



[Thomas Dooley's Uniform Rules of Soccer-Tennis in conjunction with the Soccer Tennis Federation™ \(STF\)](#) © 2023 – U.S. Copyright Office Registration No. TX 9-241-277

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

RULE 1 - THE COURT Thomas Dooley's adult Soccer-Tennis is played on a doubles court the same size as a standard tennis court. (Only children aged 12 and under may play on the "Serve Court.") The court must be 36 feet wide and 78 feet long. Brightly colored lines designating the playing field should be clearly marked on the surface.

RULE 2 - THE NET The net divides the court into two sections. The net should be 42 feet long, with a maximum height of 39 inches at the posts and a minimum height of 3 feet in the middle.

RULE 3 - THE BALL (SOCCER BALL) In all amateur and professional exhibition matches, tournaments, and league matches sanctioned by the Soccer Tennis Federation™, Thomas Dooley's Soccer-Tennis uses a regulation size 5 ball. (Players aged 12 and under use a size 4 ball.)

RULE 4 - TEAMS AND PLAYERS Thomas Dooley's Soccer-Tennis, a competitive sport sanctioned by the Soccer Tennis Federation™, is played between two teams of three players each. Each team is allowed two substitutes throughout a match; substituted players may return to the game. If a player is injured during a game, play must continue until a stoppage allows for a substitution. These rules apply equally to coed matches.

RULE 5 - PLAYERS' EQUIPMENT The Soccer Tennis Federation™ sanctioned Thomas Dooley's Soccer-Tennis uniform consists of a kit that includes a shirt, shorts, socks, and approved footwear. Any type of footwear is permitted, provided it does not damage the playing surface.

RULE 6 - DURATION OF THE MATCH Matches sanctioned by the Soccer Tennis Federation™ are played in a best-of-three format, with each game played to 15 points. The team does not need to win by two points. A team wins the match by winning two games. There is a maximum three-minute break between games before teams switch sides. Each team is allowed one 30-second timeout per game. Organizations may opt to play a single-game match in certain tournaments, in which case the first team to reach 15 points wins. No match shall exceed 30 minutes in length.

RULE 7 - BEGINNING THE GAME The winner of a coin toss elects whether to kick off or choose a side to defend.

RULE 8 - THE KICK-OFF Referees signal the start of the game with a kick-off. Each point scored is followed by another kick-off. Kick-offs are taken from behind the tennis court's service line. Players are not permitted to step on the line during a kick-off; however, they may land

inside the court following a jump serve. A player has two kick-off attempts and must play the ball out of their hands via a volley or drop kick. The ball can land anywhere on the opposing team's side. The receiving player must allow the ball to bounce once in the service court before returning it. If the kick-off hits the net but lands in bounds, the kick-off is retaken. A double fault results in the opposing team gaining a point and service.

RULE 9 - SCORING Both teams can score at any time. The defending team can score even if they did not kick off to begin play. After each break in play, the referee announces the score, stating the serving team's score first. A scoreboard should be used for tournament and league play and placed in a visible location.

RULE 10 - TEAM BALL CONTACTS The receiving team may touch the ball a maximum of three times before returning it. The soccer-tennis ball cannot bounce between the first two touches. Players under age 12 are allowed only one touch. A single player may touch the ball multiple times before returning it, but all three players do not need to touch it.

RULE 11 - INDIVIDUAL PLAYER BALL CONTACT Players may touch the ball with any part of their body except their arms or hands. The shoulders are not considered part of the arms.

RULE 12 - GROUND BALL CONTACTS The ball may only touch the ground before kick-off if the kicker opts for a drop kick. Any other ground contact outside the playing field results in a point for the opposing team. A ball may bounce once inside the playing field before being played. The maximum number of ground touches before a return is two.

RULE 13 - POINTS A point is awarded for the following faults:

- The kick-off is taken before the referee's signal.
- The kick-off is not played with the hands.
- More than one ground contact is made before kick-off.
- The player steps inside the field before or during the kick-off.
- The ball is kicked into the net and does not cross to the opposing side.
- The kick-off lands out of bounds.
- A player touches the ball more than twice before returning it.
- The ball makes more than two ground contacts during play.
- A player makes contact with the net.
- A player touches the ball with their hand or arm.

RULE 14 - COURT CHANGE Teams switch sides after each game. The team that scored the final point of the previous game serves first.

RULE 15 - DISTURBANCES Referees may halt play due to uncontrollable disturbances (e.g., equipment malfunctions or injuries) and restart with no points awarded.

RULE 16 - PENALTIES Referees may issue yellow or red cards for unsportsmanlike conduct:

- A yellow card results in the offending team losing one point.

- A red card disqualifies the player from the rest of the match. Their team must substitute a player, or if none are available, play with two players and lose three points.

RULE 17A - THE REFEREE Referees oversee official Soccer-Tennis matches and enforce rules. They may issue yellow and red cards as necessary. The referee's decisions are final.

RULE 17B - THE LINESMAN (Optional) Linesmen assist the referee by monitoring boundary calls and kick-off violations. Positioned diagonally behind the kick-off point, they use the same signals as the referee. The final decision rests with the referee.

Background: Thomas Dooley – Creator of Thomas Dooley's Soccer-Tennis Rules in conjunction with the Soccer Tennis Federation™



Imagine a sport that fuses the world's passion for soccer with the precision of tennis—introducing Soccer-Tennis, the next billion-dollar global phenomenon. With a built-in audience of over 4.5 billion soccer fans and a low barrier to entry, Soccer-Tennis is more than a game—it's an accessible, high-energy movement that is poised to revolutionize sports, media, and digital engagement.

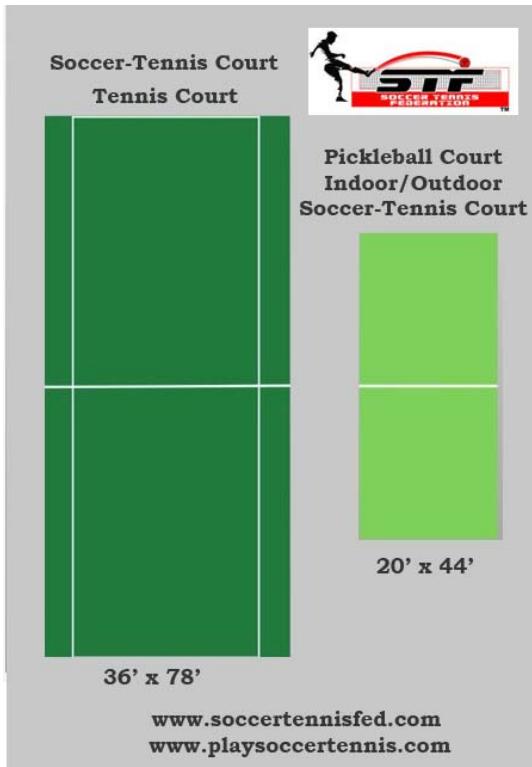
Throughout his decorated career as a player and coach, **Thomas Dooley** has relied on soccer-tennis as an essential training tool to enhance technical skills, agility, and creativity. Players at every level recognize its value—not just as a drill but as an exciting and competitive way to break up the monotony of traditional practice.

Recognizing its untapped global potential, Dooley, alongside **Al Burzynski—former athlete, Army Veteran, and sports diplomacy diplomat—**conducted extensive research on the sport's broader impact. Their findings underscored the need for **an official, structured global federation and a standardized rule set**—one that could transform soccer-tennis into a sanctioned international sport, attracting players across **Millennials, Generation Z, and Generation Alpha**.

Thus, **Dooley's Soccer-Tennis Rules** were established.

Beyond competition, Soccer-Tennis is a powerful tool for **expanding access to soccer** for those who may have never considered playing due to economic barriers, lack of resources, or fear of being on the pitch. With its minimal equipment requirements and adaptable playstyles, Soccer-Tennis provides an **inclusive, low-cost entry point into the world's most popular sport**.

Backed by soccer legends, strategic visionaries, and a dedicated global federation, Soccer-Tennis is redefining the beautiful game. This is more than just a sport—it's a movement. **Join us in pioneering the future of global sports, because the next big thing is here, and it's called Soccer-Tennis. Putting a New Spin on the Beautiful Game™.** See the playing field infographic below.



POC: Al Burzynski, APR
Founding Member – Soccer Tennis Federation
alski@playsoccertennis.com
614.537.5440 (txt, cell, and WHATS APP)