



BOYS & GIRLS CLUBS
OF SONOMA VALLEY

Futsal Rules

1. **Players on the court:** There are 4 field players and 1 goalkeeper.
2. **Game Length & Timeouts:**
 - **Two 20 minute halves** with a running clock.
 - There is a 3-minute halftime break.
 - Each team is permitted one **1 minute timeout per half**.
 - Teams must have possession and the ball must be out of bounds in order to call a timeout.
 - If halftime occurs or the game ends during a direct kick foul or penalty kick, then the restart will be allowed to continue (meaning a shot or penalty kick will be allowed to be taken).
3. **Substitutions** are made on the fly from a designated space in front of the team bench.
 - Players must be completely off the court before the substitute may enter the game.
 - Substitution rotations will be **sequenced prior to the game** and players must rotate according to the sequence.
 - Substitutions should be happening approximately every 3 minutes to ensure equal playing time.
 - Coaches can adjust sequences at halftime.
4. **No slide tackling** or playing on the ground is allowed.
 - Exception: the goalkeeper may slide **hands first** to save or clear the ball.
 - A slide tackle with malicious intent may result in a player being ejected without warning.
5. **Goalkeepers:**
 - Goalkeepers may **pick up the ball** inside their penalty area (blue line and white dashed lines).
 - The goalkeeper must **throw or roll** the ball into play – **no punting**.
 - The goalkeeper **cannot throw the ball past midfield in the air**.
 - This results in an Indirect Kick for the opposing team.
 - After a save, the goalkeeper may place the ball on the ground and play it with their feet.
 - The goalkeeper **may not pick up the ball** if it is deliberately passed back by a teammate.



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6. **4-second Rule:** All starts and restarts must be taken within 4 seconds.
 - Applies to kick-ins, goal clearances, free kicks, and corner kicks.
 - Referees will count down using hand signals.
 - Kick-ins must be taken with the ball **stationary, on the line**, and kicked into play.
 - Goals cannot be scored directly from a kick-in, but may be scored from a corner kick.

7. **Overtime:** only occurs during the Playoffs.
 - Regular season games may end in a **tie**.
 - Overtime consists of **5-minute Golden Goal periods**.
 - If still tied, additional 5-minute periods will be played until a goal is scored.

8. **Contact:** There will be a low threshold of contact.
 - Players should not use **elbows, hands, or pushing** to create space.

9. There is **no offsides** in futsal.

10. **Kickoffs** are indirect.
 - The ball is in play once it is kicked and moves **backward** to a teammate.
 - One player from the kicking team must be in the center circle.
 - The **visiting team** kicks off to start the first half; the **home team** kicks off to start the second half.

11. **Kick-ins** are indirect.
 - The ball must be placed on or no more than 10 inches behind the line.
 - The kick must be taken within 4 seconds.
 - The kicker's non-kicking foot must be on or behind the line.
 - A kick-in that goes *directly* into:
 - The **opponent's goal** results in a **goal clearance**.
 - The defensive team's **own goal** results in a **corner kick** for the opposing team.
 - It is a **goal** when the ball touches another player before crossing the goal-line.

12. **Free Kicks** may be indirect or direct.
 - The ball must be **completely stopped** before being kicked.
 - The kick must be taken within 4 seconds.
 - Defenders must be at least **10 feet away**.

13. **Indirect Free Kicks** occur when a player:
 - Plays in a dangerous manner.
 - Slides on the ground.



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- Impedes an opponent (without playing the ball).
- Prevents the goalkeeper from releasing the ball with their hands.
- Commits any offense for which play is stopped to caution or eject a player.
- **Ref will signify with their arm/hand up in the air.**

14. Direct Free Kicks occur when a player:

- Kicks or attempts to kick an opponent.
- Slide tackles an opponent or slides with an opponent near (automatic yellow card).
- Holds an opponent.
- Deliberate handball, or handball inside the Penalty Box.
- Must be taken within 4 seconds of placing the ball on the spot of the foul.
- **Ref will signify with their arm/hand pointing down toward the spot of the foul.**

15. Goal Clearances (Goal Kicks):

- Taken when the ball crosses the goal line last touched by the attacking team.
- The goalkeeper must use his/her feet to clear the ball from anywhere inside the penalty area to outside the penalty area.

16. Corner Kicks occur when:

- The ball crosses the goal line last touched last by the defending team.
- The ball must be placed directly on the corner spot and the kick must be taken within 4 seconds.
- Corner Kicks are direct.

17. Penalty Kicks are awarded:

- When a foul is committed inside the goalkeeper's box.
- Taken from the penalty spot by a clearly identified kicker.
- All other players must be **behind the 3-point line** during the kick.

18. Penalty Spot:

- **U8:** Free throw line, center of goal
- **U10 & U12:** 3-point line, center of goal

19. Ceiling Rule: If the ball hits the ceiling or any overhead object, play restarts with a kick-in from the nearest point on the touchline for the opposing team.

20. Build out Line: All offensive players must be behind the three point line when the goalkeeper is distributing the ball.



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21. Advantage Rule:

- Allows the referee to delay calling a foul if stopping play would unfairly hurt the fouled team.
- Allows play to continue so they can gain a better attacking position.
- Signaled by Ref extending arms forward.
- The referee stops play and penalizes the original foul if the anticipated advantage doesn't materialize within a few seconds, or if the offense was severe enough.

22. Midfield Line Scoring:

- Scoring from beyond midfield will **not** be permitted.
- Will result in a Kick-in from the spot of the offense for the opposing team.

23. Mercy Rule:

- **Up by 5 goals:** Coach moves their strongest player into a defensive position
- **Up by 6 goals:** Coach plays with only **four players** on the court

24. League Standings

- Points will be accumulated throughout the season
- Win = 3 pts
- Tie/Draw = 1 pt.
- Loss = 0 pts.