



FRONTRUNNER

FUTSAL LEAGUE

FRONTRUNNER FIELDHOUSE

SOAR LEAGUE

SUNDAY ADULT FUTSAL

PLAY TODAY, LEAD TOMORROW

OFFICIAL RULES, STRUCTURE & CODE OF CONDUCT

Eligibility: 18+ Years (Adults Only)

Season: 2026 Blocks

Schedule: Sundays 6:00 PM - 10:00 PM

Format: 5v5 Competitive Futsal (FIFA Rules)

Divisions: Competitive & Recreational

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WELCOME MESSAGE

From the Leadership Team at Frontrunner Fieldhouse

Welcome to the SOAR League at Frontrunner Fieldhouse - where competition reaches its highest level and excellence is the standard.

This league represents the pinnacle of futsal at Frontrunner Fieldhouse. The SOAR League is designed for adult players who demand high-level competition, professional officiating, and a structured environment that rewards skill, discipline, and sportsmanship.

We expect every participant to compete with intensity while maintaining respect for opponents, officials, and the game itself. This is not recreational play - this is competitive futsal with real consequences for misconduct and real rewards for excellence.

OUR COMMITMENT

To provide a professionally-run, competitive futsal league with consistent officiating, clear rules enforcement, and an environment where skilled players can compete at their highest level.

Compete with purpose. Play with respect. Rise to excellence.

This is the SOAR League - where mastery takes flight.

- The Frontrunner Fieldhouse Team

LEAGUE PHILOSOPHY

Understanding the SOAR League Approach

At Frontrunner Fieldhouse, our league system reflects a player's journey of growth. The **SOAR League** is where mastery takes flight - the highest tier of competition.

WHAT IS THE SOAR LEAGUE?

The SOAR League represents the pursuit of excellence - where players apply their developed skills to express creativity, discipline, and leadership on the court. Competition here is fast, challenging, and rewarding.

This league is designed for adult players ready to think, move, and play at a higher level. Teams rise above comfort zones, test their limits, and hold themselves to a higher standard of conduct and performance.

THE FRONTRUNNER PATHWAY

LEAGUE	FOCUS	DESCRIPTION
SPARK	Discovery & Fun	Youth - building love for the game
SHAPE	Development & Structure	Youth - skill and understanding
SOAR	Competition & Mastery	Adult - excellence takes flight

★ You are in the SOAR League - the competitive adult tier where excellence, discipline, and sportsmanship are expected at all times.

LEAGUE VALUES

The principles that guide every match and interaction

1 COMPETITIVE EXCELLENCE

Every match is an opportunity to test your limits and rise to the challenge.

2 RESPECT ALWAYS

Opponents are competitors, not enemies. Officials deserve your respect.

3 ACCOUNTABILITY

Own your actions. Accept consequences. No excuses.

4 INTEGRITY

Play hard, play fair, play within the rules. Character matters.

REGISTRATION & ELIGIBILITY

Team and player requirements

TEAM REGISTRATION

- ✓ Teams must register through the official Frontrunner Fieldhouse registration portal
- ✓ A designated Team Captain is required for all communication and administrative matters
- ✓ Team registration is not complete until full payment is received
- ✓ Registration deadline is strictly enforced - no exceptions

ROSTER REQUIREMENTS

Minimum Roster Size	7 players
Maximum Roster Size	14 players
Roster Freeze Date	Week 2 of regular season
Guest Players Allowed	Up to 2 per game (max 5 per season)
Roster Changes After Freeze	Emergency situations only, league approval required

PLAYER ELIGIBILITY

- ✓ All players must be 18 years of age or older
- ✓ Valid government-issued photo ID required at check-in for ALL games
- ✓ All players must sign the league waiver before participating
- ✓ Players may only be registered on ONE team per division
- ✓ Players under suspension from other leagues must disclose this information

⚠ Playing with an ineligible player results in automatic forfeit of all games in which that player participated.

FEES & FINANCIAL POLICIES

Registration, forfeits, and refunds

REGISTRATION FEES

FEE TYPE	AMOUNT
Team Registration (6-game season)	[Contact for pricing]
Individual Player Fee (free agents)	[Contact for pricing]
Late Registration Fee (after deadline)	+\$50

FORFEIT & PENALTY FEES

VIOLATION	FEE
Game Forfeit (no-show or insufficient players)	\$75
Late Arrival Forfeit (after 10-minute grace period)	\$75
Referee Abuse (verbal) - per incident	\$50
Fighting or Physical Altercation	\$150 + season ban

REFUND POLICY

- ✓ Full refund available up to 14 days before season start
- ✓ 50% refund available up to 7 days before season start
- ✓ No refunds once the season has begun
- ✓ No refunds for games missed due to forfeit, suspension, or ejection

GAME RULES

Duration, substitutions, and basic gameplay

GAME DURATION

- ✓ Games consist of two 25-minute halves with a 3-minute halftime
- ✓ Each match block is 60 minutes total (including transition time)
- ✓ The clock runs continuously; time stops only for serious injuries
- ✓ Games start ON TIME - clock starts at scheduled time regardless of team readiness

PLAYERS & SUBSTITUTIONS

- ✓ 5v5 format: 4 field players + 1 goalkeeper
- ✓ Minimum of 4 players required to start or continue (includes GK)
- ✓ If a team drops below 4 players, the match is abandoned and forfeited
- ✓ Unlimited "on-the-fly" substitutions in designated zone
- ✓ Exiting player must be completely off before entering player steps on

KICKOFFS & RESTARTS

- ✓ Kickoffs may go in any direction - a goal MAY be scored directly
- ✓ All restarts must be taken within 4 SECONDS - strictly enforced
- ✓ Opponents must be 5 meters from the ball on all restarts
- ✓ A goal CANNOT be scored directly from a kick-in
- ✓ Ceiling rule: If ball hits ceiling, kick-in to opposing team

DETAILED REGULATIONS

Based on FIFA Futsal Laws of the Game

ACCUMULATED FOUL SYSTEM

All direct free kick fouls are accumulated per team, per half. The referee and scorekeeper will track accumulated fouls.

FOULS	CONSEQUENCE
Fouls 1-5	Direct free kick from spot of foul (wall allowed)
Foul 6+	Direct free kick from 10m mark OR spot of foul (whichever closer) - NO WALL
Reset	Accumulated fouls reset to zero at halftime

DIRECT FREE KICK FOULS (Accumulated)

- ✓ Kicking or attempting to kick an opponent
- ✓ Tripping or attempting to trip an opponent
- ✓ Charging, pushing, or holding an opponent
- ✓ Striking or attempting to strike an opponent
- ✓ Tackling - contact with player before ball
- ✓ Deliberate handball (except GK in own area)
- ✓ ANY slide tackle (automatic direct free kick)

INDIRECT FREE KICK FOULS (Not Accumulated)

- ✓ Dangerous play (high kick near opponent)
- ✓ Impeding progress without contact
- ✓ Goalkeeper violations (4-second, punt, back-pass)
- ✓ 4-second violations on restarts

GOALKEEPER REGULATIONS

GK-specific rules and restrictions

GOALKEEPER PRIVILEGES

- ✓ May handle the ball within own penalty area
- ✓ May participate as a field player in attacking half
- ✓ Protected from dangerous challenges while in possession

GOALKEEPER RESTRICTIONS

- ⚠ 4-SECOND RULE: Must release ball within 4 seconds (hands OR feet in own half)
- ⚠ NO PUNTING OR DROP-KICKING: Ball must be thrown, rolled, or passed
- ⚠ Cannot handle a deliberate back-pass from teammate
- ⚠ Cannot handle ball again after releasing without opponent touching it
- ⚠ Cannot handle a kick-in played directly to them by teammate

BACK-PASS RULE

The goalkeeper MAY NOT touch the ball with hands or feet in their own half if it was deliberately passed by a teammate, UNTIL an opponent touches the ball, the ball crosses the halfway line, or the ball leaves play.

⚠ **PENALTY: Indirect free kick from where goalkeeper touched ball**

GAME FORMAT SUMMARY

Quick reference for match logistics

Format	5v5 (4 field players + 1 goalkeeper)
Duration	Two 25-minute halves, running clock
Halftime	3 minutes
Game Block	60 minutes total
Minimum Players	4 (including GK) to start/continue
Substitutions	Unlimited, "on-the-fly" in designated zone
Ball	Official Size 4 Futsal ball (low bounce)
Offsides	None
Kick-ins	Replace throw-ins; 4-second limit
GK Distribution	No punts; throws, rolls, or passes only
Slide Tackling	NOT ALLOWED - Direct free kick
Accumulated Fouls	6th foul = direct FK from 10m, no wall
Equipment	Shin guards required; flat-soled shoes only

POINTS & STANDINGS

POINTS SYSTEM

RESULT	POINTS
Win	3 points
Draw	1 point
Loss	0 points

Note: No bonus points for goals or shutouts in adult league. Goal differential capped at +/- 5 per game.

TIEBREAKERS (in order)

1. Head-to-head record
2. Goal differential (capped at +/- 5 per game)
3. Goals against (fewer is better)
4. Goals scored
5. Coin flip (regular season) or mini-game (playoffs)

PLAYOFF FORMAT

QUALIFICATION

- ✓ Top 4 teams in each division qualify for playoffs
- ✓ Seeding based on final regular season standings
- ✓ Teams with outstanding fees are ineligible for playoffs
- ✓ Players under suspension may not participate in playoff games

PLAYOFF BRACKET

- ✓ Semifinal 1: #1 seed vs #4 seed
- ✓ Semifinal 2: #2 seed vs #3 seed
- ✓ Championship: Winners of semifinals
- ✓ Higher seed has choice of jersey color

OVERTIME (PLAYOFFS ONLY)

- ✓ Ties NOT allowed in playoffs - must have a winner
- ✓ If tied after regulation: 2 x 5-minute overtime periods (golden goal)
- ✓ If still tied: Penalty kicks (best of 5, then sudden death)
- ✓ All rostered players eligible for penalties

SCHEDULE & POLICIES

COMMUNICATION

- ✓ Teams notified through email, TeamSnap, or direct message
- ✓ Team Captains are responsible for communicating with their team
- ✓ Verify all updates through official channels only

GRACE PERIOD & FORFEITS

- ⚠ Teams have a 10-MINUTE grace period from scheduled start time
- ⚠ Clock starts at scheduled time - late team forfeits time
- ⚠ At 10 minutes, if team has fewer than 4 players, game is forfeited
- ⚠ \$75 forfeit fee assessed per forfeited game

FORFEIT CONSEQUENCES

- ⚠ 1st Forfeit: \$75 fee + 0-3 loss recorded
- ⚠ 2nd Forfeit: \$75 fee + 0-3 loss + written warning
- ⚠ 3rd Forfeit: Removal from league (no refund)

CODE OF CONDUCT

Expectations for all participants

FOR PLAYERS

- ✓ Compete with intensity while respecting the spirit of the game
- ✓ Accept referee decisions without argument or dissent
- ✓ Treat opponents as competitors, not enemies
- ✓ Control emotions - frustration is not an excuse for misconduct
- ✓ Shake hands with opponents after every match

FOR TEAM CAPTAINS

- ✓ Serve as sole point of contact with referees for clarification
- ✓ Responsible for team conduct - may be held accountable for team violations
- ✓ Ensure all players have valid ID for check-in
- ✓ Accept responsibility for team fees and fines

FOR SPECTATORS

- ✓ Remain in designated spectator areas
- ✓ No coaching or instructions from sidelines
- ✓ No negative comments toward players, referees, or opposing teams
- ✓ Spectator misconduct may result in team penalties

DISCIPLINE & CARD SYSTEM

YELLOW CARD (CAUTION)

- Unsporting behavior
- Dissent by word or action
- Persistent infringement of the rules
- Delaying restart of play
- Failure to respect required distance on restarts

YELLOW CARD ACCUMULATION:

- 2 yellow cards in same match = RED CARD
- 3 yellow cards in season = 1 GAME SUSPENSION
- 6 yellow cards in season = 2 GAME SUSPENSION + review

RED CARD (SEND OFF)

- Serious foul play
- Violent conduct
- Spitting at opponent or any person
- Denying obvious goal-scoring opportunity (DOGSO)
- Offensive, insulting, or abusive language/gestures
- Receiving second yellow card

RED CARD CONSEQUENCES:

- Player must leave court AND facility immediately
- Team plays with 4 players for 2 MINUTES (or until opponent scores)
- Minimum 1 GAME SUSPENSION (additional based on severity)
- League review for all red cards

ZERO TOLERANCE POLICY

Frontrunner Fieldhouse maintains a ZERO TOLERANCE policy for the following behaviors. Violations result in immediate ejection and potential lifetime ban.

FIGHTING & PHYSICAL ALTERCATIONS

- ✗ Any punch, kick, or strike thrown = immediate ejection + season ban
- ✗ Instigating a fight = same penalty as throwing punch
- ✗ Players who leave bench to join altercation = automatic suspension
- ✗ \$150 fine per player involved
- ✗ Lifetime ban considered for repeat offenders

REFEREE ABUSE

- ✗ Verbal abuse, threats, or intimidation = ejection + 1-2 game suspension + \$50 fine
- ✗ ANY physical contact with referee = season ban + potential lifetime ban
- ✗ Following referee to parking lot = lifetime ban

DISCRIMINATION & HARASSMENT

- ✗ Racist, sexist, homophobic, or discriminatory language = immediate ejection
- ✗ Minimum 2-game suspension, potential season or lifetime ban
- ✗ Zero tolerance regardless of context or claimed intent

**THIS IS A COMPETITIVE LEAGUE, NOT A COMBAT ZONE.
PLAY HARD. PLAY FAIR. PLAY WITH RESPECT.**

FACILITY & SAFETY

COURT ACCESS

- ✓ Teams may access court 5 minutes before scheduled game time
- ✓ Previous game has priority - do not interrupt
- ✓ Teams must clear court immediately after game concludes
- ✓ Warmups in designated areas only

EQUIPMENT REQUIREMENTS

- ✓ Shin guards are MANDATORY - no exceptions
- ✓ Flat-soled or futsal shoes only (NO CLEATS)
- ✓ No jewelry, watches, or items that may cause injury
- ✓ Matching team jerseys required (pinnies available if needed)
- ✓ Valid photo ID required at all games

PROHIBITED ITEMS

- ⚠ NO ALCOHOL on premises
- ⚠ NO TOBACCO products (including vaping)
- ⚠ NO cleats on court surface
- ⚠ NO glass containers

EMERGENCY PROCEDURES

- ⚠ First aid kit available at front desk
- ⚠ In serious emergencies, 911 will be contacted immediately
- ⚠ Follow all staff instructions during facility emergencies

CONTACT INFORMATION

ROLE	NAME	EMAIL
League Director	James Kerr	jameskerr@frontrunnerfieldhouse.com
Administration	Denin Spriggs	deninspriggs@frontrunnerfieldhouse.com
General Support	Front Desk	parents@frontrunnerfieldhouse.com

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Instagram & Facebook: @frontrunnerfieldhouse

QUICK REFERENCE GUIDE

One-page summary - print and keep courtside!

GAME BASICS

- Format: 5v5 (4+GK)
- Duration: 2 x 25 min halves
- Halftime: 3 minutes
- Min players: 4 (including GK)
- Subs: Unlimited, on-the-fly

KEY RULES

- No offsides
- NO slide tackling
- 4-second rule on ALL restarts
- No punting (GK)
- Kick-ins (not throw-ins)
- 6th foul = 10m direct FK, no wall

POINTS

- Win: 3 pts
- Draw: 1 pt
- Loss: 0 pts
- Goal diff capped at +/- 5

DISCIPLINE

- 3 yellows = 1 game suspension
- Red = min 1 game + leave facility
- Fighting = season ban + \$150
- Ref abuse = suspension + \$50

⚠ REQUIRED: Shin guards + Flat-soled shoes + Photo ID

GLOSSARY OF TERMS

TERM	DEFINITION
4-Second Rule	All restarts must be taken within 4 seconds
Accumulated Fouls	Direct FK fouls tracked per team, per half
Back-Pass	GK cannot touch ball deliberately passed by teammate
DOGSO	Denying Obvious Goal-Scoring Opportunity - automatic red
Fly Substitution	Players substitute during play without stopping
Goal Clearance	GK restart when ball goes over goal line
Kick-In	Sideline restart (replaces throw-ins)
Power Play	Team with red card plays 4v5 for 2 minutes
10-Meter Mark	Spot for 6th+ accumulated foul free kick
Red Card	Ejection - minimum 1 game suspension
Slide Tackle	NOT ALLOWED - automatic direct free kick
Yellow Card	Caution - 3 in season = 1 game suspension

FREQUENTLY ASKED QUESTIONS

Q: Do I need to bring ID?

A: Yes. Valid government-issued photo ID is required at check-in for ALL games.

Q: What happens if we forfeit?

A: \$75 forfeit fee + 0-3 loss. 3 forfeits = removal from league.

Q: How do accumulated fouls work?

A: Direct FK fouls are tracked per team, per half. 6th+ foul = direct FK from 10m, no wall.

Q: Can the goalkeeper punt?

A: No. GK must throw, roll, or pass. Punting = indirect FK to opponent.

Q: What is the back-pass rule?

A: GK cannot touch ball (hands or feet) if deliberately passed by teammate until opponent touches it.

Q: What happens after a red card?

A: Player ejected, must leave facility. Team plays 4v5 for 2 min. Min 1 game suspension.

Q: How do playoffs work?

A: Top 4 teams qualify. If tied after regulation: OT then PKs.

Q: Are slide tackles allowed?

A: No. ANY slide tackle is an automatic direct free kick foul.

PLAYER AGREEMENT

MANDATORY - All players must sign before participating

By signing below, I acknowledge and agree to the following:

- I have read and understand all league rules, regulations, and policies
- I agree to abide by the Code of Conduct at all times
- I understand the discipline and suspension policies
- I accept that referee decisions are final
- I understand the Zero Tolerance Policy regarding fighting and referee abuse
- I am at least 18 years of age
- I will present valid photo ID at all games
- I understand that fees (forfeit, fines) may be assessed and agree to pay them
- I release Frontrunner Fieldhouse from liability for injuries
- I understand that violations may result in suspension or lifetime ban

Player Name (Print): _____

Team Name: _____

Date of Birth: _____

Signature: _____

Date: _____

i This agreement must be signed and submitted with valid photo ID before your first game.



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