

ALASKA FUTSAL LEAGUE (AFL)



2021 League Format & Rules of Play

COVID-19- Alaska Youth Soccer's goal is to continue to implement the appropriate guidelines to ensure maximize the safety of all members, spectators, and coaching staff. With fostering the Indoor Mitigation & Safety Guidelines for indoor soccer AYSA will work within the required mandates to ensure that we as a youth organization continue to offer safe programming for the athletes that desire normalcy. The Alaska Youth Soccer Futsal Statewide League will adapt to all health-and-safety measures to ensure that we can proceed in offering this statewide program.

Mitigation & Safety Guidelines: **Mitigation Guidelines for the AFL league can be found on the last page of this document and will apply to league play when indicated in your area)**

1.1 TEAMS

Team Registration: Only teams currently registered, and in good standing with AYSA are eligible to participate. Players, and coaches must be currently registered under the AYSA umbrella, and in good standing to be eligible to participate. All players and teams must be Alaskan based and residents to register for the league.

Format: The League Divisions are 9-U through 19-U both Boys and Girls Teams. Teams should register into a division based upon age and gender. Any team or player determined by the League Director to have falsified a player age, name, or registration status with AYSA will result in disqualification from the league and may face a penalty.

Divisions: Must have at least 4- registered teams to be a valid division. AYSA reserves the right to drop/ combine divisions/ age groups. 16-U older team registration will be at the age of the oldest player on the roster. Teams are responsible for registering in the appropriate division, failure to properly register may result in disqualification from the league and the entry fee will not be refunded. AYSA will follow the of U.S. Soccer and US Youth Soccer standards and guidelines for team formation. Teams that wish to register outside of their age group must submit for approval an AFL Team Waiver. Rosters will be reviewed by the AFL Committee to ensure that teams are placed properly to ensure appropriate competition.

Number of Players: Minimum of 7 players, and a maximum of 11 players. Field is at 5 players per side, 4 field players plus GK; minimum of 3 players to start or continue play.

Team Officials: **4 Technical Area staff** are allowed per roster, only **2 may be on the team sideline at any time**. Adults must have a current US Youth Soccer/ AYSA issued Member Card that matches the AFL Team Roster. Teams that will have a manager or a designated team parent **STREAM GAMES** must be on the team roster and cleared by AYSA.

1.2 GAMES

Game Format: 5 players per side, 4 field players plus GK; minimum of 3 players to start or continue play.

Roster Check: **Rosters should be paperless and player cards should be laminated or an electronic version.** Rosters and players cards must be provided to the game day officials at each game. **Printed rosters should be in a plastic sleeve.**

Uniforms: Team uniform should be consistent with each other. Each player from the same team must be in the same uniform (jersey/shirt, shorts, and socks) at their match. Uniform numbers shall be affixed to back of the jersey; duplicate numbers not permitted per team.

Goalkeeper: Jersey colors are to be distinguished from other player uniform colors, and to be numbered. The game day officials may use his/her discretionary judgment to resolve sock color conflicts.

Home Team: Team listed first in the schedule will wear light colored jersey. Visiting team listed second will wear dark colored. No jewelry may be worn (medical alert bracelet/necklace approval by the game day officials).

1.3 EQUIPMENT

Players: Shin guards are mandatory for all players. indoor flat soled soccer shoes must be worn. Players are not to wear wet soccer shoes into the facilities as we need to keep the playing surfaces clean and dry.

Cast: “No player should be allowed to play in any regularly scheduled game with an injury that can be aggravated by playing or which constitutes a danger to others.

- Game day officials have the final say on clearing a **cast protector**; NCAA approved cover should be acceptable.
- Players may not play with casts that extend to above the elbow and inhibit the player’s ability to move the arm.
- Any supportive orthopedic device must be padded to the satisfaction of the game day officials.

Goals: AYSA will provide the required Futsal Goals, some locations will allow the goals to be stored onsite.

Futsal Game Ball: Home team is responsible for providing the game ball. Do not bring outdoor balls into the facilities. They are not allowed for warm-up. Only low-bounce Futsal balls are allowed. **Futsal Ball:** Size #4

1.4 GAME

Rules of the Game: AFL will use official [Futsal FIFA Rules](#), and Regulations Futsal Laws of the Game.

Game Duration: Game shall consist two equal periods of **22 minutes**, with a **2-minute half time**.

Clock: There will be a running clock; with 2 minutes remaining in the game, the clock will stop for any interruptions.

Time-Outs: 1 Time-out Per Team Per Half; 1 Minute. Time-outs may only be utilized by the team in possession of the ball, when the ball has gone completely out of play across the touchlines or goal lines, or from a goal clearance. Time-Outs may only be called by the Coach or Team Captain. **No Time-Outs in the last 2 minutes of each half.**

Team Bench: Teams will switch sides (and ends) at the beginning of halftime, ensuring that all substitutions take place in the defensive half. The coaches may not leave the technical area during the game.

1.5 COURT

Court: Playing field will be close to the FIFA Futsal suggestion as possible. Playing on a regulation basketball court, playing field dimensions will be at the discretion of the referee.

Team Warm Up: There are no guaranteed warm up time on the court before the start of the game. Teams should enter the field as soon as previous game is complete to warm up, and to be prepared to play.

Spectators: Are not allowed on the court during play; must view the game in the designated viewing areas. For games at “Arctic Rec Center” and Bartlett spectators are not allowed in the area between courts 1 and 2 or behind the goal box.

Obstruction: If the ball makes contact with the ceiling, basketball hoop, or other object, the team that did not touch the ball last restarts play with a kick in from the nearest point on the touchline.

Game Facilities: All Property including parking areas should be respected, teams must pick up trash at the end of each game. Clubs and or teams are liable for any property damage that its members cause during the event.

1.6 REFEREE

Referee/ Scorekeepers: Game day officials shall be present during the game. Matches are officiated by one or two referees. The game day officials will record the scores and report them to AYSA for 11-U and older Divisions.

Incorrect Score: Coaches will not sign the game card, post-game. Coaches may submit the **Incorrect Score Reporting** Form within two business days after standings are posted. Scores will be verified by the referee, and both coaches.

Sportsmanship: Coaches will be held responsible for the good sportsmanship of themselves, team staff, players, parents, and team spectators.

Referee (Dissent): Abuse of Game Day Officials in any capacity will not be tolerated- there is a zero-tolerance policy within regards to Dissent. Dissent includes any words or actions that show disdain for or opposition to the official’s rulings. Dissent by action includes any physical display of anger after an official’s decision.

- The Game Day official has the right to eject a player, parent, coach, bench personnel or spectator from any game for continual disobedience or as a result of an incident that warrants ejection.
- Individual that is ejected by the official must leave the immediate game area of the facility before play will continue. If the individual refuses, the game will be forfeited in favor of the opposing team.
- Parents, spectators are not allowed to verbally question, address, or critique (criticize) any game official’s judgment during or after the match. The game official will ask the appropriate coach to address the situation.
 - If there is a second instance, a second warning will be given to the coach.
 - If there is a third instance, game official will ask the coach to remove the offending Parent/Spectator(s).
 - If the parent or spectator is using “offensive vulgar language” at any game official during or after the match, that parent or spectator will be instantly removed on the first instance.
- The ejected individual may not return to the field of play until the referee crew has left the field after the completion of the game.

RULES OF PLAY

2.1 SUBSTITUTIONS

On the Fly: All substitutions are on the fly this includes goalkeeping substitutions. Referees will not stop play for goalkeeping substitutions.

Substitute Zone: The substitution zone is situated the teams' benches, directly in front of them. This is where the players enter and leave the playing court for substitutions.

Match Entrance: Substitute may NOT enter the court until the player being substituted for has left the court at the team's substitution zone.

Unlimited Subs: There is no limit to the amount of substitutions that can be used in each game.

2.2 KICKS

Kick-Off: Coin toss at start of game; first touch cannot go backward. No scoring from kick-offs.

Kick-Ins: The ball shall be kicked into play from the sideline instead of thrown in and must not be rolling. The ball is considered in play when kicked and clearly moves. This is an indirect kick, and a goal cannot be scored from this kick.

Place-Kicks: Out of bounds/ obstruction calls result in indirect kicks. Physical infractions result in direct kick. Defense walls are permitted for place kicks other than penalty shots. Is it the referee discretion where the ball will be placed.

4 Second Rule: Place kicks, free kicks, and goalie decisions must be made in 4 second (official's count).

3 Yard Rule: Opponent allows for 3 yards distance from kick-ins, indirect kicks & corner kicks.

2.3 OFFSIDES

Offsides: There are no offside in Futsal.

2.4 FOULS

Team Fouls: A count is kept of fouls penalized with a direct free kick/penalty kick in each time period. Offences are called "accumulated fouls". When a team commits a sixth accumulated foul, the opposing team is awarded a direct free kick without a wall on the second penalty mark, situated ten meters from goal and four meters behind the first penalty mark.

- If, however, the sixth accumulated foul is committed between the opposition goal line and an imaginary line parallel to the halfway line and passing through the second penalty mark, the free-kick may be taken closer to the goal, in the position where the infringement was committed.

Side Tackling: NOT PERMITTED; Keepers can slide to block a shot but should not make contact with opposing player.

Delay of Game Any player may be cautioned with a yellow card if it is deemed by the game official that the player is intentionally wasting time, such as if a player intentionally kicks the ball long distances away from the playing field in order to waste time.

2.5 GOALKEEPER

- May move anywhere on the pitch but can only handle the ball inside their own penalty area.
- May receive a kick-in directly.
- May score directly with his/her feet during the run of play.
- May throw the ball directly across the half-way line.
- May not punt /drop-kick the ball; (ball must settle or be touched first, no "air" under the ball when kicked.)
- With possession of the ball, either in hands or at feet, will have only four seconds in which to play it.
- A ball thrown directly into the opposing goal results in a goal clearance for the opposing team.

3.1 MISCONDUCT

Ineligible Player: Any team using an *ineligible player(s)* in a game will forfeit the game to the opponent(s) by a score of 3-0. The team will not be allowed to continue to play in the current AFL League.

Yellow Card / Caution: The offending player is shown a yellow card. If a player earns two yellow cards in a match, he/she is shown a red card.

Red Card / Ejection: The offending team plays down for two minutes unless scored upon before the two-minute penalty expires. The offending player serves a minimum one-match suspension.

- Player ejected from a game may continue to sit in the technical area unless removed by the game official for continued inappropriate behavior once they have been sent to the team sideline. Players must remove their game jersey for the remainder of the match.
- player removed from the technical area they will be escorted from the area; accompanied by a team staff member.

Game Ejection: Player, coach/ personnel ejected in game shall be automatically suspended to participate the next game.

- Coach or personnel are not permitted to have any contact with players, team management during the course of the game from which they are dismissed. Coach or personnel that is ejected by the referee or AYSA officials must leave the game/ court/ team area immediately for remainder of the match.
- Once dismissed from the game, you may not approach the referee crew during or after the match. Communication including following the referee crew during or after the match will NOT be allowed.
- Coach/ personnel who is ejected shall sit out a minimum of the next scheduled match of the team with which the ejection was awarded. No communication with players or team management is permitted during the reminder of the game the ejection occurred and the suspended game.

- Player, coach/ personnel participates in a game in which they should be suspended, the team will be deemed to have used an ineligible player and will forfeit the game; team may be removed from the AFL League.
- Any coach or personnel rostered to more than one team in the league who is ejected shall sit out a minimum of the next scheduled game of the team with which the ejection was awarded. If that team is no longer participating in the AFL, the coach will serve their suspension with the next team they are coaching.
- The AFL League will retain the player or coach card until the completion of the suspension.

3.2 TWO (2) OR MORE GAME SUSPENSION

Miscellaneous: Player, substitute, coach or bench who refuses the game official request for their name, or gives a false name, while the official is gathering data to report an infringement of the “Laws of the Game”, involving them, shall have a minimum of one (1) game added to the suspension that would normally be levied by the AFL/ AYSA Conduct Committee.

Violent Conduct: Examples include but are not necessarily limited to striking or attempting to strike another player, team official or spectator, unlawfully entering the field of play during an altercation.

- Player, Coach, or personnel sent off the field of play for Violent Conduct shall be ineligible to participate for the remainder of the AFL League or AFL State Cup; based on the severity of the incident further penalties may occur.
- If entire teams or portions of teams are involved in a fight, a determination will be made as to the guilty team.
- If it is found that one or both teams are at fault, the guilty team(s) may be removed from the League/State Cup.

Spits at an Opponent or any other Person: Examples include but are not necessarily limited to; spitting or other unseemly acts on or at another person.

Racial or Ethnic Slurs: Any player, coach or bench personnel dismissed for using racial or ethnic slurs or offensive language that includes derogatory comments about gender, sexual orientation, physical ability or religion shall serve a minimum of a two-game suspension.

- All protests of additional suspensions must follow the proper hearing request procedures. Appropriate paperwork must be filed within the Alaska Youth Soccer proper timeline, but the fee will be waived.

AFL LEAGUE GUIDELINES

4.1 CONCUSSION PROTOCOL

- US Youth Soccer Concussion Procedure and Protocol will be followed.
- Utilize the AFL *Possible Head Injury/Concussion Notification* form if a possible concussion occurs.
- Players in the **9-U -11-U Divisions** are prohibited from deliberately **heading the ball**. If a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense.
 - If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred

4.2 ADULT VERIFICATION AND CODE OF CONDUCT AYSA requires that each adult working within the youth program have submitted and passed their annual AYSA Adult Background Check. All adults working with youth (coach, manager, bench personnel, chaperone, administrator) will submit an annual background check application in the AYSA State system (GotSport). The adult applicant will read the AYSA Code of Conduct and complete the Abuse Prevention Safe Sport Training. This must be completed prior to being listed on the AFL Roster and issued an USYS/AYSA Member card.

4.3 FORFEITED GAMES

- If a team fails to show for a scheduled game, the referee shall allow a **7-minute grace period**. After the 7 minutes, if the team has not yet arrived or does not have enough players to field a team (3), the game will be forfeited. The game will be tallied as a 3 to 0 loss for the forfeiting team/ 3 to 0 win for opponent.
- Teams forfeiting a match will not receive a refund on their registration fee and will be *fined \$250* per forfeit for not following the appropriate procedure to reschedule their game. The team may not continue in the league until the fine is paid in full.

4.4 GAMES CANCELLED BY OPPONENTS:

- If an opponent cancels a game or does not show for the game, the other team may use the scheduled game time for their use. There are no refunds for games cancelled by opponents.
- **Team No-Show Form:** If the opponent canceled or did not show up for your game; please submit the **Team No-Show Form** to AYSA within two business days of the scheduled game date.
- If a team **must** cancel, *call/email AYSA* as soon as possible (4 days in advance to schedule game) so we can notify the officials and give the other team notification. Cancelling a game not only short-changes your team, but your scheduled opponent. If notice is not given in the *appropriate timeframe*, the game will be considered a forfeit.
- Games cancelled by teams will not be rescheduled until the **Game Reschedule Form and the \$125 Reschedule Fee** has been received by AYSA. Teams may be fined for not following the appropriate procedure to reschedule/ cancel their game.

4.5 RESCHEDULES:

At the time of registration, each team can enter team conflicts into the registration system before the registration deadline. If team manager/coach do not enter their conflicts, no reschedules will be made unless the **Game Reschedule Form, and the \$125 Reschedule Fee** has been received by AYSA. AYSA will schedule 7 games for each team (may be reduced due to covid-19 and/ municipality or facility EO/ Restrictions). **Games Cancelled by Federal, State, Municipality, Facilities, Weather, Natural Disaster or Acts of God;** AYSA reserves the right to postpone or cancel games at any time for any reason. AYSA plays games in all weather, and only cancels games if the facility cancels. Cancellations are exceedingly rare events, so teams should plan on playing. If games are cancelled, reschedules are not guaranteed, and refunds for cancelled games will not be provided. AYSA will attempt to reschedule cancelled games but cannot guarantee that those games can be rescheduled. We only can reschedule games if the facilities have available times to reschedule them. If we reschedule games due to the above, you will not be asked ahead of the rescheduling process if you are available for the makeup game. Your team will be given a makeup game time, and if you cannot make that we will not reschedule. If the AFL League is postponed or cancelled due to the COVID-19 pandemic or due to the above listed AYSA will only grant 50% of registration fee that was paid if no games had been played, if games were scheduled and played no refund will be granted.

Alaska Futsal Tournament (AFL) Format and Rules; Changes

Rule Adjustment	Change/ Update	AFL Committee Approval	Date
Goal Keeper	Pass back rule adjusted	Yes	01/08/2018
Goal Keeper	Possession of ball	Yes	01/08/2018
Match Entrance	Definition of entrance of court	Yes	01/08/2018
Referee Abuse	Definition of dissent	Yes	01/08/2018
Time-Outs	Definition of Time-outs/game clock	Yes	09/20/2018
Goal Keeper	Possession of ball	Yes	09/12/2019
Team Fouls	Definition of Fouls	Yes	09/12/2019
Game Ejection:	Definition of Ejection	Yes	09/12/2019
Misconduct	Parents, Spectators	Yes	09/12/2019
Misconduct	Bench Personnel	Yes	09/12/2019
Rosters/ Cards	Paperless /electronic plus cards	Yes	10/06/2020
Team Officials	Technical Staff Only 2 Team Sidelines	Yes	10/06/2020
Game Duration	20 Minutes, with a 2-Minute Half Time	Yes	10/06/2020
Pre-Game Coin Toss	Home Team Chooses Direction	Yes	10/06/2020
Handshakes	No Pre Or Post Game Handshakes	Yes	10/06/2020
Equipment	Coaches should only handle goals	Yes	10/06/2020
Game Duration	Changed to 2 Equal Periods of 20 minutes	Yes	10/06/2020
Team Benches	No Team Benches on Sidelines	Yes	10/06/2020
Team Warm Up	Schedules are Staggered for Transitions	Yes	10/06/2020
Spectators Steps	Must Wear A Mask When in Attendance	Yes	10/06/2020
Phase Requirements	Failure to Enforce the Requirements/ Fine	Yes	10/06/2020
Deliberately Coughing	Immediate Red Card	Yes	10/06/2020
Kick-Off	Home Team Chooses Direction	Yes	10/06/2020
COVID-19	Team/ Player Guidelines and Reporting	Yes	10/06/2020
Futsal Team	2nd Futsal Team	Yes	10/06/2020
Streaming Games	On team roster and cleared by AYSA	Yes	10/21/2020
Court Layout	Technical areas on opposite halves	Yes	10/21/2020
Team Bags	To be set off the wall away from the pitch	Yes	10/21/2020
Face Mask/ Covering	Proper way to Wear a Mask	Yes	10/21/2020

Mitigation & Safety Guidelines (The following guidelines will be apply if mitigation guidelines are required in your area)

Teams and Players: The [Club Pass](#) and the Single Event [Guest Player](#) Policies will not be allowed this indoor season. Teams that enter **2nd Futsal Team** from their main roster will be able to adjust their futsal roster within allotted guidelines of no more than two players per game. The players must be properly registered to the team and practice with the team regularly (attendance records may be verified). *If a positive test result or exposure comes from a main roster of a team or one of their two futsal teams, they will follow the quarantine guidelines and scheduled games will be rescheduled or cancelled.*

All club teams are encouraged to **create "Team Pods" to limit Crossover Exposure (limit same coaches to only one team for trainings and games per to AYSA Indoor Mitigation & Safety Guidelines).**

Face Mask/ Covering: Federal/ Municipality orders including wearing of Mask will be followed. The mask must cover your mouth and nose. Game officials will give verbal warnings to have the individual to properly wear a face covering. Game officials have the discretion to terminate the game if club/ team cannot adhere.

Equipment- Coaches should be the only individual to handle equipment. Cleaning and disinfecting supplies will be stored with the goals. Bags are to be set off the wall away from the pitch, and do not need to be moved at half-time. The goal is to minimize contact.

Court Layout: Team Technical Areas will be situated on opposite halves/ sides of the pitch. Teams will not switch during half-time; teams will maintain the same goal/ technical area to minimize contact.

Coin-Toss: No pre-game coin toss- Home Team chooses direction before start of the game. No pre- or post-game handshakes

Spectators: Must view the game in the designated viewing areas. Spectators will Adherence to Federal and Municipality Mandates and Socially Distance. Mask Required Indoors. The Spectators Steps for the games are 1) Open Spectators 2) Limited Spectators 3) No Spectators. Spectators must wear a mask and social distance.

Mitigation Guidelines: Clubs and the coaching staff will be held responsible for their members to follow the AYSA Indoor Mitigation & Safety Guidelines during league games.

Phase Requirements: Teams failure to enforce the Phase Requirements will result in **forfeit for the team and a (\$500) fine to the club**. Referees have the discretion to terminate the game if club and/ or team cannot adhere.

Deliberately: coughing at or on an opponent or any other participant in the match is treated same way as spitting at or on an opponent and will result in an **immediate red card**.

COVID-19 Reporting: For COVID-19 Reporting and Tracing Purposes, all teams including but not limited to players, coaches, managers, trainers, referees, and team personnel must remain diligent. Clubs will follow the AYSA COVID-19 Protocols.

ALASKA YOUTH SOCCER ASSOCIATION DISCLAIMER: The Alaska Youth Soccer Association (ASYA), in administering the Alaska Futsal Statewide League (AFL) competition, reserves the right to make changes to these policies and rules as it deems necessary, and when needed, to provide interpretations of the policies and rules as to their intent. Typographical errors, omissions, and other errors do not change the scope, intent or spirit of the policies herein.

ALASKA YOUTH SOCCER ASSOCIATION HEALTH STATUS AGREEMENT: ALASKA YOUTH SOCCER ASSOCIATION HEALTH STATUS AGREEMENT: Each Affiliate Member (Youth Participant/ Game Official) has had a parent/guardian complete, sign and submit to the club the "Release of Liability and Assumption of Risk Agreement" prior to participating in Alaska State Youth Soccer Association.

The RELEASE FROM LIABILITY STATES: This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release, and on my behalf, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE Alaska State Youth Soccer Association, its officers, officials, affiliates, agents and/or employees, other participants, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event programs and activities of US Youth Soccer and AYSA, from any and all claims, demands, losses, and liability arising out of or related to any ILLNESS, INJURY, DISABILITY OR DEATH I may suffer, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

Parents agree to notify the club and league immediately if their child becomes ill for any reason and / or we have tested positive for COVID-19. They have read this Release of Liability and Assumption of Risk Agreement, fully understand its terms outlined, understand that they have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.



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