The official Laws of Futsal are available to download from the FIFA website (www.FIFA. com), but outlined below are an abridged version to provide a simple introduction to the principles of Futsal, and to assist in differentiating the game from other versions of 5-a-side football.

**THE PITCH**

• Futsal is played on a marked pitch and the ball can go out of play

**HEAD HEIGHT**

• There are no height restrictions

**SUBSTITUTIONS**

• Up to 12 players can be used in one match and there is no limit on how long a player must stay on or off the pitch. Players must enter and leave the field of play from in from the substitution gates on the halfway lane on the pitch.

**KICK IN**

• In order to restart the game after a ball has gone out of play the ball is kicked back into play from the touchline and from corners. The ball must be placed stationary on the touchline and the feet of the player taking the kick-in must not cross the line. A goal cannot be scored from a kick in.

**THE FOUR SECOND RULE**

• For kick-ins, free kicks, goal clearances and corner kicks the player in possession of the ball has 4 seconds to restart play which the referee will count with their fingers in the air. If play isn’t restarted within four seconds possession is surrendered to the opposing team. The goalkeeper is not allowed to control the ball for more than 4 seconds in his/ her own half.

**THE FIVE METRE RULE**

• Players are required to keep 5m from the player in possession of the ball on free kicks, corners, goal clearances, kick-ins and penalties.

**GOALKEEPERS**

• Goalkeepers are allowed to come out of and players are allowed to go into the penalty area.

• A restart from the goalkeeper must be thrown out, but the goalkeeper can use their feet to distribute the ball from open play.

**BACK PASSES**

• Once the goalkeeper has played the ball he/she cannot touch the ball again unless an opposition player has touched the ball.

**POWERPLAY RULE**

* If a team takes a lead of 4 goals or more the opposition will be allowed ONE additional player on the pitch. If a team takes a lead of 6 goals or more the opposition will then be allowed another additional player on the pitch.
* Should the lead be reduced to under the 6 and 4 goals the teams will revert back to 5v5.

**DEVELOPMENT**

This is a development league with the aim on allowing teams to be closely matched in games whilst getting used to, and enjoying, Futsal. The nature of the game means goals can be scored very quickly and scores reaching double figures for both teams (i.e 12-10) are not uncommon.

We encourage coaches to bare this in mind and assist the league in supporting this ethos, we want these children to walk away with smiles whatever the scoreline and want to play Futsal in addition to Grassroots Football.

If you find yourself leading by a big scoreline we would ask you consider setting challenges for your team to make the game more difficult for them. This, in addition to the powerplay rule, will ensure both teams get something out of every game.

**SPECTATORS**

We do not allow parents pitch-side, the hall is simply not big enough. We also ask that there are a maximum of 2 coaches pitch-side. There is an ample viewing gallery and we ask coaches and managers to support us by relaying this message to parents. Should there be a requirement for disabled access court-side we will of course facilitate this.

**DURATION**

• Matches will consist of 2 halves of 20 minutes.

Lastly, the referee will be lenient with teams on these rules to begin with and instead assist them as they learn. Players will be given the opportunity to re-try any mistakes (Such as Kick-Ins, GK’s etc) before being penalised.

The most confusing one is the pass back rule to GK’s. Again, should this happen we will advise the players and assist them in learning.

We hope you enjoy the league, good luck!!

Lee