

# **‘Life. Be in it.’ Sport for All Centres SA - Futsal (Soccer) Rules**

## **Junior and Youth League Futsal Key Points Version**

**Pitch:** The playing area is defined by the Netball court side and end lines.

**Penalty Area:** The penalty area, within which the goalkeeper may use his/her hands and go to ground is marked as the Netball semi-circle.

**Goals:** The goals are 2m high x 3m wide. The goalie is responsible for ensuring the goals are correctly placed on the end line.

**Ball:** The ball is a low bounce futsal ball. Only the futsal ball can be used for warm-up or practice.

**Duration of the Game:** Junior matches are 2 x 16 minutes with a 2 minute break. Youth League matches are 2 x 18 minutes with a 2 minute break. Once started, the clock does not stop during the half.

**Rules:** The rules of the game shall be as for outdoor soccer unless they are inconsistent with the ‘Life. Be in it’ Sport for All rules. Where there is an inconsistency between outdoor soccer rules and the ‘Life. Be in it’ Sport for All rules, the ‘Life. Be in it’ Sport for All rules shall prevail.

**Free kicks:** A free kick shall be either direct or indirect.

- **Direct (One Touch)** The player kicking the ball can score a goal. No other player is required to touch the ball.

- **Indirect: (Two Touch)** Any player in addition to the player kicking the ball must touch the ball before a goal can be scored.

**Free Kick Distance:** When a free kick is being taken, including a side ball, no player from the opposing team shall be closer than two (2) metres to the ball.

Free kicks that are the result of a foul shall be:

- Direct
- Taken from wherever the foul has been committed
- Free kicks cannot be taken after a half time or full time whistle.

The following free kicks shall be indirect-

- Starting the game and restarting the game after halftime
- Restarting the game following a goal
- Side ball

- When the goalkeeper's throw in is not touched on or before the centre line
- Goalkeepers picking up a back-pass from a defender
- When the goalkeeper's throw in is received by their own player inside the goalkeeper's circle ( Players will be encouraged to retake goalkeeper's throws several times in this instance before free kicks are awarded )

**No Offside:** The players can go anywhere on the court, including the penalty area. The keeper is allowed anywhere on the court but can only use his/her hands when inside the penalty area.

**Substitutions of players on pitch:** Outfield players may sub off and on at any time, so long as the substitution is made within the SAME half of the court on the SAME side of the court.

**Substitution of Goal Keeper:** Teams who change their keeper should bring this to the referee's attention for play to be paused.

**Commencing Play:** All players from the team commencing play must start in their defensive half, except the kicker, who may start on the halfway line and kick either forwards or backwards to start play. The defending team must assemble behind the netball 1/3 line. Two players must touch the ball before a goal can be scored (indirect - 2 touch).

**Ball out of bounds:** The ball must go fully across the line for it to be called out of bounds (the whole ball over the whole line).

**Side Ball:** When the ball goes out of bounds over the side line it is returned to the play by a kick in. The ball is placed on the line to the referee's satisfaction. If the ball does not enter the court, a side ball is awarded to the opposition (There are no second chances)

**End Ball:** The goalkeeper must throw or roll the ball out of the penalty area. The ball must touch a player (from either team) level with, or before it reaches the half way line. Failure to do this will result in an indirect free kick taken on the half way line where the ball crossed. Following an End Ball, once the keeper has possession of the ball in the keepers area, the keeper has 5 seconds to return the ball to the court. The ball must be received outside the penalty area. A goalkeeper cannot throw a ball to themselves, however during play the keeper may palm or "fumble" the ball to themselves without fully having caught or controlled the ball. It must be a clear palm or fumble rather than a "catch".

**Corner Kick:** Corners are taken from where the sideline and the end line meet. The player taking the corner kick has 3 seconds to play the ball. A goal can be scored from a corner (direct - 1 touch). A player defending a corner must have part of each foot

touching the keeper's circle or be 2 metres back (whichever is further). Failure to do so will result in a replay corner or a card if the referee deems it unsportsmanlike

**Roof:** The ball is out of bounds if it touches the roof or anything attached to the roof. The referee will direct the non-offending team to pass the ball in from the side line in line with where the ball hit the roof, or as a goalie throw in.

**Penalties:** Penalties are taken from the basketball free throw line. All other players must stand behind the netball 1/3 line until the ball is kicked. The team taking the penalty must nominate one player to take the penalty - this must be made clear to the referees and goal keeper. The goalkeeper must remain on the goal line when the penalty is taken, but may move side to side along the goal line. Failure to remain on the line will result in the penalty to be retaken.

Penalties can be taken after a half time or full time whistle.

**Playing at the ball on the floor:** Players are not allowed to play the ball, or attempt to play the ball if they are on the floor (including hands, knee or all fours). If a player is on the floor, any interference or contact with the ball will result in a direct free kick to the opposition, even if accidental. Note: If the referees deem a tackle as "two separate actions" (eg. Kick and fall), play will continue.

**Slide tackle:** A slide tackle is defined as "winning the ball, or attempting to win the ball by making contact with the ground with a part of the body other than your feet." (Please note that even though you may not be tackling an opposition player, sliding will still be "playing the ball on the ground", and will result in a free kick to the opposition.)

**Sliding & Slide Tackles:** Players are not allowed to slide tackle in futsal at 'Life. Be in it.' If a slide is performed, a direct free kick is awarded to the opposition team. A yellow or red card may be awarded if contact is made. Keepers, however, are allowed to slide and play the ball on the floor to get the ball, as long as the slide is performed entirely inside the penalty area. This slide is subject to normal outdoor rules. Note: If any part of the goal keeper's body slides outside the penalty area, this is now considered a "slide tackle" and will be rewarded with a direct free kick for the opposition.

**Obstruction:** Any player that, in the opinion of the referee, does not attempt to play the ball and obstructs an opposition player will have a direct free kick awarded against them.

**Handball:** If a player deliberately touches the ball with any part of his upper or lower arm, below the shoulder, a direct free kick is awarded for a handball.

Please note: as per current outdoor rules, the following 'handball' situations, even if accidental, will be a free kick: -The ball goes into the goal after touching an attacking player's hand/arm -The ball touches a player's hand/arm which has made their body

silhouette unnaturally bigger, eg hands or arms above shoulders or away from body. A handball decision is at the discretion of the referee.

**Playing the ball from behind:** Where a player is contacted on the legs by a player playing the ball from behind, this is a foul

**Recommencing the game following a goal being scored:** The team that has not just scored the goal shall recommence the game by the same rules under “commencing play”

**Uniform:** Players, including goalkeepers, must wear shin guards. A player not wearing shin guard cannot play. ■ Shirts must be of a similar colour

**Kicking in danger:** No player shall kick or attempt to kick the ball in such a manner that any goalkeeper is in danger of being hurt. This principle applies where the goalkeeper:

- is in close proximity to the ball
  - has a hand on the ball, or is touching the ball but does not have control of the ball
  - has control of the ball in his or her hands Where a player is deemed by a referee to be kicking in danger:
- A direct free kick shall be awarded to the other team.