

KMSL Sunday League – Rules & Policies

One Knox 11v11 Coed

SCHEDULE

- 8 games per team, per season
 - 6-7 regular season games
 - 1-2 playoff / consolation matches
- Every league will have a champion with prizes
- Teams that do not qualify for playoff matches will have friendlies to complete their 8-game season
- All games to be scheduled at Watt Rd, Emerald - Lonsdale, or Emerald - Sansom

RULES

- 11v11 Format
- FIFA gameplay rules
- Male / Female ratio
 - Over 30 (6/5)
 - Maximum of 6 male players on the field
 - Female players can be 18+
 - Open (9/2)
 - Maximum of 9 male players on the field
- Substitutions on any stoppage
 - Unlimited substitutions
- Slide *tackling* is NOT permitted in any Sunday league (Open or Over 30)
 - Physically sliding when an opponent is not around IS permitted. For example to save a ball from going out of bounds
 - Slide tackling call is completely at the discretion of the referee
- Goalies can NOT slide tackle feet first inside or outside the box challenging for the ball
 - Goalies CAN slide in the box to block a shot
 - Goalies cannot slide outside the box

EQUIPMENT

- All game balls and equipment will be supplied by One Knox
- Shin guards **are** mandatory
- Players are not permitted to play with the following:
 - Watches
 - Jewelry
 - Cleats with metal studs
 - Hard casts
 - Ballcaps
 - Any other equipment or item(s) deemed as dangerous by the referee
- You can wear a fitness tracking device but it must be covered. For example, a Fitbit covered by a sweat band
 - Check with your match referee. This at their discretion
- Must wear: shirt, shorts, shoes
- Goalies must wear a distinguishing color from outfield players
- Teams must wear jerseys or league shirts
 - Avoid pinnies, uniform conflicts, and lost playing time by bringing an alternate color to every game

LEAGUE POLICIES

- To be eligible a player must be registered with TSSA
- One Knox staff members will manage pre game check ins
- No maximum number of players per roster
- Players must play on ONE team per division
 - Playing on a secondary team in the same division results in a forfeit for that team. This rule is in effect for all matches (regular season and playoffs)
 - A player may play on multiple teams per season (one per division)
- Guest Players
 - All teams can use guest players aka subs
 - There is no limit on the number of guest players a team can use per game / season
 - Open teams are **not** permitted to use male or female players from the same division

- Over 30 teams are **not** permitted to use male players from the same division
- Over 30 teams **are** permitted to use female players from the same division
- Guest players can only play on one team per division. Once a player substitutes for a team that is their team for the season
- Players must play in at least one regular season game to be eligible for playoff games
- Must be 18+ to participate in league games
- Minimum of 7 players needed to start a game
 - Coed teams need at least one female on the field to start the match
- The referee will start the clock at the scheduled game time
 - If kickoff is delayed the elapsed time will be lost
 - If the game is delayed by more than 10 minutes it is an automatic (3-0) forfeit for the team unable to play
- Forfeits
 - Recorded as a 3-0 score
 - A \$50 fine will be issued to any team that does **not** give notice to league organizers outside of 24 hours
 - If notice is given > 24 hours before kickoff no fine will be issued
 - If the team makes an effort to have players at the game no fine will be issued
 - The fine must be paid before the team's next game
 - All funds from fines will be donated to the United Way of Greater Knoxville
 - This system is put in place to help organizers do everything they can to facilitate a game
 - For example, if notice of a forfeit is given (outside of 24 hours), the organizer will have time to build a substitute team to take the forfeiting team's spot, which gives the other team a game of soccer
- Inclement Weather
 - We will play in the rain

- The only exception is if there is pooling on the field. If the field is deemed unsafe for play we will delay / cancel
 - We will **not** play if there is lightning in the area
 - Games may be canceled or delayed due to lightning
 - Mass emails will be sent out to teams notifying them of any cancellations or delays
 - If a game gets delayed in the second half the score is final

DISCIPLINE

- Any player receiving a red card will be automatically suspended for the next game
 - One Knox reserves the right to issue multiple game suspensions including full season and/or lifetime bans
- One Knox will track all red cards each season. A report for each red card will be compiled

FAQ

- Teams no longer need to submit rosters to league
 - Through league management platform, One Knox will have access to team rosters
- Teams no longer need to check in with officials prior to kickoff
- League shirts will be provided by One Knox prior to first game
 - Teams are encouraged to wear their own jerseys / uniforms
- Players do **not** need to have a number on the back of their jersey
- One Knox will help captains facilitate any makeup games
 - If there is a rainout, the league organizer will give captains date, time and location options

CONTACT

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