

YMCA Sports Leagues Futsal



Basics

- 5 per team, including a goalkeeper
- Played on a hard surface, basketball sized court with a smaller, heavier low bounce ball
- Futsal is played with touchline boundaries and without walls
- No off-sides or height limits
- Unlimited substitutions (e.g. you can come on and off multiple times each game)

Fouls

- Defender must play the ball first, and not the player (e.g. free kick for pushing, kicking, striking, etc. to get to the ball)
- Direct and indirect free kicks as in football

Outs

- Kick-in when out on the side of the court (instead of throw-in)
- Keeper releases from hands when out across the goal-line (goal kick)
- Corner when the ball is out across goal line from defending team
- 4 seconds for all restarts of play as above

Goal Keeper

- Everyone is allowed in the keeper's area (3 point line or "D")
- The keeper can handle the ball in the keeper's area, but not outside
- Only pass back to your keeper once per team possession
- Goalkeeper can only use their feet for the one pass back