

# Arlington Youth Futsal League

Arlington Soccer Club

## Rules & Regulations

Winter 2022 Season

### Format

**5-a-side:** Games are 5v5, with 1 goalkeeper and 4 outfield players per team.

**On-the-fly subs:** Substitutions are made during the run of play from in front of your team's bench. You do not need permission from the referee to make a substitution.

**20-minute halves:** Games consist of two 20-minute halves with a continuously running clock. Halftime is 2 minutes.

**1-minute timeouts:** Each team gets one 1-minute timeout per half. Timeouts can be called only by the team in possession of the ball during a stoppage of play (i.e. kick-in, goal clearance, kick-off).

**Basketball boundaries:** The playing area is formed by the sidelines and end lines of a basketball court. Goalkeepers may use their hands anywhere inside the '3-point' line. Penalty kicks are taken at the free throw line.

### General Rules

**Fouls & free kicks:** Direct and indirect free kick offenses are generally similar to outdoor soccer, except:

**No offside:** There is no offside rule in futsal.

**No slide tackling:** Slide tackling is strictly prohibited. All players – except goalkeepers – should remain on their feet at all times.



### Restarts

**One of the biggest differences to soccer is how out-of-play balls are restarted in futsal.**

**Kick-ins:** When the ball goes out of play over a sideline, play is restarted by kick-in rather than throw-in. A goal cannot be scored directly from a kick-in.

**Goal clearances:** When the ball goes out of play over the end line off an attacking player, play is restarted by a 'goal clearance' rather than a goal kick. In a goal clearance, the goalkeeper starts with the ball in their hands and may move anywhere in their goal area to throw, roll, or kick it to a teammate.

**Corner kicks:** When the ball goes out of play over the end line off a defending player, play is restarted by a corner kick from the corner of the basketball court.

**4-second rule:** All restarts should be played within 4 seconds. Some flexibility with this rule is permitted for younger ages.

**5-yard rule:** During kick-ins and corner kicks, opposing players must back up 5 yards from the ball.

## House Rules

We have implemented some additional rules to help promote a more positive developmental experience.

**Build-out rule:** For 1<sup>st</sup>-4<sup>th</sup> grade boys and 1<sup>st</sup>-5<sup>th</sup> grade girls, opposing teams must retreat to the halfway line during goal clearances.

**No goalkeeper punting or long throws:** Goalkeepers are not allowed to punt or drop-kick the ball any distance or to throw the ball over the halfway line in the air.

**Passes to goalkeepers:** Intentional passes to your own goalkeeper may not be picked up but instead must be played with the feet. Unlike regulation futsal, there are no other limits on goalkeeper pass backs.



## Equipment

**Uniforms:** The league will provide jerseys for each team. When possible, teams should try to have consistent short and sock colors.

**Footwear:** All players must wear flat shoes. Cleats are not permitted.

**Futsal balls:** Appropriately sized futsal balls (which are weighted and slightly smaller than soccer balls) will be provided for all games.

**Other:** Shin guards are required. Jewelry must be removed.



## COVID-19

**Mask mandate:** All players, coaches, referees, and spectators will be required to wear a mask at all times. Players may remove masks for water breaks.

**Spectator limit:** To avoid gym overcrowding, there is a limit of one spectator per player.

**No sharing:** Players should not share water, food, or equipment (e.g. goalkeeper gloves).

**Electronic whistles:** Referees will be required to use electronic whistles.

**Contactless sportsmanship:** Teams should wave or cheer their opponent after games instead of shaking hands or fist-bumping.

**Entry and exit:** Please arrive ready to play, no more than 10 minutes before the start of your game. Exit promptly after your game ends.

**Isolation and quarantine:** All isolation and quarantine protocols utilized by Arlington Public Schools apply to this league.

**Other measures:** Additional measures may be taken when suggested or mandated by the Arlington Board of Health, MA Department of Public Health, and/or CDC. When available and applicable, soccer-specific guidance from Mass Youth Soccer will be also be followed.

**Zero Tolerance Policy:** The Arlington Youth Futsal League is a learning environment for both players and referees. As an ASC program, AYFL abides by the [BAYS Zero Tolerance policy](#). **Coaches and spectators are not permitted to address referees during or after games.**