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Thomas Dooley's Soccer-Tennis Rules in conjunction with the Soccer Tennis Federation (STF)™

RULE 1 – THE FIELD

Field recommended measurements are 120 feet long by 60 feet wide, which includes a playing Court. Minimum offset requirements are 9 feet from the Sidelines and 15 feet from the Baselines.

Playing surfaces are artificial turf and natural grass. Lines are 2 inches wide, brightly colored, and are part of the Field and Court.

RULE 2 – THE COURT

Soccer-Tennis is played on a 78-foot long by 36-foot wide Court (regulation tennis court).

RULE 3 – THE NET

The court is split into two equal parts by a soccer-tennis net. The net is 38 feet long by 42 inches high at the posts, with a minimum midpoint height of 36 inches.

RULE 4 – THE BALL (Soccer-Tennis Ball)

Soccer-Tennis uses a regulation-size 5 ball sanctioned by the Soccer Tennis Federation™ (STF).

RULE 5 – TEAMS AND PLAYERS

Soccer-Tennis is played between two teams of three Players on each team. Each Team has a minimum of three Players and a maximum of five Players at the beginning of the tournament or league. Players are not allowed to join Teams after the start of the tournament or league. In Coed games, at least one person of each gender must be in play at all times, except for a Player expulsion provision described under Red Card penalties. **(Original)**

Proposed Edit:

Soccer-Tennis is a sport played by two teams of three players each.

At the start of the tournament or league, each team has a minimum of three and a maximum of five players.

Players are not permitted to join Teams after the tournament or league has begun.

Except for the Player expulsion provision described under Red Card penalties, at least one person of each gender must be present at all times in Coed games.

RULE 6 – PLAYERS’ EQUIPMENT

The proper Player attire includes a shirt, shorts, socks, and shoes. Any kind of shoe may be used, as long as it does not destroy the surface of the Court.

Official American Soccer Tennis Organization™ (ASTO) uniforms may be required for certain tournaments sanctioned by the Soccer Tennis Federation™ (STF).

RULE 7 – DURATION OF THE GAME

Soccer-Tennis games are played as ‘Best-of-Three’ sets of 15 points each, with a ‘One Set’ exception. The first team to reach 15 points in a set wins the set.

1. Best-of-Three

In a Best-of-Three, the first Team to win two sets wins the game. There is a 3-minute break between sets. One 30-second time-out is allowed per team per set.

2. One Set

At certain sanctioned Tournaments, a game may consist of one set. The first Team to reach 15 points wins the game. **(Original)**

Proposed Edit: A game may consist of only one set at certain sanctioned Soccer Tennis Federation™ (STF) tournaments.

The game is won by the first team to reach 15 points.

Each team is allowed one 30-second timeout.

RULE 8 – SWITCHING COURT SIDES

Teams switch sides after every set. In the third set, Teams switch sides after the first Team reaches eight points. The kick-off remains with the Team that scored the last point of the previous set in a game. **(Original)**

Proposed Edit:

After each set, the teams' trade sides.

Once the first team scores eight points in the third set, the team trades sides.

The team that scored the final point of the prior set in a match continues to receive the kickoff.

RULE 9 – SUBSTITUTION

There are two substitutions allowed per Team in each set. Players are allowed to return after being substituted. If a Player is injured during a game, the game continues until a stoppage in play allows for a substitution. **(Original)**

Proposed Edit: Each set allows for two substitutions per team.

Players who have been replaced are welcome to return to the game.

If a Player becomes injured while the game is in progress, play continues until a stoppage in the play allows a substitution.

RULE 10 – BEGINNING THE GAME

The winner of a coin toss chooses between a kick-off and a side to defend.

RULE 11 – THE KICK-OFF

A kick-off is used to begin each set and between each point scored.

A referee starts each set with a sign for the first kick-off.

If the first kick-off in a set occurred without a referee's sign, the ball is returned for a proper kick-off without penalties or points.

All subsequent kick-offs in a set can occur based on team readiness, as interpreted by the referee.

Suggest removing the bullet points that are highlighted in green.

- A kick-off is played from behind the baseline of the court.

Players are not allowed to step on the line during the kick-off. If a jump-serve is elected for kick-off, the player is allowed to land inside the court after kick-off.

- A Player has two attempts to execute a kick-off and must play the ball out of his hands, either per volley or drop kick (ball hitting the ground once before being kicked).
- A Player with kick-off possession continues to kick-off until the team loses a point; at which time, kick-off possession switches sides.
- A kick-off sequentially rotates amongst the players when the Team wins the kick-off possession, regardless of the Players' position on the court.
- After kick-off, the ball must land anywhere on the opposing team's side of the court.
- A kick-off that hits the net and lands on the opposing team's side of the court is accepted and is not a fault.

RULE 12 – BALL CONTACTS

1. Kick-off Receiving Player Ball Contacts

Following kick-off, the receiving player is allowed two consecutive touches, which are counted as one contact. Between these touches, the ball may not touch the ground.

2. Team Ball Contacts

The receiving team may touch the ball a maximum of three times before returning the ball to the opposing team.

All three players do not need to touch the ball before the change in possession.

The ball may be returned to the opposing Team with only one touch.

3. Individual Player Ball Contacts

Any part of a body may be used to touch the ball, except for arms and hands. A shoulder is not considered a part of an arm.

4. Ground Ball Contacts

The only time a ball in play is allowed to touch the ground outside the court is when a kick-off player elects to bounce the ball during kick-off.

A ball may touch the ground only one time before a player's touch.

A maximum of two ground touches are allowed before the ball must be returned to the opposing side. (For ages 12 and under, the ball is allowed to bounce once between each touch, allowing for a maximum of three ground touches).

5. Net Ball Contacts

The ball is playable following a net rebound, regardless of the number of contacts with the net.

RULE 13 – SCORING

Both Teams can score a point at any time. The defending Team can score even if they did not kick off to start the play. After each point scored, the Referee calls out the score, stating first the kick-off Team score, followed by the defending team's score. A scoreboard may be used and shall be placed in a location visible to players and spectators.

RULE 14 – POINTS

Every play may result in a point scored by either team.

1. Faults and points scored at kick-off on the second attempt

- A kick-off lands the ball into the net;
- A kick-off lands the ball outside the court;
- A kick-off Player steps onto the court during kick-off;
- The ball touches a teammate of the kick-off Player prior to landing on the opposing Team's side of the Court.

2. Points scored during play:

- A played ball lands outside the court;
- A player uses more than one contact to play the ball;
- A ball touches the ground before going over the net;

- A player touches the ball with a hand or arm;
- A player touches the net;
- A body part extends over the net;
- A ball touches the ground more than two times during possession. (Ages 12 and Under, a ball touches the ground more than THREE times during possession.)

3. Points scored for penalties

- A second Yellow Card results in a one-point loss; • A Red Card results in a three-point loss.

RULE 15 – DISTURBANCES

If a disturbance beyond the influence of Players arises (such as a problem with the net, equipment, Player injury, or spectator interference), the referee may stop the play immediately. The kick-off is repeated without points being awarded.

RULE 16 – PENALTIES

Issuance of a Penalty Card, regardless of color, may include a loss of points to the offending team. Players do not accumulate penalties between games.

1. Yellow Card

Referees may warn Players for unsportsmanlike conduct by issuing a Yellow Card to the offending Player. A Yellow Card may only be issued twice to the offending player during a game. Upon issuance of a second Yellow Card, the offending team loses one point.

2. Red Card

A Red Card bars a player from the rest of the game, and the offending player may not be substituted with another on the team's roster. The team must finish the game with the remaining player(s) on the court. If two or one player(s) are left in the game, the coed provision is suspended. Upon the issuance of a Red Card, the offending Team loses three points.

RULE 17 – OFFICIATING

1. The Referee

A referee supervises all games sanctioned by the Soccer Tennis Federation™ (STF).

Referee decisions are final.

A referee's duties and responsibilities:

- Ensures that rules are clear and followed by players, coaches, directors, spectators, sponsors, and other officials;
- Ensures equipment conforms with sanctioned rules by the Soccer Tennis Federation™ (STF);
- Uses the proper signs to regulate the game;
- Assigns, manages, deputizes, and dismisses linesmen;

- Assigns points, keeps and/or manages others who keep an accurate score, rules on all challenges to point assignments and scorekeeping;
- Controls or manages control of the official game clock;
- Interrupts play due to disturbances, rulebreaking (one word, no hyphen), penalties, injuries, and other events requiring interruption;
- Keeps unauthorized persons off the court and out of officials' tent/area;
- Issues warnings and penalties, and removes/bars offenders from play;
- Fills out match sheets and submits them to tournament officials;
- Is impartial to teams, players, coaches, tournament officials, and spectators.

2. The Linesmen (Optional)

Linesmen are assigned positions diagonally behind the field and use the same signs as the referee to call plays.

Linesmen assist the referee with:

- Ruling on a ball bouncing outside the court;
- Ruling on a kick-off Player stepping onto the court during kick-off;
- Ruling on a proper kick-off.

THE REFEREE HAS THE LAST CALL.

Linesmen shall not openly disagree with the referee, but may confer with the Referee in private on disagreements. The referee has the right to remove, replace, or add linesmen at will, without providing reasons behind the decision.

Revision February 21, 2023

Dooley Soccer-Tennis rules background information on the next page.



Former U.S. National Team (USMNT) Captain, head coach, C-Suite executive, member of various boards, brand ambassador, author, and inductee into the National Soccer Hall of Fame. Dooley, a retired international soccer champion spent the majority of his career in Germany's Bundesliga before joining Major League Soccer's (MLS) Columbus Crew. As a visionary, he founded the American Soccer Tennis Association™, which operated from 2006 – 2011, and is a member of the National Soccer Hall of Fame.

Dooley is an accomplished international coach and sports director who has led clubs in the Philippines and Vietnam. He helped the Philippine National Team qualify for the Asian Cup in 2019. He served as an assistant coach for USMNT head coach Jürgen

Klinsmann and now serves as Technical Director for Viettel FC (Vietnam) – 2023.



Motivation for creating Thomas Dooley's rules for Soccer-Tennis

During his decades-long career as a player and coach, Dooley has leveraged soccer tennis as a drill that improves one's soccer skills. Any player when asked will tell you soccer tennis is a great way to break up the monotony of practice.

Throughout his extensive career as a player and coach, Dooley has used soccer tennis as a highly effective drill to improve soccer skills. Soccer tennis, most players would agree, is an excellent way to break up the monotony of practice.

Dooley and Al Burzynski, APR, a strategic public relations marketing expert, conducted extensive marketing research and concluded that a comprehensive set of rules needed to be developed and sanctioned by a governing body to establish soccer-tennis as a globally competitive and emerging sport for Generation Z.

As a result, Dooley's Soccer-Tennis rules were developed.

Equally important, the two soccer advocates see soccer-tennis tennis as a way to grow the beautiful game, connect people through sports diplomacy, and develop our world's future leaders.

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