



## RULES OF PLAY

This document details the Rules of Play that encapsulate playing within a **Futsal 4 Life** League. These are **MODIFIED** Futsal rules, to ensure safer playing conditions and ease of play, both designed to enhance your playing experience.

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## FUTSAL 4 LIFE RULES

### MAIN POINTS

1. A defender cannot attempt to get the ball from behind nor through the legs, even if no contact made. Defender must be side on or front in attempt to get the ball.
2. No slide tackling or sliding. Exception: keeper from inside box, in a non-threatening manner.
3. Keeper can touch ball twice in play if ball has not crossed halfway line or touched opponent – back pass rules still apply.
4. Players shall be at least 3ms from the free kick, (5m for international sized courts).
5. In the event of a red card, the affected team will not be able to substitute a player on after 2 mins. The team must wait 5 mins before being able to substitute. **It does not matter if a goal is scored.** This is at ref's discretion; he may choose to not allow team to play with 5 players depending on his assessment of the game.
6. Female players can use hands to protect themselves from their head to their waist in the event of a ball rapidly approaching.
7. Players cannot shoot directly from the kickoff to score a goal. At kick off, players can pass the ball forwards **OR** backwards.
8. If a team forfeits with less than 24 hours' notice they lose 3 match points and must pay 2 x match fees.
9. The keeper can have ball at their feet for more than 4 seconds.

### ADMINISTRATION OF THE GAME

#### Knowledge of the Rules of Play

- All players must be familiar with the *Futsal 4 Life* Rules of Play.
- If there is a difference between the official Fifa Futsal Laws and *Futsal 4 Life* Rules of Play, then Futsal Life's legislation will take precedence.

#### Registration

- Registration completion involves a *Futsal 4 Life* Registration Form to be completed and forwarded to *Futsal 4 Life* administration.
- *Futsal 4 Life* reserves the right to refusal for a team to enter any competition.
- A registration fee is payable by the first game of the season, and each successive season.
- The amount of the registration fee is at the discretion of *Futsal 4 Life* and is non-refundable.
- If a team leaves before end of season the registration fee will be forfeited to pay for cost of replacing team.

#### Bond

- Payable by the first game of the season.
- This payment is equivalent to one match fee and is used if a team forfeits a game, or if this does not occur, it will be carried forward into the new season. If the team is not playing next season, it can be used in last game they play or refunded to nominated bank account.
- Should a team leave before the end of the season, the bond will be forfeited to pay for costs of replacing the team.

## Point allocation

- Teams will be awarded 3 points for a win, 1 point for a draw and 0 points for a loss.
- If a team has a bye, they receive 1 point.
- If a team forfeits, 3 points will be deducted.
- If a team plays a player who has been suspended for a red card, 3 points will be deducted.
- If a team joins mid-season, they receive BYE points per game, up to a maximum of 50% of the seasons number of rounds e.g., 16 rounds, maximum points is 8.

## Finals

- After the completion of a season, two weeks of finals follows: Semi Finals & Grand Finals.
- For venues that have one division we play either finals in one night or finals over 2 weeks (pool A and Pool B) depending on the size of the divisions, at the discretion of management.
- Finals comprise 1<sup>st</sup> vs 4<sup>th</sup>, 2<sup>nd</sup> vs 3<sup>rd</sup>. The Grand Final is the winner of both of these games. 3<sup>rd</sup> places play off is the runner up of both of these games. (no 3<sup>rd</sup> place plays off in same night finals)
- The top teams will be decided by how many points are collected during the season.
- If two teams are on the same points, goal difference will decide the final positions on the ladder. If this is the same, then number of wins takes precedence.
- If the score after full time in the finals is a draw, then there will be 2 x 3m periods of extra time with golden goal implications.
- If this fails to resolve the game, there will be penalties.
- Only the players that remain on the court at the conclusion of extra time are allowed to take penalties, except:
- If two teams have an uneven number of male/females then the teams can be adjusted to accommodate for this including a keeper being substituted.

## Forfeit

- A team is characterised as forfeiting a game if it does not play a game that has been scheduled to play.
- Teams that forfeit with less than 24 hours' notice will pay two match fees.
- Teams forfeiting with notice greater than 24 hours will pay one match fee.
- 3 points are deducted for a forfeit. If there is mitigating circumstances, the point deduction can be appealed to management.
- If a team plays a scratch match, against a full quota replacement team and referee, they pay the full match fee.
- If a team only has 2 players and borrow 3 players then the match is considered a win to the opposition of 6-0, no points are deducted as the team made the effort to attend.
- If a team is late to play and the clock starts, they concede a goal every 3 minutes. If a team is not present by half time the attending team wins on forfeit.
- If a team has 3 or 4 players and requires borrowing players from the game before, they must seek the permission of the opposition via the onsite admin. If the opposition disagrees, they must play with players present.

## Fees

- The fees for a match comprise a payment to Futsal 4 Life and a payment to the referee and are at the discretion of Futsal 4 Life.
- Fees are non-refundable.
- Captains are responsible for the fees of the team during the season. Registration for the season is an agreement to play for the duration of the season. Team's withdrawing part way through the season will be liable to pay the full season's match fees. Entering a team into a Futsal 4 Life competition is to play for the season nominated and pay the fees associated with playing in these games.

## Insurance

- **Players must get their own personal medical and ambulance insurance cover.**

- Sporting activities involve inherent risks, players must ensure adequate personal insurance cover.
- **Futsal 4 Life's officers and officials do not accept any liability for any injury that occurs to a player during a game.**

### **Miscellaneous**

- No smoking or drinking alcohol on properties where competitions are held.
- No pets are allowed in the building.
- Bikes are to be stored outside.
- Players play at their own risk.
- Teams may be asked to leave competitions at the discretion of Futsal 4 Life.
- Players must play a minimum of 4 games to be eligible for the finals.
- Players must wear shorts or leggings. The exception is the goalkeeper who can wear long pants.

## **COMPONENTS OF THE GAME**

### **Game Characteristics**

A game shall comprise equal length halves, with a two-minute break at half time. The game will begin with the referee's whistle and end with the siren.

### **Players**

A match shall be played by two teams, each team consisting of five players, with one player being the goalkeeper. There must be a minimum of three players on the court.

### **Substitutions**

A substitution may be made at any time, regardless of whether the ball is in play or not. The player entering the court must wait until their teammate has exited the court by completely crossing the sideline. Players must enter the court from the middle channels of the court bounded by the line you must be behind at the kick off. Your teammate can only come off elsewhere on the court if they are injured.

The substitution of the keeper is slightly different. The referee must be notified, and the change takes place at a break in play. If this does not occur, then it is an indirect free kick to the opposition.

### **Attire Safety**

A player shall not wear anything (including any kind of jewellery) that could be dangerous to himself or another player e.g., watches, Fitbit.

### **Playing Equipment**

The basic equipment of a player includes:

1. A shirt with sleeves
2. Shorts/leggings
3. Socks
4. Shin guards
5. Footwear – **Non marking** sporting shoes, with soles of rubber or similar material. No shoes with rubber stops are allowed e.g., turf shoes.

### **Goalkeeper**

- The goalkeeper shall wear colours that visibly differentiate him/her from the other players and the referee. Bibs are provided to help with this process.
- The goalkeeper can wear long pants.

## Referees Responsibilities

The referees should:

- Enforce the Rules of Play
- Allow the advantage rule to take effect: ensuring play continues if the team against that the offence occurred will benefit from the advantage or penalise the offence if the advantage does not eventuate.
- Report any accidents that occur prior, during or after the game, and any disciplinary ramifications against players or spectators.
- Enforce disciplinary action against players guilty of yellow card or red card offences.
- Make sure only allowed players are on the court during match play.
- Stop the game if a player is deemed to be seriously injured and ensure player is removed from the court.
- Allow play to continue if a player is deemed to be only slightly injured.
- Make executive decision to stop, halt or completely abandon the game due to extraneous circumstances.
- Act against team officials who fail to conduct themselves in a responsible manner.

## Referee Decision Making

All referees' decisions made are the final decision on the matter. The referee can change a decision if they conclude the prior one was incorrect, and play has not recommenced, or the match has not ended. Referees can also take the option to temporarily send off a player for a period of time to cool off (without a card).

## The Kick-off

A kick-off is a way of starting or restarting play:

- At the start of the match
- After a goal
- At the start of the second half
- A goal may not be scored directly from the kick-off.

Procedure for the kick-off:

- Players will be in their own half of the court, behind the designated line.
- The ball will be stationary on the centre mark.
- The referee will signal and blow whistle.
- Play will begin when the ball has been passed forward **OR** backwards. Opposition players cannot move over their designated line until the ball has been passed.
- The kicker may not touch the ball for a second time before it has been touched by another player, if they do an indirect free kick will be given or retaken (referee discretion)
- After a goal, the opposing team will take their own kick-off at the halfway.

## Drop Ball

At any unexpected stoppage of play the referee will drop the ball where play was stopped. The ball drop will be retaken if a player touches it before it hits the ground. If a drop ball occurs inside penalty area, it will be taken from the penalty area line at point nearest where play was halted.

## Ball out of play

The ball shall be deemed out of play when.

- It hits the ceiling. Play will restart with a kick in from the point on the sideline nearest to where the ball hit the ceiling, by the opposing team.
- It completely crosses the goal line or touch line, whether along the ground or through the air

## FOULS AND TRANSGRESSIONS

### Free kicks

All opponents shall be situated at least 3 m from the ball until it is in play. The ball shall be deemed in play after it has been touched. If an opponent is not at the required distance the kick will be retaken. If when the ball is in play and the kicker touches it twice before another player, an indirect free will be awarded to the opposing team. The team taking a free has 4 seconds to distribute the ball. If this does not happen, an indirect free kick will be awarded to the opposition.

### Careless, reckless, using excessive force – Classification of Fouls

“**Careless**” means that the player has shown a lack of attention or consideration when making a challenge or that he acted without precaution:

- No further disciplinary sanction is needed if a foul is judged to be careless.

“**Reckless**” means that the player has acted with complete disregard for the danger to, or consequences for, his opponent:

- Lunging is completely prohibited from the front, side or behind a player who plays in a reckless manner must be cautioned.

“**Using excessive force**” means that the player has far exceeded the necessary use of force and is in danger of injuring his opponent:

- A player who uses excessive force must be sent off.

### Direct free kick

- Can be kicked straight into the goal.
- Is signalled by keeping their arm horizontal in the direction of the kick.

A direct free kick shall be awarded to the opposing team if these fouls occur:

1. Kicking or attempting to kick an opponent.
2. Tripping or attempting to trip.
3. Jumping at an opponent
4. Charging
5. Striking or attempting to strike
6. Tackling an opponent
7. Pushing
8. Holding
9. Handball (except for the keeper in their own penalty area)
10. Encroaching on free kicks – the kick will be moved forward to where the player encroached.
11. Sliding including where no player is nearby.
12. Simulation
13. Spitting
14. Attempting to get the ball from behind. Player must be side on or front on to the player.

The direct free kick will be taken from the place where the infringement occurred, unless awarded to the defending team in their own penalty area, meaning they can take it at any place within that penalty area.

These are all ACCUMULATED FOULS

### Accumulated Fouls

- Are a series of 5 direct fouls that occur during each half.
- If extra time is played, the second half accumulated fouls are carried forward.
- For the first 5 accumulated fouls, normal defence is employed by the opposition, e.g., 3m from the ball is the closest a wall can be positioned.

### **The Sixth Foul – Long Penalty procedure**

- There is no wall allowed to defend the free kick.
- The keeper must remain in his penalty area.
- All other players must remain on the court behind the line of the ball, running parallel to the goal line.
- Players must be at least 3m from the ball.
- Players must remain behind the line until the ball is struck.
- The player taking the kick must shoot, and not pass to teammate.
- The kick will be allowed to be taken after the game clock has completed.

### **Indirect Free Kick**

- Must be touched twice before it can be a goal.
- Is signalled by the referee by raising one arm above their heads until the kick has been taken.
- If an attacking team is awarded an indirect free kick in the penalty area, it must be taken on the penalty area line closest to where the offence took place.

An indirect free kick shall be awarded to the opposing team if:

1. A goalkeeper touches or controls the ball with his hands after it has been deliberately passed to him by a team-mate.
2. A goalkeeper touches or controls the ball with his hands in his own for more than four seconds.
3. Player deliberately obstructs an opponent.
4. Prevents goalkeeper from distributing the ball.
5. If a player is on the ground and touches the ball

### **Cautionable Offences (Yellow)**

A player will be cautioned with a yellow card if they undergo:

1. Unsporting behaviour
2. Dissent by word or action
3. Continual infringements
4. Delaying play
5. Not withdrawing the correct distance (3m) from dead ball situations
6. Removal of shirt during goal celebration
7. Deliberate handball
8. Delaying the restart of the match through:
  - Free kicks taken in the wrong place deliberately to waste time.
  - Kicking the ball away or picking the ball up after ref has stopped play.
9. Sliding – away from opposition player.
10. Entering the court without referee's permission
11. Simulation or deliberate deceitful behaviour
12. Denying a clear goal scoring opportunity (penalty)

### **Sending-off Offences (Red)**

Red card offences include:

1. Serious foul play – any direct foul offense that is committed with excessive force.
2. Violent conduct
3. Spitting at an opponent or any other person



4. Deliberate handball to deny a goal scoring outcome (excluding the keeper), at referees' discretion.
5. Offensive, insulting or abusive language or gestures
6. Receiving a second caution in the same match
7. Match altering offense in the opinion of referee that will directly affect the result of the game.

Players that received a red card will be suspended for a period of time determined by Futsal 4 Life sanctioning board. If a player receives three red cards in a season, they will be asked to leave the competition. Futsal 4 Life reserves the right to suspend or remove players for conduct that they consider should be more severely reprimanded than the above penalties, for as long as they deem necessary.

### **The Kick-In**

- A kick in is indirect.
- It will be awarded when the entire ball crosses the line.
- Will be taken at place where the ball crossed the line, by the opponent who last touched the ball.
- The ball must remain stationary.
- The ball can be kicked back in any direction.
- Defending players must be at least 3m from where the kick-in is taken.
- There are 4 seconds to take the kick-in
- The player taking the kick in cannot touch the ball twice, if done an indirect free will be awarded.

### **The Corner Kick**

- A goal can be scored directly from a corner kick.
- A corner kick occurs when the whole ball having touched the defending team crosses the goal line in the air or along the ground (not the goal line though)
- Opponents must be 3m away from the ball.

### **Goalkeeper Distribution**

- The keeper must throw the ball out of the penalty area if the ball has previously gone over the goal line but is not a goal.
- If this does not occur, the clearance shall be retaken.
- If the keeper touches it a second time before anyone else touches it, an indirect free will be awarded.
- If the keeper does not distribute the ball within 4 seconds an indirect free will be awarded
- If the keeper gathers the ball during play with hands (not from a restart), they can drop the ball to the ground for their own possession (in play), which is not subject to 4 second rule.

The keeper is in control of the ball:

- While the ball is between his hands or between his hand and any surface (e.g., ground, own body)
- While holding the ball in his outstretched open hand
- While in the act of bouncing it on the ground or tossing it in the air

Also, regarding keeper distribution of the ball:

- It is not permissible for the player to halt the keeper from throwing, clearing or releasing the ball from their hands.
- It is an offence to obstruct the keeper.

### **The Penalty Kick**

Penalty kicks occur when a direct free is awarded from inside the D.

- A penalty kick is awarded against any defending team committing a direct foul inside its own penalty area.
- Additional time shall be allowed for a penalty kick to be taken at the end of each half or at the end of each period of extra time.
- The ball will be placed on the penalty spot.
- The player to take the kick will nominate themselves.
- The penalty taker can only take two steps.
- The defending keeper must stay on his goal line, facing the kicker and is only allowed to move side to side.
- If the keeper moves forward before the kick, it will be retaken.

There are cases where a penalty is awarded for incidents outside the D.

1. If a player is clear on goal and is tackled from behind in goal scoring opportunity.
2. Goalkeeper deliberately uses hands outside of D to stop a goal scoring opportunity.
3. A goalkeeper slides from within the D to outside of the D and makes contact with the player and not the ball in a potential goal scoring opportunity.
4. Keeper starts slide from outside of the D in a potential goal scoring opportunity.

### **Shielding the ball**

- It is not an offence if a player, with the ball under control shields the ball from an opponent without using his arms.

It is illegal to impede opponents getting the ball using hands, arms, legs or body.

### **Charging an opponent**

The act of charging is a challenge for space using physical contact within playing distance of the ball without using arms or elbows.

### **Holding an opponent**

To deal with these situations, the referees must:

- Warn any player holding an opponent before the ball is in play.
- Caution the player if the holding continues before the ball is in play.
- Award a direct free kick or penalty kick and caution the player if it happens once the ball is in play.

If a defender starts holding an attacker outside the penalty area and continues holding him inside the penalty area, the referees must award a penalty kick.

### **Disciplinary sanctions for holding**

A caution for unsporting behaviour must be issued when a player holds an opponent to prevent him gaining possession of the ball or taking up an advantageous position.

### **Handling the ball**

Handling the ball involves a deliberate act of a player contacting the ball with his hand or arm. The referees must take the following into consideration:

- Movement of the hand towards the ball (not the ball towards the hand)
- The distance between the opponent and the ball (unexpected ball)
- The position of the hand does not necessarily mean that there is an infringement (holding it away from the body does not imply intent)
- Touching the ball with an object held in the hand (clothing, shin guard, etc.) counts as deliberately handling the ball.
- Hitting the ball with a thrown object (a boot, shin guard, etc.) counts as deliberately handling the ball.

### **Disciplinary sanctions for handling the ball**

There are circumstances when a caution for unsporting behaviour is required when a player deliberately handles the ball, e.g., when a player:

- Deliberately handles the ball to prevent an opponent gaining possession.
- Attempts to score a goal by deliberately handling the ball.
- Pretends to be playing the ball with one part of his body when he is really doing so with his hand in order to deceive the referees.
- Tries to prevent a goal or deny a goal scoring opportunity with his hand when the goalkeeper is not inside his penalty area and fails in his attempt.

### **Playing in a dangerous manner**

Playing in a dangerous manner is defined as any action that, while trying to play the ball, threatens injury to an opposing player or himself. It is committed with an opponent nearby and prevents the opponent from playing the ball for fear of injuring himself or the other player.

A scissors or bicycle kick is permissible provided that, in the opinion of the referees, it is not dangerous to an opponent.

Playing in a dangerous manner involves no physical contact between the Players.

### **Disciplinary sanctions in a dangerous manner**

If a player plays in a dangerous manner in a “normal” challenge, the referees should not take any disciplinary action. If the action is made with obvious risk of injury, the referees should caution the player for making a reckless challenge on an opponent.

### **Cautions for unsporting behaviour**

There are different circumstances when a player must be cautioned for unsporting behaviour, e.g., if a player:

- Commits in a reckless manner one of the offences that incur a direct free kick.
- Commits a foul for the tactical purpose of interfering with or breaking up a promising attack.
- Holds an opponent for the tactical purpose of pulling the opponent away from the ball or preventing the opponent from getting to the ball.
- Handles the ball to prevent an opponent gaining possession or developing an attack (other than the goalkeeper inside his own penalty area)
- Handles the ball to score a goal (irrespective of whether or not, the attempt is successful)
- Handles the ball while pretending to play it with another part of his body to deceive the referee.
- Tries to prevent a goal or deny a goal scoring opportunity with his hand when the goalkeeper is not inside his penalty area and fails in his attempt.
- Attempts to deceive the referees by feigning injury or pretending to have been fouled (simulation).
- Changes places with the goalkeeper during play without the referees' permission
- Acts in a manner which shows a lack of respect for the game.
- Plays the ball when he is walking off the pitch after being granted permission to leave the pitch.
- Verbally distracts an opponent during play or at a restart.
- Makes unauthorised marks on the pitch.

### **Celebration of a goal**

While it is permissible for a player to demonstrate his joy when a goal has been scored, the celebration must not be excessive.

Reasonable celebrations are allowed, but the practice of choreographed celebrations is not to be encouraged when it results in excessive time-wasting and referees are instructed to intervene in such cases.

A player must be cautioned if:

- In the opinion of the referees, he makes gestures which are provocative, derisory or inflammatory.

### **Simulation**

Any player that tries to fool the referees by feigning injury or pretending to have suffered an offence will be guilty of simulation and will be punished for unsporting behaviour. If the match is stopped as a result of this infringement, play is restarted with an indirect free kick from the position where the offence was committed.

### **Persistent infringement**

There is no specific number of infringements which constitutes “persistence” or the presence of a pattern – this is entirely a matter of judgement and must be determined in the context of effective game management.

### **Serious foul play**

A player is guilty of serious foul play if he uses excessive force or brutality against an opponent when challenging for the ball when it is in play. A tackle that endangers the safety of an opponent must be sanctioned as serious foul play.

Any player who lunges at an opponent in challenging for the ball from the front, from the side or from behind using one or both legs, with excessive force and endangering the safety of an opponent is guilty of serious foul play. Lunging is completely prohibited from the front, side or behind

Summary of serious foul Play

- Lunging is completely prohibited from the front, side or behind.
- A player is engaging in serious foul play if they use excessive force or brute force against an opponent when trying to get the ball during a game.
- Pushing.
- Slide tackles.
- Following through on tackles.
- Violent conduct is forbidden and completely disallowed on or off the pitch, during play or after.

### **Violent conduct**

A player is guilty of violent conduct if excessive force or brutality is used against an opponent without either of them challenging for the ball.

He is also guilty of violent conduct if he uses excessive force or brutality against a team-mate, spectator, the referees or any other person.