



EXCEL
EXCELLENCE CENTER FOR ENHANCED LEARNING

FUTSAL
LEAGUE
RULEBOOK

Mission:

The mission of Terrell ISD ExCEL is to enhance student development, promote staff wellbeing, and support its senior community by providing 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 the 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. Remember, they are just kids that want to play a game.

- **Adults Focus on the Development of Young Men & Women:**

We should prioritize and support the development of both hard and soft skills:

- Good character, problem solving, teamwork, leadership, communication, resilience, work ethic, and the skills for their sport.

- **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 that 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 Official serves as the **Timekeeper/Scorekeeper** 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)



COACH'S CODE OF CONDUCT

A primary goal for the Terrell ISD ExCEL is to ensure every child's experience is rewarding and enjoyable.

All parties involved; coaches, volunteers, officials, parents, and staff, are expected to collectively work together to accomplish this goal and provide the best possible experiences for the children through cooperation, support, and respect for their individual roles and responsibilities.

This code of conduct is in place to uphold approved and acceptable behavior.

The term "Coach" shall include, but is not limited to: Head Coach, Assistant Coach(s), Manager(s), Trainer(s) and/or other Team Representative(s) who interact with or instruct the players during league events.

Health and Safety of Players:

The health and safety of the players that I coach and/or instruct will be my number one priority.

I will never place the value of winning over the safety and welfare of players.

I will ensure that the players I coach and/or instruct have and wear proper safety equipment.

I will encourage athletes to seek proper medical attention and advice when required and follow all physician's instructions regarding treatment and recovery.

I will maintain the same interest and support toward all players, including those who are sick and injured.

Respect and Responsibilities to Others:

I will respect the rights, dignity and worth of all players, coaches, volunteers, officials, spectators and ExCEL staff.

I will treat everyone equally regardless of sex, ethnic origin, religion or ability and will refrain from all manners of personal abuse and harassment of others, whether verbal, physical, or emotional, and I shall oppose such abuse and harassment at all levels.

I will be a positive influence and will not, demean, degrade, humiliate, and/or engage in altercations with any player, parent, spectator, official, team or other coach or volunteer, or staff member. *(Includes off-site occurrences such as social media forums)

I understand and agree that my team is not guaranteed any specific schedule and that all scheduling assignments are at the sole discretion of ExCEL. I will do all that I can to ensure my team is able to adhere to the schedule provided.

Professionalism and Responsibility for Actions:

My actions, language, manner, punctuality, preparation and presentation will demonstrate high standards.

I will communicate league and team information effectively and in a timely manner with all members of my team.

I will refrain from using foul language, possessing or being under the influence of alcohol or illegal drugs while coaching, volunteering, supervising and/or instructing participants.

I will display control, respect, dignity and professionalism to all involved in the activity (athletes, coaches, opponents, officials, administrators, parents, spectators, media, etc.).

I will keep my registration and/or application current with the ExCEL and I will wear any required credentials (i.e. badge) and/or apparel at all ExCEL events.

I will be responsible for Parent and Spectator conduct at the sporting events of which I am coaching.

I will abide by and help to ensure the adherence to all rules, policies, procedures, and expectations set by the ExCEL.

Quality of Service to the Players:

I will be knowledgeable about the rules and skills of the sport(s) I coach and/or the subject(s) I instruct.

I will follow the rules for my sport(s) as determined and instituted by the ExCEL.

I will instruct players to play within the rules of the game and within the spirit of the game at all times.

I will not seek unfair advantage by teaching deliberate unsportsmanlike behavior to players.

I will never determine or make changes to a player's role or playing time due to financial reasons or fundraising participation.

I will be responsible for my players' actions on the field/court and will not permit them to perform with the intent of causing injury to opposing players.

I will never leave a participant unsupervised while involved in a game, practice or other activity at the ExCEL and will remain at the location following the completion of the activity until all children under my supervision have been picked up by a parent or responsible adult.



COACH'S CODE OF CONDUCT (continued)

Poaching Policy:

Poaching of players and coaches is considered a serious offense by ExCEL, and any group or individual found to have committed a poaching violation shall be subject to immediate removal from the program with no form of refund nor guarantee of future participation.

Any group, team, individual(s) which through its responsible officers, coaches, parents or representatives:

1. Has direct contact with a player, parent / guardian, or another coach to promote their team, group, or club, and solicit the player's participation will be considered a poaching violation. (Player contact includes, but is not limited to text messages, phone calls, emails, social media, and other written communication and/or in person conversations.)
2. Attempts at any time to induce a registered ExCEL player or coach (or their parent/guardian) to leave their current affiliation at any point will be considered a poaching violation.
3. Attempts to undermine, belittle, gaslight or suggest an alternative option to the ExCEL program in which they are currently registered or participating, regardless of the medium or location of such attempts, will be considered a poaching violation.

Any recommendation for a player or family registered to a team other than one's own to attend training, events, or any other services of a different team or individual would be inappropriate and considered an attempt to induce a player or coach to leave their present organization.

If any group, club, team, or individual(s) wish to acquire new players or coaches, they shall hold an open tryout that is communicated publicly and made available to everyone. Hosting "Open Tryouts" that are publicly advertised and made available to everyone would not be considered a poaching violation and any players or coaches acquired through this method would be allowed. Parents / Guardians may also submit a request to ExCEL for their player to be placed on a different team. ExCEL will review all team change requests and provide either approval or denial at its sole discretion.

I recognize the importance of my role as a Coach and accept the responsibilities that it comes with.

I pledge myself to observe, practice, and maintain this Code of Conduct as a condition of membership and participation in ExCEL Sports Programs.

I understand and agree that ExCEL Administration has the right and ability, in its sole discretion, to deny or remove any person, team, or organization from participating in an ExCEL program at any time for violation of policy or upon determining that participation by a person or team is not in the best interest of the person(s) nor the program.

I acknowledge that I have read and understand the Terrell ISD ExCEL Coach's Code of Conduct and I that I have access the Official League Rules of my sport online at <https://www.terrellexcel.com/rule-books>.

I agree to abide by the standards, policies, and procedures defined or referenced in them.

I further acknowledge that compliance with all league rules is mandatory. I understand and agree that failure by myself, my team, or its representatives to comply with league rules and policies will result in the below-stated consequences without exception:

1. **First Violation:** The team will forfeit the current game and the next scheduled game.
2. **Second Violation:** The team will forfeit the current game and the next two scheduled games.
3. **Third Violation:** The team will forfeit the current game and be permanently removed from further participation in the league.

By registering for and participating in this program, I voluntarily agree to these terms and accept full responsibility for ensuring that my team adheres to all league rules and regulations.

