



SEACOAST



# Rules of Play

## General Rules

Each match consists of two equal halves of 25 minutes.

A two-minute half-time period will occur between halves.

There is no overtime, injury time or stoppage time.

Teams are comprised of four outfield players and one goalkeeper.

A team must have three players to begin a match. No team may have fewer than three players on the pitch at any time.

The goalkeeper must wear a different color jersey than the outfield players.

All players must wear the following: shirt, shorts, shin guards, socks, non-marking sneakers -- no exceptions.

Each team must wear a distinctively colored shirt.

Jewelry, watches, earrings, metal barrettes and other dangerous items are not permitted.

There is no slide tackling in futsal .

There is no offsides in futsal.

Although some contact is unavoidable, futsal is largely a non-contact sport. In-addition such legal contact shall not be careless, reckless or excessive.

Opposing team may put an additional player on, when losing by 5 or more goals. Once they are losing by 4 goals, player must come off field.

## Substitutions

All substitutions are on the fly, this includes goalkeeping substitutions. Referees will not stop play for goalkeeping substitutions. Coaches are requested to change goalkeepers during halftime and/or after a team scores.

Coaches are asked to have players slap hands at the touchline to ensure that no more than five players are on the court at once.

All substitutions must take place in front of the team bench -- not at the half-way line.

## Heading

Intentional heading is not permitted. The restart is an indirect free kick.

## Restarts

**Kickoffs:** are indirect. The ball can be played forward or backward.

**Kick-ins:** are indirect. The ball must be placed on or no more than 10 inches behind the line and the kick must be taken within 4 seconds. (A kick-in that goes directly in the opposing goal is a goal clearance for the opposing team. A kick-in that goes directly in the defensive goal is a corner kick of the opposing team.)

**Goal Clearances:** are taken when the ball wholly crosses the goal line after being touched last by the attacking team. The goalkeeper can use his hands or feet to roll, bounce, throw or kick the ball from anywhere inside the penalty area to outside the penalty area.

- U9 and U10: All opposing players must be in their own half when the ball is released by the goalkeeper. This encourages learning how to play out of the back.
- U11 and U12: Goalkeepers may throw the ball directly across the half-way line. In these leagues, goal clearances are indirect. A ball thrown directly into the opposing goal results in a goal clearance for the opposing team.

**Corner Kicks:** are direct. The ball must be placed directly on the corner spot and the kick must be taken within 4 seconds.

**Free Kicks:** may be indirect or direct. The ball must be stopped completely before the kick may be taken.

**Penalty Kicks:** are taken from the penalty spot and must be shot at goal by a clearly identified kicker.

**Distance:** For all of the above, except goal clearances, opponents may not be closer to the ball than 10 feet.

**Ceiling:** If the ball hits the ceiling or other object, the team that did not touch the ball last restarts play with a kick-in from the nearest point on the touchline.

## Fouls and Misconduct

**Indirect Free Kicks:** When a player plays in a dangerous manner, impedes an opponent (without playing the ball), prevents the goalkeeper from releasing the ball with her hands or commits any

offence for which play is stopped to caution or eject a player. Heading is an offense restarted with an indirect free kick.

**Direct Free Kicks:** When a player kicks or attempts to kick an opponent, slide tackles an opponent or slides with an opponent near, jumps at an opponent, charges at an opponent, strikes or attempts to strike an opponent, pushes an opponent, holds an opponent, spits at an opponent or handles the ball deliberately.

**Yellow Card / Caution:** The offending player is shown a yellow card. Coaches are encouraged to remove the offending player from the match at this time. If a player earns two yellow cards in a match, he is shown a red card. If a player earns three single yellow cards during any league session (including friendlies), he is suspended for one game.

**Red Card / Ejection:** The offending player must leave match. The offending team plays down for two minutes unless scored upon before the two-minute penalty expires. The offending player serves a minimum one-match suspension. Any player that earns two red cards during a league session will be suspended for the remainder of the session.

## **The Goalkeeper**

Must wear a different color shirt. She may wear long pants and/or other padding as deemed safe by the match referee.

May slide in his own penalty area but only when playing the ball.

May receive a kick-in directly.

May kick the ball directly over the half-way line.

May score directly with his feet during the run of play.

May not possess the ball for more than four seconds in her own half.

**Goalkeepers may not punt or drop-kick the ball.** (Ball must settle to the ground or be touched first, no "air" under the ball when kicked.)

**Goalkeepers may not throw the ball directly across the half-way line for U9/U10 Divisions.**

## **Additional Information for Coaches**

Balls may only be used inside the gymnasium.

Wheelies and soccer cleats are not permitted inside facilities.

All players must change their footwear in the facility lobby before entering the gymnasium. Coaches with wet or dirty feet must change their footwear as well.

Please make sure players and family members stay inside facility and not wander around building.

Match balls will be provided by the league.

Teams are expected to arrive a minimum of 20 minutes before kickoff.

Teams are responsible for providing their own medical supplies, including ice.

In the event two teams are wearing the same color, the home team must change colors and must do this before kickoff. If your team doesn't have a change strip, please be sure you have pinnies.

Head coaches are responsible for controlling the conduct of their assistants, managers, players and spectators.