



Long Island Futsal League Laws Simplified

Duration of Game:

- The game is comprised of two (2) equal 25-minute halves.
- The clock will always run, even during an injury. (extended injuries may result in game suspension)
- NO Time outs can be given
- Teams DO NOT change benches OR DIRECTION OF PLAY (SHOOT & DEFEND SAME GOAL)

Players and Substitutions:

- Each team plays with five (5) players. 1 GK & 4 field players. GK must wear a different color. A Goalkeeper can wear kneepads
- A match cannot start or resume if a team has less than three (3) players.
- A substitution may be made at any time, whether the ball is in play or not. To replace a player with a substitute, the following applies:
 - The player being substituted leaves the pitch via his/her own team's substitution zone of own team's bench),
 - The substitute only enters the pitch after the player being replaced has left via their own team's substitution zone,
 - GK's may be replaced by a substitute, but must follow the same procedure as above,
 - A field player can only switch with a GK during a stoppage and with Referee's permission.

BALLS

- All younger divisions, including UNDER-12 will play with Junior Match Balls (Size 3). All Older divisions and including UNDER-13 will play with Senior Match Balls (Size 4). Do not let the size number of the balls fool you! Size 3 and size 4 futsal balls are smaller than size 3 and size 4 soccer balls and are made of different material. Futsal balls are dense and designed to have a low bounce.

HEADING (rule change starting effective March 28, 2024, to include ACCIDENTAL HEADING

- **Heading Guidelines** • Deliberate or accidental heading is not allowed in U12 and below games. If a player deliberately or accidentally heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate or accidental header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the offense occurred. •

Team Uniform Colors

- Shirt with a number different from that of all teammates. Home team is to wear white or lighter colors. If Home team complies and there is a conflict, the visiting team must change jerseys. If the Home team does not wear light/white and there is a conflict, the home team must change jerseys. **The league recommends that both teams bring a light and dark colored jersey to all matches. Goalies must wear a contrasting jersey to both teams.**

Multiple Touches – only applied for U13 and older age groups

One of the most complicated rules in Futsal is that the goalkeeper cannot touch the ball with their hands or feet for a second time (having already touched it) in their own half. The first touch can happen anywhere and includes taking restarts.

The second touch is permitted if and only if one of the following has happened:

- an opponent touches the ball,
- or the ball has gone out of play.
- *Note the use of the word second and multiple touches is a colloquial reference and not an official Laws of the Game term. A second touch does not mean a second dribble (i.e., poking the ball with the foot twice in succession) but rather the second time the goalkeeper has possession of the ball (someone else gets possession).*

Kick-off:

- Each team must have 3 players minimum, 5 maximum, to start the game.
- Defenders must be outside marked center circle.
- The ball must be stationary in the center.
- The referee must whistle.
- **The ball is in play when it is kicked and clearly moves. The ball can be kicked off in any direction.**
- If the ball directly enters the **kicker's** goal, a corner kick is awarded to the opponents.
(LI Futsal Rules DO NOT allow a goal to be scored directly from a kick-off – a goal clearance is awarded if this occurs)

Kick In:

- The ball must be stationary **on the touchline** at the point where it left the pitch or the nearest point to where it touched the ceiling. **Plant foot of the kicker is no longer a focal point for an infraction only if the ball is stationary and on the touch line.**
- All opponents must stand at least 5m (16 feet) from the point on the touchline where the kick-in is to be taken.
- The ball must be put into play within four (4) seconds of the team being ready to put the ball into play or the referee signaling that the team is ready to put it into play.
- The ball is in play when it is kicked and clearly moves.
- **If the kick-in is taken and then, after it has been in play, the ball goes off the pitch over the same touchline where it was taken without touching any other player, it is retaken by the opposing team from the same location where the original kick-in was taken.**
- The kicker must not touch the ball again until it has touched another player.
- The ball may be played to the goalkeeper, but he/she may not play it with the hands, nor play it again with the hand or the foot after that until it has touched an opponent (**U13 and older**).

Goal Clearance:

- This is the equivalent of the outdoor Goal Kick.

- The goalkeeper must throw or roll the ball by hand from anywhere in the penalty area.
- **The ball is in play when it is thrown or released and clearly moves. The teammates of the Goalkeeper may be inside the Penalty Area when the Goal Clearance is taken and can play the ball inside the Penalty Area.**
- The ball must be put into play within four (4) seconds of the team being ready to put the ball into play or the referee signaling that the team is ready to put it into play.
- Opponents must be outside the penalty area until the ball is in play.
- The goalkeeper who is throwing the ball, may not touch the ball again until it has been touched by an opposing player (U13 and older).
- When a game is being played on an indoor pitch and the ball hits the ceiling, or any apparatus hanging above the pitch, the game is restarted by a kick-in, awarded to the opposing team to the one which last touched the ball. The kick-in is taken from the point on the nearest touch line parallel to the location of where the ball contacted the ceiling or structure.
- **(LI Futsal Rules state that an Indirect free kick is awarded to the opposing team (if the ball is thrown over midfield) from the spot the ball crossed midfield)**

• Free Kicks:

- All opponents must stand at least 5m (16 feet) from where the free kick is to be taken.
- The referees indicate an **Indirect Free Kick** by raising one arm above the head; this signal is maintained until the kick has been taken and the ball touches another player or goes out of play. All kicks with no hand raised are **Direct Free Kicks**.

Goalkeeper:

- Must release the ball within 4 seconds of possession in their defensive half of the field, total includes any hand and/or foot.
- After playing the ball once, the goalkeeper may not play the ball again in their own defensive half of the field until it has touched an opponent or has gone out of play (U13 and older)
- **During the taking of a Penalty Kick, a Goalkeeper must have at least part of one foot touching, or in line with, the goal line.**
- A Goalkeeper **cannot** score directly into the opponents' goal from throwing the ball.
 - A Goalkeeper may not play the ball with the hands when it is received directly from a kick (including kick in) by a teammate. Allowing the ball to cross the halfway line no longer has any effect on allowing the goalkeeper to touch the ball again. That rule was altered in 2010.

Fouls:

- All outdoor fouls apply. Plus, the following may also be considered a foul...
 - Any contact with an opponent before contact with the ball may also be a foul. This includes shoulder-to-shoulder contact that may not be deemed a foul in outdoor soccer. Contact from behind, even if the player has the ball, may be called a foul and possibly a cardable offense
 - **DIRECT KICK FOULS:** A direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referees to be careless, reckless or excessively forceful:
 1. Kicks or attempts to kick an opponent
 2. Trips or attempts to trip an
 3. Jumps at an opponent
 4. Charges an opponent, even with the shoulder
 5. Strikes or attempts to strike an opponent
 6. Pushes an opponent
- A **Direct free kick** is also awarded to the opposing team if a player commits any of the following six offenses:
 1. Holds an opponent ("hand checking" is considered holding)
 2. Spits at an opponent
 3. Slides in an attempt to play the ball when it is being played or attempted to be

played by an opponent [sliding tackle]

4. Sliding when there *IS* an opponent near the ball
5. Handles the ball deliberately (Except for the goalkeeper in his own penalty area)

- Slide tackles or sliding are **NOT** allowed at Long Island Futsal. This includes those that would be considered a fair slide tackle in outdoor soccer. Any intentional slide near an opponent will have the restart as DIRECT Free Kick and counted as an accumulated foul

Players and coaches should use this general rule, if you slide *near a player*, assume a direct foul may be called. Goalkeepers may dive forward on their knees but may not extend their feet. The GK is allowed to slide with hands first in an attempt to clear or save the ball, if in referees' judgment, his slide is an attempt only to make contact with the ball and not the opponent. If GK slide is reckless (a foot in air, a hook, rolling tackle) it is a foul and possibly a cardable offense.

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• INDIRECT FREE KICK

An indirect free kick is awarded to the opposing team if a goalkeeper commits one of the following offenses:

- *After releasing the ball from his possession, he receives it back from a teammate without the ball first having been touched by an opponent or going out of play. This rule does not apply while the goalkeeper is on the opponent's half of the pitch.*
(This rule applies only to U-13 and above for the Long Island Futsal League)
- Touches or controls the ball with his hands after it has been deliberately kicked to him by a team-mate
- Touches or controls the ball with his hands after he has received it directly from a kick-in taken by a team-mate
- Touches or controls the ball with his hands or feet in his own half of the pitch for more than four seconds
- *After gaining possession of the ball with his hands, throws the ball over the halfway line without it first touching the floor or a player (restart where the ball crossed the halfway line)*
- *Punts or drop kicks the ball after making a save (restart is at midfield)*
- An indirect free kick is also awarded to the opposing team to be taken from the place where the infringement occurred, if in the opinion of the referee, a player:
 - Plays in a dangerous manner
 - *Attempts a slide or sliding tackle without challenging an opponent*
 - Deliberately impedes the progress of an opponent while the ball is not within playing distance
 - Prevents the goalkeeper from releasing the ball with his hands
- When there is a 'wall' of three or more defenders, the attackers are not allowed within 1m (1 yd) of the wall; an attacker less than 1m (1yd) from the 'wall' when the kick is taken will be penalized with an indirect free kick.
- If in the referee's judgement, a player *attempts a slide or sliding tackle without challenging an opponent an Indirect Foul may be called*

Players and coaches should use this general rule, if you slide *and there is NO player near the play*, assume an indirect foul may be called.

Commits any other offence, not previously mentioned in Law 12 for which play is stopped to caution or dismiss a player

The indirect free kick is taken from the place where the infringement occurred, unless the infringement occurred against the defending team in its own penalty area, in which case the indirect free kick is taken from the penalty area line at the place closest to where the infringement occurred.

Foul Severity:

- Careless = Lack of attention for opponent. Simple foul. Direct Free Kick or Penalty Kick and no misconduct.
- Reckless = Act with disregard to the danger to, or consequences for, an opponent. Direct Free Kick or Penalty Kick and Yellow Card.
- Excessive = Exceeds the necessary use of force and/or endangers the safety of an opponent. Direct Free Kick or Penalty Kick and Red Card.

Accumulated Fouls:

- **ALL DIRECT FREE KICK FOULS** are **ACCUMULATED FOULS**, including DFK fouls when advantage is used regardless of whether the advantage is realized or not.
- **NO INDIRECT FREE KICK FOULS** are **ACCUMULATED FOULS**. **MAY** be opposed with a **WALL** at least 5m (16 feet) away no matter the number of accumulated fouls.
- The first five (5) **DIRECT FREE KICK FOULS** a team commits in a half **MAY** be opposed with a **WALL** at least 5m (16 feet) away, or defenders on their own goal line.
- At the sixth (6th) and every subsequent **DIRECT FREE KICK FOUL** a team commits in a half...
- Long Island Futsal does not use a "second penalty" mark; All **DFKSAF** will be a penalty kick
- The kicker must kick the ball towards the opponents' goal with the intention of scoring directly).
- The ball is in play when it is kicked and clearly moves towards the opponents' goal.
- The period extends to accommodate the taking of a **DFKSAF** penalty kick

Coaches:

- Must be in Technical Area at all times (off the playing field) unless beckoned by a Referee to attend to an injured player.
- **Can be given Official Warnings, Yellow Cards, and Red Cards.**
In General, ...
- **Official Warning = Persistent, minor dissent; enter pitch in respectful/non-confrontational manner; occasionally & persistently leaving Technical Area.**
- **Yellow Card = Refusing to adhere to Referee request after Official Warning; Clear dissent through word and/or action; persistent unacceptable behavior.**
- **Red Card = 2nd Yellow Card; Deliberately leaving Technical Area to show dissent through words and/or actions; Deliberately kicking/throwing an object onto the pitch; aggressive behavior or violent**

conduct towards any person; using offensive, insulting, or abusive language.

Other Recent Law Changes:

- **Handling:**
- **Now matches outdoor in exact wording.**
- **Handling begins under the shoulder (armpit is the designated “line”).**
- **Deliberately touches the ball with his/her hand or arm, including moving his/her hand or arm towards the ball.**
- **Gains possession/control of the ball after it has touched his/her hand or arm and then scores in the opponents’ goal or creates a goalscoring opportunity.**
- **Usually, an offense when player has made their body unnaturally bigger (outside normal playing silhouette) and or the hand/arm is above the shoulder (unless the player deliberately plays the ball with another part of the body, and it then touches his/her hand or arm).**
- **The above offense applies even if the ball touches a player’s hand or arm directly from the head or body (including the foot) of another player who is close.**
- **Except for the above offense, it is not usually an offense if the ball touches a player’s hand or arm:**
- **Directly from the player’s own head or body (including the foot);**
- **Directly from the head or body (including the foot) of another player who is close;**
- **If the hand or arm is close to the body and does not make the body unnaturally bigger (inside normal playing silhouette);**
- **When a player falls and the hand or arm is between the body and the ground to support the body, but not extended laterally or vertically away from the body.**
- **Denying a goal or an obvious goalscoring opportunity (DOGSO)**
- **Where a player commits an offense against an opponent within his/her own penalty area which denies the opponent an obvious goalscoring opportunity and the referees award a penalty kick, the offender is cautioned if the offense was an attempt to play the ball; in all other circumstances (e.g. holding, pulling, pushing, no possibility to play the ball, etc.), the offending player must be sent off (MATCHES OUTDOOR)**
- **The following must be considered when determining whether it is a DOGSO situation:**
- **The distance between the offense and the goal**
- **The general direction of the play**
- **The likelihood of keeping or gaining control of the ball**
- **The location and number of defending outfield players, as well as the goalkeeper**
- **Whether or not the goal is “unguarded.”**
- **If a goalkeeper is just in front of his/her own goal to guard it, it is considered that no DOGSO offense can be committed, even if the situation meets the other criteria for DOGSO.**
- **If a goalkeeper commits an offense which denies the opposing team an obvious goalscoring opportunity or denies the opposing team a goal or an obvious goalscoring opportunity by handling the ball outside the penalty area when his/her goal is unguarded or only guarded by an outfield defending-team player behind the goalkeeper, the goalkeeper is considered guilty of a DOGSO offense.**
- **If the number of attacking-team players is greater than the number of defending-team players (except the goalkeeper) guarding the goal, this shall be a DOGSO situation.**