[**HAMPTON INDOOR RULES**](https://seacoastunited.demosphere-secure.com/programs/leagues/indoor/hampton-nh/hampton-indoor-rules)

Home to four TURF fields, the Seacoast United Indoor Arena will host five consecutive league seasons throughout the winter. The Seacoast United Indoor Arena will literally be home to thousands of soccer enthusiasts of all ages ranging from recreational players to more competitive travel league players. Interested teams will be placed in competitive levels to suit their playing background.

Please [**CLICK HERE**](https://seacoastunited.demosphere-secure.com/_files/programs/leagues/indoor/hampton-nh/IndoorSoccer-Rules.pdf)to view the complete set of indoor soccer rules for the Seacoast United Indoor Arena in Hampton, NH.

**LEAGUE INFORMATION**

The age range for age groups will range from 5 and 6 year old boys and girls leagues to over 45 men and women's leagues. There are boys and girls options for leagues with some coed age groups. Please see additional important information about the league below:

* Teams must be paid **IN FULL** prior to 2nd game
* Payment includes all referee fees and insurance
* Teams are required to have matching jerseys AND an alternate colored jersey
* Teams must be accompanied by a designated coach or parent (over 21 years)
* All registration must be completed online prior to competition

Registrations for all indoor and outdoor leagues will take place online. This procedure will make the payment procedures easier for Seacoast United as well as teams participating in our leagues to keep track of player payments. As part of the online registration process, each player will need to electronically sign a medical release/waiver form for their team rosters.

**PLEASE NOTE:** Places are limited and will be filled on a first-come first-served basis. It may be possible for us to accommodate late sign-ups if there is space. Games consist of two 25-minute halves. One game per week (possibly more if double headers are needed due to uneven teams). Roster limit is 18 players.

Please [**CLICK HERE**](https://usclubsoccer.org/registration-player-age-divisions/) to view the birth years associated with each age group for all soccer leagues.

**INDIVIDUALS LOOKING FOR A TEAM**

If you are an individual looking to join a team, we can take your information and add you to a "pool player" list with the hopes that either of the following can happen:

* We have enough individuals looking for a team that we can create a team and have a parent as the "team coach" or "team contact."
* A team will need extra players for their roster and we can email them the "pool player" list to hopefully pick up some extra players.

If you would like to register as a "Pool Player", please contact Dave Burgess directly.

**CONTACT INFORMATION**

If you have any questions regarding our indoor leagues, please call David Burgess at 603-758-7114 or email at dburgess@seacoastunited.com

**SEACOAST UNITED INDOOR ARENA ADDRESS:** 311 Winnacunnet Road, Hampton, NH (Building A)