



FUTSAL RULES – Updated 2024

GENERAL RULES:

- Futsal is played on a basketball court, with a futsal ball (a smaller and heavier ball than a regular soccer ball).
- THERE IS NO SLIDE TACKLING IN FUTSAL.
- No heading the ball.
- Although some contact is unavoidable, futsal is largely a non-contact sport. Legal contact should NOT be careless, reckless, or excessive.
- Making contact from tackling from behind will result in a free kick.
- There are no off-sides in futsal.

PLAYER EQUIPMENT:

- Players must wear flat soled tennis shoes or indoor soccer flats. No cleats.
- All players should wear shin guards.
- Players will not be allowed to wear any LOOSE jewelry.
- Teams will be provided pinnies.
- Goalkeepers must wear a different color shirt/pinnie from the other players.

ALL GRADES:

- 5 players on the court, 4 + goalkeeper
- Futsal Ball, size 3
- All games are 20-minute halves - running clock, no stoppage time
- 2 minute half-time
- All games will have a referee.

SUBSTITUTIONS:

- Substitutions will be made on the fly and are unlimited.
- Subs cannot go on the field until the exit player has reached the bench.
- Goalkeeper substitutions can only be made when the ball is out of play or the referee has given permission.

START OF PLAY:

- Home team has kickoff.
- Opposing team waits outside of the center circle and the ball will be deemed in play once it has been touched.
- Back kick is allowed (i.e. the ball does not have to move forward past the center line).

OUT OF BOUNDS:

- Ball will be out of play when it has wholly crossed the goal line or touchline.
- If a ball goes out-of-bounds on the sidelines, then it will be a kick-in to restart play.
- The ball will be placed on the sideline where it went out-of-bounds and the player will have 5 seconds to kick the ball back into play or it becomes opponent's ball.
- All kick-ins will be indirect — defense must give 4 yards.
- Balls out-of-bounds on the end lines for the offensive team will be a corner kick. Normal soccer rules apply (kick is direct.) Defense must give 4 yards.
- Balls out-of-bounds on the end line for the defensive team will be a goalkeeper throw instead of a goal kick. Goalie must throw in - no punts or drop-kicks allowed.
- The goalkeeper will throw the ball in, in place of a goal kick. The ball must touch either a player or the floor prior to crossing half court.
- Balls hitting the ceiling or lights is out of play. The play shall be restarted with a kick-in on the nearest touch line. The opposing team will take the kick-in.

GOALKEEPER:

- The goalkeeper may not use his/her hands outside their own penalty area.
- Keeper may slide in own penalty area but only when catching the ball.
- 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.
- Keeper may not kick the ball after releasing it until another player has played it.
- Goalkeeper has 5 seconds to return ball to play.
- The ball is not in play until it clears the penalty area. If the ball is received inside the penalty area, then the goalkeeper throw is taken again.

FOULS & PENALTIES:

- All foul restarts shall be awarded an indirect free kick, except for fouls that occur in the penalty area or fouls resulting from dangerous play.
- Fouls will result in either an indirect free kick or a penalty kick.