

# Women's 5 a side League 2024/2025 – Semester 2 Participant Guide



## Overview

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**Start Date:** Monday 10<sup>th</sup> February

**End Date:** Thursday 10<sup>th</sup> April

### Session Dates & Times:

- **Mondays** – Main Hall (Sports Centre) 12-1pm
- **Tuesday** - Main Hall (Sports Centre) 12-1pm & Botany Bay 5-6pm
- **Thursdays** - Main Hall (Sports Centre) 12-1pm & Botany Bay 5-6pm

## Format

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### League Layout:

- Fixtures for the full term will be sent out to all teams at the end of week 1.
- All teams are required to play 1 game per week.
- Team captains are responsible for organising their fixtures with the opposing team captain weekly.
- There are 8 slots to pick from each week.
- A live timesheet will be shared with the team captains so that they can sign up their teams for the time slot that suits their players best, each week – **first come, first served basis**.
- At the end of each match, captains must report the score to the captains group chat so leaderboards may be updated.
- First week of the programme will be non-structured pick-up games, and the last week of the programme will include quarter finals, semi-finals, and finals.

### Matches:

- 5 v 5 (last player back - keeper)
- Roll on substitutions
- Each match is 50 minutes
- Matches are indoor or outdoor depending on selected location
- **Self-regulated**

### Teams:

- Each team must have a minimum of 7 players and a maximum of 12.
- Each team must select a captain who will oversee communications with other team captains to select a time and location for the matches that suits the majority, each week.
- Please note, to ensure inclusivity, individual sign-up players may be added to your roster where necessary.

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## Rules

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**Above all else, please show your fellow players respect and sportsmanship. This is first and foremost a social program, which encourages people to be active and meet new people. While friendly competition is encouraged, disrespect will be tolerated.**

- Only 5 players per team may be in the playing area at any time (a team is permitted to play 1 player down, but less than 4 players will be considered a forfeit)
- Substitutions are made on an individual rolling basis (simply ask someone to tag you in/out at any point in the match)
- Last player back can act as a keeper (you can play with a permanent keeper in goal, but it is not required – the only restriction is that you can only ever have one player acting as keeper, at a time)
- Keepers may use their hands within a reasonable distance around the goal (~ 1m)
- There are no offsides
- If a foul is committed, stop the ball where the foul happened and have the team who was fouled resume play by kicking the ball from that spot \*if a team commits a foul, within 5m of their own goal, the other team is permitted to take a penalty kick by placing the ball roughly 4m from the goal line
- If the ball goes out of bounds, place the ball on the spot where it crossed the boundary line and resume play by having the team who did not kick the ball out of bounds, back into play
- When a goal is scored, resume play at the centre line with the team who conceded the goal
- No equipment necessary but runners/ futsal shoes are recommended as well as removing any jewellery or accessories that are a hazard
- NO SLIDE TACKLING
- If a team forfeits more than 2 games, they may be expelled from the league

**\*Fouls and outs can be called by anyone but ideally by team captains – simply just shout “out!” or “foul” and then go from there. If a player calls “foul”, this should not be disregarded or disputed (if you feel that a team is unreasonably making calls you can report this after the match)**

**\*Rules are expected to be read by all participants and upheld, but matches will not be formally officiated\***

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## Communications

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- Majority of communications will run through WhatsApp.
- Occasionally you may receive communication through your Trinity email.
- There will be one group chat with all members + activators + 1 TCD sport staff.
- There will be a second group chat just for team captains + activators + 1 TCD sport staff.

Please note weather is a completely uncontrollable factor for activators running the league. Where possible, we will do our utmost to reschedule any games that have been cancelled on Botany Bay due to poor weather.

Please note, slots may become unavailable during term due to essential maintenance works across facilities. This is applicable to all social programs and we will do our best to reschedule where possible.

**Thank you for taking the time to read this thoroughly and we hope you will join us!**

**If you have any additional questions, concerns, or feedback, please feel free to contact:**

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