

TOWN & COUNTRY SPORTS COMPLEX

5v5 GENERAL POLICIES & RULES

Revised: 9.2.21



LOCATION

Game will be played at the main Health Club and Soccer building.

Team Formation

<u># of Players</u>	<u>Birth Year</u>
Under 10: 4+Keeper	2012-2013
Under 12: 4+Keeper	2010-2011
Under 14: 4+Keeper	2008-2009
Under 16: 4+Keeper	2006-2007
High School: 4+Keeper	Varsity A & Varsity B
Men's Open: 4+Keeper	18+
Men's 30+: 4+Keeper	30+
Men's 40+: 4+Keeper	40+
Women's Open: 4+Keeper	18+
Women's 30+: 4+Keeper	30+
Women's 40+: 4+Keeper	40+

Futsal ball will be used. Home team must provide futsal game ball. U8-U12: size 3 & U14-U16: size 4

ALL T&C RULES ARE DESIGNED FOR THE SAFETY OF PLAYERS AND PATRONS

- No food or beverages are to be brought onto the premises
- Loitering is prohibited on the premises
- Fighting will not be tolerated (as well as abusive language and taunting) and may be cause for ejection or suspension
- Verbal and/or physical abuse of the game officials is prohibited
- Gum chewing, spitting, & tobacco products are prohibited on all playing surfaces
- Each team must provide one coach/parent 18 years or older at each game on the bench
- Any person caught damaging Town & Country property will be held responsible for the damage
- ALL LEAGUES – NO SLIDE-TACKLING (Keepers making saves can slide "In keepers Box")
- No heading for U11 and below
- Team registrations for the league also acknowledge that every coach and every parent have reviewed the Concussion information sheet (posted on T&C website). The referee/ or coach reserves the right to withhold a player from entering / re-entering the game if they believe a player needs treatment. Any player that has a concussion may not play in any soccer league at T&C until they have been fully released by a physician or medical doctor who practices medicine.
- Referee fees are not included in registration fee and are \$10.00 per game, per team

SCHEDULES

- Each team will play six (6) league games
- Team Managers will receive first game time one week in advance
- Schedules will be posted online the day of your first game
- Each game is 40 minutes with a running clock;
 - Each team will have one (1) time out per game lasting 90 seconds. You must be in possession of the ball in order to call a timeout.
- Teams should be ready to play when the previous game is completed. Warm-up time is not guaranteed.

ROSTERS

- Players may play on more than one team but cannot play on more than 2 teams within the same division
- No changes are permitted after a team's second played game
- The completed and signed roster must be on file prior to the second played game
- This age restrictions are to promote safety and fair competition. Violations will be handled seriously and on an individual basis.
- Suspicion of illegal players must be expressed before the completion of the game. Any protest during the game will stop the game but not the clock. Player(s) in question must provide ID or birth certificate within 2 days of the

game in question. If the player in question is in violation and continues to illegally participate, the team will forfeit 1-8 games as determined by management.

EQUIPMENT & UNIFORMS:

IT IS THE COACH / MANAGERS RESPONSIBILITY THAT THEIR PLAYERS ARE PROPERLY EQUIPPED

- All players must wear a shirt (no sleeveless shirts), shorts, socks, and shin guards.
- All teams must have an alternate jersey in case of color conflicts. The home team is responsible to change their jersey in a conflict.
- Jewelry may not be worn by players or by referees. Referees may request a player to remove jewelry before he/she starts play. Exception Medical Alert bracelet and or necklaces.
- All casts must be padded and approved by the referee. Foam must cover hard casts.
- All hard surfaced knee braces must be padded
- Home team must provide a game ball
- Size ball used by each age group: U12 and Under - size 3 or select "Jinga Jr" / U13 and older - size 4 or a select "Jinga"

GENERAL 5v5 RULES

- No offside
- GK can only play the ball by feet or hands for 4 seconds in their own half. If they are in the opponents half, they have no playing restrictions.
- GK cannot drop kick or punt the ball at any time
- GK cannot throw/pass the ball in the air into the opponents half. A free kick will be awarded to the opposing team at midfield.

SUBSTITUTIONS

- Free substitutions are made "on the fly". Players can only enter or leave the game in the substitution areas marked by their respective benches. A player may only enter a game after the player they are replacing has left the field. Failure to do so results in a caution and an indirect free kick is taken from where the ball was situated when the game was stopped to caution the player.

KICK OFF

- Opposing players must give 5 yards until ball is in play

KICK IN

- A ball kicked out over the touch line (side line) by one team becomes the other team's ball. The team kicking in has 4 seconds to get the ball back in play or it becomes opponent's kick in. Defense must give 5 yards distance. The referee will give a visual count with his hand. Players taking kick in can not step into the field while kicking ball back into play. Goals cannot be scored from kick-ins.
- If the ball hits the ceiling, a kick in is taken at the respective top of the center circle

GOAL CLEARANCE

- When the offensive team puts the ball over the end line, the other team gets the ball. The goalie must throw the ball within 4 seconds of retrieving it and put it back into play by throwing it. Opposing team must stay out of penalty area during a goal clearance. If a player on the opposing team touches the ball before it leaves penalty area, GK retakes the throw. The team in possession may receive the ball inside the penalty area.

CORNER KICK

- To be taken inside the corner arc. If there is no arc, kick is taken at the point where goal line and touch line meet (at corner).

FOULS AND MISCONDUCT

- 5v5 is a minimum contact sport. However, some contact may occur, as long as it is done in a legal manner. It cannot be done by play that is careless, reckless, or with excessive force.

SLIDE TACKLING

The GK is allowed to slide in an attempt to clear the ball, if in referees' judgment, the slide is an attempt only to make contact with the ball, not the opponent. If GK slide is at least careless (a foot in air, a hook, rolling tackle) it is a foul and possibly a carded offense.

FOULS RESULTING IN A DIRECT KICK (DFK)

- Kicking or attempting to kick an opponent
- Tripping or attempting to trip an opponent
- Jumping at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackling
- Holding an opponent
- Spits at an opponent
- Handling the ball, except the GK in their own penalty area

INDIRECT FREE KICK (IFK)

- 5 yards of distance from kicker to set up wall and ball is in play after it has been touched. If the kicking team takes more time than 4 seconds to take the kick, it becomes the opposition's indirect kick.

FORFEITED GAMES

- If a team fails to show for a scheduled match, the referee shall allow a 5 minute grace period. After the 5 minutes, if the team has not yet arrived or does not have enough players to field a team (4), the game will be forfeited. The game will be tallied as a 3 to 0 loss for the forfeiting team and a 3 to 0 win for their opponent.
- Teams forfeiting a match will not receive a refund on their registration fee and opposing team will not receive a refund as well.
- When a team can't field a team the team manager should respect the opposing team and referees by calling T&C management and informing them that they can not field a team- at that point and time in advance.

REFEREE'S AUTHORITY:

The referee's authority begins when he/she enters the court of play. The referee is there to promote and enforce the following:

- The rules and regulations of the game
- To avoid whistling a foul if it takes advantage away from the attacking team
- Suspending any games for blatant and obvious infringement of rules
- Suspending any games for unruly spectators
- Stopping play for serious injuries
- To treat players, coaches, and managers with respect
- The referee will make mistakes just as all the players. Continuous dissent will be cause for ejection from the game.

Town and Country is committed to the safety, fairness and fun for all that participate at Town and Country.

EJECTIONS – RED CARDS

- If a player is ejected from a match, a referee's report of the incident shall be turned over to the T&C administrator by the referee.
- The minimum penalty for an ejection is that the player shall not be permitted to play in the immediate next match.
- The maximum penalty, after review by T&C management may result in the individual player/players a longer suspension or teams' expulsion from the league.

COACH EJECTIONS

- If a coach is ejected from any match, a referee's report of the incident shall be turned over to the T&C administrator by the referee.
- The minimum penalty for an ejection is that the coach shall not be permitted to coach or remain on the player's bench in the immediate next match.
- The maximum penalty, after review by T&C management, may result in the individual coach or team's expulsion from the League.

POINT SYSTEM AND TIEBREAKERS

- The determination within the group standings is as follows:
 - 3 points for a win
 - 1 point for a tie
 - 0 points for a loss

- Forfeited games are recorded as a 3 - 0 loss
- Tiebreakers
 1. Total Points
 2. Head-To-Head
 3. Fewest Goals Against