



National Youth Sports  
FUTSAL RULES

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**Attire:**

1. Shin guards are mandatory and must be worn under socks.
2. The provided NYS jersey must be worn to participate in games.
3. Jerseys must be tucked into shorts.
4. No hats, jewelry, or cleats allowed.

**Field:**

1. The field size shall be full basketball court.
2. All players not playing in the game must be 5 yards behind the sidelines.

**Team:**

1. Players must be listed on the official season roster to be eligible to play.
2. Roster MAX is 10 players.

**Game Length:**

1. 3, 4-5, and 6-7 years old: 10 minute quarters.
2. 8-9 years old: 12 minute quarters.
3. 3 minute half-time.
4. 1 T.O. per half.

**Futsal Rules Simplified:**

1. If the rule is not addressed – Assume the laws of play are the same as outdoor.
2. From the kick-off, the ball must be played forward. Opposing players must give 5 yards until the ball is in play.
3. 5 players per team on the court at once.
4. Unlimited flying substitutions; i.e. players can re-enter the game as many times without notifying the referee. This includes goal keepers.
5. There is no offside.
6. Side line kick-ins – The ball is placed on the side line and kicked to another player.
7. For a goal to be scored, all of the ball has to be over all of the line.
8. A goal cannot be scored from a kick-in unless it touches another player.
9. Goal keeper can throw the ball over the half-way line on the full.
10. Goal keeper throws the ball in (instead of a goal kick) unless he/she saves it, then it can be drop kicked, punted, thrown, or dribbled.

11. Goal keeper has 4 seconds time limit to control the ball in general play unless he/she is in the oppositions half of the court.
12. Goal keepers are not allowed to pick up a back pass from any of their team players.
13. Once the goal keeper has released the ball from his/hers possession he/she cannot receive it back unless it has been over the half-way line or touched by an opposing player. This is called two touch – indirect free-kick against.
14. Goal keepers can make “flying substitutions” without waiting for stoppage in play.
15. No slide tackling or rough play. Dangerous play is never allowed.
16. 4 second time limit on kick-ins and free-kicks starts when player is in position to play ball.
17. A player can score a goal direct from a corner.
18. Should the ball hit the ceiling, the opposing team restarts play with a kick-in.
19. The second penalty mark is 10 meters from the goal line.
20. Players are allowed anywhere on the court.
21. When the goal keeper restarts the game with a throw-in, the ball must go outside the “D” before any other player touches it.
22. Both feet must be outside the court or on the line for a side line kick-in. Not in the court.