

DMUsport Social Leagues are a fantastic way to get involved in sport whilst studying at De Montfort University (Leicester). For more information visit www.dmu.ac.uk/excelsior

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 1st of November 2023 to the 20th 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 1st of November 2023 to 21st 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 6th of March 2024 to 20th of March 2024, between 5.30pm (17:30) to 10.00pm (22:00).
- Premier and Championship Playoff finals will take place on the 20th 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 3rd and 4th 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

DMUsport Social League Membership

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- All players **MUST** have purchased a £10 DMUsport Social League membership via the [DMU Leisure app](#) prior to their first fixture –

- 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 referees will ensure that the ball is inflated to the correct pressure.

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.

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

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 3rd and 4th 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;

2023 - 2024

Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16 Playoffs
Wednesday 8th of November The Watershed	Wednesday 15th of November The Watershed	Wednesday 22nd of November The Watershed	Wednesday 1st of November The Watershed		Wednesday 21st of February	Wednesday 28th of February	Wednesday 6th of March	Wednesday 14th of February

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 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.

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	<ul style="list-style-type: none"> DMUsport Social League Activators decision is final and they should be treated with respect at all times.
Beginning of the Game	<ul style="list-style-type: none"> Both teams shall warm-up simultaneously prior to the fixture – each team will be provided with one (1) size 4 ball per team. 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.
Initial possession	<ul style="list-style-type: none"> 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.
League Scoring	<ul style="list-style-type: none"> The team that scored the most goals wins. A tied result at full time is a draw. 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 league point will be given to the team that loses the fixture.
Playoff Scoring	<ul style="list-style-type: none"> The winner of the fixture will progress to the final of the playoff tournament. The losing team will play in the 3rd and 4th place fixture.
Game duration	<ul style="list-style-type: none"> Two (2) halves of twenty (20) minutes playing time with no additional time = League fixtures 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 Running clock - unless there is a serious injury to a player.
Foul limit per team	<ul style="list-style-type: none"> Fouls will be awarded for; aggressive play, deliberate fouling and deliberate hand balls. Two (2) yellow cards or one (1) red card during the game results in a sending off.