



Futsal Soccer

Futsal® (Five-a-Side Soccer)

#4 Ball - 30% less bounce

5 players

Unlimited flying substitutions

Kick-in

Running Clock

No shoulder charges or sliding tackles

4-second rule on restarts

No Offside Rule

No Goalkeeper

Player sent off can be substituted for after 2 minutes or other has scored

Corner kick placed on corner

- 1) All players are given the opportunity to play equal amount of time
- 2) All games will be at the big Gym (water only allowed in the gym)
- 3) Bring shin guards, shorts and indoor gym shoes and plenty of smiles
- 4) Please be at your respective games 10 minutes before game start time
- 5) Game Structure:
 - a. Under 6 years old (U6) : (half court)
 - i. Games start time (see schedule)
 - ii. Teams play 5v5
 - iii. Game duration: 4-10 minutes Quarters, 2 min break between quarters, 5 minutes break at half time.
 - iv. One quarter will focus on skill development including beginners ball trapping, dribbling and kicking
 - b. U8: (half court)
 - i. Games start time (see schedule)
 - ii. Teams play 5v5
 - iii. 4-10 minutes Quarters, 2 min break between quarters, 5 minutes break at half time.
 - iv. One quarter will focus on skill development including basic ball trapping, dribbling, passing and kicking

- c. U10: (full court)
 - i. Games start time (see schedule)
 - ii. Teams play 5v5
 - iii. 2-20 minute halves, 5 minutes break at half time.
 - iv. 15 minutes of intermediate skill development including trapping, dribbling, passing, receiving and kicking
 - d. U12 and U14: (full court)
 - i. Games start time (see schedule)
 - ii. Teams play 5v5
 - iii. 2-25 minute halves, 5 minute break at half time
 - iv. 15 minutes of advanced skill development including trapping, dribbling, passing, receiving and kicking
- 6) There are **no goalies** and players may not stand in front of the goal, acting as a goalie. Players should play the entire field and/or play positions, **not stand in front of the goal permanently**, acting as a goalie.
- 7) The 'field of play' will be the lines on the basketball courts.
- 8) Shin guards are required
- 9) Cleats and front toe cleats are not permitted
- 10) No slide tackling is allowed.
- 11) There are no offsides.
- 12) Goals may only be scored from your offensive end of the field. If a goal is scored from the defensive side of the field, no goal is awarded and the defending team takes a goal kick.
- 13) No throw-ins. If the ball goes out of bounds, the opposing team puts the ball back into play by kicking it in.
- 14) Goal kicks are taken by the defensive team, from any point on the end line
- 15) Kickoffs may be made in any direction. The ball does not have to go forward to begin play.
- 16) All dead ball kicks are indirect.
- 17) All players must be 5 feet from the ball on all dead ball kicks (corner kicks, indirect kicks and kick ins)
- 18) Substitutions are made 'on the fly'. If you are going to sub during play, the player coming on to the field can only enter play when the player coming off is completely off the field.
 - a. Please have players ready to come on and off the field on substitutions. Play does not stop for substitutions and the clock is continuous.