

MSFH INDOOR LEAGUE RULES

GENERAL RULES:

- A. PINNIES
 - a. ALL PLAYERS MUST WEAR THEIR MSFH PINNIE - EVERY WEEK
- B. SET UP
 - a. FIRST TEAM LISTED IS WHITE
 - b. GREEN STARTS WITH THE BALL
- C. ROTATION
 - a. NEXT ROTATION SHOULD BE READY TO TAKE THE FIELD AT END OF GAME
- D. SCHEDULE
 - a. ALL COACHES WILL HAVE A GAME SCHEDULE
 - b. PLAYERS ARE ALLOWED TO LEAVE AFTER LAST GAME - EXCEPT LAST WEEK!
- E. EQUIPMENT
 - a. MOUTH GUARDS & SHIN GUARDS ARE MANDATORY
 - b. GOGGLES - OPTIONAL
 - i. CAGE GOGGLES ARE NOT PERMITTED IN TRAVEL SEASON - SO INDOOR LEAGUE WILL BE LEFT TO SELF DISCRETION

GAME RULES:

- A. INDOOR/OUTDOOR RULES
- B. BACKSWING
 - a. SWEEPS ALLOWED
 - b. ALLOWED BUT USED SPARINGLY
 - c. NO HUGE HITS
- C. 3D SKILLS
 - a. ALLOWED ON ELIMINATION
 - b. NO AERIALS
- D. SHOTS ON GOAL
 - a. ANY AND ALL ARE FAIR GAME
- E. STRUCTURE
 - a. 7v7
 - b. 7v7 = 6 FPs + 1 GK or 7 FPs + NO GK
 - c. IF FEASIBLE - COACHES CAN CHOSE TO PLAY 8v8 or 6v6 PENDING NUMBERS

ON & OFF FIELD EXPECTATION:

- A. SPORTSMANSHIP
 - a. YOU WILL RESPECT ALL THOSE AROUND YOU ON & OFF THE FIELD
 - b. UNSPORTSMANLIKE CONDUCT COULD RESULT IN REMOVAL FROM THIS AND ALL FUTURE PROGRAMS
- B. INTEGRITY
 - a. BEING HONEST AND DOING THE RIGHT THING EVEN WHEN NO ONE IS LOOKING AND/OR WHEN IT DOESN'T COUNT
- C. ACCOUNTABILITY
 - a. TAKE OWNERSHIP OF YOUR MISTAKES
 - b. NO EXCUSES, NO EXPLANATIONS
- D. SELF - ADVOCACY
 - a. PLAYERS WILL ADVOCATE FOR THEMSELVES - AT ANY AGE
 - b. WE STRONGLY ENCOURAGE PARENTS TO STEP BACK AND ALLOW THEIR CHILD TO COMMUNICATE WITH THEIR COACH OR MYSELF DIRECTLY
- E. SELF - MOTIVATION & SELF - SUFFICIENCY
 - a. WHILE MOST COACHES ARE NATURALLY DRAWN TO COACH (i.e yell) FROM THE SIDELINE - WE ENCOURAGE OUR COACHES TO FIND A HEALTHY COMBINATION OF ENGAGEMENT and OBSERVATION
 - b. WE STILL WANT OUR COACHES TO BE INVOLVED, ENGAGING, PRESENT & HANDS ON - BUT SOMETIMES LESS IS MORE
 - c. SOMETIMES OVER COACHING CAN DO MORE HARM THAN GOOD
 - i. PLAYERS NEED TO "FIGURE THINGS OUT ON THEIR OWN."
 - d. SELF - MOTIVATION
 - i. PLAYERS NEED TO COME TO A POINT WHERE THEY WORK HARD & PLAY HARD WITHOUT A COACH YELLING AT THEM
 - e. SELF - SUFFICIENCY
 - i. PLAYERS NEED TO COME TO A POINT WHERE THEY PLAY SMART & USE SKILLS WITHOUT A COACH PROMPTING THEM