

Hertfordshire FA

Herts School Games
Girl's Futsal Rules
U12s & U14s





What's The Difference?

Futsal	Traditional English Five A Side Football
Five players on court – rolling substitutions	Five players on court – limited substitutions
Played to lines. Ball is returned to play with a “Kick In”	No By or End lines – use of rebound boards. Ball constantly in play
Use of wide and longer pitch	
All players allowed to enter penalty areas	Only Goalkeepers permitted to enter penalty areas
No height restriction on ball	Use of restrictions on height of ball
Use of Square Goals (3m x 2m) Use of Futsal ball (size . 30% reduced bounce)	Use of rectangular goals. Use of Football – size 5 for adults
5 Foul Limit – No wall for Direct Free Kick from 10 metres after 5 th foul	Unlimited Fouls

Futsal - Key Rules

- **Head height**

There are no restrictions (apart from the ceiling of the sports hall!) as to how high the ball can be kicked in Futsal.

- **Rotating 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 via the 'substitution zone' that is marked on the pitch in front of the team's benches.

- **Kick-ins**

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.

- **The 4 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 an indirect free kick will be awarded to the opposing team. The goalkeeper is not allowed to control the ball for more than 4 seconds in his own half.

- **The 5m 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 goal clearance must be thrown out and the goalkeeper cannot touch the ball again until it has crossed into the opponents half or a member of the opposition has touched the ball.

- **Accumulated fouls**

Each team will be allowed to give away 5 direct free kicks in each half, then on the sixth foul a direct kick is awarded to the opposing team and the defending team is not allowed to position any players (other than the goal keeper) between the ball and the goal. The kick may be taken from the 10m mark or, if the foul was committed closer to the goal than the 10m mark, then the kick may be taken from the position where the foul took place.

- **Real time**

A Futsal match consists of two twenty minute halves that are played real-time which means the clock stops whenever the ball goes out of play.

- **Time outs**

Each team is allowed a one-minute time out in each half lasting 60 seconds.

- **Sliding Tackle**

Sliding tackles are not allowed in Futsal but players ARE allowed to slide on the pitch, for example to stop the ball from going out of play. For a player sliding to be considered an offence, the tackler's opponent must have possession of the ball. Referees will not give a foul for a slide if the opponent does not have possession of the ball. Slide to block not to tackle

- **Red Card**

If a player is sent off then the team to which the player belongs must remain with 4 players until either two minutes have passed, or the opposition have scored a goal.

