

Except otherwise noted in these league rules, United States Youth Futsal (USYF) rules will govern the play of all games in the league. The City of Denton Parks & Recreation department reserves the right to add, delete, or amend the rules and regulations or policies for the betterment of the program.

Schedules and results may be found on our website at www.teamsideline.com/denton

I. ELIGIBILITY

- a. Players birthdates must fall into the eligible ranges and play in their respective age groups.
- b. Players are not allowed to play in a younger age division. They may, however, play up in an older age division, upon parental or guardian verbal or written consent.
- c. Players may play only on their one, assigned team.
- d. Protests: Protest will consist of a possible illegal player. All protests must be done before the end of the 1st quarter. In order to protest you must ask the scorekeeper/official that you want to stop the game and protest the player. The roster will then be verified for that team. If the protest is due to an age despot, the coach will have 48 hours to turn in a birth certificate for the player to the athletics office. If a team is caught violating a rule, they will receive an automatic forfeit for that game.

II. PLAYER PARTICIPATION

- a. Each player in the 5U – 9U is required to play 2 quarters of each game to reach player participation.
- b. Each player in 11U -13U is required to play 1 full quarter in the game.
- c. It is the responsibility of the coach to keep track of each players playing time and to notify the scorekeeper of any substitutions.

III. TEAM COMPOSITION/ROSTER

- a. **5U Division**
Game play is 3-on-3 for the 5U. Consists of 3 players and no goalie. Team must start game with at least 2 players and no goalie.
- b. **7U Division**
Game play is 4-on-4. Consists of 4 players and no goalie. Team must start game with at least 3 players.
- c. **9U- 13U Divisions**
Game play is 5-on-5 for 7U-13U. Consists of four (4) players and one (1) goalie. Team must start game with at least three (3) players and one goalie. (Format is subject to change based on league participation)
- d. Each team is allowed a maximum of: (See below)
 - 9U-13U - ten (10) players
 - 7U – eight Players
 - 5U- six Players (6) players

- e. A complete line-up must be turned into the scorekeeper prior to game time. Line-ups must include first name, last name, jersey number, and indicate the starting players.
- f. No player may be added or deleted from the roster unless done by the Parks and Recreation Department.

IV. EQUIPMENT/UNIFORMS

- a. All players must wear jerseys that are matching in color and have a permanently affixed, non-duplicated (at least) 4" number on the front & back. Jerseys will be provided for all individuals by Denton Parks and Recreation.
- b. **Shin guards must be worn by all players.** Any player without shin guards will not be allowed to play. Long Socks should cover any exposed part of the shin guard. No cleats or ridge bottom shoes will be allowed.
- c. Soccer balls will be provided by the Parks and Recreation Department for game play and practice.
 - 5U-7U – Junior Size (3)
 - 9U-13U – Official Size (4)
- d. An official may ban any equipment that is deemed as unsafe, dangerous, or illegal.
- e. No jewelry may be worn during games.

V. PLAYING RULES

- a. GAME LENGTH
 - **5U Division**
An official game shall consist of four, 5-minute quarters, with a two (2) minute halftime and one (1) minute break in between quarters. 5 minutes after game time is forfeit time.
 - **7U Division**
An official game shall consist of four, 6-minute quarters, with a two (2) minute halftime and one (1) minute break in between quarters.
 - **11U-13U Division**
An official game shall consist of four, eight (8) minute quarters, with a two (2) minute halftime and one (1) minute break in between quarters.
- b. TIME-OUTS
Each team will be allowed one (1) time-out per half, which may only be called by a team captain or coach on the playing court during stoppage of play. Time-outs may not be carried over into the next half. The clock will be stopped for one-minute and restarted upon the conducting of the ensuing kick-off.
- c. FORFEITS
A forfeit game will be scored as 3-0 in favor of the team that does not forfeit.
Game time is forfeit time.
- d. GOAL RULES
To discourage "running up the score", all scores posted will be capped at an 10 point differential. (Example: Final score is 20-5. The inputted score will be 15-5.)
- e. MAX GOALS PER PLAYER
A single player can score a maximum of 5 goals per game. If the game goes to overtime and a player reached their maximum of 5 goals in the game, they will be allowed to score 1 additional goal per overtime period. If a player scores more than 5 goals in regulation or more than the 1 additional goal in overtime; their goal scored will not be counted towards team score.
- f. SLIDE TACKLING
Slide tackling is a major foul in Futsal and it's not allowed. First time will result in a verbal warning, 2nd offense will result in a yellow card and the 3rd offense will result in a red card suspension.
Exceptions:
 - The GK is allowed to slide with hands first in an attempt to clear or save the ball, if in referees' judgment, his slide is an attempt only to make contact with the ball and not the opponent

- If GK slide is reckless (a foot in air, a hook, rolling tackle) it is a foul and possibly a cardable offense.
- g. **FIVE YARD RULE**
In all dead ball situations, including kick offs, defending players must stand at least five yards away from the ball.
- h. **OUT-OF BOUNDS KICK IN**
- The team kicking in has 5 seconds (11U-13U) 10 seconds (5U-9U) to get the ball back in play or it becomes opponent's kick in.
 - Defense must give 5 feet distance.
 - Players taking kick-in cannot step into the field while kicking ball back into play.
 - **Goals cannot be scored from kick-ins.**
 - If the ball hits the ceiling, a kick in is taken at the closest point on the nearest touchline, running parallel to the goal line.
- i. **CORNER KICK**
- Kick is taken at the point where goal line and touch line meet (at corner).
 - Defense must give 5 Yard distance.
- j. **GOAL CLEARANCE: Goalkeeper**
- The goalie must throw the ball within 10 seconds of retrieving it and put it back into play by throwing it. This is up to the referee's discretion as to when the count starts.
 - The throw must leave the penalty area.
 - The opposing team must stay out of the penalty area during a goal clearance.
 - If the opposing player touches the ball before it leaves penalty area, goalkeeper retakes the throw.
 - The goalkeeper cannot touch the ball again until another player touches it.
 - The goalkeeper may not use his/her hands outside their own penalty area.
- Keeper may not kick the ball after releasing it until another player has played it (no punts or drop-kicks allowed).
 - The goalkeeper will throw the ball in place of a goal kick. No punts or drop-kicks allowed. The ball must touch either a player or the floor prior to crossing half court. An indirect free kick from the center mark is awarded to the opposing team if this does not happen.
 - Goalkeeper has 5 seconds to return ball to play.

VI. FOULS AND MISCONDUCT

a. Indirect/Direct Kicks

All Fouls are subject to indirect and direct kicks outside the penalty area.
Rules regarding these fouls can be found in the US Youth Futsal rulebook.

b. PENALTIES AND CAUTIONS

- **YELLOW CARDS (Cautioned Players)**
Players that receive two yellow cards in one game will automatically be suspended from the current game and for their next game (no exceptions).
- **RED CARDS (Player Ejection)**
Referees have the right to eject a player from the game for continual disobedience or as a result of an incident that warrants sending off. The team may then continue with their remaining players, however, if the player receiving the red card was on the field of play, the team must complete the entire game a player short. The player receiving the red card will automatically be suspended for their next game (no exceptions). Players that are red carded need to leave the immediate playing area, including the fan and team areas.
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- **ZERO TOLERANCE**
If any league official or scorekeeper hears use of profane language or witnesses any profane gestures of a player, coach, or fan, the offending team will be assessed one warning. If the team, individual, or

fan persists the game officials or scorekeeper may, at their discretion, eject them from the game, default the game or award points to the opposing team.

c. **PENALTY KICK**

- A penalty kick is awarded against a team which commits any of the offenses for which direct free kicks is awarded inside its own penalty area and while the ball is in play.
- The penalty kick is taken at the 8 yard mark (top of penalty area which is the 3 point line). for any foul occurring in the penalty area.
- For penalty kicks the goalkeeper is allowed to be 3 feet off his line and can move backwards or side to side.

VII. TIED GAME

- a. In REGULAR SEASON play, if at the end of two halves the score is tied, the game is declared a tie and no overtime is played.
- b. In TOURNAMENT games, the following takes place due to the necessity of determining a winner.

c. **OVERTIME**

- A 1-minute rest period after regular play.
- The teams do not change ends.
- Golden Goal: The game terminates upon the scoring of a goal and the team scoring the goal is declared the winner.

d. **SHOOT-OUT**

If no team scores during the overtime period, a shoot-out takes place as follows:

- Penalty shots will be taken from the free throw line.
- Five (5) players from each team are selected to participate in a series of penalty shot attempts. The players alternate attempts between both teams (coin toss determines who goes first).
- Teams may change goalkeepers only at the beginning of the shoot-out or if a goalkeeper is injured during the shoot-out. Goalkeepers do not change goals.
- After all, ten (10) players have taken their shot, the team scoring the most goals is declared the winner.
- Should neither team have an advantage at the end of the first shoot-out, a second shoot-out takes place.

e. **SECOND SHOOT-OUT**

The second shoot-out round is a SUDDEN-DEATH VICTORY format.

- Each team has one penalty shot attempt to score. All non-penalized, non-injured players (excluding goalies) on a team shoot before that team is allowed to have a player shoot for a second time during the same shoot-out.
- If, after one player from each team has shot and only one team has scored, that team is declared the winner. If, after one player from each team has shot and the score remains a tie, the procedure is repeated until one team scores while their opponents do not.
- Any overtime period is considered to be part of the game and all unexpired penalties/game rules remain in force.

VIII. COACH BOUNDARIES

- a. Coaches are only permitted to stand on their sideline in the coaching box. (Exception for the 6U Division).
- b. **Each Coach should initial the Scorekeeper's Score-Sheet after each match.** This will ensure that all records are correct and have been accepted by both team managers. Failure to initial the game report will be an indication that the manager has accepted the game report and has forfeited his/her right to review. League standings will be based upon these reports and posted on the website: www.teamsideline.com/denton

IX. Court Dimensions

- a. **7U-13U will use the whole basketball court for dimensions.**
- b. **5U will use half of the court going from baseline to half court. No penalty area will be designated for this division.**
- c. **The Goalie may use their hand inside the entire 3-point arc.**
- d. **Penalties occurred in the arc will be rewarded with a penalty shot from the free throw line.**

PARENT/SPECTATOR, COACH and PLAYER CODE OF CONDUCT
Futsal (Indoor Soccer)

It's simple: BE A GOOD SPORT!

Children's sports are supposed to be fun and **for the children**. Unfortunately, many parents, fans and coaches don't realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because the fun is unfairly taken away by adults. The code of conduct for this league has been developed by National Youth Sports Safety Foundation (NYSSF) and Denton Parks and Recreation Department (DPARD).

Parents, fans and coaches who follow this simple code can help reinforce what sports are all about... **BEING FUN FOR EVERYONE!**

1. Teams and spectators should demonstrate good sportsmanship! Team chants/cheers and spectator and coaches comments should not be derogatory or demeaning towards opposing teams/players/coaches.
2. Spectators are required to be on the opposite side of the field from the players and coaches.
3. Spectators or players are not permitted to approach the score table or referee at any time. Only the head or assistant coach has authority to speak with the score table or referee if there is a question regarding the awarding of a point.
4. Spectators and coaches will be a positive role model for children and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, spectators, officials, and staff at every game, practice or league event.
5. Spectators, coaches and players will not engage in any kind of unsportsmanlike conduct with any official, coach, player or spectator such as booing, taunting, refusing to shake hands, or using profane language or gestures.

6. Spectators, coaches and players will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
7. Spectators and coaches should praise their team members for competing fairly, trying hard, and make the children feel like a winner every time, regardless of the score!
8. The use of drugs, tobacco, and alcohol during youth sports is prohibited by City ordinance. Spectators, coaches and players will refrain from their use during all league activities.
9. Parents, remember that all coaches are volunteers! Respect the fact that they are willing to give so much of their time to your child.
10. Each team's coach is held responsible for the conduct of their fans/spectators/team participants.
11. If spectators, players, and/or coaches fail to abide by the code of conduct, they will be subject to disciplinary action as decided by the Denton Parks and Recreation Department. Disciplinary action could include, but is not limited to: verbal warnings, written warnings, ejections, and suspensions for various lengths.
12. Officials, score keepers, and DPARD staff have the authority to remove a player, coach, or spectator from a game and can declare the game a forfeit due to unsportsmanlike conduct.
13. Any player, coach, or spectator ejected from any league activity is suspended for a minimum of one (1) week from all DPARD league activities. The suspension could be longer depending on the severity of the infraction. Suspensions are not eligible for appeal.
14. Players, coaches, and spectators who have been ejected must leave the complex and may not return until the completion of their suspension.
15. No fighting is allowed. First offense is a suspension for the rest of the season, second offense results in one year loss of eligibility in all league play or indefinite suspension if deemed severe.
16. Suspensions carry over from season to season, and are enforced for all DPARD leagues.

Denton Parks and Recreation Concussion Policy

PURPOSE

The following policy and procedures are being implemented by the Denton Parks and Recreation Department, with the intent to reduce the potentially serious health risks associated with sports related concussions and head injuries.

POLICY

It is policy of the Denton Parks and Recreation Department to educate coaches, referees, staff, parents, and participants of the signs, symptoms or behaviors consistent with sports induced concussions. Participants suspected of a concussion or head injury, are required to be removed from the activity, must seek medical attention, and then follow the proper procedure for return to play. "When in doubt, sit them out!"

DEFINITION

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body that jars or shakes the brain inside the skull. It is important to note that an athlete does not have to lose consciousness to have suffered a concussion. Symptoms include but are not limited to the following below.

SIGNS OBSERVED BY OTHERS

- Appears dazed or stunned
- Is confused about assignment
- Forgets an instruction
- Persistent vomiting
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Increasing sleepiness
- Shows mood, behavior, personality changes
- Can't recall events prior to hit or fall

SYMPTOMS REPORTED BY ATHLETE

- Headache
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

ROLE OF COACHES AND STAFF

Coaches and staff will NOT be expected, nor will they be trained to “diagnose” a concussion. Diagnosis is the job of a qualified health care provider. Coaches and staff are being asked to use their best judgment in observing the signs, symptoms, and behaviors associated with concussions. If coaches or staff observes questionable signs, symptoms, or behavior, he/she must remove the player from the sporting event for further evaluation and notify the player’s parent/guardian and fill out the appropriate accident form. Coaches and staff are not permitted to allow a player to resume activity until the Denton Parks and Recreation receives a written statement from a qualified health care provider indicating that the player is cleared to resume participation in the sporting event.

ROLE OF OFFICIALS

Officials will NOT be expected to “diagnose” a concussion. Officials are being asked to use their best judgment in observing the signs, symptoms, and behaviors associated with concussions. Officials will not be asked to give what could be perceived as a medical opinion. If an official observes questionable, signs, symptoms, or behavior, the official should notify the appropriate staff and the player should be removed from the sporting event. Officials are not responsible for the sideline evaluation or management of the player after he/she is removed from play.

ROLE OF PARENTS/GUARDIANS

Like coaches, staff and officials, parents/guardians will NOT be expected to “diagnose” a concussion. However, parents/guardians are being asked to become familiar with the signs, symptoms, and behaviors associated with concussions. Parents/guardians will be expected to comply with this Policy and support the determination made by staff to remove a player from a sporting event.

It is the parent/guardian’s obligation to have the player evaluated by a qualified health care provider and to obtain from that provider a written statement that clears the player to resume participation in the sporting event.

MANDATED COURSE OF ACTION

1. Remove player from the sporting event.
2. Notify parent/guardian.
3. Any player suspected of having a concussion should be evaluated by a qualified health care provider as soon as practicable.
4. Before a player will be allowed to resume participation in a sporting event, the parent/guardian of the player must obtain a written statement from a qualified health provider and return to the Denton Parks and Recreation Department indicating that the player is cleared to resume participation in the sporting event.

The signs, symptoms and behaviors associated with a concussion are not always apparent immediately after a bump, blow or jolt to the head or body and may develop over a few hours or longer. An athlete should be closely watched following a suspected concussion and should never be left alone.

Athletes should never try to “tough out” a concussion. Teammates, parents/guardians and coaches should never encourage an athlete to “play through” the symptoms of a concussion. In addition, there should never be an attribution of bravery or courage to athletes who play despite having concussion signs and/or symptoms. The risks of such behavior must be emphasized to all members of the team, as well as coaches and parents.

If an athlete returns to activity before being fully healed from an initial concussion, the athlete is at greater risk for a repeat concussion. A repeat concussion that occurs before the brain has a chance to recover from the first can slow recovery or increase the chance for long-term problems. In rare cases, a repeat concussion can result in severe swelling and bleeding in the brain that can be fatal.

Return to Play

After suffering a concussion, no athlete should return to play or practice on that same day. An athlete should never be allowed to resume play following a concussion until symptom free and given the approval to resume physical activity by an appropriate health-care professional. Documentation must be provided to the Denton Parks and Recreation athletic supervisor.

Once an athlete no longer has signs or symptoms of a concussion and is cleared to return to activity by an appropriate health-care professional, he/she should proceed in a step-wise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete should progress no more than one step each day, and at times each step may take more than one day.

If symptoms of a concussion recur, or if concussion signs and/or behaviors are observed at any time during the return-to-activity program, the athlete must discontinue all activity immediately. Depending on previous instructions, the athlete may need to be re-evaluated by the health-care provider.