

# House Rules for Soccer Leagues



Welcome to **The Sports Academy** — your home for indoor soccer. These rules ensure a safe, fair, and fun environment for everyone in our community, on and off the field.

# League Formats & Player Count

## Number of Players (numbers include 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

## Division Setup

- U7: 8/1/2019 - 7/31/2020
- U8: 8/1/2018 - 7/31/2019
- U9: 8/1/2017 - 7/31/2018
- U10: 8/1/2016 - 7/31/2017
- U11: 8/1/2015 - 7/31/2016
- U12: 8/1/2014 - 7/31/2015
- U13: 8/1/2013 - 7/31/2014
- U14: 8/1/2012 - 7/31/2013

## Key Player Rules

- Girls may play in boys divisions **except in High School**
- Boys **cannot** play in girls divisions
- Players may play **up** an age group, never down
- Coed: minimum **2 women** on field; max **3 males** (excl. GK)
- Illegal players = **automatic forfeit** of all games participated

# Registration & Scheduling

## Payment

- **\$50 online deposit** required to secure a spot.
  - Youth - full payment due prior to first game
  - Adult - full payment due by your fourth game

## Divisioning

- Teams placed by age and skill. TSA may promote or relegate teams. A player **cannot be on two teams in the same division.**

## Roster & Waivers

- Max **18 players** per team. All players must complete a profile and sign the liability waiver. Unrostered players may cause forfeiture.

## Schedule Changes

- Requests must be made **before registration**. Only coach/manager may submit. If no agreeable time is found, team receives a **6-0 forfeit.**

# Youth & Adult Age Divisions

## Youth Leagues

- **Juniors** (by grade): K–1st Grade
- **Recreational** (by grade): 2nd–8th Grade
- **Competitive / Premier** (by age): U8-U14
- **High School** (by grade): Fresh/Soph & Jr/Sr

## Adult Leagues

- **18+ Leagues:** Must be 18 or older — zero exceptions
- **30+ Men's:** Must turn 30 in that calendar year. GK may be 25+ but can only play GK.

📋 **Youth:** No player sharing allowed — all players on one roster. **Adult:** Guest players allowed with opponent's consent; **not allowed in playoffs.**

# Game Rules: Equipment & Basics

## Game Length

- K/1st Grade: **2 × 12-min quarters**
- 2nd Grade/U8 and older: **2 × 24-min halves**

## Soccer Balls

- Size 3 (K–1st), Size 4 (2nd/U8–6th/U12), Size 5 (7th/U13 and older).
- Combined groups use the **larger** ball.

## Equipment

- Shin guards **required** for youth/high school.
- Home = white, Visitor = dark.
- **No metal studs.** Turf shoes recommended.

## Key Prohibitions

- No heading 5th Grade/U11 & under.
- No sliding (GK exception in box only).
- No jewelry.

# Game Rules: Out of Bounds and Restarts

| <i>Description of foul or out of bounds</i> | <i>Where free kick is taken</i> |
|---------------------------------------------|---------------------------------|
| Ball hits ceiling                           | Nearest red dot from kick       |
| Indirect fouls in box or arc                | Top of arc                      |
| Direct fouls in arc                         | Top of arc                      |
| Direct foul in box                          | Penalty kick spot               |
| Sideline out                                | Nearest black line              |
| End line off defender                       | Corner kick                     |
| End line off offense                        | Goal kick                       |
| After goal                                  | Center dot                      |

All free kicks are **direct**. Must play within **5 seconds**. Walls must give **15 feet**.

# Goalkeeper Rules & Substitutions

## Goalkeeper Rules

- No hands on teammate foot pass-back
- **5 seconds** to distribute after save
- No punting (Juniors/Rec may punt)
- No 3-line violations

## Substitution Opportunities

| Opportunity        | Youth | Adult |
|--------------------|-------|-------|
| After goal         | Yes   | Yes   |
| After penalty      | Yes   | Yes   |
| Injury stoppage    | Yes   | Yes   |
| Ball out of bounds | Yes   | No    |
| Start of 2nd half  | Yes   | Yes   |
| Free kicks         | No    | No    |

# Cards, Penalties & Point System

## Card System

- Free Kick awarded for kicking, tripping, holding, pushing, slide-tackling

## Blue Card

- Careless/reckless play or unsportsmanlike conduct
- 2-minute penalty

## Red Card

- Vicious play or foul language, player ejected, team short-handed
- 5-minute penalty

## Point System

- Blue Card = 1 Point - 2-minute penalty
- Red Card = 3 points - ejection + 5-minute penalty
- 3 Blues = Red; 3 Blues in one game = ejection

## Penalties

- Coach/player ejection = suspended for remainder + next match
- Accumulate 6 points = game terminated, 6-0 forfeit
- Two forfeits from point system = removed from league, no refund

## Bench

- Bench penalties (misconduct, illegal subs, too many players) = 2-min penalty. No alcohol on bench — results in time penalty and possible expulsion.

# Scoring, Standings & Sportsmanship

3

Points for a Win

1

Point for a Tie

6

Max Goal Differential

Posted online; forfeits scored 6–0

**Sportsmanship Rule:** If losing by 6+ goals, a team may add 1 player until within 4 goals. Winning coaches should consider reducing playtime, swapping positions, or keeping GK in box.

**Tiebreakers:** Head-to-head → Goal differential (between tied teams) → Overall goal differential → Least goals allowed → Most goals scored → Coin flip.

# Referees, Protests & Forfeits

## Referee Responsibility

- Single ref for most games; **two refs for High School**. Referees have sole discretion. Report concerns via Referee Feedback form or [info@thesportsacademy.net](mailto:info@thesportsacademy.net).

## Protests

- Eligibility protests only — filed within **1 hour** of game end. Birth certificates may be requested; **72 hours** to produce.

## Forfeit Rules

- Notify TSA at least **72 hours** in advance or incur a **\$50 fee**. Second violation = removal from league, no refund.

# Adult Leagues

## Co-Ed (Adult)

- Min **2 women** on field; max **3 males** (excl. GK). Females must take all offensive-half restarts. Short on females = play shorthanded.

## Adult Playoff Ties

- Tied at end of regulation → remove 1 player, play **3-min sudden death**. Continue removing players until 3 field players + GK remain.

## Time-Outs

- **1 timeout per game**. Must have stoppage in play or GK possession.

# Facility Rules

## Conduct

- No verbal abuse of refs/staff.
- No spitting, gum, or slamming doors — each results in automatic **2-min penalty**.
- Non-smoking facility (incl. e-cigarettes).

## Food & Belongings

- No outside food/drinks without prior management approval.
- TSA is not responsible for lost/stolen items — lost & found at front desk.

## High School Specific

- ONLY active players and APPROVED coaches (club or 30+) allowed on bench
- Non-compliance by start of game = blue card
- Valid ID required every game.
- Max 3 coaches on bench.
- Players are not allowed to wear cutoff shirts.

## No Off-Sides

- There are **no off-sides** in any indoor league.
- Additional rule sheets available for Juniors, 3v3, Tournaments, and Flag Football.

# Facility Rules (continued)

## Recruiting

- We strongly disapprove of the recruitment or contacting of players on other teams while at our facility. Player recruitment creates an environment of insecurity and resentment, which is counter to TSA's goal of providing a fun, safe, and competitive environment for these players to enhance his/her skill set. **Any team or coach found to be in violation of this non-recruitment rule may be removed from all remaining league games at the discretion of TSA Management.**