

**1. How do I find out what is going on in the league?**

Check the website for all current season news, follow us on Facebook and Twitter, and if you register with us you will automatically be signed up for our monthly e-mail newsletters.

**2. Who do I contact if I have an issue or concern?**

The TWSL Board. Feel free to e-mail them at anytime.

**3. Where are the games played?**

The game locations vary season to season. All outdoor games are usually played at Portsmouth or Chesapeake locations. Currently our winter indoor seasons are played in Suffolk. The location for each season will be announced when the current seasons registration opens.

**4. What seasons/divisions do we offer?**

There are four seasons. Fall, Winter, Spring, and Summer. Fall, Spring, and Summer games are played outdoors. Winter games are played indoors. Fall season runs from September - November. Winter season runs from January - March. Spring season runs from April - early June. Summer season runs from mid June - August. We have two different divisions available each season. Open and O-30.

**5. What are the age restrictions for all divisions?**

To be eligible to play in the Open Division you must be 18 yrs of age or older by the first game of the current season. To be eligible to play in the O-30 Division you must be 30 yrs of age or older by the first game of the current season.

**6. What is the guestlist and how do I sign up for it?**

The guestlist is a great option for players that are new to the league and want to check out the league before they commit to playing on a team. It is also a great option for those players that will miss a lot of games during the regular season. To sign up for the guestlist just go to our registration tab and follow the instructions for registering.

**7. How do I add/drop from a team after the registration deadline has passed?**

You need to e-mail the TWSL Registrar at [twsregistration@yahoo.com](mailto:twsregistration@yahoo.com) asap.

**8. If I have to drop from a team what is the refund policy?**

Refunds will be approved for the current season as long as the Registrar is notified before games have started. After games have started, refunds will be issued less a \$20.00 service fee through the first week of play. Refunds will not be approved after the first week of play.

**9. What is team formation? Can I request to play on a team with another player I know?**

Team Formation is when the board meets, once a season, to form the teams for the current season. Once teams have been formed the information will be passed along to the Team Representatives, who will in turn contact the players with their team information. In the Open

division you can sign up a team of players, or you can sign up individually and be placed on a team that needs players. In the O-30 division you can sign up in a group of up to three players ("two plus you"). These requests must be reciprocal requests between the group of three players. You can also sign up individually.

#### 10. What are the Team Representatives (TR's) responsible for?

TR's are the team captains for the season. They pass along all relevant information for the season to the players assigned to their teams including schedules, schedule changes, and league reminders. They are also responsible for getting a head count for their team for each game and reaching out to the board to line up guest players as needed to help their team.

#### 11. How do I go about entering a team into the Open Division?

If you would like to enter a team into the Open Division you must send a roster to the TWSL Registrar during the current season registration period, before registration ends.

#### 12. What is MDCVSA? Why am I required to have insurance through them? And how long is my player insurance good for before I have to renew it?

Metropolitan DC-Virginia Soccer Association, Inc (MDCVSA) is the state-level organization for affiliated adult soccer in Virginia and the District of Columbia. The MDCVSA is a member of the United States Adult Soccer Association (USASA) and the United States Soccer Federation, Inc. (USSF), which is affiliated with FIFA. Affiliated teams have insurance coverage for league play and when they play in other affiliated competitions anywhere in the United States. In order for TWSL to be an affiliate member of MDCVSA all players must purchase the player insurance through MDCVSA. The fiscal year for the insurance is Fall through Summer. Therefore, all players must pay for their player insurance every fall and it will last for one year.

#### 13. What do I do if I am injured in a TWSL match? How do I use my player insurance?

If you are injured in a TWSL match and need medical attention you need to inform a TWSL Board member asap that you were injured. Any TWSL Board member can provide you with a copy of the insurance forms you will need if you choose to use the player insurance. You can also access the forms at the MDCVSA website. [www.mdcvsasoccer.org](http://www.mdcvsasoccer.org). Remember a board member or referee who witnessed the injury must sign your insurance form before you turn it in. MDCVSA's Participant Accident Insurance generally covers medical expenses (within limits) for injuries sustained during sanctioned amateur soccer activities. Participant Accident Insurance is secondary coverage to a member's primary insurance. If no primary insurance exists, then this becomes their primary insurance coverage.

#### 14. Is there a uniform? What equipment is required?

All players will be required to wear either a white shirt (home team) or royal blue shirt (away team) to every game. The league will provide every new player (excluding guest list only players) a blue shirt at the beginning of the season. But you will have to provide your own white shirt or purchase a white TWSL shirt. Shin guards and soccer socks are required. Shorts can be any color.

15. I'd love to have some more TWSL gear. Where can I buy more? (i.e. tanks, sweatshirts, magnets, bags, etc.)

To purchase more TWSL gear just go to our online store.

16. I'm interested in volunteering or serving on the board. How do I go about doing that?

Every June we hold TWSL Board elections. A notification will go out asking for all interested players so please let us know what open position you would like to run for. If you would like to run just let us know and we will add your name to the ballot. You can also always feel free to contact the board and let us know if you are interesting in volunteering.