



EXCEL
EXCELLENCE CENTER FOR ENHANCED LEARNING

**FUTSAL LEAGUE
OFFICIAL RULEBOOK**

Mission:

The mission of ExCEL is to inspire youth development and community impact by facilitating access to programs and resources that strengthen the mind, body, and character.

League Goal & Values:

The overall goal of every *ExCEL* Youth Sports League is to positively impact the lives of our student-athletes through physical, social, emotional, and educational growth opportunities that accompany participation in sports.

In order to accomplish this goal, it takes commitment, great effort, and “buy in” toward the following key values:

- **Players Have a Great Experience:**
All of our student-athletes should get to play in a safe & positive environment
- **Adults Focus on Development:**
Right now, getting better is way more important than getting trophies
We should strive to recognize and foster the development of both hard and soft skills:
 - Sport-specific skills, character, problem solving, teamwork, leadership, communication, resilience, and work habits
- **Everyone Takes Responsibility:**
We all contribute to the success of the league
 - Being Present, Prepared and On Time
 - Being Cooperative, Supportive, Knowledgeable, and Respectful
 - Being your Best

Final Note for Parents & Coaches:

Always remember that our players are impacted by all we say and do; whether at practices, games, in the car, or at the dinner table.

So, before saying or acting upon what may be on our minds...

Let's ask: *Is what I'm about to say or do going to make my Player or Team better at this sport? Will it make them better as a person?*

If not, we should move on to more important things so we can make sure, to the best of our abilities, that these athletes are developing as players, and young men & women.

Together, through our combined efforts, we can maintain these values, accomplish our goal, and fulfill the mission.

Thank you for being part of the ExCEL, and thank you for the investments you have decided to make toward the success of our youth.

Respectfully,

A.J. Knight
ExCEL Director

LEAGUE RULES

General Rules

- The game is played between 2 teams. The format of the game is 5 v 5 (4 field players + 1 goal keeper)
- Teams may call one timeout per half. Timeouts are 1 minute in duration and may be called when in possession of ball or the ball out of play.
- There is no overtime, injury time or stoppage time.
- Teams are comprised of four outfield players and one goalkeeper.
- The goalkeeper must wear a different color jersey than the outfield players.
- There is no offsides in futsal.

Substitutions

- All substitutions are on the fly. This includes goalkeeping substitutions. Referees will not stop play for goalkeeping substitutions.
- A substitute may not enter the match until the player leaving the match is at the touchline in the substitution zone.
- Any substitute who enters the field of play before the player being replaced has completely left the field of play may be shown a yellow card.
- All substitutions must take place in the technical area (in front of the team bench)-- **not** at the half-way line.
- All teams will switch benches (and ends) at the beginning of halftime, ensuring that all substitutions take place in the defensive half.

Restarts

- **Kickoffs:** A goal may not be scored directly from a kick-off. The ball must be played forward first. Tapped balls are not in play – the ball must move forward.
- **Kick-ins:** are indirect. The ball must be placed on or no more than 10 inches behind the line and the kick must be taken within 5 seconds. The kicker's non-kicking foot must be out of bounds or on the line. (A kick-in that goes directly in the opposing goal is a goal clearance for the opposing team. A kick-in that goes directly in the defensive goal is a corner kick of the opposing team.)
- **Goal Clearances:** are taken when the ball wholly crosses the goal line after being touched last by the attacking team. The goalkeeper must use his hands to roll, bounce or throw the ball from anywhere inside the penalty area to outside the penalty area.
- **Corner Kicks:** are direct. The ball must be placed directly on the corner spot and the kick must be taken within 5 seconds.
- **Free Kicks:** may be indirect or direct. The ball must be stopped completely before the kick may be taken.
- **Penalty Kicks:** are taken from the penalty spot and must be shot at goal by a clearly identified kicker. Defenders may not be nearer to the ball than 16 feet and must be behind an imaginary line running from touchline to touchline even with the penalty spot.
- **Distance:** For all of the above, except goal clearances, opponents may not be closer to the ball than 16 feet.
- **Ceiling:** If the ball hits the ceiling or other object, the team that did not touch the ball last restarts play with a kick-in from the nearest point on the touchline.

Fouls and Misconduct

- **Indirect Free Kicks:** When a player plays in a dangerous manner, impedes an opponent (without playing the ball), prevents the goalkeeper from releasing the ball with their hands or commits any offence for which play is stopped to caution or eject a player.
- **Direct Free Kicks:** When a player kicks or attempts to kick an opponent, slide-tackles an opponent or slides with an opponent near (automatic yellow card/caution), jumps at an opponent, charges at an opponent, strikes or attempts to strike an opponent, pushes an opponent, holds an opponent, spits at an opponent or handles the ball deliberately.
- **Yellow Card / Caution:** The offending player is shown a yellow card. If a player earns two yellow cards in a match, he is shown a red card.
- **Red Card / Ejection:** The offending team plays down for two minutes unless scored upon before the two-minute penalty expires. The offending player serves a minimum one-match suspension.
- **Accumulated Fouls / AFPK:** All penal fouls are recorded on the scoresheet and/or on the scoreboard. Example: If red fouls blue a sixth time in one half, for that sixth penal foul and all subsequent penal fouls in that half, blue is awarded an accumulated fouls penalty kick. All AFPK's are taken from the penalty spot (marked at the top of the penalty arc / top of key for basketball 3-point line). AFPK's must be shot at goal by a clearly identified kicker. The defending team may not make a wall and may not be nearer to the ball than 16 feet and must be behind an imaginary line running from touchline to touchline even with the spot of the kick. The goalkeeper may be off their line, but may not be nearer than 16 feet from the ball. Accumulated fouls are reset to zero at the beginning of the second half.
- **Penalty Spot:** Top of penalty area arc (approximately 25 feet from the center of the goal).

The Goalkeeper

- Must wear a different color shirt. May wear long pants and/or other padding as deemed safe by the match referee.
- May receive a kick-in directly.
- May kick the ball directly over the half-way line.
- May score directly with their feet during the run of play.
- May not punt or drop-kick the ball. (Ball must settle to the ground or be touched first, no "air" under the ball when kicked.)
- May not possess the ball for more than 5 seconds in their own area/box.
- May throw the ball directly across the half-way line. A ball thrown directly into the opposing goal results in a goal clearance for the opposing team.
- May only touch/receive the ball once per team possession (possession is considered "lost" once the ball touches an opposing player)

League Specific Rules

- The Duration of regulation games shall be two (2) twenty (20) minute halves.
 - The Game Clock will start at the scheduled time of the game and continue to run throughout unless the referee directs the clock operator to stop the clock. Stoppage only occurs for timeouts.
 - Teams must have a minimum of 4 players to start a match and must maintain at least 3 to continue a match. If a team falls below 3 able players, the match will be forfeited.
 - Coaches may edit rosters (remove players due to injuries or leaving the team / add players not to exceed 10) before the 4th game of the season.
 - ExCEL may check the validity of rosters at any time.
 - Players must be on the roster to play in the game; no exceptions.
 - Each team is allowed a Head Coach, Manager and/or 1 Assistant Coach.
 - **Coaches must have a current, approved ExCEL / TISD background screening renewed annually (August 1st) based on ExCEL Policy. Upon clearance, Coaches must obtain an ExCEL Coaches Badge, that is to be worn for ALL Practices & Games.**
 - In the event that no coach is available, a parent may act as the stand-in Head Coach; the parent must be 21 or older and have a current, approved background screening with TISD.
 - The use of an illegal player by any team will result in a forfeit and the suspension of the player and the coach. An illegal player is defined as someone that is not on the current roster or is on 2 rosters in the same age division. It is also when a player is playing on a team lower than their current age.
 - The ball to be used for games at ExCEL shall be size appropriate and shall be provided by the facility.
NOTE: The use of individual or team balls is not allowed at ExCEL.
 - **Minimum Player Participation Times (50% Rule):**
 - All Players must play 50% of each half. Players who show up late, at halftime or have to leave for any reason may be exempt from this requirement at coach's discretion.
- NOTE: The referee(s) will not be tracking playing time. That is the responsibility of the coaches. Any issues or complaints of playing time should first be addressed with the Coach (adhering to the 24-hour rule). If unresolved, issues can then be directed toward ExCEL administration in order to be addressed.**
- The equipment worn by a player during the entire game shall consist of:
 - Shirt with same or similar color to the rest of the team and a pair of shorts. Jerseys are the responsibility of the team. Each player must have a unique number to identify them. Teams should have a dark and light (white) version of their jersey or one unique color that is different from other teams. In the case of two teams with similarly colored shirts, the VISITING team will be required to wear pinnies of an alternate color that will be provided by the ExCEL.
 - Shin guards – Completely covered by the appropriate size socks.
 - Footwear – Flat soled tennis shoes or indoor soccer flats. NO CLEATS
 - The **Home Team** must provide a **Timekeeper/Scorekeeper** (age 14+) for each game and he or she will be responsible for keeping the score of each team while also running the electronic scoreboard / timer. (ExCEL may opt to not keep score in certain age divisions)

THANK YOU FOR BEING PART OF THE ExCEL FUTSAL LEAGUE.

