

# Nash County Recreation & Senior Services

## Futsal Rules for the 7-15 YO's

### Quick Rules

- No punting
- No off-sides
- No heading or sliding (exceptions are listed in the 'Fouls & Misconduct: Players' under the General Rules section)
- Players have 4 four seconds to take restarts (kick-ins, goal kicks, etc)
- Substitutions are on the fly, but the player must leave the court before the substitute enters the court
- The offensive players must wait for the ball to cross over the half court line before entering the goalie's box. The penalty: defensive team will get the ball
- All rules are in accordance of FIFA, except as specified herein

### General Rules

#### **Game Duration:**

- 7-9 YO's: two 15-minute halves with a 5-minute half time break
- 10-12 YO's & 13-15 YO's: two 18-minute halves with a 5-minute half time break
- Each team may call one 1-minute timeout per half (when in possession of the ball, when ball is out of play)
- Regular season games may end in a tied score
- Post season/tournament: games will go into overtime. Overtime will consist two 5-minute halves. If the score is still tied at the end of the over time period, the game will go into a shootout. A shoot out is a penalty kick competition. Both teams will use the (5) players that are on the field to take the penalty kicks. The teams will alternate until one team scores. If teams are still tied after the 5 players have taken their shots, then the coach will have the option to change their line up before the start of the next overtime shootout.
  - *Goals for overtime*: if the game goes to a shootout, the goalie that is on the court will remain in the goal for the duration of the shooting of the 5 players from the other team. If the score is still tied, after that, then the goalie may be changed.

#### **Players:**

- 4 v 4 (including the goalie)
  - Only the 10-12 boys age group will play 5 v 5 (including goalie)
  - All present players should be substituted into the game in the first half of the game.
  - Coaches must play all their participants as close to half of of a game (15 minute or 18 minutes). This can be broken into smaller time periods throughout the game.
- Teams must have at least three players present to start the match
- If a team only has the minimum number of players available to participate in a game, the opposing team can only play up by one participant.
  - Teams must play a goalie

- If a team does not have enough players for the minimum, then the referees will give them a 5-minute grace period in order for additional players to arrive. The 5-minute mark will start at the start time of the game as listed on the schedule.
- If a team is short players, or for any reason and cannot field a team to play, the opposing teams MUST accept the win by forfeit. If this happens, the referee will assemble both captains and the gym supervisor and clearly identify which team is forfeiting, and which team is winning by forfeit.
  - In this situation, it is NOT permissible:
    - For a team who is short players to accept players from the other team to play an official game.
    - For a team with enough players to provide extra players to the opposing team to play an official game.
    - Even when both teams have enough players to play, it is NOT legal for someone to participate on your team who has not registered properly with the Nash County Parks and Recreation Department.
  - Injury: In the event of an injury for a team with only the minimum number of players: If a player is injured and unable to play, and the team no longer has the minimum number of players (3) for the court, the teams will continue to play if they choose (otherwise, they must forfeit the game). The team with more players can play down to the minimum number of players.
    - If the injured player returns to the court, then the player numbers can return to their previous state

**Ball:**

- Official futsal ball- size 4
- Practice & game balls will be provided at the gym

**Uniform:**

- Players must wear a jersey (with a number), athletic shorts/pants, long socks (in order to cover shin-guards), and athletic shoes (no cleats or open toed shoes allowed).
- Goal keepers must wear a different colored jersey or penny than their team/opponents

**Player's Equipment**

- Shin-guards
- Long socks to cover the shin-guards
- Athletic shoes (closed toed and no cleats)
- Jersey (coaches will be updated when they are available)
- Athletic pants/shorts
- No jewelry or accessories are allowed to be worn
  - This includes, but is not limited to, bracelets, necklaces, rings, earrings, hair accessories made from a hard material (such as hard plastic or metal), etc.
    - Please note that if a player has earrings or hair accessories that cannot be removed, then they can participate as long as the earring or accessory is covered or secured. For example: earrings can be covered by band aides or

hair accessories made from a hard material can be covered by a soft material such as a cloth

- If there is any question if a player may participate due to equipment, coaches must contact field site supervisor for the final verdict
- Players requiring the use of a medical protective device, such as a knee brace, may do so at the discretion of the referee
  - Braces including plastic or metal pieces must be completely covered by a protective sleeve

### Detailed Rules

#### **Substitutions:**

- All players must be substituted into the game at least once by the eight-minute mark
- All players must play at least half the game
- All substitutions are on the fly/flow of play. This includes goalkeeping substitutions. Referees will not stop play for goalkeeping substitutions
- A substitute may not enter the match until the player leaving the match is at the touchline in the substitution zone.

#### **Restarts:**

- Kick-offs: are indirect. The ball must move- tapped balls are not in play. Referees will determine if the ball has moved enough at their discretion. Opponents must be at least 5 feet away.
- Kick-ins: are indirect. The ball must be placed on or no more than 10 inches behind the line and the kick must be taken within 4 seconds. Players must try and place the ball at a stand-still before kicking it. If it rolls after it is placed, based off the referee's call, the player may proceed with the kick in. **The kicker's plant foot must be out of bounds or on the line.** (A kick-in that goes directly in the opposing goal – without being touched – is a goal clearance for the opposing team. A kick-in that goes directly in the defensive goal is a corner kick of the opposing team). Opponents must be at least 5 feet away.
  - Goals can not be scored from kick-ins unless another player touches the ball
  - Players
- Corner Kicks: are direct. The ball must be placed directly on the corner spot and the kick must be taken within 4 seconds. Opponents must be at least 5 feet away.
- Free Kicks: may be indirect or direct. The ball must be stopped completely before the kick may be taken. Opponents must be at least 5 feet away.
- Penalty Kicks: are taken from the penalty spot and must be shot at goal by a clearly identified kicker. Defenders may not be nearer to the ball than 10 feet and must be behind an imaginary line running from touchline to touchline even with the penalty spot
  - 7-9 YOs: Free-throw line
  - 10-12 YOs & 13-15 YOs: Top of the key (the three-point line directly in front of the goal)
- Ceiling/wall: If the ball hits the ceiling, wall, 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

### **Mercy Rule:**

- If there is a 10 point (or more) difference in the score when there are 10 minutes remaining of the game, then the mercy rule will come into effect and the game will be called. The victory will be awarded to the team with the higher score.

### **The Goalkeeper**

- Goal keeper can only handle the ball (by feet or hands) for 4 seconds in their own half. Once he/she handles the ball, they cannot touch the ball a second time unless it has been touched by another player.
- A goalie is able to dribble the ball on their side of the court. They are not able to cross the half court line while dribbling the ball.
- The goalkeeper will not be able to touch the ball with his hands inside the penalty area if it was intentionally passed to him by a teammate with his foot, even if it comes from a throw in, corner, direct or indirect free kick.
- Opposing teams must give free kicks five (5) yards of space.
- Slide Tackles:
  - The goalie is allowed to slide in an attempt to clear the ball, if in the referees' judgment his/her slide is an attempt only to make contact with the ball, not the opponent. If the goalie slid in, in a reckless manner (a foot in the air, a hook, a rolling tackles) it is a foul and possibly a cardable offense.

### **Fouls & Misconduct: Players**

- Indirect Free Kicks: When a player plays in a dangerous manner, impedes an opponent (without playing the ball), prevents the goalkeeper from releasing the ball with her hands or commits any offence for which play is stopped to caution or eject a player. Heading the ball is an offence and is restarted with an indirect free kick. The ball must move- tapped balls are not in play. Referees will determine if the ball has moved enough at their discretion.
- Direct Free Kicks: When a player kicks or attempts to kick an opponent, slide tackles an opponent with harm, jumps at an opponent, charges at an opponent, strikes or attempts to strike an opponent, pushes an opponent, holds an opponent, spits at an opponent or handles the ball deliberately.
- Slide Tackles: Are considered a major foul. There are exception for goalies (see goalkeeper section) and some rare instances for field players. A field player may slide in instances where there is not an opponent close by and no injury is likely to occur. This would most likely happen when a player is attempting to stop a ball from going out of bounds or an offensive player sliding to knock the ball into the goal where there are not other defensive players close to the play. Players and coaches should use this general rule, if you slide tackle near a player, assume it will be called as a major penalty.
- Yellow Card / Caution: The offending player is shown a yellow card. Coaches are encouraged to remove the offending player from the match at this time. If a player earns two yellow cards in a match, he is shown a red card and the red card consequences shall apply.

- Across the season: If a player earns three single yellow cards during the season, they shall receive a red card. The red card consequences shall apply.
- Red Card / Ejection: The offending player must leave match and facility. The offending team plays down for two minutes unless scored upon before the two-minute penalty expires. The offending player shall be dismissed for the remainder of the game they received the red card in and shall serve a minimum one-match suspension of the team's next scheduled game. Any player that earns two red cards during a league season will be suspended for the remainder of the session, including playoffs.
- Accumulating Yellow/Red Cards: During the season, if a player has received 4 single yellow cards, 2 red cards, or 2 yellow cards and 1 red card then they shall be suspended from the

#### **Fouls & Misconduct: Coaches**

- Yellow card/caution: offending coach is shown a yellow card. If a coach receives a second yellow card in the same game, then it is an automatic red card and the consequences shall be applied
- Red card/ejection: The offending coach must leave match and facility. The offending coach serves a minimum one-match suspension of the next scheduled game for their team. Any coach that earns two red cards during a league season will be suspended for the remainder of the session, including playoffs.
- Accumulating yellow/red cards: During the season, if a coach accumulates 4 single yellow cards, or 2 red cards, then they shall be suspended from the remainders of the season from attending the games.

#### **Fouls & Misconduct: Spectators**

- Spectators are expected to adhere to the Physical & Verbal Abuse Policies of Nash County. The policies will be enforced
- Coaches must review the verbal and physical abuse policies with their team and their parents/guardians
- Coaches are expected to aide in ensuring the spectator of their team are behaving in a respectful manner during league related activities