La Roca Futbol Club | La Roca Park

Indoor League Questions and Answers

2026–27 season | 11 v 11 winter league

Welcome to the La Roca Park indoor season. This guide explains game dates, payment, scheduling, team requirements, and facility rules.

When does the season begin?

Games begin October 30, 2026. Each team receives seven games.

When are games scheduled?

Weeknight games are scheduled at 9:30 p.m. Friday games begin at 7:45 p.m. and end by 11:00 p.m. Saturday games are scheduled between 7:30 a.m. and 10:30 p.m. All times are Mountain Time. Teams should be prepared to play within these scheduling windows.

Will games be played over the holidays?

No games will be scheduled over Thanksgiving weekend, November 26–29, 2026; on Christmas Eve or Christmas Day, December 24–25, 2026; or on New Year's Eve or New Year's Day, December 31, 2026–January 1, 2027.

What is the registration fee and when is payment due?

The team registration fee is $1,500 for seven games, including referee fees. Full payment is due no later than the team's first game. Follow the payment instructions provided during registration.

Where can we find the schedule?

Schedules will be posted at larocafc.com. Teams are responsible for checking the posted schedule, including any updates, at least 24 hours before each game. La Roca will make reasonable efforts to notify teams of schedule changes.

Can we request particular game dates or times?

Write all scheduling requests on the application when registering. La Roca will try to accommodate requests, including back-to-back games for coaches with multiple teams, but cannot guarantee them. Requests submitted after the application are not guaranteed. Each team must have an assistant coach on its roster who can coach when the head coach is unavailable. Forfeited games will not be rescheduled.

Where are games played and what footwear should players wear?

Games are played on the full-size indoor turf field at La Roca Park, 128 E. South Weber Drive, South Weber, Utah. Players should wear cleats or turf shoes and appropriate soccer equipment.

What should families know about parking and arrival?

Observe all parking signs. Parking on South Weber Drive is prohibited. Allow time to park safely, watch for pedestrians, and keep entrances and traffic lanes clear. If the lot is full, return when a legal space is available. Teams should arrive no earlier than 15 minutes before kickoff unless instructed otherwise.

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Team Requirements and Game Rules

Which divisions are offered and how are flights formed?

Divisions include U13, U14, high school boys, and high school girls. La Roca considers team level and flight preference when forming competitive flights. Age groups may be combined when needed to create balanced competition.

What is the game format?

Games are 11 v 11 with a size 5 ball. Each game has two 25-minute halves and a three-minute halftime. Three certified league referees officiate each game. The applicable Laws of the Game apply, subject to the indoor league rule below: if the ball hits the ceiling, the opposing team receives a throw-in at the nearest sideline.

What roster must a team submit?

Submit a current UYSA tournament photo roster to the League Director at the first game. The roster will remain on file. The roster may contain the number of players permitted on the tournament photo roster, but only 18 players may participate in a game. Submit an updated roster whenever players are added or other roster information changes.

Are guest players allowed?

Unlimited guest players are permitted, subject to roster eligibility and the 18-player game limit. Every guest player must appear on the tournament roster on file with the League Director and must complete the required participant agreement before playing.

Who must complete a waiver or consent form?

Every participant, including La Roca players and guest players, must have a completed 2026–27 participant agreement on file before participating. Adults age 18 or older sign for themselves. For a participant under 18, a parent or legal guardian must sign the parental consent section. A coach or team manager cannot sign for another adult or act as a child's parent or legal guardian merely by holding that team role. Players who turn 18 during the season must sign the adult release before further participation.

What happens if the facility is shut down?

If a shutdown prevents games from being played, the team will receive a $100 refund for each missed game that is not played. There are no refunds for forfeited games.

What are the spectator expectations?

Spectators must follow posted facility rules and staff directions, remain in designated viewing areas, keep walkways and exits clear, and show respect for players, coaches, referees, and other families.

Who can answer league questions?

Contact League Director Heidi Wheelwright at heidi.wheelwright@larocafc.com. Visit larocafc.com for schedules and league information.