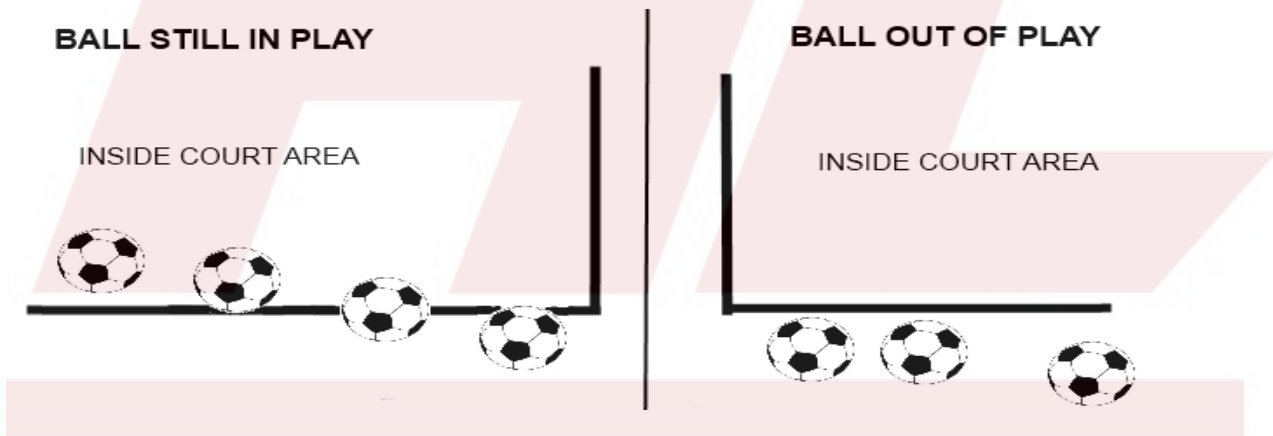


FUTSAL RULES SIMPLIFIED

1. The game of Futsal is played on an indoor or outdoor court, the field size of the court measures from 15mtrs wide to 30mtrs long, or for International Standard it will be 40mtrs x 20mtrs with 3mtrs x 2mtr goal posts.
2. From a kick off, the ball must be played forward. A goal CANNOT be scored directly from a kick off.
3. A team consists of 5 players, 4 court players and 1 goalkeeper; the maximum number of players in a team is 12.
4. No tackling from behind or dangerous slide tackling is allowed.
5. **Dangerous play is not allowed.**
6. All players **MUST BE REGISTERED** with Vikings Futsal.
7. **SHIN PADS ARE COMPULSORY**
8. **LONG SOCKS COVERING THE SHIN PADS ARE COMPULSORY**
9. Players are **not permitted** to use objects that might endanger them or others, including any kind of accessories, jewellery and/or glasses.
10. Unlimited 'flying' substitutions. Players can re-enter the game as many times without notifying the referee, this also includes the goalkeeper (games will not be stopped for substitutions). Substitutions must be made in the substitution area. A substitute player can only enter after the player they are substituting is of the court.
11. There is NO offside in Futsal, and players can score from anywhere in the court of play.
12. When the ball goes out over the sideline, it is then placed on the sideline; it must be stationary and kicked into the court to another player. All opposing players must be at least 3 metres from the ball, the foot not kicking the ball must be OUT of the court or part of the foot touching the side line.
13. A goal cannot be scored directly from a sideling KICK-IN, but you can from a corner KICK-IN.



14. The goalkeeper cannot throw the ball over the $\frac{2}{3}$ line on a small court, or over $\frac{1}{2}$ way line on an International size court, once the Goalkeeper uses their hands to handle the ball, they must throw the ball back into play, however if the goalkeeper does not handle the ball with their hands, they are free to kick the ball any length and even score.
15. The Goalkeeper is not allowed to drop-kick the ball at any time.
16. Goal Clearance or Goalkeepers throw, the goalkeeper throws the ball from the marked goal area to restart play after the ball has gone over the goal line, last being touched by an attacking player.
17. The goalkeeper has 5 seconds time limit to control the ball and release it from their possession in their own half of the pitch.
18. Goalkeepers are not allowed to pick up the ball with their hands from a deliberate back pass from any of their team mates.
19. The game has a 5 second time limit at all kick-ins, corner kicks and free kicks.
20. Free Kicks, the opposition must be back 3mtrs from the taking of any free kicks, unless the team awarded the free kick decides to take a quick free kick.
21. Hand ball is when a ball touches a player from the shoulder down (not including the shoulder). A deliberate hand ball will be awarded with a direct free kick/penalty to the opposition. An accidental hand ball will be awarded an indirect free kick to the opposition; unless the opposing team gains advantage (advantage rule); this decision is up to the referee's discretion. Female players are allowed to protect their chest area and male players are allowed to protect their groin area with their hands and arms, as long as there is no movement of the hands and arms towards the ball.
22. Each team has 5 team fouls per half, any fouls after the 5th will be penalised with a ten meter penalty shot by the opposition.
23. During the game, a referee has the option of using 2 cards, Yellow and Red.
24. Referees have the right to warn, ask to leave or eject from the Stadium, any spectator or player whom they feel is bringing the game into disrepute.

PLAYERS INFRINGEMENTS

SERIOUS FOUL PLAY: The following offences will receive either a yellow or red card depending on the severity of the infringement (referees discretion):

- Stopping an obvious goal scoring opportunity by tripping, holding, impeding, and handball
- Deliberate kicking an opponent
- Deliberate elbowing an opponent
- Violent tackle from behind
- Over the ball tackle

SERIOUS VIOLENT CONDUCT: The following offences are red card/suspension.

- Striking an official or player
- Spitting at an official or player
- Threaten an official or player with physical violence
- Attempting to strike an official or player with ball or other object
- Pushing an official with open hand, shoulder or hip

USE OF FOUL AND ABUSIVE LANGUAGE: The following are cautionable offences with a yellow or red card depending on the severity of the infringement (referees discretion)

- Making obscene gestures
- Offensive insults or abusive language

Should a player be sent from the court for a red card offence, the referee will record the players name and ID number and fill out the "send of incident" form.

CODES OF BEHAVIOUR

PLAYERS CODE OF BEHAVIOUR:

- Play by the rules
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the match.
- Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, team mates and opponents. Without them there would be no competition.
- Participate for your enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

COACHES CODE OF BEHAVIOUR:

- Remember that young people participate for pleasure and winning is only part of the fun.
- Never ridicule or yell at a young player for making a mistake or not coming first.
- Be reasonable in your demands on players' time, energy and enthusiasm.
- Operate within the rules and spirit of the sport and teach your players to do the same.
- Ensure that the time players spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
- Avoid overplaying the talented player; the just average need and deserve equal time.
- Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrations, parents and spectators. Encourage your players to do the same.
- Show concern and caution towards sick and injured players. Follow the advice of a physician when determining whether an injured player is ready to recommence training or competition.
- Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
- Any physical contact with a young person should be appropriate to the situation.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.

PARENTS/SPECTATORS CODE OF BEHAVIOUR:

- Remember that children participate in sport for their enjoyment not yours.
- Encourage children to participate do not force them.
- Focus on the child's efforts and performance rather than winning or loosing.
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or loosing a match.
- Remember that children learn best by example. Appreciate good performances and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect official's decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, without them your child could not participate.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.
- Condemn the use of violence in any form, whether it is by spectators, coaches, officials or players.
- Show respect for your team's opponents without them there would be no game.
- Do not use foul language, sledge or harass players, coaches or officials.
- Applaud good performance and efforts from all individuals and teams. Congratulate participants on their performance regardless of the games outcome.