

The Northern Virginia Athletic Conference (NoVAC) was created to provide a safe and positive environment for our athletes promoting fun, sportsmanship, teamwork, and celebration. In association with the VYSA, we abide by their rules using the FIFA ruleset adapted for youth play. The conference has a few additional adaptations as agreed upon by our partner clubs for combined play:

- We have two divisions, Premier (for 7th/8th/9th grades or U13-15) and Champion (10th/11th/12th or U16-19). Premier plays 40-minute halves and Champion plays 45, both have 5-minute halftimes.
- We do not require rosters and girls can still play if they have a duplicate number or require a penny. We do not require matching shorts nor socks with the kits.
- Matches may not be played without a certified, club scheduled, referee. Lack of referees will result in the home club needing to reschedule or forfeit. Spectators may not substitute for a center judge.
- One (1) water break per half, with the clock running, is allowed if either coach requests it. The referees may add more at any time and at their discretion if it seems best for player safety.
- Our minimum number of players required to play (within first 15 minutes) and maintain a match is nine (9) or it is a forfeit.
- At the discretion of the referees, we allow substitutions at throw-ins, goal kicks, or after a score. Both teams may substitute an unlimited number of players if any team initiates a substitution.
- While we are trying to reduce rough play across the board, slide tackles are prohibited. A player leaving her feet or sliding to initiate contact or to tackle another player is banned in our conference within all age groups. Penalties for infraction include:
 - Indirect Free Kick – any slide tackle made against an opposing player where neither contact nor a foul is initiated
 - Direct Free Kick – any slide tackle made against an opposing player where either physical contact or a foul occurs.
 - Referees may escalate to cards at their discretion including if the contact is dangerous, reckless, or performed out of frustration
- Teams can be together on a single side of the field or on opposite sides of the field, depending on the home team's preference. Spectators may sit in any grandstand, but, outside that, may not sit within 5 yards of an opposing team's players.
- There is a Mercy Rule with two aspects:
 - After a four-goal advantage, the leading team must remove a player and continue to do so for each goal thereafter, returning one if the other team scores.
 - Depending on the situation, after conferring with both coaches, the referee has the option to call the game at a six-goal difference, regardless of time played, if she believes it benefits the athletes.
- Should the following occur, the offending team will forfeit the game immediately upon reaching this point:
 - Five (5) total yellow cards of any type for players, coaches, or spectators
 - Two (2) total red cards of any type for players
 - A single red card on any coach, spectator, or sideline infraction.

If there are any questions or concerns about one of our games, please reach out to the home club who scheduled the match and they'll forward the information to the conference for review.