Bridgewater Sports Complex

2026-2027 Information, Policies and Rules

League Information

Session Format: All Fall/Winter leagues play indoor 6v6 (5 field players and a goalkeeper). Most leagues run for 7-8 weeks (6-7 weeks regular season, 1 week of playoffs). Teams play 50 minute games (two 25 minute halves). Leagues that do not offer playoffs will have 8 games.

Playoff Leagues: U12 and U14 Divisions COED A & B Divisions

Non Playoff Leagues: All U8 and U10 leagues

U12 and U14 C Divisions COED and Women's

ALL LEAGUES U12-U18 ARE SINGLE GENDER ONLY. This means that if you are in a boy's league you can only have boys play on your team. If you are in a girls' league you can only have girls on your team. EXCEPTION: Any League that is labeled COED must have both boys and girls on a team. COED rules apply for these leagues.

Team Placement: Most leagues offer A, B and C divisions. These divisions are to ensure the most competitive matches. Final team placement is decided by the Dome management.

Ball: 8 boys & girls leagues use a size 3 ball. 10-12 boys & girls leagues will use a Size 4 ball. All age groups 14 and above will use a Size 5 ball.

Payment: Full Payment is due prior to your first match of the session

Playoffs: A minimum of the top 50% of the teams in the league qualify for playoffs. Playoff games are two (2) twenty-minute halves (except leagues that only have a final.) If a game is tied at the end of regulation, a five (5) minute golden goal will take place. (This period will be played in a 4v4 format), If still tied penalties will take place with best of 3 and then 1 for 1 if needed.

Tie Breakers: If two or more teams end the season with the same amount of points the following tie breakers apply.

- Head to head
- Most wins
- Goals allowed
- Goal Differential *
- Most Shutouts
- Coin Flip

*All games will have a maximum goal differential of 5 goals.

Age Groups for Autumn, 2026 - Spring, 2027

DUAL GRADE GROUPINGS

Program	Grade Requirements	AND	Date of Birth Requirements. Born on or After
8 & Under	2nd Grade or Lower	AND	1/1/2018
10 & Under	4th Grade or Lower	AND	1/1/2016
12 & Under	6th Grade or Lower	AND	1/1/2014
14 & Under	8th Grade or Lower	AND	1/1/2012

PLEASE NOTE: The dome follows Mass Youth Soccer's grade-based age groups and gender identity policies.

THE DOME WILL NOT BE GRANTING ANY WAIVERS FOR PLAYERS THAT DO NOT MEET BOTH THE REQUIRED AGE AND GRADE.

Rosters: Rosters are due by the 1st game of the session. The team roster is frozen at the end of the third game and no more changes can be made for the remainder of the season. (This applies to playoff eligible leagues only) If a team does not have a roster turned in to the office by the end of their third game, that team will be deducted 1 point off their league standings for each subsequent game it is not turned in.

If a team wants to dispute another team's roster it must be done before the game is over. The dispute must be made in the office to The Dome management. The team disputing the roster will not be able to dispute it if they do not have a roster on file for their team. If the age or grade of a player is questioned THE COACH MUST PROVIDE PROOF OF BIRTH AND/OR PROOF OF GRADE TO DOME MANAGEMENT! (ie copy of birth certificate and/or a copy of a letter from school/report card proving players grade year.)

Protests: Protests must be made to Dome management prior to the conclusion of the match.

Roster Policy: A player IS allowed to play on multiple teams in different age groups. (For example a boy CAN play in the 10 Boys A and the 12 Boys B.) A player IS NOT allowed to play for multiple teams in the same age group. (For example a girl CAN NOT play in the 12 Girls A and 12 Girls B.) All players must have a birthdate and school grade that coincides with the current Dome age group chart. NO PLAYER is allowed to play on any team in a Dome league unless they are on that team's official roster.

If the referee and both teams are notified and agree before the start of the game, an unrostered player can participate in that match. "Fair Play Rule" (This only applies to leagues that do not have playoffs.)

If any team violates the Roster Policy that game will result in a forfeit for the violating team.

Coaches and Spectators: No youth game (U8 - U18) can start or continue without an adult coach (at least 21 years old) in the team area. A maximum of three coaches may be in the team area. Only players in uniform (injured players must be wearing the team jersey) may be in the team area, all others must be in the mezzanine or the match will not start or continue.

Zero Tolerance Policy

To further create a safe enjoyable playing environment for all participants, The

Bridgewater Dome has in place a "Zero Tolerance Policy".

1. There will be a zero tolerance policy towards any inappropriate or abusive behavior towards any other participant, coach or other spectators.
2. Anyone who feels the necessity to:

- Persistently or willfully question or challenge the rulings of the referees
- Berate or abuse referees
- Berate or abuse players
- Berate or abuse other parents or spectators
- Display conduct which is inappropriate in a sporting environment

will be asked to leave the venue immediately. Failure to do so will result in other formal actions being put in place. No warnings will be given in the event of the above action becoming necessary. All participants must accept responsibility for their behavior.

Additional Prohibited Activities on the synthetic fields

1. The use of chewing gum
2. The use of any tobacco products
2. The consumption of sunflower seeds or shelled nuts
3. The consumption of any food or drink other than water
4. The use or possession of glass containers of any kind
6. The use of metal cleats or spikes, or plastic cleats longer than ¼"
7. Spitting on the field

Indoor Soccer Rules

Players: The maximum number of players on the field will be five (5) plus a goalkeeper. A minimum of three (3) players AND a goalkeeper are required on the field. (Adult Coed Leagues must have a minimum of two female players on the field or in the penalty box, one of which can be the goalkeeper. (A COED team MUST have at least one female player participating in order for the game to continue.) Not having the minimum number of players to start the game, five minutes after the designated starting time; or if during the match the number of player's falls below the minimum will result in a 0-5 forfeit.

Substitutions: Substitutions are "on the fly," at any time. When the ball is in play, players coming off the field must be within one (1) yard of the bench before the player coming on enters the field. All players entering or leaving the field must go through the team bench area. Violation of this rule may result in a two-minute penalty. Any of the other players on the field may change places with the goalkeeper during a stoppage of play, provided the referee is informed before the change is made. If a team is changing

their goalkeeper with a person on the bench that substitution MUST happen through the door. A player cannot go behind the goal to make the substitution. Players can be issued a 2 minute penalty if substitution rules are not followed.

Players Equipment: All players must wear same color shirts with different numbers on the back, shorts, socks, shin guards and appropriate footwear. ¾ Training pants are not considered shorts. Leggings, tights or thermals can be worn under the shorts and socks but not over. Sweatpants are not allowed to be worn at all. Players will not be allowed to play otherwise. No casts, hats or bandannas are to be worn in any games. Jewelry is not to be worn in any youth games. Since medical, religious, or cultural wearable items may pose a safety risk, The Dome requires that the item must be properly secured and protected (such as by taping down, covering, wrapping, or secured through other methods) seeking to prevent potential injury. Medical information displayed on an item should stay observable. Players can play with assistive devices such as prescription glasses, cochlear implant processors, hearing aids, insulin pumps, and other approved equipment that is essential for them to wear to play.

Any equipment that is deemed dangerous by the referee shall not be allowed. (Any player with visible blood must leave the field and have the injury treated before returning to the field.)

Referees: The authority of the referee starts upon entering the soccer arena. Decisions by the referee shall be final. The referee will keep the actual score, but only a five-goal differential will be displayed on the scoreboard.

Start of Play: The home team will kick off the ball at the start of the game and the visiting team will choose the side of the field. The referee must blow his (her) whistle before a kick-off of the ball from the center spot. The ball may travel in any direction on restarts, after goals and at the start of the game. All opposing players MUST be five (5) yards away from the ball and the ball must be kicked within five (5) seconds on all restarts, after goals and at the start of the game. Not taking the kick within five (5) seconds results in a loss of possession.

Ball In and Out of Play: The ball is out of play when it hits netting or passes beyond the boards. The restart is a kick of the ball by the opposing team at the location on the floor nearest to where the ball left the field, placed within one (1) yard of the boards. Balls hitting the ceiling WILL BE PLACED WHERE THE BALL WAS STRUCK, for the restart by the opposing team. Balls hitting the wire that passes above the halfway line, will be placed under the point of contact of the wire, for the restart by the opposing team. Balls passing beyond the boards between the curved sections of glass will be restarted by either a goal kick or a corner kick. On goal kicks the ball does not need to leave the penalty area in order for a teammate to touch the ball. PLEASE NOTE: When a goal kick is taken in an 8U-10U league all opposing players must be behind the first line on that particular field. Opposing players can cross the line once the ball leaves the penalty area. All these restarts are Direct Free Kicks.

Goalkeeper Restrictions: FIFA goalkeeper ball handling restrictions apply. Once goalkeepers make a save to their hands, they can take an unlimited number of steps; but they must release the ball from their hands within five (5) seconds. Goalkeepers may initiate a slide within their penalty area to make a save as long as the referee doesn't consider the action dangerous. Any goalkeeper violations will result in a Direct Free Kick for the opposing team from the penalty spot.

The Clock: Due to time constraints, the clock will not be stopped for any reason except for a serious injury incurred in the last three minutes of the game if the score is within two goals and at the referee's discretion. The referee may put up to two minutes back on the clock after the injury is treated. A referee may stop the clock in the last minute of the game for obvious game delaying tactics. (I.e. kicking the ball away, standing in front of the ball, etc.). The clock will restart when the ball is kicked. This added time can be kept on the referees watch instead of the scoreboard.

Offsides: The offside rule is not in effect.

Three Line Rule: A player may not legally advance the ball, backward or forward, in the air across the three lines without it touching some part of the floor, boards or another player. The restart is a Direct Free Kick for the opposing team from any spot on the first line that the ball crossed.

Time Penalties: Three (3) cards signifying time penalties are used. (Any time penalties issued to a coach or team manager will be served by one of their players.)

Blue Card: The offending player serves two (2) minutes in the penalty box (the area between the team benches.) If the opposing team scores during that penalty, the remaining time is erased. (Matching two-minute penalties by opposing players must be served in their entirety, regardless of scoring.) Goalkeepers MUST serve their blue card timed penalty Two-minute penalties may be issued for the following reasons:

Intentional boarding (May be punished more severely by referee.)

Delay of game

Encroachment – Not providing the proper distance on a free kick

Spitting on the field

Dissention towards the referee, coach or player

Persistent infringement by a player or team

Too many players on the field

No identified goalkeeper

Jumping over the boards to enter or leave the field

Dangerous challenge

If two (2) different players from the same team are serving two-minute penalties and the opposing team scores a goal, then the penalty with the least amount of time remaining is erased. If a third person is issued a time penalty while two other teammates are in the penalty box, this will put that team under the minimum required number of players needed to restart play. Because there are not enough players to restart play the game will end and will result in a 5-0 forfeit. At no time can a team have fewer than three (3) players and a goalkeeper on the field.

Yellow Card: The offending player serves five minutes in the penalty box. The penalty must be served in full, regardless of scoring. Goalkeepers MUST serve their yellow card timed penalty. Five-minute penalties may be issued for the following reasons:

2nd Blue Card Unsporting conduct

Committing a foul of a serious nature Incidental foul language

Reckless Challenge

Red Card: The offending player is ejected from the game and must leave the playing arena and at the description of The Dome management may also be asked to leave the building. A teammate must serve a five-minute penalty for the offending player. ANY Coach or Team Manager that is sent off (receives a Red Card) during a match will result in the immediate forfeiture of the game for their team. Red Cards may be issued for the following reasons:

1. Blue card to a player on a yellow
2. 2nd Yellow card
3. Serious foul play
4. Biting or spitting at someone
5. Violent Conduct
6. Fighting
7. Using offensive, insulting or abusive language
8. Denying a goal or an obvious goal-scoring opportunity (DOGSO)

Overtime Timed Penalty Procedure: Any unserved time on a card issued at the end of regulation in a playoff game carries over into the golden goal overtime period.

1. Serving a Carry-Over Penalty: The penalized team stays at 4 players. The opposing team adds one player, creating a 5 v 4 advantage for the duration of the penalty. When the penalty expires, the added player leaves, restoring 4 v 4 play.
2. New Penalty in Overtime: Standard penalty rules apply: the penalized player serves their time, but because the team cannot drop below 4 players the opposition would again add a player for the duration of the penalty. If a team is already on a power play (e.g., 5-on-4), they add another player, resulting in a 6-on-4 advantage until the first penalty expires. Teams return to even strength (4-on-4) after all timed penalties expire.

Suspensions: All players receiving a Red Card will be suspended for a minimum of 1 additional game. Any member of the coaching staff that receives a red card will be suspended for a minimum of 2 games. Any player issued a straight red card or a red card for fighting will be suspended for a minimum of 3 games. The office staff will determine if any further suspensions are necessary.

A red card suspension will be enforced for a set number of weeks, not a specific number of games. This ensures the individual is prohibited from all matches during that period, regardless of team or role. Specifically, a suspended youth coach may not participate in any adult league games as either a player or a coach. An adult player receiving a red card is suspended from all games for their primary team and any other teams they play for.

If a player accumulates 2 red cards within an 8-game span, they will face a suspension lasting, at the very least, for the remainder of the current session and extending into the subsequent session

ANY PLAYER OR COACH THAT VERBALLY OR PHYSICALLY THREATENS A REFEREE WILL BE SUSPENDED FOR A MINIMUM 12 GAMES.

If a player receives a red card they must give the referee their full name. If the player being sent off, or a member of their team, does not give the referee that player's full name the game will end in a forfeit for that team. If the name of the player sent off does not match any of the names listed on the team's roster, that team will forfeit that match.

Fighting: Any team that clears its bench area to become engaged in an altercation with the opposing team will forfeit that game. The term “bench clearing” means one or more players leaving the bench area during an altercation. A second offense by the same team will result in an ejection from The Dome for at least the remainder of the season without refund. A fight that starts after the conclusion of a game may result in a forfeit for both teams of their next regularly scheduled game and possibly further suspension. If two or more players engage in a fight the Coach IS NOT permitted to touch any player on the opposing team.

Free Kicks: ALL FREE KICKS ARE DIRECT. The ball must be stopped, not rolling, before the kick is taken. All opposing players must be five (5) yards away from the ball. The kick must be taken within five (5) seconds of placing the ball. Except for kick-offs and penalty kicks, a whistle is not necessary unless so indicated by the referee. Any Free Kick awarded in the penalty area for the attacking team that would be an Indirect Free kick outdoors will be taken as a direct free kick from the penalty mark.

Free Kicks: The following actions or restarts are Direct Free Kicks:

Goalkicks

Corner Kicks

Sliding

Ball leaving the field or hitting the ceiling or net

Three-Line Violations

Goalkeeper Violations

Dangerous Play

Obstruction

A player touching a free kick a second time Kick-off

Penalty Kick

Any fouls that result in a Direct Free Kick outdoors

Failure to put the ball into play within 5 seconds

THERE WILL BE NO HEADING FOR ANY PLAYER PLAYING IN THE FOLLOWING LEAGUES: 8 BOYS, 8 GIRLS, 10 BOYS, 10 GIRLS, 12 BOYS AND 12 GIRLS. If a player heads a ball the restart will be a direct free kick for the opposing team. If the infraction happens in the penalty area the restart will be a direct free kick from the top of the penalty area. A wall CAN be made.

Penalty Kick: When a foul that results in a Direct Free Kick outdoors occurs in the penalty area, a penalty kick is taken. The ball is kicked from the penalty mark after a whistle from the referee, and the ball must travel forward. All players except the kicker and the goalkeeper must be behind the first white line before the Penalty Kick is taken.

All cases not covered above are governed by FIFA Laws of the Game.

Soccer Rule Modification for Unboarded Field

1) There is no Three Line Rule
2) A ball that goes out of play beyond the touchline shall be put back in to play by a kick taken by the opposing team. The ball shall be placed within one (1) yard of the touchline at the place it went out of play. The ball CAN be placed on the field of play.
3) On goal kicks or keeper distribution directly from their hands, the ball must be touched by a player, or the playing surface before it crosses the midfield line. A violation of this rule shall result in a free kick for the opposing team from any point on the midfield line.
4) Substitutions are on the fly and must be made within 1 yard of the touchline
5) All other indoor rules apply.