

# East Ridge Indoor Soccer Adult League Information

East Ridge Parks and Rec offers Indoor Soccer for Adults. All games will be at Camp Jordan Arena and games will be at night. We offer Two Adult Divisions: Under 30 / Over 30. **Player age is your age as of December 31, 2025.** This means if you are 29 years old you play with the U30 age group. You must be 30 years old to play in the O30 League. TN state age control is January each year.

## **1. Registration:** [ERFC- Adult Indoor - Online Application \(sportsaffinity.com\)](https://sportsaffinity.com)

- A. Each player will need to register online at
- B. Registration is from October 1st – November 16th.
- C. Cost is \$100 Per Player. (Includes Shirt)

## **2. Season:**

- A. Season is from December 2025 – February 2026
- B. 9 games. End of the season Tournament.
- C. No practice. We run 7 days a week.
- D. Game times vary as Adults will play after the youth games are played. Tuesday and Thursday's games will start at 9:30pm and on Sunday's games will start at 6:30pm. Official times could vary depending on number of teams signed up in the league and game played those days.
- E. Pickup players are not allowed. Only players listed on your roster are allowed on the field to play.

## **3. Teams:**

- A. **Bringing a team in:** You will need to email us your roster to Carson Harris at [charris@eastridgetn.gov](mailto:charris@eastridgetn.gov). Once you have sent your roster in, you will need to send the registration link to your players, and they will need to sign up. As they sign up, we will assign them to your team. We will give you updates on who isn't signed up.
- B. **Free Agent:** \*EVERYTHING WILL DEPEND ON HOW MANY SIGN-UP\* If you don't have enough players to create a team then you can sign up as a free agent. We will reach out to teams that have signed up and see if anyone needs an extra player. If no team needs an extra player, then we will try to build a team of all free agents if enough have signed up. If no teams pick you up or a team can't be then you will be refunded your fee.
- C. **Double Roster:** If you want to play on two teams you will have to pay the fee twice. If you play both teams that you're on you will have to pick one team to play with. A player double rostered is allowed to play for both teams during tournament play (unless they play each other in which you will have to choose a team for that game) until both teams should be knocked out or wins.

## **4. Under 30:**

- A. 6v6 with goalie.
- B. Two 20 Minute Halves. 1 minute Halftime.
- C. Games are on Tuesday and Thursday (Only if needed on Sunday)
- D. All players must be 19 by December 31, 2025.
- E. Driver License will be checked. Captains must sign off on rosters before each game.
- F. You cannot PICKUP PLAYERS.

## **5. Over 30:**

- A. 7v7 with goalie.
- B. Two 25 Minute Halves. 1 minute Halftime.
- C. Games are on Sunday Evening.
- D. All players must be 30 by December 31, 2025.
- E. Must always have 1 girl on the field. Female players must be 19 by December 31, 2025.
- F. Driver License will be checked. Captains must sign off on rosters before each game.
- G. You cannot PICKUP PLAYERS.

No outside soccer balls are allowed inside as we provide the balls.