for every red card issued to a player on that team.
   2. A team will have one point deducted from the league standings if three players from that team receive yellow cards in the same game.

E. Any forfeit will be recorded with the score 3-0 in favor of the non-forfeiting team.

F. If a match is abandoned due to player or team misconduct:

   1. The score will be recorded as a 3-0 forfeit in favor of the team not responsible for the abandonment.
   2. If both teams were responsible, the score will be recorded as 0-0.

G. In the case of a tie between two or more teams at the end of the regular season, the following tiebreakers shall be applied in the order they are listed.

   1. Head-to-head among the tied teams.
   2. Fewest forfeits.
   3. Goal difference.
   4. Goals for.
   5. Goals against.