

Tri-City United

Adult Recreational League Laws





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League Laws

- **LAW 1 – Field of Play**
 1. Games are played on a regulation 5v5 field.
 2. Game locations:
 - TCU Indoor Turf.

- **LAW 2 – The Ball**
 1. All games are played with a FIFA approved size five (5) ball.

- **LAW 3 – Players**
 1. To be eligible to participate, players must be 18 years of age or older on the first day of the season.
 2. To be eligible to play, the player must be listed on the official team roster.
 3. All games are played in 5v5 format (4 field players + a goalkeeper).
 4. Teams may share players if a team is missing players and does not have enough to field 4 players.
 5. Rosters are maxed out at 10 players. Players can be added to a team roster up to 12 noon on the day of the third game of the season. After this time, rosters are locked, and no other players will be added.
 6. Substitutions are unlimited; Refs must be notified prior to the new player entering the field. In case of injury, the ref may stop play until an injured player can be moved from the field of play.

- **LAW 4 – Players' Equipment**
 1. Shin-guards are required and must be covered by socks.
 2. Players are required to wear TCU Recreational reversible jersey.
 3. Jewelry of any kind is prohibited. This includes bracelets, necklaces, earrings, and similar accessories. Watches must be removed.

- **LAW 5 – Referees and Assistant Referees**
 1. One referee will oversee management of each game. There are no assistant referees. Decisions made by the referees are **FINAL**.

- **LAW 6 – Duration of the Match**
 1. Games are 50 minutes with two 25-minute halves and a 5-minute halftime.
NOTE: Game length may vary depending on how teams are formed and the number of players registered.
 2. In case of any serious injuries with a lengthy delay, the clock will be stopped to address the player.

- **LAW 7- Ball In and Out of Play**
 1. The ball is considered out of play if:
 - It completely crosses over the touch line or goal line.
 - If it strikes any object hanging from the ceiling.
 - If the referee signals an offense or infraction.



- **LAW 8 – Start and Restart of play**

1. Kick-off:

- The away team will kick off to start the game. The home team will kick off to start the second half.
- All players, except the player taking the kick-off, must be on their own half of the pitch.
- The ball is in play when it is kicked and clearly moves.
- A goal may be scored directly against the opponents from the kick-off; if the ball directly enters the kicker's goal, a corner kick is awarded to the opponents.

2. Ball is out of play when:

- when it completely crosses over the goal line or touchline on the floor or in the air.
- play has been stopped by the referees.
- it hits the ceiling or any object hanging from it. In this case, play is restarted with a kick-in to the team with last possession of the ball from the touch line closest to where the ball hits the object.
- when it touches a match official. In this case, play is restarted with a dropped ball to the team with last possession of the ball.

3. The Kick-in: A kick-in is awarded to the opponents of the player who last touched the ball when it completely crosses over the touch line. The ball is in play when it is kicked and it clearly moves.

At the moment of delivering the ball:

- The ball must be stationary.
- All opponents must stand at least 3 feet from where the kick-in is to be taken.
- A goal cannot be scored from a kick-in.
- If the ball enters the opponent's goal or the kicker's goal without touching another player, a goal clearance is awarded.

4. Goal Clearance: A goal clearance is awarded when the ball completely crosses over the goal line on the floor or in the air, and it last touches a player on the attacking team. To restart play, the ball is thrown or released from any point within the penalty area by the goalkeeper.

- The ball is in play when it is thrown or released and clearly moves.
- Opponents must be outside the penalty area until the ball is in play.
- Goalkeepers cannot throw the ball over the halfway line. If it goes over the halfway line untouched or doesn't bounce before the halfway line, it is an indirect free kick for the other team on the halfway line.
- If the ball touches the wires above the goal line, possession will be awarded to the other team, and restart of play will be a goal kick/corner.
- If the ball touches the wires above the touch line, possession will be awarded to the other team and restart of play will be a throw in.
- If the ball touches the lights/dome wall/ceiling, possession will be awarded to the other team, and restart of play will be a throw-in on the side closest to where the contact occurred.

- **LAW 9 – Scoring**

1. A goal is scored when the ball completely crosses over the goal line, between the two goal posts and under the crossbar. A goal may be scored directly from a kickoff, corner



kick, or direct free kick. A goal may not be scored directly from a kick-in or an indirect free kick.

- **LAW 10 – Offside**

1. The offside rule is not in effect for this league.

- **LAW 11 – Fouls and Misconduct**

1. **Direct Free Kick**: A direct free kick is awarded to the opposing team if a player commits any of the following offenses: Holds an opponent, handles the ball, slide tackles an opponent, kicks an opponent, trips an opponent, jumps at an opponent, charges an opponent, strikes, or attempts to strike an opponent, or pushes an opponent.
 - A direct free kick is taken from the spot on the field where the offense occurred. Opposing players 8 yards away from the spot of the free kick.
2. **Indirect Free Kick**: An indirect free kick will be awarded to the opposing team if:
 - The goalkeeper receives a ball with their hands after a teammate intentionally played the ball to them with their feet.
 - Sliding on the field of play for any reason.
 - If the goalkeeper handles the ball for longer than 8 seconds before distributing the ball, a corner kick will be awarded to the opposing team.
 - If the goalkeeper punts or dropkicks the ball.
 - A player plays in a dangerous manner, obstructs an opponent, or prevents the goalkeeper from releasing the ball.
 - Indirect free kicks are taken from the spot on the field where the offense occurred. All opposing players must remain at least 8 yards away from the spot of the free kick.
3. **Hand Ball**: Not every touch of a player's hand/arm with the ball is a hand ball offence. It is a direct-free-kick offence if a player:
 - Deliberately touches the ball with their hand/arm, for example moving the hand/arm towards the ball.
 - Touches the ball with their hand/arm when it has made their body unnaturally bigger. A player is considered to have made their body unnaturally bigger when the position of their hand/arm is not a consequence of, or justifiable by, the player's body movement for that specific situation. By having their hand/arm in such a position, the player takes a risk of their hand/arm being hit by the ball and being penalized.
4. **Slide Tackling**: Slide tackling is not allowed for any reason. Any form of sliding will result in a direct free kick from where the offence occurred.
NOTE: Goalkeepers may attempt a save with a slide inside their own goalbox. If a goalkeeper slides outside their goalbox, the opposing team will be awarded a direct free kick from where the offence occurred.
5. **Disciplinary Action**: The referees have the authority to take disciplinary action from entering the pitch for the pre-match inspection until leaving the pitch after the match ends.
6. **Cautionable offences**: A player is cautioned if guilty of:
 - delaying the restart of play
 - dissent by word or action



- entering or leaving the pitch without the referees' permission or in contravention of the substitution procedure
 - failing to respect the required distance when play is restarted with a dropped ball, corner kick, free kick or kick-in
 - persistent offences (no specific number or pattern of offences constitutes "persistent")
 - commits a direct-free-kick offence in a reckless manner
 - handles the ball to interfere with or stop a promising attack
 - denies an opponent an obvious goalscoring opportunity by committing an offence
 - shows a lack of respect for the game
 - deliberately moves or overturns the goal (without denying the opposing team a goal or an obvious goalscoring opportunity)
unsporting behavior
7. Sending-off offences: A player who commits any of the following offences is sent off:
- denying the opposing team a goal or an obvious goal scoring opportunity by a handball offence (except a goalkeeper within their own penalty area) or by deliberately moving or overturning the goal, such as when this prevents the ball from passing over the goal line
 - denying a goal or an obvious goal scoring opportunity, provided that the goal is unguarded by the defending goalkeeper, to an opponent whose overall movement is towards the offender's goal through an offence punishable with a free kick
 - serious foul play
 - biting or spitting at someone
 - violent conduct
 - using offensive, insulting or abusive language and/or action(s) towards players, referees, and spectators
 - receiving a second caution in the same match
- A player or substitute who has been sent off must leave the vicinity of the pitch and the technical area.
8. **Players who received 3 yellow cards during the course of one season will IMMEDIATELY serve a one game suspension. If the player gets their 3rd yellow card in match week 6, they will miss the last match. If it is on the last game of the season, the suspension will be carried out on the first game of the next season. NO EXCEPTIONS.**
9. A first-time red card offense will result in the player being removed from the current game and will serve a minimum of a 1-game suspension.
10. A second red card offense in the same season will result in the player being removed from the league. Red cards are tracked during the season and over the course of all Tri-City United adult leagues throughout the year. Suspension carries over from league-to-league meaning that player is ineligible to play in any league while suspension is being served.
11. All red card incidents will be reviewed by the league director and club leadership, and additional suspension may be determined based on review of such incident.
12. Team captains may be asked to assist escorting their red-carded teammates out of the facility if they are not cooperating. Play may be halted until said player leaves.



- **LAW 12 – Penalty Kicks**

A penalty kick is awarded if a defending player commits a direct free kick offence, as outlined in Law 11 – Fouls and Misconduct, inside their penalty area. The player taking the penalty kick must be clearly identified. Players other than the kicker and goalkeeper must be:

- on the pitch
- 5ft away from the penalty mark
- behind the penalty mark
- outside the penalty area.

The player taking the penalty kick must kick the ball forward; back-heeling is permitted provided the ball moves forward. The ball is in play when it is kicked forward and clearly moves. The kicker must not play the ball again until it has touched another player.

When the ball is kicked, the defending goalkeeper must have at least part of one foot touching, in line with or behind the goal line.

- **LAW 13 – Disciplinary Matters**

1. TC United holds the power to handle disciplinary matters for violations of the League Laws and misconduct by any team, player or official as it sees fit, including contacting law enforcement.
2. Any abusive or threatening behavior towards another player, coach, fan, referee, or administrator will not be tolerated. Any player found guilty of this will face disciplinary action, which may include removal of the game and future permanent suspension.
3. Fighting will not be tolerated. Any teams or players involved in a fight will be removed from the current league and any future leagues.
4. Verbal and physical abuse will not be tolerated towards other players, game officials or members of TCU staff. If a player violates this law, he/she will be removed from the current league and not allowed to register for future leagues.
5. All offenses for which a player is ejected shall result in being removed from the game and a minimum of one game suspension.

NOTE: If a player receives a red card, their team must play with one less player for 5 minutes. After this period, the team may substitute in a player of either gender back onto the field during a stoppage in play, with the referee's approval.

League Policies

- **Game Time Check-in**

1. TCU staff will check in players each week by name and team.

- **Fines**

1. The following fines will be issued for violations, offenses, and misconduct:
 - Red card violations fines are:
 - First red card: \$20
 - Second red card: \$40
 - Third red card: \$100



- Yellow card violations:
 - Five yellow cards in one season - \$30.
 - 2. Player(s) who cause the official to terminate the game before it is completed - \$100.
 - 3. Fighting (each player) - \$100.
 - 4. Payment of a fine is due 24hrs prior to the next scheduled game. If not paid, the player will not be eligible to play until payment is made. If payment is not made within 14 days from the day it was issued, the offending player will not be removed from the team roster and not be allowed enter the facilities.
 - 5. If a fine is issued in the last week of the season, and not settled within 14 days, it will be enforced in the players' registration for the following season.
- **Referee and Game Procedures**
 1. All qualified referees will be assigned to do games by an appointed referee scheduler.
 2. Referee judgments are final and cannot be protested.
 3. Referees' authority begins when they enter the area of play and will end leave the area of play.
 4. Referees shall have the power to suspend or terminate the game at any time for any infringement of the laws or interference by spectators, or any other situation judged by the referee.
 5. If a team forfeits their game for any reason, the score will be recorded as a 7-0 loss.
 - **Code of Conduct**

As defined by the United States Soccer Federation Policy Manual page 42:

(3): (a): (i): Referee assault is an intentional act of physical violence at or upon a referee. (ii) For purposes of this policy, "intentional act" shall mean an act intended to bring about a result which will invade the interests of another in a way that is socially unacceptable, unintended consequences of the act are irrelevant. (b) Assault includes, but not limited to the following acts committed upon a referee: hitting, kicking, punching, choking, spitting on, grabbing, or bodily running into a referee; head butting, the act of kicking or throwing any object at a referee that could inflict injury; damaging the referees' uniform or personal property, i.e., car, equipment, etc.

(4): (a): (i): Referee abuse is a verbal statement or physical act not resulting in bodily contact which implies or threatens physical harm to a referee or the referees' property or equipment. (b): Abuse includes, but is not limited to, the following acts committed upon a referee: using foul language towards the referee that implies or threatens physical harm; spewing any beverage on referees' personal; or spitting (even if not on) the referee.

 1. Violent Conduct: Verbal and physical assault towards other players, game officials or members of TCU staff will be treated as violent conduct, and anyone found guilty will be removed from the facilities.
 2. Verbal Abuse: Players shall not use foul language when speaking to spectators, referees, other players and TCU staff. Players found guilty of verbal abuse will be removed from the game and face possible suspension.
 3. Players who are found guilty of violating the code of conduct will be removed from the game, the facilities and be permanently suspended from the league. NO EXCEPTIONS.



4. Drug Free Environment: Any player under the influence of drugs or alcohol will not be allowed to play. Absolutely no alcohol, illegal drugs, or tobacco allowed in the facility.