

House Rules for Soccer Leagues



Welcome to The Sports Academy, a professional venue for the amateur athlete and your home for indoor soccer. We have put together the enclosed rules and regulations in order to provide a safe and fun environment for everyone in our community. Please help us to provide a great experience every time you visit The Sports Academy by following these rules and regulations we have provided both on and off the field.

REGISTRATION AND SCHEDULING

Payment - The Sports Academy has specific registration deadlines each session. All teams must pay a \$50 online deposit to be on the schedule. Youth and Adult teams must pay in full online one week prior to their first game in the office or online.

Divisioning - All teams will be placed in divisions based on age and skill level. The Sports Academy reserves the right to promote or relegate a team from one division to another division during or after a session. A player cannot be rostered on two teams in the same division.

Roster/Waiver Forms - Each coach or manager is responsible for completing their team roster in our facility management software before their first game. A maximum of 18 players may be carried per team for all ages. Each player participating in activities at The Sports Academy will need to complete a profile, which is located in our facility management software. This profile will allow you to sign our liability waiver and be placed on your preferred roster. Players who do not have a signed liability waiver cannot participate. Teams who are playing with players not on the roster may forfeit games that the unrostered players have participated in.

Scheduling Requests/Changes - All schedule requests must be made before registration. We do not accept schedule requests or changes through the phone, email or in person. Schedule change requests made after schedules are published are very difficult to accommodate. If a time is not available that is agreeable with both teams and the facility, the team will receive a 6-0 forfeit.

Only the coach or manager is allowed to submit a conflict request or schedule change. Below is a list of items that are acceptable and unacceptable:

- Acceptable:
 - Tournament
 - 2 outdoor games in a day
 - School event affecting half of your team
 - Out of town teams can request double headers. We will then schedule you 6 of the 8 games as double headers
- Unacceptable:

- Outdoor team practice
- 1 outdoor game, please submit the day/time/location and we will schedule around it
- 1 coach missing
- 1-2 players missing for any reason
- Weekends only. Too many other teams will have conflicts making this conflict too difficult.
- Another soccer or sports leagues but not having the schedule yet. If that is the case, that league can schedule around our games
- Multiple weekends for a division that is scheduled on weekends.

SOCCER RULES

Number of Players (number includes the goalkeeper)

- Juniors League 6v6
- Recreational League 7v7
- Competitive League 7v7
- Premier League 7v7
- High School Girls 7v7
- High School Boys 6v6
- 18+ Men's League 6v6
- 30+ Men's League 6v6
- 18+ Coed League 7v7
 - In Coed League, a team must have at least 2 women on the field at all times, but can never have more than 3 males (not including the goalkeeper).

Age Cutoff, Playing Up and Gender

Any team that plays with an illegal player will have to forfeit all games that the illegal player participated. Girls are allowed to play in boys divisions, **EXCEPT** in High School. Girls cannot play in boys divisions in high school leagues. Boys are NOT allowed to play in girls divisions. Players can play 'up' an age group. Players cannot play 'down' with a younger age group, even if you miss it by one day, no exceptions. Players can play in multiple divisions. For example, a player in 2nd grade can play in both a 2nd grade and 3rd grade division. This player cannot play on 2 teams in the same 2nd grade division.

Youth Grade/Age Divisions

JUNIORS LEAGUE is by Grade (players must be in that grade or younger)

- Kindergarten (coed)
- 1st Grade (coed)

RECREATIONAL LEAGUE is by Grade (players must be in that grade or younger)

- 2nd Grade
- 3rd Grade
- 4th Grade
- 5th Grade
- 6th Grade
- 7th/8th Grade

COMPETITIVE/PREMIER LEAGUES are by Birth Year (players must be born in that year or younger)

- 2018 - born in this year or later

- 2017 - born in this year or later
- 2016 - born in this year or later
- 2015 - born in this year or later
- 2014 - born in this year or later
- 2013 - born in this year or later
- 2012 - born in this year or later
- 2011 - born in this year or later

HIGH SCHOOL is by Grade (players must be in that grade or younger)

- Freshmen/Sophomore
- Junior/Senior

ADULT LEAGUES

18+ ADULT LEAGUES

- Players must be 18 years old or older. There are zero exceptions to this rule

30+ MEN'S SOCCER

- Players must be turning 30 in that calendar year or older. Teams may have a goalkeeper who is 25 or older but this player can only play goalkeeper. He cannot play on the field.

Player Sharing for ADULT Leagues

- All players must be rostered on one team, unless in different divisions
- Rosters must be turned in within 15 minutes of the end of your second game
- If your team is running short on players and you need a guest player, please be sure to give the other team the courtesy and ask if they are OK with it
- Guest playing is NOT ALLOWED during playoffs

Player Sharing for YOUTH Leagues

- Player sharing is not allowed in any youth leagues. All players must be on one roster at all times.

ALL PLAYERS ARE RESPONSIBLE TO PLAY IN THEIR OWN DIVISIONS.

- Recreational players are allowed to play in the Competitive/Premier league
- Competitive/Premier league players are not allowed to play in the Recreational league

Minimum Player Requirements - Minimum player requirements to start include:

- 3 + Goalkeeper (Juniors, High School Boys, Men's, O30)
- 4+ Goalkeeper (Recreational, Competitive, High School Girls, Women's O40, Coed)
 - *In Coed, the team must have at least 2 females on the field to start*

The clock will start immediately after the warm-up period. If a team does not have enough players to start after 5 minutes a goal will be awarded to the opposing team. After 10 minutes have gone by, the game will be considered a forfeit.

Length of Game

- Juniors League (2) 12 minute quarters

- Rec and Competitive (2) 24 minute halves
- High School (2) 24 minute halves
- Adult (2) 24 minute halves

Soccer Balls - The home team will be responsible for providing the game balls for each game. Soccer ball size for Juniors League (Kindergarten and 1st Grade) will play with a size 3 soccer ball. Leagues in U8-U12 / 2nd-6th Grade will use a size 4 soccer ball. All teams U13 / 7th Grade and older will be playing with a size 5 soccer ball. If age groups are combined, they will use the larger sized ball, for example, if a 6th/7th grade division is combined, they will use a size 5 ball.

Equipment - All youth players through high school are required to wear shin guards. In adult games, players are encouraged, but not required to wear shin guards.

The team listed as the Home Team on the schedule should wear white and the Visiting Team wear dark. In the event the teams wear the same color, the Visiting Team should change or wear vests that are provided at the TSA Front Desk. You must give your ID to get the vests and receive it back upon return of vests

We encourage and highly recommend players to wear soft studded artificial grass (turf) shoes or molded plastic outdoor cleats when playing on our turf. These types of shoes will grip the rubber pellets for traction and enhance your experience. **ABSOLUTELY NO METAL STUDS OR CLEATS ALLOWED.** We strongly discourage the use of traditional indoor/hard surface/flat soled shoes due to possible loss of traction.

Jewelry and illegal or dangerous equipment of any kind will not be allowed. This includes any headwear unless prescribed. Failure to comply will prevent the participation of that particular player. However, earrings can be covered by band-aids and/or tape. It is the responsibility of the coach and/or manager to make sure that his/her players are properly equipped prior to the game. Any players who do not adhere to the equipment regulations will be asked to leave the field of play immediately to make adjustments.

Head Balls - All leagues U11 / 5th Grade and younger may not intentionally head the ball. A direct free kick will be awarded for the opposing team. If an intentional head ball is in the goal box or arc, the kick will be taken at the top of the key and the opponents may set up a wall at the top of the box (a PK will not be awarded). No cards will be issued for this offense. If a league is merged: U11/12 or 5th/6th Grade, all teams in the league will abide by the No Heading Rule.

Sliding - There is NO SLIDING at The Sports Academy. No slide tackling or sliding for the ball. There is one exception. The exception is that the goalkeeper may slide only while inside his/her own goalkeeper box. If the slide continues outside of the box, a foul will be called.

Substitution Opportunities - Teams may choose to substitute either on the fly or at guaranteed substitution opportunities. The following is a list of substitution opportunities divided between youth and adult. A “yes” indicates that the substitution opportunity is guaranteed.

Opportunity	Youth	Adult
● After a goal is scored	Yes	Yes
● After a penalty is issued	Yes	Yes
● After the clock is stopped for injury	Yes	Yes
● Ball out of bounds on side	Yes	No
● Ball out of bounds on end	Yes	No
● Ball hits ceiling infrastructure	Yes	No
● Prior to start of second half	Yes	Yes

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|-----------------------------------|-----|-----|
| • Any unusual stoppage by referee | Yes | Yes |
| • Free kicks | No | No |

All free kicks must be substituted on the fly. This applies to fouls, out of bounds violations, etc. A substitute cannot play the ball until the player he/she is substituting for is within the 3-foot dashed line in front of his player's bench. If either of these players play the ball prior to when the substitution has been made, it will result in a 2-minute bench penalty to be served by the player that was determined to be the additional player on the field.

Goalkeepers may be substituted on the fly, provided the referee has been notified and he/she is wearing a jersey that is a different color from his or her teammates. Additionally, the substitution of a goalkeeper must also comply with the standard substitution rules for all field players.

Free Kicks -All free kicks at The Sports Academy are direct, which means a goal can be scored directly from any kick, including the opening kick-off and a goal kick. All free kicks and kicking situations that do not involve guaranteed substitutions, must be put back into play in 5 seconds. If teams do not play the ball within 5 seconds, the ball will be given to the opposing team. All set walls on free kicks must give 15 feet (5 yards), in which case they have to wait for a second whistle to take the kick. Otherwise, teams do not have to wait for a whistle on a free kick if a guaranteed substitution has not taken place.

Restarts - The following list explains the restart situations at The Sports Academy:

- Ball goes out of bounds on the sidelines = ball is placed on black line nearest to where the ball went out
- Ball hits ceiling = ball is placed on the dot nearest to where the ball was played
- End line off defender = corner kick spot
- End line off offensive player = ball is played as a goal kick from the ground
- After a goal is scored = center dot
- Any infraction that would normally result in an indirect free kick (dangerous play, obstruction) = top of the arc

Inside the Goal Box and Arc - The goalkeeper has hands in the box and arc. Fouls inside the arc are taken at top of arc. Walls are permitted. Fouls inside the box: if foul was direct (handball, tripping, etc.) then the penalty kick will be taken at the penalty kick dot. If the foul was indirect (dangerous play, obstruction, etc.) the restart will be taken at the top of the arc.

Goalkeeper Restrictions

- The goalkeeper does not have hands on a pass back from their teammate's feet. A violation of this rule will result in a free kick at the top of the penalty box arc.
- The goalkeeper is allowed to win the ball with their feet outside the penalty area and bring it back into the penalty area and pick it up with his or her hands. The goalkeeper cannot, however, reach outside of the penalty box and pick the ball up with his or her hands, even if the rest of his or her body is inside the box. The result is a handball (which is determined based on the position of the ball) and a free kick will be given at the spot outside the penalty box where the goalkeeper touched the ball.
- Goalkeepers have 5 seconds to distribute the ball after making a save. This means 5 seconds after the goalkeeper has the ball in his or her complete possession. A violation of this rule will result in a free kick at the top of the penalty box arc.
- For Juniors (K-1st Grade) and Recreational (2nd-5th Grade), goalies are allowed to dropkick the ball (ball must bounce at least once), no punting.
- The remaining leagues (not posted above) **is not** allowed to dropkick or punt the ball. The goalkeeper must distribute the ball with his or her hands (throw or roll). A violation will result in a free kick at the top of the penalty box.
- There will be no 3 line violations. A goalkeeper may throw the ball over 3 lines and score a goal if the ball goes directly into the net.

- No time penalty will be assessed for a goalkeeper kicking a ball over the perimeter wall when making a save. However, a 2-minute time penalty will be assessed for goalkeepers who intentionally kick the ball into the ceiling, walls, or netting.
- Goalkeepers do not have to serve their own time penalties, with the exception of red card violations. Otherwise, a teammate can be chosen to serve the time penalty. The penalty however, will be charged to the goalkeeper and not the player serving the penalty.

Player Bench Area

- Only players, coaches, and managers that are listed on the team's roster are allowed in the player's bench area. A maximum of 3 coaches/managers are allowed on the bench. Spectators are not allowed on the bench.
- In high school and adult leagues, injured players and non-dressed players are not allowed on the bench. Refusal to do so may result in a 2-minute bench penalty.
- No food, gum, or soda is allowed in the bench area.
- **No alcohol is allowed in the bench area.** Failure to do so will result in a time penalty and possible expulsion from the building.

Scoring and Posting Scores Online - All goals will be counted as 1 point. A maximum goal differential of 6 will be posted online. The winning coach must verify the score and sign the scoresheet. If there is a tie, both teams must sign the scoresheet.

Sportsmanship Rule - If a team is losing by 6 or more goals, that team may add (1) player to the field if they wish to do so. They can continue with the extra player until the score gets within 4 goals. Along with this rule, the winning coach should consider any or all of the following to help level the competition:

- Take a player off of the field
- Give your better players less play time
- Play defenders at forward
- Play weak foot only
- Keep your goalkeeper in his/her box
- On their goalkeeper possession, require your players to sprint to the center circle before defending
- We do not ask for you to connect 10+ passes or score with your head only as that is just as demeaning as scoring 20 goals

Team Records

- 3 points for a win (only a 6 goal differential will be posted on the website)
- 1 point for a tie
- 0 points for a loss
- Forfeits will be scored 6-0
- Tie breakers to determine division winners:
 - Winner of game between the two tied teams (will not be used if more than 2 teams are tied.)
 - Goal Differential in games between the two tied teams (will not be used if more than 2 teams are tied.)
 - Goal Differential (6 goal max difference per game)
 - Least amount of goals allowed
 - Most goals scored
 - Coin flip
 - *If there is an odd number of games due to an odd number of teams, Win Percentage (WP) will be used. If there is a tie, the above Tie Breakers apply.

REFEREES

Referee Responsibility - The Sports Academy will be using a single referee for all games, besides High School. The Sports Academy will be using two referees for High School games. Referee's will have the sole discretion of enforcing the rules of the game to the best of their abilities and do their best to provide a safe, fair, and enjoyable environment for all participants and fan. We ask that all coaches, players, and fans give the referees the same respect that you would want to be given if you or your child were in their position. The referees will work the scoreboard during the game. Should a team have a reasonable problem with a referee, it can be reported in the office in our Referee Feedback form, or an email can be sent to info@thesportsacademy.net. You may request a phone call or email in return.

Protests and Birth Certificates - Teams may file a protest regarding player's eligibility only. Protests will not be accepted regarding a referee's call. Should a team want to protest over eligibility, the protest must be made no later than one hour after the completion of the game in question. Should the team win the protest; the team will be awarded the win. If the protest is lost the score will stand.

Birth Certificates are not required during the registration process. However, The Sports Academy reserves the right to ask to view any player or team's birth certificate at any time. Upon request, the player or team in question will have 72 hours to bring a copy to TSA or email a copy of the birth certificate(s). A coach can ask to view a player and/or team's birth certificates only by following the process of the above Protest Rules.

Forfeit Rules - In the event your team will not be able to field a team for a scheduled game, you must notify The Sports Academy at least 72 hours in advance. Forfeiting teams failing to provide advance notice will be charged a \$50 fee. A second violation of this rule will result in removal from the league without a refund. The Sports Academy may disallow any team who breaks this rule from participating in future leagues. Please be courteous to your opponent and contact us if you will not be able to field a team on a specific date.

Blue and Red Cards and Team Fouls

FREE KICK

- Will be awarded for kicking, tripping, jumping at a player, holding, pushing, charging violently, striking, spitting, slide-tackling or boarding an opponent.

BLUE CARD

- May be issued if any of the above offenses are deemed by the referee to be careless, reckless or involves excessive force. The team plays shorthanded for two minutes. The player can come out of the penalty box if a goal is scored by the team on the power play prior to the expiration of the two minutes.
- May be issued for Unsportsmanlike Behavior or Dissent
- 3 Blues = Red

RED CARD

- This can be received from vicious or extremely dangerous play, foul language directed towards the referee or another player, along with additional infractions of the game. The player is ejected from the game and the team plays short-handed for a full 5 minute time penalty. This player must leave the facility. If the other team scores, the team remains short-handed for the full 4 minutes.

Time Penalties

- All penalized players must report to the penalty box and remain there until the penalty is served.
- The time for the penalty will start when the game has been legally restarted.
- A player serving a 2-minute penalty shall return to the field of play at the time a goal has been scored against the player's team, if playing shorthanded. If an equal amount of players from both teams are in the penalty box, no one will be allowed to return to the field until the teams are at equal strength.
- A player serving a 4-minute penalty for an ejected player may return to the field of play at the end of the full 4 minutes. All 4-minute time penalties must be served completely, no matter how many goals are scored.

- A player may receive more than one 2-minute time penalty at one time. For example, a player heading to the penalty box dissents and receives additional 2-minutes. If a goal is scored against his team in the initial 2-minutes, that player may not return to the field. That player's second 2-minute penalty begins at the time the game has been restarted and only in the affect that his team is playing shorthanded.
- On a penalty kick, the player may return to the field immediately after a goal has been scored.
- If a team is playing with two players short and a third player is sent to the penalty box, the third player's time shall not begin until the first players time has elapsed. When the first player's penalty has elapsed, he must wait until play has stopped to return to his bench, as his team will remain two players short until the second time penalty has expired.
- Any player receiving three 2-minute penalties, in the same game, will be automatically ejected from that game.

Coach/Player Ejections

Referees have the right to eject a coach or a player from a game for continual disobedience or as a result of an incident that warrants sending off. The ejected coach or player will be suspended for the remainder of that match and the following match. This person must leave the facility immediately and cannot be in the facility during the next match. The game will continue. The team must play short-handed for a full 4 minutes, regardless of whether or not a goal is scored.

A multi-game or amount-of-time suspension may be given, depending on the severity of the offense.

If a player or coach receives a red card, and this player or coach is on the roster for another team who plays on the same day, this player or coach is not eligible to play or coach for another team on the same day. This player or coach must also sit out the one game suspension with the team he/she received the red card with.

Any player or coach receiving a red card or suspension for fighting, retaliation, and leaving the bench to enter a fight, can be suspended for the remainder of the session or longer. Should these incidents occur in the final game of the session, that player can be suspended for the following session. When a person is suspended, they are not allowed in the facility. If he or she is seen in the facility, the police will be called and charges will be pressed.

TERMINATION OF GAMES AND POINT SYSTEM

- Games are to be called tightly and cards issued immediately for excessive aggression or dirty play
- Using a Point System of (6). If a team accumulates (6) points, the game will be terminated and the team will receive a 6-0 forfeit.
- Blue Card = 1 point
- Red Card = 3 points

If a team forfeits twice due to this Point System, that team will be removed from the league and not receive a refund.

Bench Penalties - Bench penalties involve misconduct from teams (coaches, managers, players, and spectators), delay of game, illegal substitutions, and too many players on the field. A violation will result in a 2-minute time penalty to be served by any player on the bench, unless a specified player is determined guilty by the referee (as in the case of too many players on the field).

Penalty Box - All players receiving time penalties must serve them in the penalty box. They cannot leave the box until directed to do so by the referee.

ADULT LEAGUES

Playoff Game Ties (adult leagues only) - Play-off games that the teams are tied at the end of regulation, teams will remove one player from the field (if coed, player removed can be male or female) and play a 3 minute sudden death match

(first goal wins). If the match is still tied, the teams must remove another player from the field and play for another 3 minutes (if coed, the opposite gender must be removed next). This will repeat until there are only 3 field players plus the goalkeeper. At this time, the game will continue until there is a winner.

Time-Outs - Only in adult league games, each team is entitled to one (1) timeout per game. To call a time-out, there must be a stoppage in play or your goalkeeper must have possession in his/her box.

Co-Ed Rules (adults leagues only)

- Each team must have at least 2 women on the field at all times, but can never have more than 3 males (not including the goalkeeper).
- The gender of the goalkeeper does not matter.
- A female must take all restarts in the offensive half of play.
- Anyone can take restarts in the defensive half of play.
- If a team is short female players, the team must play shorthanded (ex. 3 males and 2 females, another male cannot be substituted)

HIGH SCHOOL LEAGUES

Coaching High School Teams - For all High School games, an adult from that team age 30 or over must be on the bench at all times. If an adult is not on the bench at the start time of the game, the opponent will receive one goal and the clock will start. When the clock hits 18:00 if there is not an adult on the bench then that team will forfeit with a score of 6-0. The forfeiting team must leave the field. The other team may stay and practice. The referee will not stay on the field. There are no exceptions. Teams will also not be allowed to wear any cut-off shirts to play their game. They must wear regular shirts to play. If not, the team will forfeit with a score of 6-0.

High School Bench – a maximum of 3 coaches are allowed on the bench. Injured players and spectators are not allowed on the bench and a 2 minute penalty will be called for the infraction.

Point System for Blue and Red Cards – be sure to read this section above.

Referees are instructed to call games tighter in this division. We will have a 2 ref system in these games

Players must provide a valid ID before every game since The Sports Academy will verify the roster before every game. The ID can consist of a school ID, driver's license, or birth certificate. If a player does not bring a valid ID, he/she will not be able to play.

FACILITY/OTHER

- Spitting on the carpet will result in an automatic 2-minute penalty.
- Slamming any door will result in an automatic 2-minute penalty.
- Verbal abuse of referees or staff by managers, coaches, players, or fans will not be tolerated. Red cards will be given to players and coaches and fans will be forced to leave the facility.
- There are no off-sides in any indoor league.
- The Sports Academy is a non-smoking facility. Anyone that is caught smoking within the building will be asked to leave. This includes e-cigarettes.
- Gum on the floors of the building and field are destructive to our facility. There is no gum allowed in the building and will result in an automatic 2-minute time penalty. Please advise your teams.
- The Sports Academy is not responsible for lost or stolen items. There is a lost and found box available at the front desk.

- No outside food or drinks are allowed into the facility without prior arrangements with management. We provide a full service bar and concession stand for this reason.
- There are other rule sheets for Juniors, 3v3, Tournaments and Flag Football.