LEAGUE REQUIREMENTS, COMPETITION RULES & DISCIPLINE POLICY

League Requirements

- All member clubs are required to provide a complete developmental pathway consisting of one team at each age group from U13 through U19 (6 teams total TAL).
- Failure to maintain a full pathway will result in league review and may lead to sanctions, including probation, restriction from league competitions, or removal from the league.

Exclusive League Participation:
ALL clubs/teams participating in the Texas Academy League are strictly prohibited from competing in any other league or league-based competition (except Utah based clubs)

- Violation & Enforcement:
  Any club or team found in violation of this policy will be subject to immediate disciplinary action, which may include:
  - Match forfeitures
  - Financial penalties
  - Suspension of team(s) or staff
  - Loss of league standing or playoff eligibility
  - Termination of club membership for repeated or severe violations

Match Commitment & Scheduling Compliance

- **Mandatory Participation:**
  All clubs and teams are obligated to fulfill all scheduled league fixtures as assigned. Acceptance into the league constitutes a full-season commitment to compete in all matches.
- **TAL Schedule Adherence:**
  Once the official schedule is released, all fixtures are considered binding. Requests for changes must be submitted in writing and will only be approved under exceptional circumstances at the discretion of league leadership.
- **Forfeits & Failure to Appear:**
  Any team that fails to appear for a scheduled match, arrives unable to compete, or forfeits without approved cause will be subject to immediate disciplinary action, including:
  - Automatic match forfeiture
  - Financial penalties (to cover referee, field, and opponent expenses)
  - Additional sanctions for repeat offenses
- **Chronic non-compliance:**
  Clubs demonstrating a pattern of missed matches, late changes, or inability to meet scheduling commitments will be placed under league review, which may result in:
  - Probationary status
  - Removal from league competitions or showcases
  - Termination of TAL membership
- **Minimum Roster Readiness:**
  Clubs are responsible for maintaining sufficient roster depth to fulfill all scheduled matches. Inability to field a team due to roster shortages will not be considered an acceptable excuse.

Travel & Hosting Responsibilities

- **Travel Commitment:**
  All member clubs are fully responsible for fulfilling all travel obligations associated with league participation. Clubs must ensure their teams are prepared to travel to all scheduled away fixtures, regardless of distance or location, as assigned by the league schedule.
  Failure to meet travel obligations will not be considered a valid reason for match cancellation or rescheduling.
- **Hosting Standards:**
  Clubs assigned as the home team are required to provide a professional and safe match-day environment, including:
  - Regulation-size, properly lined fields meeting league standards
  - Safe and secure facilities for players, staff, and spectators
  - Adequate team benches/hydration and technical areas for both teams
  - Game balls that meet league specifications
  - Scheduled referees (via US Officials)

Failure to meet hosting standards may result in match relocation, forfeiture, and/or financial penalties.

Weather & Unforeseen Circumstances:

In cases of severe/inclement weather or uncontrollable events, the league must be immediately put into communication from the hosting club with the visiting club

- ALL decisions regarding postponing or rescheduling will be made with league leadership.
- Unilateral decisions by clubs to cancel or reschedule matches are *strictly prohibited*.

TAL Competition Rules

Match Timeframe:

- Players can only play in 90 minutes per day across a maximum of 2 matches.
- Players should not appear in more than 2 consecutive matchdays.

Match Ball:

- Size 5 match ball must be used for all U14 – U19 Texas Academy League matches
- Size 4 Official match ball must be used for all U13 Texas Academy League matches.

TAL U11 and U12:

- Games use a size 4 ball
- Standard heading rules for U11 and U12
- Unlimited substitutions and re-entry
- U11 Games are 9v9 games and 2 x 30-minute halves
- U11 Fields are 70-80 yds long & 45-55 yds wide with a restraining line 30 yds from the goal
- U12 Games 9v9 for the first half of the season and 11v11 for the second half of the season will be an option that is offered.
- U12 Fields 9v9 are 70-80 yds long & 45-55 yds wide with no restraining line
- U12 Fields 11v11 are MLS Next u13 11v11 Size approximately 110 yds x 55 yds
- U12 Game times 2x30 minute halves

Hydration:

- Home club **must** provide adequate hydration for both teams.

Technical Area:

- Home club must provide adequate seating (benches) for both teams.

Athletic Trainer:

- Home club is encouraged but not required to provide a Qualified Medical Professional (QMP) for all venues.

Match Video:

- Video is not required but it is suggested home club film and share film for U13 - U19 age groups to video platform and/or analysis provider by 12pm EST on the Tuesday after matches.

Spectators:

- Home club must ensure there are no spectators/parents in the technical area or that sideline.
- Spectators are across the field from their respective team sideline.
- Each club is responsible for the behavior of their spectators.

TAL League Standings:

- TAL Division winner will be decided by points per match (ppm)

Match Length:

- U13 = 2x35 minute halves, 10 minutes HT
- U14 & U15 = 2x40 minute halves, 15 minutes HT
- U16, U17, U19 = 2x45 minute halves, 15 minutes HT

Warm Up Periods:

- Teams must be provided with an appropriate warm up area 30 minutes prior to kick off.

Kick Off Times:

- No earlier than 9:00 AM without agreement from the opponent
- Time between Matches: Recommended minimum of 18 hours between matches if playing on consecutive days.

Matchday Roster:

- Maximum of 18 players and minimum of 14 players on match day rosters.
- Roster must comply with the club's respective state association's roster rules

Substitutions:

- Unlimited over 3 moments per half, plus HT.
- U13-U14 – Re-Entry allowed per half.
- U15-U19 - No re-entry per half.
- Exceptions according to Concussion Protocol.

Match Changes:

- Texas Academy League must approve any request for schedule changes.

Referees:

- ALL referees will be assigned by using US Officials.

TAL DISCIPLINE POINT SYSTEM/POLICY

Discipline

Red Cards:

- A red card will follow a player and staff member across all age groups. A player/coach must sit out all remaining games in the same day's fixture where red card was received and must sit out the next game day fixture. Once a player/coach sits out the subsequent game day fixture, they will be able eligible to compete.
    - Additional guidelines on red cards:
        - At least three (3) fixture dates for making racist or discriminatory remarks at or about an opponent or any other person.
        - At least three (3) fixture dates for spitting on a person.
        - At least five (5) fixture dates for throwing a punch.

Yellow Cards:

- In the event a player or staff member receives 2 yellow cards in the same match resulting in a red card, the player/staff member must follow the same rules established for a red card.

Field Standards for Matches:

- Expectations for Texas Academy League clubs to provide appropriate, high-quality fields to host matches.

Minimum Field Sizes:

o U13 = Minimum of 64x105

- We utilize modified shorter fields 64 yards wide by 105 yards long

o U14 & Older = Minimum of 70x110

Any fields outside of these standards, must be approved by Texas Academy League staff before the season.

Match Locations:

- Clubs can use multiple locations for Texas Academy League Regular Season matches subject to approval.

Training:

- Texas Academy League teams are recommended to train 3 days per week.

Rest Day:

- Individual players must be given at least one day off per week.

TAL League Disclaimer:

Cobalt Sports Holdings and Texas Academy League Leadership reserve the right to modify, interpret, or amend these Technical Standards, Competition Rules, and League Policies at any time when deemed necessary for the operation and integrity of the league.

Any updates or revisions will be communicated to all member clubs and shall become effective immediately unless otherwise stated.

Participation in the Texas Academy League (TAL) constitutes acceptance of all league rules, policies, and future amendments.

Rev_2026-08-25