

# **2021 CONSTITUTION UNITED FUTSAL RULES**

Venue - Insports Centers - 29 Trefoil Drive, Trumbull, CT

## **COVID League Protocols**

- Masks will be required of **ALL** players, spectators, coaches, etc.
- No more than **1** spectator allowed with each player at games.
- Players will enter the building no more than **10 minutes** before their scheduled game.
- Parents will enter the building no more than **5 minutes** before their scheduled game. Parents of younger children may walk them in and then exit again.
- Players will wear **masks during warm up and during games.**
- Players on the bench need to spread out as much as possible even if they have to stand or sit on the ground to do so.
- Team post game talks with coaches – **NOT ALLOWED**, Please adhere to this rule as it will allow our facility to transition safely from game to game in a timely manner.
- Insports facilities may have additional protocols which will be communicated as they become available. **The updated protocols are a reflection of current health department protocols which can change daily or weekly, Insports management will monitor and implement all these changes to provide our CUFL players and families the safest playing environment possible.**

## **CUFL Futsal Rules**

### **General Rules**

- GAME LENGTH – **(2)** 22 Minute Halves (running time, no OT or stoppage time)
- Teams may call one one-minute timeout per half (when in possession of ball and ball is out of play).
- Teams are comprised of **(4)** field players and **(1)** goalkeeper.
- The goalkeeper must wear a different color jersey than the outfield players.
- In the event of two teams wearing same color shirts – Home team is required to change or wear pinnies
- There is no offsides in futsal.
- Roster – Clubs may double roster **GK** or **Field Players** per age group – **Max (2) Player Per Team. Team must be comprised of no more than 12 players. No double rostering in tournament play. Players cannot double roster on different clubs. Clubs can double roster up to three players except in teams within same divisions.**

### **Substitutions**

- All substitutions are on the fly, this includes goalkeeping substitutions. Referees will not stop play for goalkeeping substitutions.
- A substitute may not enter the match until the player leaving the match is at the touchline in the substitution zone.
- Any substitute who enters the field of play before the player being replaced has completely left the field of play may be shown a yellow card.
- All substitutions must take place in the technical area (in front of the team bench )-- *not* at the half-way line.
- All teams will switch benches (and ends) at the beginning of halftime, ensuring that all substitutions take place in the defensive half.

### **Restarts**

**Kickoffs:** are indirect. The ball must be played forward first. Tapped balls are not in play – the ball must move forward.

**Kickins:** are indirect. The ball must be placed on or no more than 10 inches behind the line and the kick must be taken within 4 seconds. The kicker's non-kicking foot must be out of bounds or on the line. (A kickin that goes directly in the opposing goal is a goal clearance for the opposing team. A kickin that goes directly in the defensive goal is a corner kick of the opposing team.)

**Goal Clearances:** are taken when the ball wholly crosses the goal line after being touched last by the attacking team. The goalkeeper must use his hands to roll, bounce or throw the ball from anywhere inside the penalty area to outside the penalty area.

**Corner Kicks:** Direct. The ball must be placed directly on the corner spot and kick must be taken within 4 seconds.

**Free Kicks:** may be indirect or direct. The ball must be stopped completely before the kick may be taken.

**Penalty Kicks:** are taken from the penalty spot and must be shot at goal by a clearly identified kicker. Defenders may not be nearer to the ball than 16 feet and must be behind an imaginary line running from touchline to touchline even with the penalty spot.

**Distance:** For all of the above, except goal clearances, opponents may not be closer to ball than **16 feet (4.5yds)**

**Ceiling:** If the ball hits the ceiling or other object, the team that did not touch the ball last restarts play with a kickin from the nearest point on the touchline.

### **Fouls and Misconduct**

**Indirect Free Kicks:** When a player plays in a dangerous manner, impedes an opponent (without playing the ball), slides, prevents the goalkeeper from releasing the ball with her hands or commits any offence for which play is stopped to caution or eject a player.

**Direct Free Kicks:** When a player kicks or attempts to kick an opponent, **slide tackles** an opponent or slides with an opponent near (automatic yellow card/caution), jumps at an opponent, charges at an opponent, strikes or attempts to strike an opponent, pushes an opponent, holds an opponent, spits at an opponent or handles the ball deliberately.

**Sliding Tackles – Sliding tackles or Sliding to prevent ball from going out of bounds or keep ball in play is not allowed in CUFL LEAGUE, while we understand that some leagues allow sliding, we feel that player safety comes first and we don't want to jeopardize players falling on even good tackles, as the surface is too hard. A slide tackle will count as a foul vs sliding to keep ball in play will be called but won't count as foul.**

**Yellow Card / Caution:** The offending player is shown a yellow card. If a player earns two yellow cards in a match, he is shown a red card.

**Red Card / Ejection:** The offending team plays down for two minutes unless scored upon before the two-minute penalty expires. The offending player serves a minimum one-match suspension.

**Accumulated Fouls / AFPK:** All penal fouls are recorded on the scoresheet and on the scoreboard. If red fouls blue a sixth time in one half, for that sixth penal foul and all subsequent penal fouls in that half, blue is awarded an accumulated fouls penalty kick. If the foul occurs farther from the attacking goal than the second penalty spot, the AFPK is taken from the second penalty spot. If the foul occurs nearer to the attacking goal than the second penalty spot (but outside the penalty area, of course), the attacking team may choose whether to take the AFPK

from the second penalty spot or from the spot of the foul. All AFPK's must be shot at goal by a clearly identified kicker. The defending team may not make a wall and may not be nearer to the ball than 16 feet and must be behind an imaginary line running from touchline to touchline even with the spot of the kick. The goalkeeper may be off her line, but may not be nearer than 16 feet from the ball. Accumulated fouls are reset to zero at the beginning of the second half.

**Second Penalty Spot:** 30 feet from the center of the goal (*Top Of 3pt Circle*)

**Penalty Spot:** 20 feet from the center of the goal (*Basketball Foul Line*)

**Advantage:** Advantage will be applied in futsal, with penal fouls still counting as accumulated fouls. If the referee shouts, "play on" and gestures with both arms, the foul was a penal foul and will be counted accordingly. If the gesture is with one arm, the free kick would have been indirect and thus does not count toward the total.

### **The Goalkeeper**

- Must wear a different color shirt. She may wear long pants and/or other padding as deemed safe by the match referee.
- May receive a kickin directly.
- May kick the ball directly over the half-way line.
- May score directly with his feet during the run of play.
- May not punt or drop-kick the ball. (Ball must settle to the ground or be touched first, no "air" under the ball when kicked.)
- May not possess the ball for more than four seconds in her own half.
- May throw the ball directly across the half-way line. A ball thrown directly into the opposing goal results in a goal clearance for the opposing team.
- May only touch/receive the ball once per team possession.



***THANK YOU FOR YOUR PARTICIPATION IN CUFL***