

TOWN & COUNTRY SPORTS COMPLEX

5v5 GENERAL POLICIES & RULES

Revised: 11.28.22



This league is designed for Competitive Divisions (Club/Select & High School Teams) ONLY. All league fees will be due upon online registration by the registration deadline. A completed team roster signed by a parent and/or adult must be on file prior to the second played game. **Please note** - we will not be deviating from the schedule once it has been created. If you have any scheduling requests, these must be included on your application!

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 and/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 SLIDING OR SLIDE TACKLING. Keepers making saves can slide in the “Keepers’ box.”**
- U11 and below - No heading.
- 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 for the St Elizabeth 5v5 Field.

LOCATION:

Game will be played at the main T&C Health Club and Soccer facility, located on the St. Elizabeth 5v5 Field.

GAME RULES & REGULATIONS:

2022-2023 5V5 DAYS OF PLAY:

| <u>5V5 Field # of Players</u> | <u>Birth Year</u> | |
|--------------------------------------|--|---|
| Under 8: 4+Keeper | 2015-2016 | Under 8 Girls: Sunday, Monday, Wednesday, Friday |
| Under 10: 4+Keeper | 2013-2014 | Under 8 Boys: Saturday, Tuesday, Thursday, Friday |
| Under 12: 4+Keeper | 2011-2012 | Under 10 Girls: Sunday, Monday, Wednesday, Friday |
| Under 14: 4+Keeper | 2009-2010 | Under 10 Boys: Saturday, Tuesday, Thursday, Friday |
| Under 16/JV: 4+Keeper | 2007-2009 | Under 12 Girls: Sunday, Monday, Wednesday, Friday |
| High School Varsity: 4+Keeper | 10 th – 12 th Grade ONLY | Under 12 Boys: Saturday, Tuesday, Thursday, Friday |
| Men’s Open: 4+Keeper | 18+ | Under 14 Girls: Sunday, Monday, Wednesday, Friday |
| Men’s 30+: 4+Keeper | 30+ | Under 14 Boys: Saturday, Tuesday, Thursday, Friday |
| Men’s 40+: 4+Keeper | 40+ | Under 16/JV Girls: Sunday, Monday, Wednesday, Friday |
| Women’s Open: 4+Keeper | 18+ | Under 16/JV Boys: Saturday, Tuesday, Thursday, Friday |
| Women’s 30+: 4+Keeper | 30+ | High School Girls: Sunday, Monday, Wednesday, Friday |
| Women’s 40+: 4+Keeper | 40+ | High School Boys: Saturday, Tuesday, Thursday, Friday |

**A Futsal ball will be used as the game ball and will provided by T&C*

**General Youth Indoor Start Times: Youth Weekend Games can start as early as 7:50AM. Youth Weekday Games can start as early as 4:40PM. Start times are subject to change.

**General Adult Indoor Start Times: Adult Weekend Games can start as early as 3:30PM. Adult Weekday Games can start as early as 6:00PM. Start times are subject to change.

GAME DURATION:

- 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.
- **Completed and signed roster must be emailed and on file prior to the second played game.**
 - This can be scanned and/or emailed to sports@tcsportshealth.com
- 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 or tank tops), 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. (Exceptions include 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.

GENERAL 5v5 RULES:

- No offsides.
- GK can only play the ball by feet or hands for 4 seconds in their own half. If they are in the opponent's half, they have no playing restrictions.
- GK cannot drop kick or punt the ball at any time.

SUBSTITUTIONS:

- Free substitutions are made "on the fly." Players can only enter or leave the game near mid-field between each team's 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 (sideline) 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. The referee will give a visual count with his hand. Goals cannot be scored from kick-ins. **Defense must give 5 yards distance on kick-ins. Official has the authority to award a kick taken at the respective top of the center circle for intentional or repeated violations.**
- 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 restart play with a throw within 4 seconds of retrieving 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, corner 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.

FORFEIT/PROTEST PROCEDURE:

- If a team fails to appear at the appointed place within the appointed scheduled grace period for the contest, the offender will be charged with a loss and must pay their half of the ref fee. There is no guarantee that games will be made up due to forfeits. Additionally, any cancellation by a team within 72 hours of the start of the game will constitute a forfeit.
- A team may register a protest by using the following method:
 - Register the protest prior to the completion of the game.
 - Submit a written protest to Town & Country immediately after the game.
 - Include the player's name, phone number (if known), the referee's name, and the team's name in the written protest.
- All rosters will then be verified and checked by the staff within two days of the subject game. The protest must be made at the time of suspected violation.
- A game will be forfeited for the following:
 - Use of illegal players.
 - If a team does not take the field within 5 minutes of scheduled start time.
 - If a team does not have enough players to play.
 - If, in the referee's opinion, the team's behavior on and/or off the field constitutes stoppage of play.
- The judgment of the referee and of management will prevail in all game play protests.

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 & Country is committed to the safety, fairness, and fun for all that participate in our leagues.

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 a 2-game suspension.
- The maximum penalty, after review by T&C management may result in a longer suspension or teams' expulsion from the league.
- **The team receiving the Red Card will play a man down for 2 minutes or until a goal is scored, whichever comes first.**

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:

1. NEW 10 Point System: Standing points shall be awarded as follows:

- 1.1. (6) points for a Win
- 1.2. (3) points for a Tie
- 1.3. (0) points for a Loss
- 1.4. (1) point for Shut-out win
- 1.5. (1) point for a goal (3 point maximum and applicable whether you win or lose)
- 1.6. A maximum of (10) points is possible in any one game
- 1.7. A forfeit shall be scored as 3-0 (10 points)

2. NEW 10 Point System Example:

- Ex. 1: Team A = 4 vs Team B = 2
 - Team A earns 6 points for the win, and 3 points for goals scored (1 point for each goal up to 3 points); TOTAL = 9 Points
 - Team B earns 1 point for each goal scored; TOTAL = 2 Points
- Ex 2: Team A = 9 vs Team B = 0
 - Team A earns 6 points for the win, 3 points for goals scored (1 point for each goal up to 3 points); and 1 point for the shutout; TOTAL = 10 Points
 - Team B earns 0 points

LEAGUE CHAMPS:

The league champion is the team which accumulates the most overall standing points. League Champs may be eligible to receive T-shirts for their team. In order to be eligible as a "League Champion," a completed roster must have been turned in by the team's second game - and the team may not have forfeited any games.

League Champs tie Breaker:

1. Head-to-head
2. Head-to-head most goals scored (this only pertains to games played between the two teams in question)
3. Head-to-head fewest goals allowed (this only pertains to games played between the two teams in question)
4. Fewest goals allowed (total season)