



## PTFC Adult League Overview Spring 2026

### League Description:

The PTFC League is an adult 7v7 league for ages 18+. Matches will be hosted at Providence Park on Monday nights for Men's League and Thursday nights for Co-ed League.

### Match Dates: Registration

- Men's Monday Nights: 2/9, 3/2, 3/16, 3/30, 4/6, 4/20, 4/27, 5/4

Championship: 5/11

- Co-ed Thursday Nights: 2/12, 3/5, 3/12, 3/19, 4/2, 4/23, 4/30, 5/7

Championship: 5/14

**Registration:** Registration is done individually. A team coach/manager will create their team and invite teammates through email and/or a team code. As each individual player registers, they can enter this code in the registration question. You may also sign up as a free agent and we will assign you to a team if space remains. Teams with less than 12 players on their roster are not guaranteed their spot and subject to being assigned a free agent or being merged with another team. The men's league is an open division, people of all genders are eligible and welcome to register. Registration can be found on [www.PTFCcamps.com](http://www.PTFCcamps.com).

**Free Agents:** If you do not have a team code, you can register as a free agent, and we will assign you to a team if space is available. Signing up as a free agent does not guarantee you a spot in the league. Free agent registration is first come, first serve. If there is no available space by the time the season starts, we will alert you and cancel your registration.

**Team Coach/Manager:** The team coach will be our first contact regarding questions, scheduling, and other team specific communications. Your team's coach is responsible for sharing your team's invite code and building out your roster. If you are interested in seeing the list of available free agents, email us at [ptfccamps.com](http://ptfccamps.com) and we will share their playing experience and position.

**Schedule:** 8 game season in the Spring. There will be a championship game at the end of the season. Games will be on Monday nights for Men's League and Thursday nights for Co-ed League with kickoffs between 6pm and 10pm. The Spring season will begin 2/9

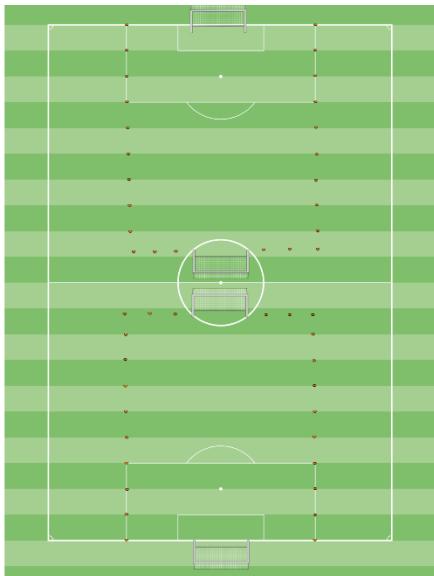
(2/12 for co-ed) and end in May. Games are subject to be rescheduled pending stadium availability. Each team will play 8 matches. Team captains and team members will be notified as soon as any schedule changes are made. Matches are subject to rescheduling, and there will be no refunds given for rescheduled matches.

**Gear:** Please coordinate with your team to bring a light and dark set of shirts. Metal studs are NOT allowed. Shin guards are recommended. Photo ID is required to check in and play. No players will be allowed to play without a photo ID that matches the name on our registration sheet.

**Check in:** Players will enter the stadium through Gate B (next to the Providence Healthcare Center) and check in with the admin before entering the field. Players must present a photo ID to be allowed onto the field.

**Payment:** Payments must be completed before a player is allowed to play in a game.

**Field Dimensions:** 50x40



**Officials:** One referee will be assigned to each field.

**Providence Park Access to Fans:** Fans are welcome to enter through Gate B. No food or drinks will be served or permitted other than water. Parking is not provided. Spectators can only sit in sections 95, 96, 97, 98, and 99. Spectators cannot enter the field for any reason.

Free fan access to the stadium can be revoked at any time. If fans fail to respect staff, officials, and/or opposing teams, they are subject to be removed and banned from the stadium. Fans may also be banned for leaving the aforementioned permitted areas of the stadium. If fan issues continue, all fans are subject to be banned and only registered players will be permitted to enter the stadium.

## **PTFC Adult League Rules Spring 2026**

### **Section #1 Player Eligibility**

- All players must be registered and have paid their team fee in order to be eligible to play.
- All players must present a photo ID with a name that matches the name on their team's roster upon entering the field.
- If any ineligible players enter the field or match, their team will forfeit and receive a \$50 fine.
  - o This fine must be paid before the team's next scheduled match.

### **Section #2 Team Size and Regulations**

- A team consists of seven (7) players on the field, one of which is a goalkeeper.
- Each team can have 8 different guest players throughout the season. A guest player must pay the full registration fee if they wish to play in another match. Guest players cannot be registered to another team in the league.
  - o No guest players will be allowed in the championship.
- Players can only be on one team per season.
- Co-ed Divisions: Each team must have a minimum of 2 female identifying players on the field at all times. If a team only has one female identifying player on the field, they must play with 6 players total on the field.

### **Section #3 Game Times**

- The posted game time is the time when the game starts. A team must have a minimum of five (5) players present to start a game.
  - o Match start times are 6:15pm, 7:30pm, and 8:45pm.
- If a team does not have the minimum number players at the posted start time, they will have ten (10) minutes to reach the minimum number of players before they forfeit the match.
  - o If the team reaches the minimum number of players within the ten (10) minute window, the game will begin with that amount of time removed from the match.
  - o Teams must notify PTFC Camps of a forfeit before 12pm on the day of their match. If a team does not give notice before 12pm, they will pay a \$50 fine which must be paid before their next match.

### **Section #4 Equipment**

- A match ball will be provided by the PTFC Adult League
- Team captains are responsible for coordinating uniforms for their teams

- Teams are required to have a light and a dark option
- If a team does not coordinate uniforms or both teams have only the same colors, we will provide them with pinnies to wear
- Cleats with plastic studs must be worn. Metal studs are not permitted.
- It is recommended that all players wear shin guards
- Earrings, piercings, necklaces, and jewelry are not permitted. Jewelry must be removed, it cannot be taped over.

## **Section #5 Game Start**

- Coin toss: The referee will choose one of the captains to call heads or tails
- The winner chooses possession or side (and if they want pinnies or no pinnies if neither team has coordinated uniforms).
- The game will consist of two 30-minute halves, time will only be added in case of an injury or blatant time wasting.
- Extra time will only be used in the championship. Extra time will consist of one 10-minute period (NO golden goal).
  - If the match is still tied it will be decided in a penalty shootout where both teams get 5 kicks before sudden death. Only players who were on the field when extra time ended will be able to take penalties. All seven players must take a penalty before the order resets. Penalties will be taken on the end of the field with the official penalty spot.

## **Section #6 Scoring**

- A goal will be scored when the whole ball crosses the whole goal line
- A team may forfeit at any time and finish the match as a friendly. A forfeit will be scored as 5-0.
- The maximum goal differential that a team can receive in a single match is +5 or - 5.

## **Section #7 Substitutions**

- Teams can make unlimited substitutions as long as they are not using this as a time-wasting tactic
  - If the referee determines subs are being used to waste time, the referee may deny a substitution
- Substitutes can enter the game during any dead ball situation, unless the referee denies the substitution. Substitutes must wait for the player they are subbing to exit the field before entering.

## **Section #8 Kick Offs**

- Kick offs will be taken from midfield. All players must be in their own half. Opponents must be 10 feet away from the ball until it is in play.
- The ball is in play once it is kicked and moves.
  - o A goal cannot be scored directly from a kickoff
- The player who initially touched the ball cannot touch the ball until another player has touched the ball.

### **Section #9 Offside**

- There is NO offside.

### **Section #10 Fouls**

- Sliding and slide tackling are not permitted regardless of if an opposing player is in the area.
- A player who commits any of the following is guilty of a foul
  - o Handball, holding, pushing, tripping, charging into an opponent, improper substitution, dangerous play, unsportsmanlike conduct, or obstruction

### **Section #11 Free Kicks**

- All free kicks are indirect (a goal cannot be scored from a free kick until a second player touches the ball)
- An indirect free kick is awarded for any fouls, violations, and dangerous play called by the referee
- There are NO penalty kicks, all fouls result in a free kick from the spot of the foul
- The wall must be 10 feet from the ball (unless they are standing on their own goal line)
  - o If the kicking team requests the ref counts out 10 feet, they must wait for the whistle to take the kick
    - If the defending team does not abide by the 10 feet, the infringing player will be shown a yellow card
  - o The referee can prevent a free kick from being taken quickly at their discretion

### **Section #12 Cautions**

- A yellow card will be shown if any of the following occur
  - o Flagrant or intentional foul, repeated infringements on the rules of the game, excessive fouls, dissent to the referee
  - o If any action is deemed violent or excessively reckless a red card will be shown, and that player will be removed from the game. They will be required to leave the stadium before the match resumes. If they refuse to do so in a timely manner, their team will be forced to forfeit the match. The infringing team will play down a player for the remainder of the game.

- The player shown a red card is also ineligible to play in the following match
- The league has the authority to ban any player for any amount of time for violent or threatening actions
  - No players can physically or verbally intimidate their opponent or the referee
- If a team is shown 3 red cards in a match they will forfeit

### **Section #13 Corner Kicks**

- Corner kicks occur when the entire ball passes over the entire end line and was last touched by the defending team.
- A goal cannot be scored directly off of a corner kick
- Players of the defending team must stand at least 10 feet away from the ball before it is kicked
- The player that kicks the ball cannot touch it again until another player touches the ball

### **Section #14 Goal Kicks**

- Goal kicks occur when the entire ball passes over the entire end line and was last touched by the attacking team
- The ball is kicked from any point within 6 feet of the goal
- The player who kicks the ball cannot touch it again until another player touches the ball
- A goal cannot be scored directly from a goal kick
- The defending team must stand 10 feet away from the ball until it is kicked

### **Section #15 Goalkeepers**

- The goalkeepers can carry the ball for 4 steps or 8 seconds before they must release it
- The goalkeeper may use their hands anywhere in their defensive half except when:
  - A teammate deliberately kicks the ball to them
  - Once the goalkeeper puts the ball down, they cannot pick it back up unless another player touches it (if it is a teammate the touch must be with the head or chest)
- Goalkeeper punts are indirect. If the ball goes directly into the net from a goalkeeper's punt, it will not be a goal and will result in a goal kick for the opposing team. Goalkeepers are allowed to shoot and score if the ball is on the ground and in live play.

## **Section #16 Throw Ins**

- A throw in will be awarded after the ball crosses either sideline completely
- A legal throw in is done by facing the field of play with both feet on the ground behind the sideline and using both hands to throw the ball from behind the head.
- A goal cannot be scored directly from a throw in
- An illegal throw in will result in a throw in for the other team

## **Section #17 Game Results**

- The score will be reported to the admin on site by the referee.
- In the league standings, wins count as 3 points, ties count as 1 point, and a loss counts as 0 points.
- The maximum goal differential that a team can receive in a single match is +5 or - 5.
- The two teams with the most points at the end of the season will play in a championship match the following week.
- In case of a tie in the standings, the following will be used as tie breakers:
  1. Goal Differential
  2. Points in Head-to-head matches
  3. Head-to-head goal difference
  4. Total Wins
  5. Goals For
  6. Coin flip