



## 2021 SPOOKY NOOK FUTSAL LEAGUE RULES

Our goal is to provide the highest quality facilities for futsal training and competition during the winter months. The purpose of league games is to allow teams to play together and experience game situations through competitive play. While our league divisions each determine a champion, the focus of these games is to develop athletes and promote teamwork in the off season.

**League Dates:** Fridays; January 8 through March 5 (8 games)

**Game Length:** 40 minutes, two 20-minute halves, 2-minute halftime (teams switch ends)

**Format:** 5v5 (4 plus GK)

**Max roster:** 12 athletes unless approved by league director

**League Director:** Braden Elliott | [bradene@nooksports.com](mailto:bradene@nooksports.com) | (717) 618-8510

### Facility Information & Policies

#### Surfaces

Spooky Nook Sports may utilize the following surfaces for futsal league games. Exact court dimensions will vary per court, but game rules will remain the same.

- Phase 1 Sport Court (4 courts total)
- Hardwood Courts (10 courts total)
- Field House Sport Court (10 courts)

#### Warmup Area

Ball warmups are not permitted. Teams may take athletes upstairs to the mezzanine level to warmup legs by stretching and performing an active warmup. Please be courteous of other teams and Spooky Nook Sports members or spectators who may also be in this area.

#### Timeliness & No Show Policy

Teams must be on time to their game. If a game is running late, the next teams must be ready to go when the previous game is complete. Referees are instructed to run the clock whether or not all teams are present. After 10 minutes without a team and without notification, the match is forfeited.

#### Game Balls

Spooky Nook Sports will provide game balls for all matches. Size 4 for all ages.

#### Weather Policy

If the facility is open and operating, games will be on as scheduled. In the event that teams have to forfeit due to players not being able to make it to games, we will do our best to notify teams in a timely manner.

#### Spectator Viewing Areas

Spectators are permitted to watch from the mezzanine level or bleachers only so that there is no interference with game play. Spectators may bring bag chairs. Spectators are not permitted on the courts during matches.

## Parking

All rostered athletes and coaches will receive a general parking pass on the first league night that will be valid for the entire league season. This parking pass is good for the main parking lots only. Please use the GPS address below to avoid the entrance on Spooky Nook Road, which is to be utilized for drop-off traffic only. Parking in the member lot on the side of the building is not allowed under any circumstance. Anyone parking in this lot without a Spooky Nook Fitness member parking pass will be towed.

- GPS Address: 75 Champ Boulevard, Manheim, PA 17545.

## Footwear, Shin Guards, & Jewelry

Athletes must wear flat soled shoes or sneakers for play on hard surfaces. Cleats of any kind are not permitted to be worn on the court surfaces. Shin guards are required for all athletes. No jewelry is allowed to be worn during league games.

## Athletic Trainer/First Aid

Orthopedic Associates of Lancaster (OAL) provides athletics trainers for our facility. If an athlete is injured during a league game, the coach should alert the league director, who will call for an athletic trainer to tend to the athlete. Non urgent injuries may be treated at the OAL Athletic Training room in the front of the building (beside Harwood Court #1).

## Concussion Policy

If there is a suspected head injury during a match, play will be stopped by the referee to discern if the player needs medical attention. If the player leaves the field they may be substituted for, however they may not return to the field of play until a certified athletic trainer clears them of injury.

## Food & Beverage Policy

To support our provision of quality food selections for our guests, we **do not** allow coolers or outside food and beverage items into the facility. Athletes are allowed to bring up to 32 oz. of water or sports beverage into the facility and spectators may carry a single drink.

## Rosters & Player Waivers

All teams must ensure that all athletes complete the new online waiver for all rostered athletes and coaches on the first night of the league.

- **Frozen rosters:** Rosters will freeze in the third week of play. No additions to the roster will be allowed after this point, only replacements in the case of an injury with doctor's note.
- **Dual rostering is not permitted:** In a league where a champions are determined, dual rostering for any player within the same division is not permitted. Athletes may be rostered on different teams if they are participating in different divisions (for example, one player may be rostered to play on a U13 and U14 team, but not to play on two separate U13 teams).
- **Guest players:** If a team has 6 or less players for a match, they may email [bradene@nooksports.com](mailto:bradene@nooksports.com) with the name of the additional player(s) and reason to request a guest player. All guest players will need to complete the online waiver. Teams may use a guest player in playoffs but must forfeit the match with a score of 5-0.

# Futsal League Rules

## General Rules

- No offside
- 5 seconds to put the ball into play on kick-ins, free kicks, corner kicks and goal clearances
- Referees do NOT count out loud but WILL give a 'hand gesture' in counting

- The goalie will not be allowed to release the ball into play by his hands such that the ball crosses the center line in the air without the ball touching the ground or any player prior to crossing the center line. The restart after this infringement is an Indirect Free Kick at the center of the halfway line.
- The goalkeeper may not drop kick or punt the ball. The restart for this infringement is an Indirect Free Kick at the center of the top of the box.

### **Running Clock**

League game clocks do not stop for any reason. Timeouts are not permitted.

### **5 Goal Rule**

If a team is leading by 5 goals, the opponent may add an extra player on the court. If the team that is losing scores and the deficit becomes 4, that team must then remove a player.

### **Substitutions**

Substitutions are made “on the fly.” The player being substituted, on the way off the court, must be 5 yards from his or her own team's bench area when the player entering the court is allowed on. Failure to comply will result in an indirect free kick in the center of the half way line to the other team.

### **Kick Off**

The kick off at the start of the game is awarded to team listed first on the scoresheet. The second half kick off is awarded to the team listed second on the scoresheet. All opponents must be at least five yards from the kick at the taking of the kick off. A goal may not be scored directly from a kick off. Kick offs can be played any direction. The ball may only be played one time consecutively by a player on a kick off. Players cannot dribble from a kick off.

### **BALL OUT OF PLAY**

#### **Kick In**

When the ball completely crosses one of the touchlines a “kick in” is awarded to the opposing team of the one who touched the ball last at the spot where the ball went out. A goal may not be scored directly from a kick in. A kick in may not go over head height (a kick in is awarded to the opponent if they do). All opponents must be 5 yards from the ball and the player performing the kick in must have:

- One foot either on the line or off the field
- The ball must be stationary
- The ball must be placed either on the line or off the pitch not more than 10 inches from the line
- The ball must be put into play within 5 seconds. If the ball is not put into play within 5 seconds, a kick in is awarded to the opposing team.

#### **Goal Clearance**

A goal clearance is awarded when the ball completely crosses the goal line last touched by the attacking team. The goalkeeper shall throw or roll the ball into play using the hands when ready to do so. The ball must be put into play within 5 seconds. If the ball is not placed into play within 5 seconds, an indirect free kick shall be awarded to the opponents in the center of the goal box line. Goalkeepers cannot throw a goal clearance over the half way line in the air (an indirect free kick is awarded on the center of the center line if they do).

In U8 to U11 games, opponents MUST move back to the half way line while taking a goal clearance. Please note that this is not every time the goalkeeper has possession of the ball (only for a goal clearance). This rule does not apply to U12+. If a goalkeeper chooses to restart play quickly before the defending team retreats to the half, the referee can let the play continue. However if the GK proceeds to play quickly (before defending team retreats) and the attacking teams scores, a goal will be given. The referee will not start the 5 second count until all defending team players have retreated to their own half.

The goalkeeper can receive a pass back to their feet as many times as they want. The goalkeeper cannot dribble the ball back into their goal box and pick it up. An indirect free kick is awarded on the top of the goal box, in the center, for any of these infringements.

### **Heading**

Heading is not permitted in U8-U11. An indirect free kick is awarded at the spot of the foul for this infringement. If the infringement happens in either penalty box, an indirect free kick is awarded at the center of the top of the box.

### **Indirect Fouls inside the Penalty Area**

Any indirect fouls that occur inside the penalty area will result in an indirect kick from the center of the top of the box.

### **Corner Kick**

A corner kick is awarded when the ball completely crosses the goal line and was last touched by the defending team. The ball must be placed on the corner where the end line and side line meets. The player performing the corner kick must kick the ball into play within 5 seconds of being ready to do so. If the ball is not kicked into play within 5 seconds, a goal clearance shall be awarded to the opposing team. A goal can be scored directly off a corner kick. Corner kicks are NOT allowed to go over head height, a goal clearance is awarded to the opposing team for this infringement.

### **Fouls and Misconduct**

If the referee awards a foul against a team, the direct fouls in each half are accumulated and teams are penalized after 5 fouls. There is a 6th accumulated foul rule. Please keep in mind that indirect free kicks are NOT counted as an "accumulated foul". Only direct free kicks are counted.

#### **- Sixth Accumulated Foul**

With the 6th and subsequent fouls in one half, a direct free kick without a wall shall be taken at the top of the goal box in the center. The player taking the kick must be clearly identified and the kick shall be made with the intent of scoring a goal. All other players must remain 5 yards behind the ball until it is in play. The defending goalkeeper must remain on the goal line until the ball is kicked. Accumulated fouls in the first half of play do not carry over to the second half.

#### **- Accumulated Fouls Resulting in a Direct Free Kick**

- Kicking or attempting to kick an opponent
- Tripping or attempting to trip an opponent
- Jumping at an opponent
- Charges at an opponent
- Strikes or attempts to strike an opponent
- Pushing an opponent
- Holding an opponent
- Spitting at an opponent
- Handling the ball (except the GK in their penalty area)

### **Slide Tackling**

Slide tackling is not permitted on an opponent. A direct free kick is awarded if there is a slide tackle on an opponent. A field player may slide in instances where there is not an opponent close by and no injury is likely to occur. This would most likely happen when a player is attempting to stop the ball from going out of bounds or an offensive player sliding to knock the ball into the goal where there is no other defensive player close to the play. Players and coaches should use this general rule, if you slide near a player, assume a foul may be called.

#### **- Exceptions:**

The GK is allowed to slide in an attempt to clear the ball, if in the referees' judgment, the slide is an attempt only to make contact with the ball, not the opponent. If GK is a least careless (a foot in air, a hook, rolling tackle) it is a foul and possibly a carded offense.

## **Penalty Kicks**

If a direct kick infringement against the defending team is made within the penalty box, a penalty kick is awarded to the attacking team. A penalty kick is taken in the center, on the top of the goal box line. Players must remain 5 yards behind the ball until it is kicked by the penalty taker. The ball is live once kicked. The defending goalkeeper must remain on their goal line until the ball is played.

## **Free Kicks**

All opponents shall remain 5 yards from the ball until it is in play. The ball is in play after it is touched and moved in any direction. The player taking the kick must put the ball into play within 5 seconds. If the ball is not put into play within 5 seconds an indirect free kick shall be awarded to the opposing team at the same spot.

## **Yellow & Red Cards**

If a player receives a yellow card they must leave the court immediately and be replaced by another player. The yellow carded player cannot re-enter the game for 2 minutes. If a coach is red carded, he or she must leave the court and the playing area immediately. If a player is red carded they may immediately be replaced by another player on the court. For a non-violent player red card, the player may stay on the team bench (this is at the referee's discretion).

Depending on the severity of the red card, that player or coach may be suspended for the next game or the next two games. If the incident is so severe, the red carded player or coach may be subject to suspension from the league. This will be decided by the league director.

## **Coaches**

All teams must have designated head coach and assistant coach names on their roster. Only two coaches are permitted in the team bench area at one time. If a coach is ejected, we will allow an assistant coach to continue with the game. If there is no designated assistant coach named, a parent may NOT step in to coach. The game will be forfeited if cancelled due to a coach ejection and no replacement coach being present.

## **Ties at the end of regulation**

Regular season games may end in ties. For playoff games where a winner must be determined, tie breakers will be as follows until a winner is decided. A drop ball will be the restart in overtime.

- 1st Overtime – 2-minute golden goal without goalkeeper (4v4)
- 2nd Overtime – 2-minute golden goal, remove another player (3v3)
- 3rd Overtime – coin toss (visiting team calls)

## **Standings and Schedules**

All coaches will sign score cards after each game. Standings will be updated through use of Tourney Machine. Discrepancies should be reported to the league director immediately.

### **Points for standings**

- For each win, a team earns 3 points
- For each tie, a team earns 1 point
- For each loss, a team earns 0 points
- Forfeits will be scored as a 5-0 loss

### **Tie Breakers for standings**

1. Head to Head
2. Goals against
3. Goals scored
4. Coin flip

**Not Covered in the Rules**

In the event that any item is not covered in the rules, the league director (with assistance from the league official) will make the fairest possible decision and that ruling will be final.