



FRONTRUNNER

FUTSAL LEAGUE

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**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.

SATURDAY YOUTH LEAGUE

Ages 7-14 • Birth Years 2018-2012
January 4 – February 8, 2025
Saturdays 8:00 AM – 5:00 PM

FRONTRUNNERFIELDHOUSE.COM

parents@frontrunnerfieldhouse

PLAY TODAY, LEAD TOMORROW

V.01 • Effective January 2026



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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.*

— The Frontrunner Fieldhouse Team



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 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 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 are encouraged to take risks, try new skills, and play with joy.

SHAPE DIVISION

"Where skill, structure, and understanding come together."

The Shape Division emphasizes refinement and development. 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.

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 ready to think, move, and play at a higher level. Teams 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. 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 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.
- ✓ 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.



GAME RULES & REGULATIONS

(Modeled after US Youth Futsal and FIFA Futsal Guidelines)

► Fouls & Free Kicks

- ✓ All free kicks are indirect unless the foul denies a clear goal-scoring opportunity.
- ✓ No slide tackling is permitted for safety.
- ✓ Accumulated fouls are not tracked per team, but repeated infractions may result in a yellow card.
- ✓ Dangerous play, dissent, or unsporting behavior may lead to disciplinary action.

► 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.

► 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: If the ball hits the ceiling, the opposing team is awarded a kick-in from the spot nearest to where it touched.

► Discipline

- ✓ Yellow Card: Caution for unsporting behavior or persistent infringement.
- ✓ Red Card: Ejection for serious foul play, violent conduct, or denying a goal by handball/foul.
- ✓ Teams reduced to 4 players (one fewer) for 2 minutes, or until the opposing team scores.
- ✓ The player ejected may not return for the remainder of the match.
- ✓ Ejected players must leave the playing area (court) immediately.

⚠ Referee decisions are final and non-negotiable. Please respect all officials.



GAME FORMAT SUMMARY

Quick reference table of match logistics and gameplay standards:

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 size (Size 3 or 4, low bounce)
Offsides	None
Kick-ins	Replace throw-ins; must be taken within 4 seconds
Goalkeeper Distribution	No punts; throws, rolls, or passes only
Slide Tackling	Not allowed for safety
Ceiling Rule	Restart from nearest spot if ball hits ceiling
Referee Decisions	Final and non-negotiable
Equipment	Shin guards required; flat-soled or futsal shoes only



POINTS SYSTEM & STANDINGS

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.
- ✓ Goal Bonus: 1 point per goal (max 3) — Encourages attacking play.

  Scores must be entered into the scheduling system within 48 hours of the final whistle.

► Example Scenarios

SCENARIO	RESULT	CALCULATION	TOTAL
Team A	Wins 3–0	3+1+3	7 pts
Team B	Wins 2–1	3+0+2	5 pts
Team C	Ties 3–3	1+0+3	4 pts
Team D	Loses 2–4	0+0+2	2 pts

► Tiebreakers (in order)

- 1. Head to Head** — Whoever won the direct matchup ranks higher
- 2. Goal Differential** — Total goals scored minus goals conceded
- 3. Fewest Goals Allowed** — Encourages strong defense
- 4. Total Goals Scored** — Encourages attacking play
- 5. Most Games Won** — Rewards consistency
- 6. Coin Toss/Playoff** — If still tied after all criteria



SCHEDULE ADJUSTMENTS & RESCHEDULING

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

► Reasons for Schedule Changes

- ✓ Facility needs or maintenance requirements
- ✓ Weather or power outages
- ✓ Unforeseen conflicts or emergencies

► Communication

- ✓ Teams will be notified through official channels — email, TeamSnap, or direct message.
- ✓ Updates will be communicated as soon as changes are confirmed.
- ✓ All communication regarding schedule changes comes directly from Frontrunner Fieldhouse staff or the League Director.
- ✓ Please verify all updates through official channels only.

► No-Shows & Forfeits

- ✓ No-shows or late arrivals may result in a forfeit at Frontrunner Fieldhouse's discretion.
- ✓ Forfeited games are recorded as a 0-3 loss.

► Reschedule Requests

i All schedule requests must be submitted within 3 days of receiving the initial league schedule. While we will make every reasonable effort to accommodate requests, approval cannot be guaranteed due to scheduling constraints and facility requirements.

► Weather & Power Outages

- ✓ Should severe weather or power outages impact league operations, staff will make real-time announcements.
- ✓ Updates will be posted 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.

Our goal is to provide a safe, organized, and consistent experience for all participants.



CODE OF CONDUCT

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

- ✓ 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.
- ✓ Prioritize development over dominance; focus on learning moments.
- ✓ Treat referees and opposing coaches with professional respect.
- ✓ Encourage creativity, confidence, and consistency.

► For Parents & Spectators

Our sidelines matter as much as our court. The energy you bring builds the environment.

- ✓ Cheer for all players, not just your own.
- ✓ Respect referees, coaches, and staff — zero tolerance for verbal abuse.
- ✓ 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.

► For Referees & Officials

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

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



DISCIPLINARY ACTIONS

Frontrunner Fieldhouse promotes positive competition — where growth, sportsmanship, and respect come first.

► League Standards

- ✓ Displays of aggression, intimidation, or unsportsmanlike conduct are strictly prohibited.
- ✓ Every participant is expected to represent the league with integrity, on and off the court.
- ✓ Our culture is built on accountability, unity, and continuous improvement.

► Violations May Result In

Warning	Verbal caution for minor infractions
Ejection	Removal from the match or facility
Forfeit	Match forfeiture with 0–3 loss recorded
Suspension	Banned from future games or events
Removal	Permanent removal from the league for repeated or severe violations

i 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.
- ✓ Warm-ups should take place in designated areas or during the transition window.
- ✓ Spectators are asked to remain in the viewing zones at all times.
- ✓ All personal items must be kept off the playing surface.

► Warm-Up & Equipment

- ✓ Players should use the designated warm-up zones 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 Frontrunner 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.
- ✓ Players with known medical conditions (asthma, allergies) should notify their coach prior to the season.

► Emergency Procedures

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

► 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.

★ At Frontrunner Fieldhouse, safety isn't just a policy — it's a culture. When safety and respect come first, competition and growth can thrive.



CONTACT INFORMATION

ROLE	NAME	EMAIL	RESPONSIBILITIES
League Director	James Kerr	jameskerr@frontrunnerfieldhouse.com	Operations, rules, standings
Administration	Denin Spriggs	deninspriggs@frontrunnerfieldhouse.com	Scheduling, communication
General Support	Front Desk Staff	parents@frontrunnerfieldhouse.com	Check-in, first aid, inquiries

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Instagram: [@frontrunnerfieldhouse](#)

Facebook: [@frontrunnerfieldhouse](#)



QUICK REFERENCE GUIDE

One-page summary for coaches — tear out and keep courtside!

GAME BASICS	KEY RULES
<ul style="list-style-type: none">Format: 5v5 (4+GK)Duration: 2 x 20 min halvesHalftime: 2 minutesMin players: 3 to start/continueSubs: Unlimited, on-the-flyNo offsides	<ul style="list-style-type: none">NO slide tackling4-second rule on restartsNo punting (GK)Kick-ins (not throw-ins)5 yards on restartsCeiling = kick-in to opponent
POINTS SYSTEM	DISCIPLINE
<ul style="list-style-type: none">Win: 3 ptsTie: 1 ptLoss: 0 ptsShutout bonus: +1 ptGoal bonus: +1 pt/goal (max 3)	<ul style="list-style-type: none">Yellow = cautionRed = ejectionRed = play with 4 for 2 minEjected player leaves courtRef decisions are FINAL

 REQUIRED EQUIPMENT: Shin guards (mandatory) + Flat-soled/futsal shoes only. No cleats!

Questions? Contact: jameskerr@frontrunnerfieldhouse.com



GLOSSARY OF TERMS

Futsal terminology for new players, coaches, and parents:

TERM	DEFINITION
4-Second Rule	All restarts (kick-ins, goal clearances, free kicks) must be taken within 4 seconds.
Ceiling Rule	If the ball hits the ceiling, the opposing team gets a kick-in from the nearest spot.
Fly Substitution	Players can substitute during play without stopping the game ("on-the-fly").
Goal Clearance	When the attacking team plays the ball out over the goal line, the goalkeeper restarts.
Kick-In	How play restarts when the ball goes out over the sideline. Replaces throw-ins.
Penalty Area	The designated area where the goalkeeper can use their hands.
Red Card	Serious foul resulting in ejection from the match. Team plays short for 2 minutes.
Shutout	A game where a team wins without conceding any goals. Earns +1 bonus point.
Slide Tackle	A tackle where a player slides on the ground. NOT ALLOWED in our league for safety.
Yellow Card	A caution for unsporting behavior or persistent fouling.



FREQUENTLY ASKED QUESTIONS

► **What should my child wear?**

Shin guards are mandatory. Players must wear flat-soled or futsal-specific shoes (no cleats). Athletic clothing is recommended.

► **How early should we arrive?**

Please arrive 15 minutes before your scheduled game time to allow for check-in and warm-up.

► **Can my child play on multiple teams?**

Players may only be registered on one team per age division. Contact the League Director for special circumstances.

► **What if we need to miss a game?**

Please notify the League Director as soon as possible. Schedule change requests must be submitted within 3 days of receiving the schedule.

► **How are teams formed?**

Teams are balanced based on age, experience level, and teammate requests when possible.

► **What size ball do we use?**

We use official futsal balls — Size 3 for younger players (ages 4-7) and Size 4 for older divisions.

► **Are parents allowed on the court?**

No. Only rostered players and coaches may enter the court area. Spectators must remain in designated viewing zones.

► **What if there's bad weather?**

As an indoor facility, weather rarely affects games. In case of power outages or emergencies, updates will be sent via email and TeamSnap.

► **How do I contact the league?**

Email jameskerr@frontrunnerfieldhouse.com for league operations, or parents@frontrunnerfieldhouse.com for general inquiries.

► **Where can I find the schedule?**

Schedules are posted on TeamSnap and communicated via email. Check your team's TeamSnap page for the most current information.



PARENT/GUARDIAN ACKNOWLEDGMENT

Please read, sign, and return this page to confirm that you have received and understand the Official Rules, Structure, and Code of Conduct for the Frontrunner Futsal League.

By signing below, I acknowledge that:

- ✓ I have read and understand the League Rules and Regulations
- ✓ I have read and agree to the Code of Conduct
- ✓ I understand the Disciplinary Actions that may result from violations
- ✓ I agree to model positive sportsmanship as a spectator
- ✓ I understand the Facility & Safety Guidelines

Player Name: _____

Team Name: _____

Parent/Guardian Name (Print): _____

Signature: _____	Date: _____
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i Please return this signed form to the front desk or your team coach before the first game.



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