



White Rock & Lake Highlands YMCA

Futsal Playing Rules, Policies and Procedures

Grade	Pre-K/ Kindergarten	1 st Grade	2 nd Grade	3 rd Grade	4 th Grade	5 th and 6 th Grade	7 th /8 th / High School (grades not combined)
Number of Players on Court	4 4v4	4 4v4	5 5v5	5 5v5	5 5v5	5 5v5	5 5v5
Minimum players to start game*	3	3	4	4	4	4	4
Game time	<input type="checkbox"/> 8 minute quarters <input type="checkbox"/> 2 minute between quarters <input type="checkbox"/> 5 min halftime	<input type="checkbox"/> 8 minute quarters <input type="checkbox"/> 2 min between quarters <input type="checkbox"/> 5 min halftime	<input type="checkbox"/> 20 minute halves <input type="checkbox"/> 5 minute halftime	<input type="checkbox"/> 20 minute halves <input type="checkbox"/> 5 minute halftime	<input type="checkbox"/> 20 minute halves <input type="checkbox"/> 5 minute halftime	<input type="checkbox"/> 20 minute halves <input type="checkbox"/> 5 minute halftime	<input type="checkbox"/> 20 minute halves <input type="checkbox"/> 5 minute halftime
Player Substitution	All substitutions are on the fly	All substitutions are on the fly	All substitutions are on the fly	All substitutions are on the fly	All substitutions are on the fly	All substitutions are on the fly	All substitutions are on the fly
Court Size (approx.)	30'x60' (10X20yds)	30'x60' (10X20yds)	85'x50' (28x17yds)	85'x50' (28x17yds)	85'x50' (28x17yds)	85'x50' (28x17yds)	85'x50' (28x17yds)
Goal Size	4' x 8'	4' x 8'	5' x 10'	5' x 10'	5' x 10'	5' x 10'	5' x 10'
Goalie	No	Yes	Yes	Yes	Yes	Yes	Yes
Offside Rule Enforced?	No	No	No	No	No	No	No
Out of bounds restart	Kick-in	Kick-in	Kick-in	Kick-in	Kick-in	Kick-in	Kick-in
Penalty Kicks	No	Yes	Yes	Yes	Yes	Yes	Yes
Direct/Indirect kicks	Both	Both	Both	Both	Both	Both	Both
Slide Tackles	No	No	No	No	No	No	No
Referees	Center Referee	Center Referee	Center Referee and 1 Linesmen	Center Referee and 1 Linesmen	Center Referee and 1 Linesmen	Center Referee and 1 Linesmen	Center Referee and 1 Linesmen
Ball Size	3	3	3	3	3	3	4
Max. Roster Size	10	10	10	10	10	10	10

Loan a player rule- One team may loan a player to another team in order to satisfy the minimum number of players required to field a team, if both coaches agree. If that player scores, the goal counts towards the team the player is playing for. This rule helps to avoid a forfeit and allows more players to play the game.

General Information:

- Each child will need an age appropriate futsal ball and shin guards. Indoor, flat soled soccer shoes also must be worn (no cleats).
- Kinder – 6th grade: size 3 futsal ball.
- 7th grade and up: size 4 futsal ball
- For your child's safety, players cannot wear jewelry during games except for medical or religious purposes--in this case it must be taped to the body. Earrings, necklaces and bracelets must be removed. Band-Aids/tape must be placed over newly pierced ears during games.
- Hard casts and finger splints must be covered with suitable padding. If at any point during the game the referee determines an item to be dangerous, the player may be asked to sit out the remainder of the game.
- Score is not kept for Kinder and below as these are developmental leagues. There are no winners and losers.
- Games scores are kept for 1st - 8th grade but will record as a 1-0 or 0-0. Only 1 goal scored per team will be recorded regardless of how many are scored. Shut-outs, ties or forfeits will record appropriately.

Game Day Rules:

- (A) Players should show up ready to play: Uniform on. Shin guards on. Indoor, flat soled soccer shoes also must be worn (no cleats). Bring water.
- (B) Be ready for inspection. The ref will ask the team to line up so he can inspect equipment. Jerseys with player number must be tucked in, socks must be over shin guards, shoes must be on, laces tied and all jewelry must be removed.
- (C) Before each game both teams will recite the YMCA pledge at mid-court.

**Win or lose, I pledge before God,
to do my best, to be a team player,
to respect my opponents, teammates and officials,
and to improve myself in spirit, mind and body.**

- (D) Home team provides game ball (if necessary).
- (E) Players, coaches and spectators cannot enter the field during play for any reason without permission or invitation from the referee- example; for the purpose of assisting an injured player. In this case, all players must take a knee and coaches remain on the sideline so the referees can evaluation the situation. This is not a time to coach players. The referee will call the injured players coach to the field if necessary. Entering without permission is an offence - see rules.
- (F) Home team is required to change jerseys or wear pinnies in case of color conflict.
- (G) For safety purposes, no one is allowed to stand behind the goal.
- (H) Coaches are allowed to assist players on the field in Kindergarten and below games.
- (I) Each game, quarter or half begins with a kick-off. There is also a kick-off after a goal by the team not scoring. The team that is not kicking-off must give 5-yards until the ball is in play. The kicker must move the ball forward (even slightly), and then may not touch the ball again until someone else has touched it. A goal can be scored direct from a kick-off.
- (J) EVERY PLAYER MUST PLAY A MINIMUM OF 50% OF EACH GAME. Equal playing time for all is our goal.
- (K) ONLY rostered and registered players are allowed on the playing field. If an illegal player is found on the field, the game is forfeited and the coach suspended for 1 game.
- (L) **-DO NOT RUN UP THE SCORE** – if you find that your team is winning too easily (by more than 5 points), make adjustments to your line-up through substitutions, moving players to different positions, only allowing certain players to shoot, requiring a certain # of consecutive passes before a shot is allowed, allowing opposing team to add an extra player, etc. No one benefits from or enjoys a game where scoring is out of control.
- (M) Unless it is an urgent matter of player safety, everyone must abide by the Conflict Resolution policy. (defined in the code of conduct agreement)
- (N) Players and coaches line up after the end of the game and shake hands with the opposing team and the officials.
- (O) SNACK TIME!

Rules of the game:

It is recommended that you make copies of this handout or encourage your players and parents to print it, so that all will be familiar with the rules. You will see that futsal is a fast-paced game that is fun to play and will help players to improve their skills. If the rule is not addressed below, you can assume that the laws of play are the same as outdoor soccer.

1. There are 4 field players and a Goalkeeper for 2nd grade – 8th grade. There are 3 field players and a Goalkeeper for 1st grade. Goalkeeper must wear a different color jersey/shirt. There are 4 field players for Pre-K and Kinder (no goalie).
2. No offside.
 - There are no offsides BUT an offensive player may not deliberately impede/block the goalkeeper while not making an attempt on the ball (referee's discretion).
3. GK can only play the ball (by feet or hands) for 4 seconds in their own half. If they are in opponent's half, they have no playing restrictions.
4. 20-minute halves for tournament and for league play (8-min quarters for Pre-K through 1st grade). 5-minutes for half time
 - **Timeouts:** Each coach may call (1) one-minute time out per half (use or lose) when in possession of the ball.
 - **Overtime:** There is no overtime. During tournament play, if regulation ends in a tie, the game will be decided by penalty kicks.

SUBSTITUTIONS

Free substitutions are made "on the fly". Player can only enter or leave the game in the substitution areas marked by their respective benches, and a player may only enter a game after the player they are replacing has left the field. Failure to do so results in a caution and an indirect free kick is taken from where the ball was situated when the game was stopped to caution the player.

KICK OFF

Opposing players must give 5 yards until ball is in play.

KICK IN

A ball kicked out over the touch line (side line) by one team becomes the other teams ball.

- The team kicking in has 4 seconds to get the ball back in play or it becomes opponent's kick in. The 4 second count begins as soon as the ball is "spotted".
- Defense must give **5 yards distance**.
- The referee will give a visual count with his hand.
- Players taking kick-in cannot step into the field while kicking ball back into play.
- Goals cannot be scored directly from kick-ins (the ball must subsequently touch another player before it enters the goal)

GOAL CLEARANCE (Goal Kick)

When the offensive team puts the ball over the end line, the other team gets the ball.

- The goalie must throw the ball within 4 seconds of retrieving it and put it back into play by throwing it.
- The throw must leave the penalty area.
- If a player touches ball before it leaves penalty area, GK retakes the throw
- Opposing team must stay out of penalty area during a goal clearance.

CORNER KICK

To be taken inside the corner arc, If there is no arc, kick is taken at the point where goal line and touch line meet (at corner). Opposing players must give 5 yards until ball is in play.

FOULS AND MISCONDUCT FOULS

Futsal is a minimum contact sport. However, some contact may occur, as long as it is done in a legal manner. It cannot be done by play that is careless, reckless, or with excessive force.

SLIDE TACKLING

Slide tackling is not allowed and will result in a direct kick.

6TH ACCUMULATED FOUL (2nd grade and above)

All penal fouls are recorded on the scoresheet. Upon a team's 6th accumulated foul in each half and all other accumulated fouls within the half, the other team is awarded a free kick taken from the second penalty spot (30-feet from goal/top of 3-point arc) or where the infraction occurred if it is in a more favorable spot. The defending team cannot build a wall to block the kick. The player taking the kick must be clearly identified and the player taking the kick must make an attempt at the goal.

Accumulated Fouls resulting in Direct Kick:

- Kicking or attempting to kick an opponent
- Tripping or attempting to trip an opponent
- Jumping at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackling Holding an opponent
- Spits at an opponent
- Slide tackling
- Handling the ball (except the GK in their own Penalty area)

Sending Off Fouls:

- Handling the ball deliberately, except for GK in their area.
- Denying an obvious goal scoring opportunity by handling the ball (except the GK in their own penalty area).
- Denying an obvious goal-scoring opportunity by fouling an opponent moving toward the goal.
- Player sent off cannot re-enter the game. Substitution is allowed after 2 minutes.
- Sending off will be at the referee's discretion.

PENALTY SPOT:

Approximately 20-feet from the center of the goal (basketball foul line). 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.

SECOND PENALTY SPOT

Approximately 30-feet from the center of the goal (top of the 3-point basketball arc). 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.

INDIRECT FREE KICK

5 yards of distance from kicker to set up wall, and ball is in play after it has been touched. A goal can be scored only if the ball subsequently touches another player before it enters the goal. If the kicking team takes more time than 4 seconds to take the kick, it becomes the opposition's indirect kick.

HEADING POLICY

Deliberate heading of the ball will not be allowed from Pre-K through 6th Grade (7th/8th grade is allowed to deliberately head the ball). When a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense.

If the deliberate header occurs within the penalty area, the indirect free kick should be taken from the second penalty spot (top of the 3-point basketball arc). The opposing team may setup a wall 5-yards from the ball. If a player does not deliberately head the ball, then play should continue.

The Goalkeeper

- Must wear a different color shirt. She/he may wear long pants and/or other padding as deemed safe by the match referee.
- May receive a kick-in 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.

Sports Communications-

Staff will send all communications through our sports management site playerspace. All updates to schedules and events will be posted to your team page. It is essential to download the playerspace app and you will receive push notifications.

**Notifications from Playerspace will be sent to the email address that you provided at registration. Please add noreply@playerspace.com to your safe sender list to ensure that you receive all notifications. If you have concerns about the email address that you provided at registration, contact your YMCA youth sports director.*

The Child First- The Sport Second!

It is our hope that participants, coaches, officials, parents, and spectators will assist us in keeping YMCA sports fun and safe for all. Behavior which does not align with the mission, spirit, values, or rules of the YMCA will be addressed per the YMCA's behavior policy

Zero Tolerance Policy:

The YMCA requires coaches, parents and spectators to abide by our **Zero Tolerance Policy**. Actions that will not be tolerated before, during or after practices or games are: verbal/physical abuse of referees, players, coaches or spectators; charging onto the field; arguing with referees, coaches or spectators; profanity or derogatory names or comments; any comments (other than encouraging or complimentary) or taunting directed at opposing players, coaches or fans. If a coach, parent or spectator does not abide by this policy a referee may give a warning, eject the offending person or penalize the team. If at any point the referee feels threatened, he/she may "abandon the game." If this occurs, the offender's team will suffer a loss by forfeit of the game.

YMCA Behavior Policy

The YMCA reserves the right to warn, suspend, expel, terminate any member, guest, or program participant in the following situations:

- Failure to follow YMCA behavior standards or from violation of any other posted, published or communicated rules or policies at a YMCA branch or program/event.
- If a person has been convicted of any crime involving sexual abuse, is or has been a registered sex offender, has been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics, or intoxicating beverages.
- If a person requires an inordinate amount of attention from the staff thereby causing inadequate levels of supervision for the remainder of the participants or members.
- If a person's behavior is determined to be inappropriate within the scope and spirit of the YMCA values.
- For any reason within the discretion of YMCA management.

Conflict Resolution Policy:

We strongly recommend that everyone abide by the 48 hour rule:

Unless it is an urgent matter of safety; parents, guardians and/or coaches who are upset regarding a situation or circumstance during a game or practice must wait 48 hours after the incident occurred before approaching the head coach, field director or sports director. Give time for emotions to subside, then define the issues thoughtfully and suggest solutions. All discussions and interactions that occur after the 48 hour period must be conducted in a mature, polite, civil, and non-intimidating manner. This includes all forms of communication (face-to-face discussions, emails, etc). If a resolution is not satisfactory, then the incident will be turned over to the sports committee for further review.

However, if you feel immediate attention needs to be called to your field during a game, find a field director or YMCA staff and proceed in a calm and respectful manner.

Referees:

-PLEASE RESPECT THE REFEREES - Referees have the ultimate authority during a game. If you feel attention needs to be called to your field during a game, send someone to find a field director or YMCA staff. If a coach or spectator is offensive in any way to a referee they will be ejected and suspended for a time to be determined by Sports Director. *Abuse of a referee will not be tolerated! The referee has been trained to be in position to observe the play both on and off the ball. The ref is often in the optimal position to see what is going on and frequently sees things that spectators or even players do not see. Give the referee the benefit of the doubt. Yelling at a referee will not change the call. Screaming or going after a referee in front of the players shows disrespect for authority.*

Coaches are not allowed to confer/discuss game calls with the referees after the game. Rule interpretations and game feedback should be brought to the field director or YMCA staff.

Volunteer Coaches: All Volunteer coaches will need to complete all three steps under the Coaches tab on <https://www.ymcaDallas.org/coaching-white-rock-ymca>

Team Formation

- Teams are formed based on grade, closest school, player and coach request.
- All requests are honored when possible. Placements based on availability. We cannot guarantee placement on a team by location or school, but we try our best.
- Existing teams new to the YMCA can join as full teams or a partial team.
- Returning teams: Players are guaranteed spots on their previous team only if registered on time. Roster spots will be filled after the registration deadline.
- Returning players can play on the same team or request a new team.
- Players can "play-up" a league. Players can never play down.

How to form a team/re-enter a team in the league:

To form a new team: Please submit a roster of the players that will be on the team via our sports director and on the signup to coach by going to <https://www.ymcaDallas.org/coaching-white-rock-ymca>. This is located on the White Rock YMCA website under a coaches Tab. From there, please remind parents to register by the registration deadline and to signify the team by team name and coaches name when registering.

When Registering: Please be sure that contact info is accurate and that an email and phone number are provided. When registering in person, please write legibly so we can be sure you are contacted appropriately and in a timely manner.

Players on pre-formed teams: If you are on a pre-formed team, your coach will be in contact with you about practice times, uniforms and the season.

Players (in need of a team): If you are in need of a team...players will first be placed on existing teams that need players. Placement will be based on grade, age, address, school and gender. Once existing teams' rosters are full, new teams will be formed. New teams will need new volunteer coaches.

General Makeup of a Successful team:

Head Coach- Game day/season leader

Assistant Coach- Aide the head coach with practices and games

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Team Parent- Responsible for most communication aide between the head coach and the team, communication between the head coach and the YMCA. Communication of snack schedules, team emails, team texts, team uniforms, game times and practice times.

Schedule Conflicts:

Once the schedule is live on, no changes will be made and other requests for days off, will not be honored.

- **The YMCA of Dallas is committed to providing a safe and enjoyable experience for all participants.**
- **Team will only be granted one schedule change request**
- **Schedule change request will not be accepted within 7 days of game**

Communication:

It is imperative to provide good contact information when one registers for the league as a player or a coach. The YMCA needs a good email for the participant/coach as well as a good phone number.

INCLIMATE WEATHER

Weather can be very unpredictable (i.e., ice, snow). If there is severe weather, please continue with CAUTION. We are more concerned with safety of all participants than completing a game. Discuss concerns with other coaches/site supervisors/officials

- Cancellations will be made as soon as possible. All cancellation notice will be posted on playerspace and an email will be mailed out. Typical weekend cancellations will be made by 7:30 am / weeknight cancellations will be made at 5:00 pm
- It is not a policy to cancel games because of a little rain, a little cold, or a little snow. Furthermore, parents are encouraged to make individual decisions for their own child when outdoor weather elements become a concern, as to whether to attend any particular game/practice even if the game/practice is not officially canceled.

THUNDER / LIGHTNING POLICY

- The YMCA observes the 30 SECOND - 30 MINUTE lightning safety rule for all outdoor programs and activities.
- Seek safe shelter if, the flash to bang count reaches 30 seconds.
- Stay indoors for 30 minutes after hearing the last clap of thunder.

Coach's Shirts

All volunteers must be in a YMCA coach shirt in order to be on the field or team sideline area during games (this includes all assistant coaches). The parent's sidelines will be on the opposite side of the field/court of the player's bench.

Refund Policy

- Refund request must be made in person at the YMCA front desk
- \$20 processing fee / \$20 uniform fee
- No refunds after first game