

# DMUsport Social League

## Indoor Football

2023 - 2024

*DMUsport Social Leagues are a fantastic way to get involved in sport whilst studying at De Montfort University and it is solely recreational ... meaning they are fun & exciting!*

*We encourage all abilities and groups to get involved, whether your team is made up of course mates, housemates, society members or groups of friends. To enter your team, click [here](#). We could even help get you into a team, just click [here](#) to complete the entry form.*

*So, what are you waiting for, create or join a team now & take part in this year's Social Leagues!*

*If you have any queries or questions about the DMUsport Social League for Indoor Football, please just drop us an email at [SocialSport@dmu.ac.uk](mailto:SocialSport@dmu.ac.uk).*



## DMUsport Social League – Indoor Football

The competition structure of the league will consist of a League then a Premier Playoff and Championship Playoff. All teams will compete for the League champion title, then the teams who finish in position one (1) to four (4) will compete in the Premier Playoff and the teams who finish in position five (5) to eight (8) will compete in the Championship Playoff.

- Fixtures will run within term one (1) & term two (2) from the 1<sup>st</sup> of November 2023 to the 20<sup>th</sup> of March 2024. To note, fixtures will take place during enhancement weeks.
- Every team will play at least one (1) League fixture per week between the 1<sup>st</sup> of November 2023 to 21<sup>st</sup> of February 2024 on a Wednesday evening, between 5.30pm (17:30) to 10.00pm (22:00). There may be occasions where a team will play more than one fixture so it is key for teams to read the fixture list.
- For the League, each team will play each other twice.
- Every team will play at least two (2) Playoff fixtures between the 6<sup>th</sup> of March 2024 to 20<sup>th</sup> of March 2024, between 5.30pm (17:30) to 10.00pm (22:00).
- Premier and Championship Playoff finals will take place on the 20<sup>th</sup> of March 2024, between 5.30pm (17:30) to 10.00pm (22:00)
- For the Premier and Championship Playoffs, teams will be seeded based on their finishing position in the league.
- Each League fixture has a scheduled slot of an hour to ensure that there is enough warm up, game time and rest time between halves. For the Playoff 3<sup>rd</sup> and 4<sup>th</sup> place fixtures along with the Playoff finals, additional time has been scheduled in case there is a draw result at the end of normal time.
- All players must bring their DMU student ID to fixtures and be booked onto the fixture slot via the [DMU Leisure app](#). If a player turns up without their DMU student ID or haven't booked onto the slot then they will not be able to enter into the facility. No student ID = no fixture!

Below is a calendar outlining key dates regarding the league;

DMUsport Social League Calendar   2023 - 2024																	
	October					November					December						
Monday	2	9	16	23	30		6	13	20	27		4	11	18	25		
Tuesday	3	10	17	24	31		8	14	21	28		5	12	19	26		
Wednesday	4	11	18	25		1	9	15	22	29		6	13	20	27		
Thursday	5	12	19	26		2	10	16	23	30		7	14	21	28		
Friday	6	13	20	27		3	11	17	24		1	8	15	22	29		
Saturday	7	14	21	28		4	12	18	25		2	9	16	23	30		
Sunday	8	15	22	29		5	13	19	26		3	10	17	24	31		
<b>Term 1</b>																	
	January					February					March						
Monday	1	8	15	22	29		5	12	19	26		4	11	18	25		
Tuesday	2	9	16	23	30		6	13	20	27		5	12	19	26		
Wednesday	3	10	17	24	31		7	14	21	28		6	13	20	27		
Thursday	4	11	18	25		1	8	15	22	29		7	14	21	28		
Friday	5	12	19	26		2	9	16	23		1	8	15	22	29		
Saturday	6	13	20	27		3	10	17	24		2	9	16	23	30		
Sunday	7	14	21	28		4	11	18	25		3	10	17	24	31		
<b>Term 2</b>																	
	Enhancement Week																
	Indoor Football   League Fixtures																
	Indoor Football   Premier Playoff and Championship Playoff Fixtures																
	3x3 Basketball   League Fixtures																
	3x3 Basketball   Premier Playoff and Championship Playoff Fixtures																
	Rescheduled Fixtures																

## DMUsport Social League Membership

- To take part in the DMUsport Social League for Indoor Football, all players must have purchased a £10 DMUsport Social League membership via the [DMU Leisure app](#) prior to their first fixture. If a player has not purchased their membership, then they will be unable to partake in the league until they have done so.
  - The membership money will be used to cover the costs of delivery and be put back into developing the DMUsport Social League programme.
  - The membership will become half priced (£5) once 50% of the League has happened, this will be Sunday 14<sup>th</sup> of January (11.59pm).
  - *Membership refund principles* | Cancellation within 14 days of purchase will be refunded in full, unless a walkover has been given to the team you are linked to, broken DMU student code of conduct, or claiming on university's sport personal accident insurance.
    - Due to the subsidised nature of DMUsport activity, any % of the fee returned shall be determined by the number of DMUsport opportunities participated in up to 2 months. Any membership longer than 2 months is unable to be refunded, except in exceptional circumstances.
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## Format

### Teams

- Each team has to have a minimum number of five (5) players and a maximum number of nine (9) players.
  - Five (5) players must be on the court during game play.
  - Substitutes must be seated on the team benches provided at the side of the court.
- Each team will have a captain who will be the representative/spokesperson for the team.
- Teams will play in yellow or navy or red coloured bibs provided – the first team listed for the fixture will play in navy or yellow bibs and the second team listed will play in red or yellow bibs.
- Goalkeepers must be easily distinguished from the rest of the team by wearing one of the green bibs provided.

### Players

- All players **MUST** be a current student of De Montfort University.
- All players **MUST** be registered with a team that is entered into the league and cannot change teams throughout the League or Playoffs.
- This league is open to all DMU students, including both sexes.
- All players **MUST NOT** be playing for the DMU Futsal Men's 1<sup>st</sup> team or 2<sup>nd</sup> team in BUCS - this will be enforced by checking club memberships, BUCS team lists and with DMU Futsal coaches and committee.
- If a player competing in the DMUsport Social League for Indoor Football is scouted to compete for the DMU Futsal Men's 1<sup>st</sup> team or 2<sup>nd</sup> team then once the player has been on a BUCS team sheet for more than two (2) fixtures they will no longer be able to take part in the DMUsport Social League for Indoor Football. There will be no refund available of the DMUsport Social League membership for the player, unless requested within 14 days of purchase as per above refund principles.

- All players **MUST** have purchased a £10 DMUsport Social League membership via the [DMU Leisure app](#) prior to their first fixture – the membership money will be used to cover the costs of delivery and be put back into developing the DMUsport Social League programme.
- All players **MUST** bring their DMU student ID to fixtures and be booked onto the fixture slot via the [DMU Leisure app](#). If a player turns up without their DMU student ID or haven't booked onto the slot then they will not be able to enter into the facility. No student ID = no fixture!
- No jewellery to be worn when warming up/playing, this includes – rings, piercings, necklaces, bracelets, watches, etc. If players can't remove piercings then they need to cover them up with tape in order to play.
- Appropriate footwear must be worn, e.g. trainers
- No chewing gum is allowed to be chewed or food consumed whilst in the sports hall.
- It is advised that shin pads are worn during fixtures.

### Arriving at a Fixture

- It is key that all players arrive to their fixture on time, have their DMU student ID card, have bought the DMUsport Social League membership and booked onto the fixture via the [DMU Leisure app](#) so that all fixtures can take place as planned.
- If a player is later than ten (10) minutes after the fixture slot start time then they will not be allowed to enter the facility.
- If a player is going to be late due to having a lecture or workshop, please email [SocialSport@dmu.ac.uk](mailto:SocialSport@dmu.ac.uk) at least twenty-four (24) hours prior to the fixture slot start time. To note, the player who will be arriving late will have to warm up to the side of the fixture and will start from the bench so that the fixture is not impacted.

### Playing area

- Fixtures will be played at [The Watershed](#), Upperton Road, Bede Island, Leicester, LE2 7AU.
- The fixtures will be played on a full-sized court, which is the full sports hall at The Watershed using blue court line markings.
- The centre spot is indicated at the midpoint of the halfway line in the form of a circle.
- The penalty area is located at each end of the court as a large semi-circle drawn around each goal.
- The penalty spot is drawn and located at the midpoint between the goal posts and is roughly six (6) m back.

### Officials

- The game officials will consist of one (1) referee and one (1) time/score keeper – these roles will be carried out by DMUsport Social League Activators.
- Referee and time/score keepers' (DMUsport Social League Activators) decision is final and they should be treated with respect at all times.
- If game officials are not respected throughout a fixture, before, during and after then the officials can terminate the game and three league points will be awarded to the team who has been respectful to the officials.
- Any complaints or disputes must be submitted in writing to [SocialSport@dmu.ac.uk](mailto:SocialSport@dmu.ac.uk) within twenty-four (24) hours of the fixture start time.

### Goal and Game Balls

- The goals used for all fixtures will be FA standard Futsal goals.

- The balls used for all fixtures will be FA standard Futsal balls and the balls provided as part of the Social League equipment pack must be used. Teams can-not use their own personal Futsal balls when playing the fixture, but can use them whilst warming up if desired.
- The fixture referees will check the game ball prior to the fixture taking place and ensure that both teams are happy with the ball. If the game ball needs to be inflated during the fixture, game play is stopped and one of the referees will blow the ball up via the hand pump provided in the Social League equipment pack. The fixture is then restarted by dropping the ball at the place where it was picked up from.

### **Spectators**

- Spectators are permitted to attend all fixtures, but they must arrive within ten (10) minutes of the fixture start time and have their DMU Student or Staff ID card on them.
- If they turn up after ten (10) minutes of the fixture start time and/or don't have their DMU Student/Staff ID card then they may be turned away from the facility.
- All spectators must be respectful (no abusive or discriminatory behaviour or language) throughout the fixture, including before, during and after. Any reports of this will be considered seriously and may result in reports being escalated in line with DMU's No Space for Hate Policy.

### **Walkover & Fixture Arrangements**

- A walkover will be given to a team if at the scheduled starting time the team is not present on the playing court with five (5) players ready to play or if a team has not requested a fixture rearrangement at least one (1) week in advance of the scheduled fixture.
- All fixture rearrangements should be requested by emailing [SocialSport@dmu.ac.uk](mailto:SocialSport@dmu.ac.uk).
- For a League fixture, if a walkover is given then the team who has not received the walkover in the fixture will be awarded with three (3) League points along with three (3) goals.
- For a Playoff fixture, if a walkover is given then the team who has not received the walkover in the fixture will automatically progress to the next round of the Playoffs.

### **Respect**

- No abusive or discriminatory behaviour or language will be tolerated. Reports of this will be considered seriously and may result in the expulsion of players or teams from the League. Reports may also be escalated in line with DMU's No Space for Hate Policy.
- The 'Game Respect form' has been put into place to ensure that players respect each other and the referees who are officiating the fixtures. Access the Captain Game Respect form [here](#) – this form must be completed within 24 hours of the end of the fixture. If submitted late then one (1) league point may be deducted.

### **Score Disputes / Complaints policy**

- If there are any issues with regards to the score or the fixture, an explanation and proof of the situation must be sent to [SocialSport@dmu.ac.uk](mailto:SocialSport@dmu.ac.uk) within twenty-four (24) hours of the fixture start time. After this any score disputes will not be able to be actioned and the score provided will be final.

### **Social Media**

- After each fixture, if there is time, we would like to encourage all teams to take a team photograph (or other content, such as fixture action shots) and submit it to

[SocialSport@dmu.ac.uk](mailto:SocialSport@dmu.ac.uk) so we can include it in the league result update and on DMUsport social media that will be shared on a weekly basis.

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## **League Format**

### **Beginning of the Game**

- Both teams may warm-up simultaneously prior to the fixture in their own half.
- Each team will be provided with one (1) size 4 ball per team (regulation futsal ball).
- Teams will have five (5) minutes to warm up before the fixture begins.
- A coin toss or equivalent shall determine which team gets the possession first – this will be carried out by the referees of the fixture.
- The team that wins the coin toss can either choose to benefit from the ball possession for kick off or the selection of game direction (which goal to attack first).
- The game must start with five (5) players on the court from both teams, including the goal keepers.

### **Playing time/Winner of a Game**

- *Regular playing time:* Two (2) halves of twenty (20) minutes playing time. The clock will be a running clock so will not be stopped during the fixture unless there is a serious injury to a player. The time will be recorded on the electronic shot clock provided at the facility.
- Three (3) league points will be awarded to the winner of the fixture.
- One (1) league point will be awarded to each team in the event of a draw.
- No (0) league points will be given to the team that loses the fixture.
- A team shall be awarded a walkover if at the scheduled starting time the team is not present on the playing court with five (5) players ready to play.
- Teams must vacate the court promptly ready for the next fixture to take place.

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## **Premier and Championship Playoffs Format**

### **Beginning of the Game**

- Both teams may warm-up simultaneously prior to the fixture in their own half.
- Each team will be provided with one (1) size 4 ball per team (regulation futsal ball).
- For the first round of the Premier Playoff and Championship Playoff fixtures, both teams will have five (5) minutes to warm up before the fixture begins. Then for the Premier Playoff semi-final fixtures, the Premier Playoff final fixture and Championship Playoff final fixture both teams will have ten (10) minutes to warm up before the fixture begins.
- A coin toss or equivalent shall determine which team gets the possession first – this will be carried out by the referees of the fixture.
- The team that wins the coin toss can either choose to benefit from the ball possession for kick off or the selection of game direction (which goal to attack first).
- The game must start with five (5) players on the court from both teams, including the goal keepers.

## Playing time/Winner of a Game

- **Regular playing time:** Two (2) halves of twenty (20) minutes playing time. The clock will be a running clock so will not be stopped during the fixture unless there is a serious injury to a player. The time will be recorded on the electronic shot clock provided at the facility.
- **Additional playing time:** If a playoff fixture ends in a draw then additional time will be played, this will consist of Two (2) halves of five (5) minutes playing time. The clock will be a running clock so will not be stopped during the fixture unless there is a serious injury to a player.
  - If after the additional playing time the fixture has still finished as a draw then a penalty shoot-out will take place. This will consist of the best of five (5) scored penalties then if needed the penalties will go into a 'sudden death' situation. 'Sudden death' will continue until one team has scored over the other team, e.g. Team 1 misses and Team 2 scores, and if needed goalkeepers will partake in the penalty shoot-out after all outfield players have had a go.
- The winner of the fixture will progress to the final of the playoff tournament.
- The losing team will play in the 3<sup>rd</sup> and 4<sup>th</sup> place fixture.
- A team shall lose the game by forfeit if at the scheduled starting time the team is not present on the playing court with five (5) players ready to play.
- Teams must vacate the court promptly ready for the next fixture to take place.

Below is when the league and playoff fixtures will take place;

DMUsport Social League - Indoor Football Fixtures 2023 - 2024																											
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## **Rules**

Each player is expected to understand the below rules prior to participating in the league. Any questions concerning these rules should be directed to [SocialSport@dmu.ac.uk](mailto:SocialSport@dmu.ac.uk) at least forty-eight (48) hours prior to the fixture start time.

### **Fouls**

- Each referee will have a set of foul cards – one (1) yellow and one (1) red.
- Fouls will be awarded for; aggressive play, deliberate fouling and deliberate hand balls.
- If a player is awarded with two (2) yellow cards during the game then they will be sent off.
- If a player is awarded with one (1) red card during the game then they will be sent off.
- Slide tackling is permitted, but the tackle must be towards the ball. If the tackle is committed not towards the ball then a yellow card will be awarded.
- If a player is sent off, they must be ejected from the fixture and cannot return for the remainder of the fixture. The penalised team must then play with four (4) players until two (2) minutes of game time have elapsed or the penalised team concedes a goal. At this point, the penalised team will return to the full team of five (5) players, excluding the ejected player.
- All cards awarded during a fixture will be recorded by the DMUsport Social League Activators – it is the role of the team captain to ensure the correct information is shared with the Activators.

### **Penalties**

- A penalty kick is awarded if a player commits any foul inside their own penalty area, irrespective of the position of the ball, but provided that it is in play.
- The penalty must be taken from the penalty spot markings on the court.
- Only the goalkeeper and the penalty kicker are allowed to be present in the penalty area whilst the penalty is being taken.
- The goalkeeper must remain on their line in between the goalposts, facing the penalty taker until the ball has been kicked.
- The penalty can be taken once the referee blows their whistle and the ball must be kicked forward. The penalty taker can't touch the ball for a second time until the ball has touched another player.
- Once the penalty taker has kicked the ball then all players can enter into the penalty area to secure the rebound if the ball is not scored.
- If the penalty taker kicks the ball prior to the referee's whistle, the ball will be given to the goalkeeper for a goal throw.

### **Free Kicks**

- For all free kicks, the ball must be stationary when the kick is taken and the kicker must not touch the ball a second time until the ball has been touched by another player.
- All players must be at least three (3) m from the ball until it is in play – the ball is in play after it has been touched or played in.
- If, when a free kick is taken, an opponent player to the free kicker is closer to the ball than the required distance, the kick is retaken. The two (2) referees will decide on this and their decision is final.



- If, after the ball is in play, the kicker touches the ball a second time before it has touched another player then a free kick is awarded to the opposing team and the kick must be taken from the place where the infringement occurred.

#### How the ball is returned to play

- At the start of each half, or after any goal, the game is restarted with a kick off from the centre spot. Any opposition players must be out of the centre circle.
- If the ball goes out at the side of the court, the team that did not touch it last will resume play via a kick in. The ball must be on or behind the side line when taking the kick in and the player has four (4) seconds to play the ball or the ball will turn over.
- If the ball is turned over to the other team, the kick in is taken from the same spot and the same rules apply.
- If the ball goes out of play behind a goal or on the goal line, one of the following happens;
  - If the defending team touches it last, a corner kick is given, please see kick in rule above for corners.
  - If the attacking team touches the ball last, the goalkeeper restarts play from their hands. The goal keeper can only throw or roll the ball when returning to play.

#### Substitutions

- Substitutions can be made at any time during the game. The game is played with rolling subs, so players can leave and enter the court whenever they want to but once leaving the court the player must sit down on their team bench straight away.

#### End of the Game

- If it is a League fixture, the fixture will finish once both twenty (20) minute halves have taken place and the referee blows a longer sounding whistle sound.
- If it is a Playoff fixture, the fixture will finish once both twenty (20) minute halves have taken place along with any additional time if required and the referee blows a longer sounding whistle sound.

### Be respectful & have fun!

#### Rules and Formats of the League - summarised

Each player is expected to understand the rules prior to participating in the league.

Any questions concerning these rules should be directed to [SocialSport@dmu.ac.uk](mailto:SocialSport@dmu.ac.uk) at least forty-eight (48) hours prior to the fixture start time.

DMUsport Social League – Indoor Football (summarised)	
<b>Court and Ball</b>	<ul style="list-style-type: none"> <li>▪ Full sized Futsal court (blue lines) with two Futsal goals.</li> <li>▪ One size four (4) Futsal regulation ball to be used.</li> </ul>
<b>Teams</b>	<ul style="list-style-type: none"> <li>▪ A team comprises of five (5) players on court (including goalkeeper) &amp; up to four (4) substitutes.</li> </ul>
<b>Substitutions</b>	<ul style="list-style-type: none"> <li>▪ Substitutes can be made at any given time during game play <i>aka</i> rolling substitutions.</li> </ul>
<b>Bibs</b>	<ul style="list-style-type: none"> <li>▪ The first team listed will play in navy or yellow bibs (provided).</li> <li>▪ The second team listed will play in red or yellow bibs (provided).</li> <li>▪ Goalkeepers must wear a green bib (provided).</li> </ul>
<b>Game Officials</b>	<ul style="list-style-type: none"> <li>▪ The game officials will consist of one (1) referee and one (1) time/score keeper – these roles will be carried out by DMUsport Social League Activators.</li> </ul>

	<ul style="list-style-type: none"> <li>DMUsport Social League Activators decision is final and they should be treated with respect at all times.</li> </ul>
<b>Beginning of the Game</b>	<ul style="list-style-type: none"> <li>Both teams shall warm-up simultaneously prior to the fixture – each team will be provided with one (1) size 4 ball per team.</li> <li>Teams will have five (5) minutes to warm up before the fixture begins – the referees will give teams a one (1) minute warning before the fixture is about to begin.</li> </ul>
<b>Initial possession</b>	<ul style="list-style-type: none"> <li>Coin toss between captains. <i>Nb.</i> the team that wins the coin toss decides whether to start game with possession or select direction of play.</li> </ul>
<b>League Scoring</b>	<ul style="list-style-type: none"> <li>The team that scored the most goals wins. A tied result at full time is a draw.</li> <li>Three (3) league points will be awarded to the winner of the fixture.</li> <li>One (1) league point will be awarded to each team in the event of a draw.</li> <li>No league point will be given to the team that loses the fixture.</li> </ul>
<b>Playoff Scoring</b>	<ul style="list-style-type: none"> <li>The winner of the fixture will progress to the final of the playoff tournament.</li> <li>The losing team will play in the 3rd and 4th place fixture.</li> </ul>
<b>Game duration</b>	<ul style="list-style-type: none"> <li>Two (2) halves of twenty (20) minutes playing time with no additional time = League fixtures</li> <li>Two (2) halves of twenty (20) minutes playing time with two (2) halves of five (5) minutes additional playing time if the fixture ends in a draw, then best of five (5) penalties and ‘sudden death’ if additional time finishes in a draw = Playoff fixtures</li> <li>Running clock - unless there is a serious injury to a player.</li> </ul>
<b>Foul limit per team</b>	<ul style="list-style-type: none"> <li>Fouls will be awarded for; aggressive play, deliberate fouling and deliberate hand balls.</li> <li>Two (2) yellow cards or one (1) red card during the game results in a sending off.</li> <li>If a player is sent off, they must be ejected from the fixture and cannot return for the remainder of the fixture. The penalised team must then play with four (4) players until two (2) minutes of game time have elapsed or until the penalised team concedes a goal. At this point, the penalised team will return to the full team of five (5) players, excluding the ejected player.</li> </ul>
<b>Penalties</b>	<ul style="list-style-type: none"> <li>A penalty kick is awarded if a player commits any foul inside their own penalty area, irrespective of the position of the ball, but provided that it is in play.</li> <li>Only the goalkeeper and the penalty kicker are allowed to be present in the penalty area whilst the penalty is being taken.</li> </ul>
<b>Free Kicks</b>	<ul style="list-style-type: none"> <li>For all free kicks, the ball must be stationary when the kick is taken and the kicker must not touch the ball a second time until the ball has been touched by another player.</li> <li>All players must be at least three (3) m from the ball until it is in play – the ball is in play after it has been touched or played in.</li> </ul>
<b>Return ball to play</b>	<ul style="list-style-type: none"> <li>At the start of each half, or after any goal, the game is restarted with a kick off from the centre spot. Any opposition players must be out of the centre circle.</li> <li>If the ball leaves the court the team that did not touch it last will resume play via a kick in</li> <li>The goalkeeper restarts play from their hands - can only throw or roll the ball when returning to play.</li> </ul>