

XL Sports World MTL Futsal Rules

Law 1 – The Pitch

Similar to a soccer field (touchlines and goal lines) but no goal area, only a penalty area.

The penalty area comes out 6 yds.

A mark is made 10 yds out for use with Direct Free Kicks after the Sixth Accumulated Foul.

Substitution zone is marked in front of each bench area.

If a goal is moved completely off the goal line and the ball crosses the goal line where the goal should have been:

By the defense – Goal

By the attacking team – No Goal, goal clearance, and possible caution if done deliberately

Law 2 – The Ball

A futsal ball must be used, not a soccer ball. A futsal ball is made with a double bladder to minimize its bounce. Dropped from overhead, it should only bounce about knee-high.

U13 and older use a size 4, U12 and under use a size 3.

Law 3 – The Players

Including the goalkeeper, each team plays with five players.

Substitutions are unlimited, with unlimited re-entry.

All substitutions are made through the team's Substitution Zone, with the sub allowed on only once the player has left the pitch. This is a cautionable offense if not done correctly. **The requirement for an exchange of a bib has been temporarily suspended due to health concerns.**

Substitutions (including goalkeeper subs) are made "on the fly", play is not held for subs.

If a player receives a red card, their team will play short for up to two minutes, and then a substitute may enter. If the team with the numerical advantage scores during the two minutes, the substitute may enter immediately. If the short-handed team scores, the two minutes continue.

Law 4 – The Players' Equipment

Same as soccer – Shirt, shorts, socks, shinguards, and shoes (but no cleats)

No jewelry. From the Laws of the Game, "Using tape to cover jewelry is not permitted."

Law 5 – The Referees

Futsal uses two referees, both of whom have full authority to enforce the Laws of the Game.

Age groups below high school age will use only one referee.

Referee will stop the match immediately if a player is believed to be seriously injured, or hold play at the next stoppage for minor injuries. If a coach/trainer is beckoned onto the pitch for an injured player, that player **MUST** leave and may be replaced (or may re-enter once play has been restarted, via their Substitution Zone). Unlike soccer, this applies to goalkeepers too!

Exceptions – a goalkeeper and an outfield player collide, two players from the same team collide, a player was injured as a result of an offense for which their opponent was cautioned or sent off, or a penalty kick has been awarded and the injured player will be taking the kick.

Law 7 – The Duration of the Match

The game is comprised of two equal 20-minute halves.

XL uses a "running clock" and does not allow timeouts.

Teams will not switch ends or benches at half-time.

The period finishes when time is up and the scoreboard horn and/or referees' whistle sounds.

The period will only be extended for the taking of a penalty kick or direct free kick beginning with the sixth accumulated foul.

Law 8 – The Start and Restart of Play

If a coin is flipped, the winning team will choose either which end to defend or to take the first kick-off.

Kickoff:

Opponents must be in their own half and 3 yards from the ball.

The kicking team must be in their own half, except for the player taking the kick.

The ball is in play when it is kicked and moves **and may be played backward.**

A goal may be scored directly from a kickoff, but only against the opponent.

Dropped Ball:

Like soccer, all dropped balls are now uncontested, with only one player present and all others (from both teams) at least 2 yards away.

A goal may not be scored following a dropped ball until at least two players have touched the ball (this will likely include the one player who received the initial dropped ball).

The ball will be dropped to a player from the team that last touched the ball if play needed to be stopped with the ball outside either penalty area.

If play was stopped with the ball in or last touched in a penalty area, the ball will be dropped to the goalkeeper defending that penalty area.

Law 9 – The Ball In and Out of Play

The ball is out of play when it has wholly crossed a goal line or touchline, resulting in a kick-off, goal clearance, corner kick or kick-in as appropriate.

The ball is out of play if hits the ceiling, resulting in a kick-in for the opponents.

The ball is out of play if it touches a match official, remains in play, and directly enters the goal, starts a promising attack, or changes which team has possession of the ball. In these cases, play will be restarted with a dropped ball as above.

Law 10 – Determining the Outcome of a Match

Goals are scored the same as soccer – legally played over the goal line, between the goalposts, under the crossbar.

A goal may NOT be scored directly from a goalkeeper's throw (either in distributing or a goal clearance).

If Kicks From The Penalty Mark (KFTPM) are needed for advancement in a tournament:

All players and substitutes participate (not only those on the pitch at the end of the game)

If one team has more participants than the other, they may choose to reduce their number to equate, but are not required to do so. Otherwise, KFTPM are essentially the same as those used for soccer.

Law 11 – Offside

There is no Offside in futsal.

Law 12 – Fouls and Misconduct

Similar to soccer except:

Direct Free Kick fouls “accumulate” and incur a different sanction beginning with the Sixth Accumulated Foul by a team in either half (the second half accumulation continues into Extra Time if used).

An indirect free kick is also awarded if a goalkeeper commits any of the following offenses:

- controls the ball with the hands, arms, or feet in his/her own half of the pitch for more than four seconds – publicly counted by the nearest referee
- after playing the ball, wherever on the pitch, touches it again in his/her own half of the pitch after

it has been deliberately played to the goalkeeper by a team-mate without an opponent playing or touching it

- touches the ball with the hands or arms inside his/her own penalty area after it has been deliberately kicked to the goalkeeper by a team-mate
- touches the ball with the hands or arms inside his/her own penalty area after receiving it directly from a kick-in by a team-mate
- throws the ball “on the fly” directly into the opponents’ penalty area when distributing the ball or at the taking of a goal clearance (the free kick is to be taken from the place where the ball crossed the halfway line)

As in soccer, coaches may be warned, cautioned (yellow card), or sent off (red card).

Reminder: entering the pitch to confront a referee is a send-off offense (including at the half time or after a match).

Law 13 – Free Kicks

Indirect Free Kicks will be indicated by the referee(s) holding an arm straight up and must be touched by a second player before it may be scored as a goal.

Direct Free Kicks may be kicked directly into the opponents’ goal and scored.

Free kicks are taken from the spot of the offense, except:

- If a free kick is awarded to a team within their own penalty area, the ball may be placed anywhere in the area
- If an Indirect Free Kick is awarded to the attacking team within their opponents’ penalty area, the ball is brought straight back to the penalty area line.

Opposing players must remain 5 yards from the kick until the ball is in play.

If a defensive wall is made of 2 or more opponents, members of the kicking team must remain 1 yd away from the wall.

Beginning with the Sixth Accumulated Foul for a team in each half, the ball is placed on the second mark (10 yds from goal) or, if the foul was committed ahead of that mark, the offended team may choose to take the kick from the spot of the offense instead.

- All players (other than the kicker and the opposing goalkeeper) must be level with or behind the ball and at least 5 yards from it
- The opposing goalkeeper must be in their penalty area and at least 5 yards from the ball
- The ball must be kicked forward and with the intention of scoring

All freekicks must be taken within 4 seconds of being ready to do so. **The closest referee will visibly count the four seconds**, and if the kick is not taken in time, an Indirect Free Kick will be awarded to the opponent.

Law 14 – The Penalty Kick

A Penalty Kick is awarded when a direct free kick offense is committed within a team’s own penalty area.

The futsal penalty mark is at the top center of the Penalty Area, 6 yards away from the goal.

All players (excluding the kicker and the goalkeeper) must remain level with or behind the ball and 5 yards from it until the ball is in play. The ball is in play once it is kicked and moves forward.

In all other respects, the Penalty Kick is essentially the same as in soccer.

Law 15 – The Kick-In

The kick-in replaces soccer’s throw-in and is awarded when the ball crosses a touchline or strikes the ceiling.

The ball **is placed on the touchline** at the place it crossed (or level to where the ball struck the ceiling).

All opponents must retreat 5 yards from the ball and remain there until the ball is in play.

The ball is in play when it is kicked and moves.

There is no restriction on the placement of the kicker's plant foot at the taking of a kick-in.

The kick-in must be taken within 4 seconds – publicly counted by the nearest referee – or the opponent will be awarded the kick-in.

Law 16 – The Goal Clearance

The goal clearance replaces soccer's goal kick and is awarded when the ball crosses a goal line, last touched by the attacking team, and is not scored as a goal.

Opponents must retreat outside the penalty area.

The goalkeeper must throw or roll the ball from anywhere in the penalty area.

The ball is in play as soon as it is thrown or rolled and clearly moves (it no longer needs to leave the penalty area)

The goalkeeper may not touch the ball again within their own half until an opposing player has touched it or it has gone out of play.

The goalkeeper has 4 seconds to place the ball into play - publicly counted by the nearest referee. If the ball is not put into play within the 4 seconds, the opposing team is awarded an indirect free kick on the penalty area line closest to the spot of the where the goalkeeper was.

A goal may NOT be scored directly from a goal clearance

Law 17 – The Corner Kick

The futsal corner kick is similar that of soccer except:

Opponents must retreat and remain 5 yards from the corner arc until the ball is in play (kicked and clearly moved).

The corner kick must be taken within 4 seconds – publicly counted by the nearest referee. If the ball is not put into play within the 4 seconds, a Goal Clearance will be awarded to the opposing team.

A goal MAY be scored directly from a Corner Kick.