

TOWN & COUNTRY SPORTS COMPLEX INDOOR SOCCER GENERAL POLICIES & RULES

Revised: 11.28.22



This league is designed for Recreational & Competitive (Select/Club) Divisions. 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 our new policy** - 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 or suspension. Verbal and/or physical abuse of the game officials is prohibited.
- Gum chewing, spitting, and tobacco products are prohibited on all playing surfaces.
- All teams ages U19 and under must be accompanied by a responsible adult in the bench area. Only coaches, managers, and players are permitted in the bench area.
- 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.”**
- U12 and below - No heading. A direct free kick will be given to opposing team at the point of the infraction. If headed in the box by a defender, the free kick will take place at the top of the arc.
- Team and individual registrants for the league also acknowledge that every coach and every parent have reviewed the Concussion Information Sheet posted on the 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 practice medicine.
- Indoor game referee fees are not included in team registration fee: \$10.00 per game per team for the large and small field.
 - Indoor referee fees are included for our recreational individual sign-up program.

GAME RULES AND REGULATIONS:

2022-2023 INDOOR DAYS OF PLAY:

<u>Small Field # of Players</u>	<u>Birth Year</u>
Under 4 COED: 5+Keeper	2019-2020
Under 6 COED: 5+Keeper	2017-2018
Under 8: 5+Keeper	2015-2016
Under 10: 5+Keeper	2013-2014
<i>*(U8-U12 Ball Size 4)</i>	
<u>Large Field # of Players</u>	<u>Birth Year</u>
Under 12: 7+Keeper	2011-2012
Under 14: 6+Keeper	2009-2010
Under 16: 6+Keeper	2007-2008

<u>Small Field Days of Play</u>
Under 4 COED: Sunday
Under 6 COED: Saturday
Under 8 Girls: Saturday, Tuesday, Thursday, Friday
Under 8 Boys: Sunday, Monday, Wednesday, Friday
Under 10 Girls: Saturday, Tuesday, Thursday, Friday
Under 10 Boys: Sunday, Monday, Wednesday, Friday
<u>Large Field Days of Play</u>
Under 12 Girls: Saturday, Tuesday, Thursday, Friday
Under 12 Boys: Sunday, Monday, Wednesday, Friday
Under 14 Girls: Saturday, Tuesday, Thursday, Friday
Under 14 Boys: Sunday, Monday, Wednesday, Friday
Under 16 Girls: Saturday, Tuesday, Thursday, Friday
Under 16 Boys: Sunday, Monday, Wednesday, Friday

Men’s Open: 5+Keeper	18+	
Men’s 30+: 6+Keeper	30+	
Coed Open: 6+Keeper	18+	*minimum 3 women on field
Coed 35+: 7+Keeper	35+	*minimum 3 women on field
<i>*(U14-Adult Ball Size 5)</i>		

Men’s Open: Sunday, Monday
Men’s 30+: Tuesday
Coed Open: Wednesday, Thursday
Coed 35+: Friday, Saturday

**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.

DURATION OF THE GAME:

- A regulation game consists of two (2) halves of 22 minutes each. The clock will run continuously. In case of serious injuries, the game may be cancelled. All games must stay on time.
- Teams should be ready to play when the previous game is completed. Warm-up time is not guaranteed. There will be a 5-minute grace period prior to forfeiture of games. This time will be deducted from the game clock. Town & Country’s goal is to keep all games as close to the schedule as possible.

ROSTERS:

- A team may carry up to 18 players.
- 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
- In the open divisions players must be 18 years or older. Town & Country reserves the right to deny permission to play of certain players.
- **Age restrictions include the following:**

- **30+ may have a maximum of 2 players ages 25-29**
- **35+ may have a maximum of 2 players ages 30-34**
- **40+ may have a maximum of 2 players ages 35-39**
- This age restriction is 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.
- Screw-in spikes are not permitted in the facility.
- Molded cleats, turf shoes, and indoor shoes are permitted.
- 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 to this includes medical alert bracelets and/or necklaces).
- All casts must be padded and approved by the referee.
- All hard surfaced knee braces must be padded.
- All teams must provide a game ball.

REFEREE'S AUTHORITY:

The referee's authority begins when he/she enters the field 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.

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.
- Please call 859-442-5800 ASAP as well as send an email to sports@tcsportshealth.com in the event of a conflict.
- Cancelled games will be avoided at all times when possible. In the event of a forfeit or cancelled game:
 - T&C will attempt to have an alternate team play in the forfeiting or cancelling team's place. The result of a forfeited game will be a Win for the non-cancelling team.
 - T&C will have minimal to no available times to reschedule games. There is no guarantee that a cancelled game will be re-played. If the game is not replayed, the non-cancelling team will get a 3-0 Win. No points will otherwise be given to a team filling in for a cancelling or forfeiting team.
- 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 stop of play.
- The judgment of the referee and of management will prevail in all game play protests.

GOALKEEPING:

- Goalkeepers have 6 seconds to release the ball once it is in their possession.
- Goalkeepers cannot use their hands if the ball is played back intentionally from a teammate. If a player passes the ball back to the goalkeeper using his/her head, chest or knee, the goalie can pick up the ball. The goalie can also pick up the ball if a teammate passes it to the goalie by accident. If the goalkeeper should use his/her hands errantly in this situation, this would then result in a free kick at the top of the arch.
- After receiving the ball in the box, the goalkeeper may not go outside the penalty box and bring the ball back into the penalty box and gain possession (with hands). This is also a free kick at the top of the arch.
- Goalkeepers may not punt the ball.
- Restarts for an infraction will be from the top of the arc.

METHODS OF SCORING:

- A goal is scored when the entire ball crosses the goal line into the goal. All goals scored are worth (1) point
- All forfeited games shall be scored 3-0 for standing purposes. If the game has begun and the forfeiting team is losing, the score at the time of the forfeiture stands.

FREE KICKS:

- Player has six (6) seconds to resume play.
- All Kick-offs are indirect. All other restarts are direct.
- The opposing team must be 5 yards, fifteen feet, from the free kick spot.
- Penalty kicks will be taken from the top of the penalty box at the dot.
- All kick in restarts must be within 3 feet from the wall.
- Any ball striking the net, or the ceiling will be out of bounds. The restart will be from where the ball hit the net or ceiling.
- All fouls in the box that do not warrant a penalty kick will be taken from the top of the arch.

- Three-line violations will be taken from the center of the yellow line or top of the half circle on small field.

SUBSTITUTIONS:

- Substitutions may be made at any time. To substitute during play, the player leaving must be within 3 feet of the bench door before the new player can enter the field of play.
- Goal Keepers may be substituted at any stoppage of play.
- Play will be delayed allowing for substitutions for the following occasions:
 - After a goal has been scored.
 - After a time penalty has been assessed.
 - For any injured player.
- Infringement of these rules will result in a 2-minute penalty. Any member of the offending team may serve this 2-minute time penalty. Restarts will occur where the play stopped.

THREE LINES PENALTY:

- A player cannot kick the ball over all three lines (yellow lines & center) without the ball touching another player, the field, the referee, or the walls. This violation results in a free kick to the opposing team from the center of the first yellow line (large field) or top of the half circle (small field).
- The goalkeeper cannot legally throw the ball over all three lines. Violation of this will result in the opposing team getting a free kick from the center of the yellow line or top of the half circle (small field).

PENALTIES & EJECTIONS:

- Fighting will not be tolerated on or off the field. Any person ejected for fighting could be banned from the league or facility based on severity.
- Continuous dissent and badgering of game officials will be grounds for ejection.
- Boarding is prohibited and is an automatic 2-minute penalty.
- Abusive language and taunting will not be tolerated and may be cause for ejection.
- All players ejected are suspended for a minimum of 2 games and must be reinstated prior to playing. **This includes all teams the individual may play on.**
- If a player, coach, or spectator refuses to leave the field and/or facility as deemed necessary by the ref and/or Town & Country staff the game will be recorded as a 0-3 loss for the team that refuses to leave the field and/or facility unless they are winning in which the score when the game is called will stand. However, the ultimate discretion is left to Town & Country Management.
- Coaches, managers, and spectators are subject to the same above rules.

2-minute penalty

- A 2-minute penalty will be given for recurrent or blatant fouls. That team will play short for the entire 2 minutes or until the opposing team scores a goal.

5-minute penalty

- A 5-minute penalty will be given at the referee's discretion depending on the severity of the infraction. The entire 5-minute penalty must be served, even after a goal is scored. Any individual receiving a 5-minute penalty will be ejected and their team may replace them **AFTER** the time penalty has been observed. Recurrent time penalties will be cause for ejection.

COED LEAGUE RULE ADDITIONS:

- No sliding or slide-tackling is permitted. Exception: goalkeeper making a save within the penalty area.
- A minimum of 2 females for 7-a-side must be present for the team to play and a minimum of 3 females for 8-a-side must be present for the team to play. Males will not be permitted to play for missing females.
- A female must touch the ball in the offensive half before the team can score a goal. A team will have touch until the ball crosses mid-field.
- A female must take all restarts in her offensive half of the field.
- Kick off by a female is not a touch.
- A goal may be scored from defensive half if there is no violation of the three-line rule.

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. All 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)