



Body Zone's Fustal Leagues

THE FIRST AND LAST RULE OF THE LEAGUE IS RESPECT.

Teams or individuals who show a lack of respect to the officials, staff, players, and/or spectators of the league may have to immediately forfeit all games and will not be allowed to return. Teams are responsible collectively for the actions and behavior of their players, coaches, parents, and fans on the fields as well as in Body Zone Sports and Wellness Complex and on Body Zone Sports and Wellness Complex property. Body Zone Sports and Wellness Complex will not tolerate fighting, profanity or any other action seen as unsportsmanlike conduct or offensive to others in any way shape or form. Body Zone Sports and Wellness Complex reserves the right to suspend, expel and terminate play by an individual, a team, a competition or a league based on inappropriate behavior by one or all parties involved. Detailed rules will follow according to this facility's policy.

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The Court

- Length: 109 Feet
- Width: 65 Feet
- Keepers arch: 18 feet radius quarter circles centered from each goalpost, joined with a 10 foot line running parallel to the goal line between the posts.
- Penalty mark: 19.6 feet from the midpoint of the goal line
- Second penalty mark: 33 feet from the midpoint of the goal line
- Substitution Zone area: 16 foot zone 8 feet on either side of the halfway line
- Center circle: 4 feet in diameter.



These rules and regulations are based on U.S. Futsal's rules of the game.

The Ball

- Size #4
- Circumference: 62-64 cm
- Weight: 390-430 grams
- Bounce: 55-65 cm on first bounce
- Material: Leather or other suitable material (i.e., not dangerous)

Number of Players

- Teams will play 5v5 with one being a goalkeeper
- Teams consist of a maximum roster of 12 players
- Minimum Number of Players to Start Match: 3, one of whom shall be a goalkeeper
- Minimum Number of Players to Finish Match: 3
- Substitution Limit: None
- Substitution Method: "Flying substitution" (all players including the goalkeeper enter and leave as they please through the substitution area)



Players' Equipment

- Usual Equipment: shirts, shorts, socks, protective shin-guards and footwear with rubber soles

Duration of the Game

- Duration: Two equal periods of 24 minutes; running clock. Time can be prolonged only to take a penalty kick.
- Half-time: 2 Minutes

The Start of Play

- Procedure: Home team kickoff; opposing team waits outside center circle; ball deemed in play once it has been touched; the kicker shall not touch ball before someone else touches it; ensuing kick-offs taken after goals scored and at start of second half.

Ball in and out of Play

- Ball is out of play: when it has wholly crossed the goal line or touchline
- Lines: touchlines and goal lines are considered inside the playing area.

Method of Scoring

- When the whole of the ball has passed over the goal line, between the goal posts and under the crossbar (except by illegal means).

Fouls and Misconduct

- **Direct free kick** is awarded when a player intentionally commits any of the following 11 offenses (penalty kick awarded when infringement takes place in penalty area)
 - Kicking or attempting to kick an opponent
 - Tripping an opponent
 - Jumping at an opponent
 - Charging an opponent in a violent or dangerous manner
 - Charging an opponent from behind
 - Striking, attempting to strike, or spitting at an opponent
 - Holding an opponent
 - Pushing an opponent
 - Charging an opponent with shoulder (i.e., shoulder charge)
 - Sliding at an opponent (i.e., sliding tackle)
 - Handling the ball (except goalkeeper)
- **Indirect free kick** awarded when any of the following 8 offenses is committed (kick taken from the 6-meter line when infringement takes place in penalty area):
 - Dangerous play (e.g. attempting to kick ball held by goalkeeper)
 - Obstruction
 - Charging the goalkeeper in the penalty area (i.e., goalkeeper charge)



- Goalkeeper throws ball directly over the halfway-line (without it first touching his own side of the pitch or any player)
- Goalkeeper picks up or touches with his hands a back pass
- Goalkeeper picks up or touches with his hands a kick-in from a teammate

- **Players shall be cautioned** (i.e., shown yellow card) when:
 - A substituting player enters the pitch from an incorrect position or before the player he is substituting has entirely left the pitch
 - Player persistently infringes the rules of the game
 - Player shows dissent with any decision of the referee
 - Player is guilty of ungentlemanly conduct
 - These 4 yellow-card offenses are punishable by an indirect free kick taken from the point of infringement (or from the second penalty spot/top of box)

- **Players shall be sent off** (i.e., shown the red card) for:
 - (a) Serious foul play
 - (b) Violent conduct
 - (c) Foul or abusive language
 - (d) Second instance of cautionable offense (i.e., second yellow card)
 - (e) Intentionally impeding a clear goal opportunity (e.g. through a “professional foul”)
 - (f) Intentionally impeding a clear goal opportunity in the penalty area by handling the ball
 - Direct free kicks (or penalty kicks) accompany the expulsion for (a), (b), (e) and (f); indirect free kicks, for (c) and (d) (from the 6-meter line when the infringement takes place in the penalty area).

- **Rules of Expulsion:**
 - The player sent off (shown a red card) is out for the rest of the game and is not even permitted to sit on the reserves’ bench.
 - The team of the player sent off can substitute for that player after 3 minutes of playing time or after the opposing team scores — which ever comes first.
 - The 3-minute punishment shall be checked by the referee.
 - The substitute cannot come on until the ball is out of play and he has a referee’s consent.

Free Kick

- Types: Direct free kicks and indirect free kicks
- Ball is in play: after it has traveled the distance of its own circumference
- Time Limit: kick must be taken within 4 seconds
- Restriction: kicker cannot touch the ball again until it has been touched by another player



Accumulated Fouls

- Accumulated fouls refer only to all the fouls aforementioned in this document.

Accumulated fouls during the first half are set back to zero for the second half, from the 6th foul:

- That team shall not be allowed a defensive wall
- All free kicks shall be direct (no indirect free kicks)
- All accumulative foul infringements committed between the second penalty spot and the goal shall be punished with a direct free kick taken from the point of the infringement or of from the second penalty spot (players chose)
- All accumulative foul infringements committed behind the second penalty spot must be punished with a direct free kick taken from the second penalty spot

Procedure:

- Until the ball is kicked into play, all players other than the goalkeeper and kicker shall remain behind the halfway line.
- The goalkeeper shall remain on their goal line until the ball is kicked.
- The kicker must aim at the goal, with the intention of scoring.
- No other player may touch the ball until it has been touched by the pitch, rebounded from the goal post or crossbar, or has left the pitch.
- If the infringement occurred in the penalty area a penalty kick is awarded.

Penalty Kick

- If the infringement takes place in a penalty area, a penalty kick is awarded, following these rules:
 - Kick is to be taken from the penalty mark on the mid-point of the penalty arch.
 - The kicker is to aim at goal, with the intention of scoring.
 - All players must be out of the penalty area and opponents 4 yards away from kicker.
 - The kicker shall not play the ball a second time until it has been touched by another player.

Kick-in

- To be taken in place of the throw-in.
- The ball is placed on the touch line or one foot behind the line before kicking. The ball must be stationary.
- The kicker's foot not kicking the ball must be outside or at least on the touchline; if it crosses the touchline, into the pitch, the kick-in is given to the opposing team.
- The kick-in must be taken within 4 seconds; if it is not, the kick-in is given to the opposing team.
- The kicker cannot play the ball a second time until it has been played by another player; infringement of this rule results in an indirect free kick for the opposing team from the point of infringement.
- Players on opposing team must be at least 4 yards away from point of kick-in.
- Cannot score directly from a kick-in.



Goal Clearance

- To be taken in place of goal kick.
- From inside the penalty area, the goalkeeper throws the ball into play. No punting or drop kick. For ages under 14, the ball may not cross the halfway line unless it first touches the ground or a player on the goalkeepers half of the court.
- The ball is not in play until it has passed outside of the penalty area. If the goal clearance is received inside of the penalty area, the goal clearance shall be re-taken.
- Goal clearances need to be executed within 4 seconds after the goalkeeper has full control of the ball.

Corner Kick

- Ball placed on the corner of the pitch. If ball is misplaced or is moving during the kick, a goal clearance to the opposing team.
- Must be taken within 4 seconds; failure to do so entails a goal clearance to the opposing team.
- The kicker cannot play the ball a second time until it has been played by another player; infringement of this rule entail an indirect free kick to the opposing from the point of infringement.
- Players on opposing team must be at least 4 Yards away from point of the corner kick.
- A goal may be scored directly from a corner kick.

Offside

- There is no off side

Penalty Kick Shoot-Out In Playoff Games

- Main referee decides goal to be used.
- Coin tossed to decide order.
- Three kicks to be taken by 3 different players selected from the 14 suited players. Captain of each team announces these 3 players to the main referee before the kicks are taken.
- If two teams are still tied after 3 kicks, the additional kicks will be taken on a sudden-death basis by the rest of the players who have not kicked yet.
- Players sent off during the match are not eligible to take these kicks.
- Any eligible player may change places with his goalkeeper.
- While the penalty shoot-out is in progress, players will remain on the opposite half of the pitch. The second referee shall control this area.



These rules and regulations are based on U.S. Futsal's rules of the game.

Interpretations:

Rules are interpreted by officials and one official will be designated as head official for each game. The head official will resolve any conflicts. Rules are based on PIAA rule book with modifications noted above for Body Zone Sports and Wellness Complex.

Thank you for participating in our Futsal League!

Good Luck!