



Futsal Rules

Futsal is a contact sport and injuries are a possibility. The department of University Recreation, Intramural Sports assumes no responsibility for injuries; however basic, first aid will be available.

Regulations published in the Intramural Sports Handbook will be the governing policies for all intramural sports. Participants are responsible for possessing a thorough understanding of these regulations and their implications.

Futsal will be conducted under the rules of the National Intramural and Recreational Sports Association published rule book. A review of these rules, along with the Intramural Sports modifications are as follows:

ELIGIBILITY AND GUIDELINES

All participants must meet the eligibility guidelines as outlined in the Intramural Sports Handbook.

PLAYERS AND ROSTERS

1. The game will be played between two (2) teams of five (5) players each. A minimum of four (4) players are needed to begin.
2. Maximum players on a roster is 10.
 - a. Co-Rec Only:
 - i. There must always be 2 females in the game.
 - ii. The goal keeper may be of either gender, but does not count toward the minimum two (2) females on the court at all times.
3. If, due to injuries, a team drops below the minimum number of players, four (4), it may continue if the Intramural Sports staff deems the game still competitive.
4. Late Appearance
 - a. For every minute that a team is late the opposing team will receive one (1) point until the five (5) minute grace period has expired.

UNIFORMS AND EQUIPMENT

1. All teams are required to furnish their own jerseys.
 - a. All jerseys must be of the same color.
 - b. All jerseys must have numbers on the back.
 - i. Numbers 0-5 are preferred.
 - ii. No three digit numbers.
 - iii. Numbers may NOT be taped
 1. Numbers that are painted, sharpie, marker etc. are acceptable



2. If a participant is bleeding or has blood on their jersey they will be removed from the game until the bleeding is under control. Prior to any participants re-entering a game the bleeding must be stopped, cleaned and any cuts or lacerations must be covered. Participants will not be allowed to participate in any activity until the above conditions are met.
3. **Jewelry:** Jewelry or hard hair control devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.
 - a. The only type of permissible jewelry are medical alert bracelets. These bracelets must be taped down to the participant's wrist, with the important medical information showing.
4. **Shoes:** Only non-marking shoes will be allowed. Basketball style shoes are preferred.
5. **Supports, Braces, & Pads:** No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the Intramural Sports Staff and their decisions shall be final.
6. **Headwear:** Players may wear a one-piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps, bandannas (including "Do-rags") or helmets.

TIMING

1. The game will consist of two (2) 18-minute halves (running clock) separated by a 3-minute half-time.
2. The team designated as "away" will begin with the ball at the beginning of the game. The home team will begin with the ball at the beginning of the second half.
3. A mercy rule will be in effect if a team is up by 15 or more goals at or less than 5 minutes remaining in the second half.
4. 5-Minute Rule and Forfeits
 - a. If one team has below the minimum number of players at game time, the 5-Minute Rule will come into effect.
 - i. The team with less than the minimum will have 5 minutes to accrue the minimum number of players to begin the game
 - ii. In this 5 minutes, the other team will accrue one (1) point for each minute that passes.
 - iii. If the 5 minutes expires and the other team does not have the minimum number of players, the game will be forfeited and the team charged the forfeit fine.
 - iv. If the team gains the minimum number of players within the 5 minutes, the game will begin. The score will stand for the first set and the clock will begin at its current time.
 - v. If NO participants appear from either team, the game will be a double forfeit
 - vi. If both teams have below the minimum number of players at game time, the 5-Minute Rule will go into effect for both teams.



- vii. Example: Team A is on time and checked in prior to game time and Team B gains the minimum number of required players, 3 minutes late. The game will still be played but the starting score will be 3-0 and the game will begin with 15 minutes remaining in the first half.

OVERTIME

1. There will be one (1) five (5) minute Golden Goal period.
 - a. A coin toss will determine which team will kickoff first.
2. If after the period, neither team has scored, the winner shall be determined by a penalty-kick tiebreaker.
3. Each team will receive 3 kicks, taken alternately. The team that scores the greatest number will win. (CO-REC: The order of kickers must alternate male, female. In the instance of having 3 kickers, at least one [1] of them must be female.)
4. Penalty kicks are taken from the designated line. The kicker has the distance between the 3-point line and the mid-court line to kick the ball. The goalkeeper can move sideways but not forward until the ball is kicked.
5. A different player will take each kick, progressing through the entire roster of players who played in the game.
6. Once the entire roster of players is completed, the initial kicking order will be repeated.

SUBSTITUTIONS

Substitutions are unlimited and occur "on the fly". This should occur near the bench area and the entering player may not enter onto the court until the player being replaced is off the court.

A keeper may be replaced only on a dead ball and the official must be informed.

UNSPORTSMANLIKE BEHAVIOR

1. At any point in a game, the game will be ended due to unsportsmanlike conduct if a team receives any of the following:
 - a. Two Red cards
 - b. One Red card and Two Yellow cards
 - c. Three Yellow cards.
2. If a player receives one (1) red card or two (2) yellow cards they will be ejected and asked to leave the facility.

GOALKEEPER

1. The goalkeeper may possess the ball with their hands as long as the ball stays within the designated goal box. Any collision with the goalkeeper will be an automatic indirect free kick.



2. If the goal keeper handles the ball outside the designated goal box, a penalty kick shall be awarded to the opposing team.
3. If the keeper loses the ability to handle the ball, they are treated as a regular player outside of the goal box.
4. Goalkeepers may not throw the ball overhand (sidearm and underhand are acceptable) or punt the ball.
5. **Pass Back:** Goalkeepers may not handle the ball when it has been passed back to them by a teammate in any manner (kicked, head, etc.)

OUT OF BOUNDS

1. **Sideline** – If the ball goes out of bounds on the sideline, the opposing team’s goalie will receive the ball for a “Goal Throw-In”. The ball must be touched by that team in their half of the court to be a legal throw-in.
2. **End line:**
 - a. **Half-Court Play Rule (Corner Kick)** - If the ball goes out on the defense at the defense’s end line (the “soccer” result would be a “corner kick”), the ball will be played in from the half court line.
 - b. **Goal Kick** – granted when the ball goes out on the offense at the defense’s end line.

FOULS AND MISCONDUCT

1. The following infractions will result in a direct free kick and a yellow or red card.
 - a. Kicking or attempting to kick an opponent
 - b. Tripping an opponent
 - c. Jumping or throwing himself upon an opponent
 - d. Charging an opponent in a violent or dangerous manner
 - e. Charging an opponent from behind unless the opponent is obstructing
 - f. Striking or attempting to strike an opponent or spitting on an opponent
 - g. Holding an opponent
 - h. Pushing an opponent
 - i. Charging an opponent with the shoulder
 - j. Sliding in an attempt to play the ball, when an opponent (slide tackle) is playing it



- k. Handling the ball, except the keeper in his penalty area
2. Should a player of the defending team intentionally commit one of the above offenses within his marked penalty area his team shall be penalized with a penalty kick, regardless of the position of the ball, as long as it is in play.
3. If a player has an open goal ahead of him/her and is fouled, or when a defender intentionally handles the ball, blocking an obvious opportunity for a score, an indirect free kick is awarded. A penalty kick is taken from the "X" if the foul takes place in the penalty area.
4. 4. Slide Tackling
 - a. NO SLIDE TACKLING! Slide tackling will result in an automatic yellow card. If contact is made, this will result in an automatic red card

INDIRECT FREE KICK

1. Playing in a manner considered by the referee to be dangerous, e.g. raises his feet to kick backwards or kicks with the heel, or attempts to take the ball out of the hands of the opposing keeper.
2. When not playing the ball intentionally a player obstructs an opponent, running between the opponent and the ball, or interposing the body in such a manner as to prevent an opponent from playing the ball when he is not in control of the ball.
3. *When playing as a keeper:* s/he touches or controls the ball with his or her hands for more than five [5] seconds in the goal box.
4. A YELLOW CARD.
5. Double yellow.
6. Two yellow cards equal a RED CARD and the player is ejected from the game. The team must then play one down for the remainder of the game. The player who receives the red card must be cleared by the Intramural Sports Staff in order to resume playing.

FREE KICK

1. When a free kick is taken, the nearest defender must be a minimum of 5 yards away from the ball.

PENALTY KICK

1. Penalty kicks will be taken from a designated spot marked by an "X".
2. The kick must be one fluid motion. (If it is not one fluid motion, this results in a goal kick for the other team.)