



# **FRONTRUNNER**

## FUTSAL LEAGUE



# **OFFICIAL RULES, STRUCTURE AND CODE OF CONDUCT**

**SPARK - SHAPE - SOAR**

THE FRONTRUNNER FIELDHOUSE LEAGUE IS DESIGNED TO COMBINE  
PLAYER DEVELOPMENT, HEALTHY COMPETITION, AND COMMUNITY  
SPIRIT THROUGH THE SPARK • SHAPE • SOAR FRAMEWORK.



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## Welcome Message

From the Leadership Team at Frontrunner Fieldhouse

Welcome to the Frontrunner Futsal League, where competition meets community, and every match moves players closer to becoming their best.

This league isn't just about the score — it's about growth. It's about the spark that ignites passion in every new player, the shape that forms through discipline and teamwork, and the soar that comes from mastery and confidence earned through challenge.

At Frontrunner Fieldhouse, we believe sport is one of life's greatest teachers. Through futsal, players learn creativity, resilience, humility, and respect — both for the game and for one another. Every goal, every pass, every save is an opportunity to learn, to connect, and to rise.

Our promise is simple: to provide an environment where development, respect, and joy in the game come first. Every decision we make — from scheduling to officiating to facility operations — reflects that mission.

Thank you for being part of the Frontrunner Family. Whether you're a player, coach, or supporter, your presence adds value to our community. Together, we're shaping a culture that celebrates growth over glory, unity over ego, and excellence through effort.

Let's compete with purpose.

Let's play with heart.

Let's Spark • Shape • Soar — together.





## Division Philosophy: Spark • Shape • Soar

At Frontrunner Fieldhouse, our league divisions reflect a player's journey of growth — from discovering passion and confidence, to refining skill and understanding, to expressing mastery through purposeful play. Each division exists not to separate levels, but to connect stages of becoming a better, smarter, more complete player. Each stage celebrates the process of becoming a complete, confident competitor.

### Spark Division

“Where energy begins.”

The Spark Division is all about igniting passion, creativity, and love for the game. Teams in this division compete with enthusiasm and fearless effort, learning how to channel their energy into purposeful play. The focus is on discovery — building confidence, understanding movement, and experiencing the excitement of competition while laying the foundation for future growth. Players and teams in Spark are encouraged to take risks, try new skills, and play with joy — because this is where the spark begins.

### Shape Division

“Where skill, structure, and understanding come together.”

The Shape Division emphasizes refinement and development. Here, players learn how to connect ideas, control the rhythm of play, and apply technical skill with growing precision. It's a competitive, developmental environment where teams learn to adapt, organize, and “shape” their identity both individually and collectively. This division builds the bridge between potential and performance — shaping habits, teamwork, and tactical understanding that define the modern player.

### Soar Division

“Where mastery takes flight.”

The Soar Division represents the pursuit of excellence — where teams apply their developed skills to express creativity, discipline, and leadership on the field. Competition here is fast, challenging, and rewarding, designed for players who are ready to think, move, and play at a higher level. The goal isn't perfection — it's growth through challenge. Teams in Soar rise above comfort zones, test their limits, and inspire others to do the same.

### Unified Purpose

Across all divisions, the mission is the same: to compete, grow, learn, and become better — every day, every game. Spark. Shape. Soar. It's more than a league — it's the journey of becoming your best.





## League Values & Rules

These values define the heartbeat of every match, every training, and every interaction in our league:

1. **Development First** – Every match is an opportunity to improve.
2. **Respect Always** – The way we play matters as much as the result.
3. **Faith in Process** – Winning follows growth, not the other way around.
4. **Joy in Competition** – Play freely, play fairly, play with purpose.

## Game Rules & Regulations

(Modeled after US Youth Futsal and FIFA Futsal Guidelines)

These rules are designed to promote fast, skillful, and fair play — encouraging development, competition, and respect across all divisions (Spark • Shape • Soar).

### Game Duration

- Games consist of two 20-minute halves with a 2-minute halftime.
- Each match block is 50 minutes total (including transition time).
- The clock runs continuously; time will stop only for serious injuries at the referee's discretion.

### Players & Substitutions

- 5v5 format: 4 field players + 1 goalkeeper.
- A minimum of 3 players is required to start or continue a match.
- Unlimited “on-the-fly” substitutions may be made at any time during play.
- Players must fully exit the court before a substitute enters.

### Kickoffs & Restarts

- Kickoffs may go in any direction.
- Clock starts at scheduled kick off time, does not stop (rolling clock).
- The ball must touch another player before a goal is counted directly from kickoff.
- All restarts (kick-ins, goal clearances, free kicks) must be taken within 4 seconds.
- Opponents must be 5 yards (or one marked circle) away from the ball during restarts.
- A goal cannot be scored directly from a kick-in.

### Fouls & Free Kicks

- No slide tackling is permitted for safety.
- Accumulated fouls are not tracked per team, but repeated infractions may result in a yellow card or caution.
- Direct Free Kicks: When a player kicks an opponent, tackles an opponent, trips an opponent, jumps at an opponent, charges an opponent, strikes an opponent, pushes an opponent, holds an opponent, spits at an opponent or handles the ball deliberately, a direct free kick is awarded.
- Penalty Kicks: Penalty kicks will be played as a 1v1 dribble-up from the halfway line. The shooter starts with the ball at midfield; the goalkeeper begins on the goal line. All other players must start on the opposite goal line. On the whistle, play begins as a live 1v1, and additional players may enter the play once the ball moves.
- Dangerous play, dissent, or unsporting behavior may lead to disciplinary action at the referee's discretion and the opposing team can be awarded a direct free kick.



# League Rules

## Goalkeeper Rules

- Goalkeepers may throw, roll, or pass the ball to restart play (no punts).
- Goalkeepers may handle the ball only inside the penalty area.
- Goalkeepers have 4 seconds to release the ball from their hands or feet.
- The goalkeeper may enter the attacking half of the court and participate in play.
- Goalkeepers redistribute the ball from a goal clearance with their hands (No goal kicks).

## Ball In & Out of Play

- The ball is out of play when it crosses the boundary line.
- Kick-ins replace throw-ins — ball placed on or behind the line.
- Ceiling rule: The futsal court is marked with a green/grey boundary line that represents the height limit for play. If the ball travels above this boundary line (including hitting the ceiling), it is considered out of play. A kick-in will be awarded to the opposing team from the nearest spot on the touchline.
- **Corner Kicks:** are direct. The ball must be placed on the white line in the corner and the kick must be taken within 4 seconds. If the kick is not taken within 4 seconds the restart becomes a goal clearance for the opposing team.

## Discipline

- Yellow Card: A yellow card is a caution for unsporting behavior or persistent infringement. The player must sit out for 2 minutes, but may be substituted immediately. The team will remain at full strength (5 players on the court) during the 2-minute period.
- Red Card: Ejection for serious foul play, violent conduct, or denying a goal by handball/foul.
- Teams reduced to 4 players for the remainder of the game.
- The player ejected may not return for the remainder of the match.
- Ejected players must leave the playing area (court) immediately.

## Schedule Adjustments & Rescheduling

Fronrunner Fieldhouse reserves the right to adjust, delay, or reschedule games when necessary to ensure fair play and smooth league operations.

Changes may occur due to facility needs, weather, or unforeseen conflicts.

Teams will be notified of any updates through official channels — email, TeamSnap, or direct message — as soon as changes are confirmed.

In the event of delays, match times may shift slightly, but all games will be honored whenever possible. No-shows or late arrivals may result in a forfeit at Fronrunner Fieldhouse's discretion, with a 0–3 loss recorded.

All schedule requests or adjustments must be submitted within 3 days of receiving the initial league schedule. While Fronrunner Fieldhouse will make every reasonable effort to accommodate such requests, approval cannot be guaranteed due to scheduling constraints, team availability, and facility requirements.

Fronrunner Fieldhouse will act in good faith to balance fairness, consistency, and opportunity for all teams when managing scheduling changes.

All communication regarding schedule changes will come directly from Fronrunner Fieldhouse staff or the League Director.

Please verify all updates through official channels only.





# League Rules

## Game Format Summary Table

Rule Category	Standard
Format	5v5 (4 field players + 1 goalkeeper)
Duration	Two 20-minute halves, running clock
Halftime	2 minutes
Game Block	50 minutes total (including warm-up/transition)
Substitutions	Unlimited, “on-the-fly”
Ball	Official futsal ball
Offsides	None
Kick-ins	Replace throw-ins; must be taken within 4 seconds Can’t score from a kick-in
Goalkeeper Distribution	No punts; throws, rolls, or passes only
Slide Tackling	Not allowed for safety
Ceiling/Green Rope Rule	Restart from nearest spot if ball hits ceiling or above green rope
Referee Decisions	Final and non-negotiable
Equipment	Shin guards required; flat-soled or futsal shoes only





## Points System

The following points system will be used to determine league standings throughout the season.

Points are earned based on match results and performance criteria.

### Points Allocation

- Win: 3 points – Awarded to the winning team for each match.
- Tie: 1 point – Each team earns 1 point if the match ends in a draw.
- Loss: 0 points – No points are awarded for a loss.
- Shutout Bonus: 1 point – Awarded to teams that win without conceding a goal (e.g., 2–0 victory = 3 + 1 = 4 total points).
- Goal Bonus: 1 point per goal (max 3) – Teams earn 1 bonus point for each goal scored, up to a maximum of 3 goals per game, to encourage attacking play while preventing score inflation.

**Scores need to be entered into the scheduling system within 48 hours of the final whistle**

### Example Scenarios

- Team A wins 3–0:
  - 3 (win) + 1 (shutout) + 3 (goal bonus) = 7 total points
- Team B wins 2–1:
  - 3 (win) + 0 (no shutout) + 2 (goal bonus) = 5 total points
- Team C ties 3–3:
  - 1 (tie) + 3 (goal bonus) = 4 total points
- Team D loses 2–4:
  - 0 (loss) + 2 (goal bonus) = 2 total points

### Notes

- Standings will be determined by total points earned.
- Bonus points are applied automatically based on final reported match scores.
- The maximum total points a team can earn in one match is 7 (Win + Shutout + Goal Bonus). No additional points are awarded beyond the 3-goal bonus cap.

### Tiebreakers

1. Head to Head: If two or more teams are tied on points, whoever won the direct matchup ranks higher.
2. Goal Differential (group): Total goals scored minus total goals conceded across all games.
3. Fewest Goals Allowed: Team that conceded the fewest total goals ranks higher — encourages strong defense.
4. Total Goals Scored: Team that scored the most goals ranks higher — encourages attacking play.
5. Most Games Won: If still tied, prioritize overall wins — rewards consistency.
6. Least Games Lost: If two teams are still deadlocked, this can separate them.

If teams remain tied after all criteria, placement will be determined by coin toss or playoff match (time permitting) at Frontrunner Fieldhouse's discretion.



## Code of Conduct

**Frontrunner Fieldhouse operates on the principle of Respect in All Directions — from player to player, coach to referee, parent to opponent.**

**At Frontrunner Fieldhouse, our league is built on the principle of Respect in All Directions — from player to player, coach to referee, and parent to opponent.**

**Every match represents more than a score — it's a reflection of our values, discipline, and love for the game.**

**In the Frontrunner Futsal League, character always wins.**

### For Players:

**You represent your team, your club, and our community every time you step on the court. We expect every player to compete with excellence in both skill and spirit.**

- Compete with passion, fairness, and integrity.
- Celebrate effort and teamwork, not just results.
- Show respect to opponents, referees, and teammates.
- Learn from mistakes — every setback is a chance to grow.
- Play with energy, humility, and joy — this is where the spark begins.

### For Coaches:

**Coaches set the tone for every game. You model leadership and shape the culture of competition.**

- Lead by example in communication and composure.
- Teach through the “why” — helping players understand the game beyond the score.
- Prioritize development over dominance; focus on learning moments.
- Treat referees and opposing coaches with professional respect.
- Encourage creativity, confidence, and consistency — helping players shape their identity.

### For Parents & Spectators:

**Our sidelines matter as much as our court. The energy you bring builds the environment every player experiences.**

- Cheer for all players, not just your own.
- Respect referees, coaches, and staff — zero tolerance for verbal abuse or dissent.
- Allow coaches to coach and players to play.
- Model grace in victory and humility in defeat.
- Remember that your behavior shapes the next generation of athletes.





# Code of Conduct

Frontrunner Fieldhouse operates on the principle of Respect in All Directions — from player to player, coach to referee, parent to opponent.

## For Referees & Officials:

Referees are valued members of our league community. Their role is to ensure fairness, safety, and respect throughout play.

- All participants are expected to respect the authority and decisions of the officials.
- Dissent, confrontation, or unsporting language directed toward officials will not be tolerated.
- Officials are encouraged to uphold Frontrunner Fieldhouse's values with consistency, professionalism, and care.

## League Standards

- Frontrunner Fieldhouse promotes positive competition — where growth, sportsmanship, and respect come first.
- Displays of aggression, intimidation, or unsportsmanlike conduct (by players, coaches, or spectators) are strictly prohibited.
- Every participant is expected to represent the league with integrity, both on and off the court.
- Our culture is built on accountability, unity, and continuous improvement — to spark, shape, and soar together.

## Disciplinary Actions

Violations of the Code of Conduct may result in:

- Warning or ejection from the match or facility.
- Forfeiture of matches.
- Suspension from future games or events.
- Removal from the league for repeated or severe violations.

All disciplinary decisions are made at the discretion of Frontrunner Fieldhouse management and are intended to maintain the integrity and safety of the league.

## League Commitment

The Frontrunner Futsal League exists to create an environment where every player can thrive — in skill, sportsmanship, and spirit. Our standard is excellence, and our purpose is growth.





# Facility & Safety Guidelines

## Court Access & Facility Flow

- Teams should arrive 15 minutes prior to their scheduled game time.
- Players are permitted on the court only once the previous match has concluded and all participants have exited.
- Warm-ups should take place in designated areas or during the transition window before each match. Warm-up and stretching area are underneath the mezzanine stairs. **No soccer balls in the facility.**
- Spectators are asked to remain in the viewing zones at all times — no one other than rostered players and coaches may enter the court area.
- All personal items must be kept off the playing surface and stored safely along the sidelines or in designated storage areas.

## Warm-Up & Equipment

- Players should use the designated warm-up zones or available court space before their match time.
- Only futsal-appropriate footwear (flat-soled, non-marking) is allowed on the court.
- Shin guards are mandatory for all players.
- Balls may only be used in authorized areas. Not in lobbies, spectator seating, or hallways.

## First Aid & Medical Assistance

- A first aid kit is available at the Fronrunner Fieldhouse front desk.
- Staff are trained to assist with minor injuries, such as cuts, sprains, or collisions.
- In the event of a serious injury, 911 will be contacted immediately, and play will be paused until the situation is secure.
- Players with known medical conditions (e.g., asthma, allergies) should notify their coach or league staff prior to the start of the season.

## Emergency Procedures

- In the event of a facility emergency (fire alarm, severe weather, etc.), please follow all staff instructions immediately.
- Emergency exits are clearly marked throughout the facility — do not block or crowd them at any time.
- Evacuation routes and safe zones are posted near all major entryways and restrooms.
- Coaches are responsible for ensuring all players remain together during an evacuation or shelter procedure.

## Weather & Power Outages

- Should severe weather or power outages impact league operations, Fronrunner Fieldhouse staff will make real-time announcements and post updates via email, TeamSnap, and in person.
- Matches interrupted by loss of power or unsafe conditions may be rescheduled or declared final based on completion time at the discretion of Fronrunner Fieldhouse.



## Facility & Safety Guidelines

### General Conduct & Safety

- No food or open drinks are permitted on the court.
- Water and sports drinks must be in sealed, spill-proof containers.
- No running, roughhousing, or unsupervised play outside of designated courts.
- Respect for staff, referees, and facility property is mandatory at all times.
- Any damage to equipment or property must be reported immediately to staff.

### Commitment to Safety

At Frontrunner Fieldhouse, safety isn't just a policy — it's a culture. Every player, coach, and parent contributes to maintaining an environment that is safe, organized, and respectful.

When safety and respect come first, competition and growth can thrive.

## Contact Information

Role	Name	Contact	Responsibilities
Front Desk / General Support	Frontrunner Fieldhouse Staff	parents@frontrunnerfieldhouse.com	Available for check-in, first aid, lost items, and general inquiries during operating hours.