

# **2019-2020 Futbolfit Winter League**

## **Official Rules**

### **The Ball**

The ball is size 3 for U6 and below, size 4 for U8 to U12 and size 5 for U13 and above.

### **The Players**

Number: All leagues from U6 and above will be playing 5 on 5 (4 + goalkeeper) You may start a game with no fewer than 4 (3 + goalkeeper).

Substitutions: Each team may substitute players freely; provided that, during play, players must substitute off the field of play before the substitute enters the field of play.

### **The Players' Equipment**

Players wear their team's jersey, consisting of the same colors, shin guards, and athletic footwear. Jewelry and other accessories are prohibited. The Goalkeeper wears jersey colors distinguished from all other field players and from the Referees. If teams do not have uniforms, then Futbolfit will provide pennies for the team.

### **The Referee**

The decisions of the Referee regarding facts connected with play and interpretations of the Rules are final.

### **The Duration of the Game**

A regulation game consists of two Halves of 20 minutes, totaling 40 minute games. There will be a STRICT 2 minute halftime. The Clock will start at the game time, and start for the second half whether the teams are ready or not.

### **The Ball In And Out Of Play**

Whenever the ball hits the netting (netting encloses the field), there is an indirect free kick awarded to the opposing team where it hit the net. If the ball is hit outside of the field (opening where the doors are), an indirect free kick is awarded to the opposing team where it went out. The walls are all in play.

### **Heading – U12 and younger**

No player in U12 or younger age groups is allowed to head the ball. If the ball is headed by a player, then an indirect free kick will be awarded in the spot of the header for the opposing team.

### **Goalkeeper – Using Hands**

The Goalkeeper may reach out of the box and handle the ball with hands as long as both feet are in the box. If both feet are not in the box and the goalkeeper touches the ball outside of the box with hands, then it results in a direct free kick where the goalkeeper's hands touched the ball.

## **Scoring**

A team scores a goal when the whole of the ball legally passes over the Goal Line. You may not score directly off a kickoff or indirect free kick. Goalkeepers cannot score by throwing, punting, or drop-kicking it in the opposing teams goal.

If a team gets up by 7, the opposing team puts on another player (making it 6v5). If a team gets up by 10, the opposing team puts on a second additional player (making it 7v5). If the game gets back below 7 difference or between 7-9, then the normal amount of players will be allowed on the field, respectively. A game score will not be posted more than 10 difference (if the score of a game is 15 to 2, it will be recorded as 12-2).

## **Fouls and Other Violations**

All fouls are the same as FIFA outdoor soccer rules. Differences are listed below:

(a) Boarding – when a player is touching the boards, and an opposing player pushes them into the boards – direct free kick awarded.

(b) Goalkeeper may only hold the ball in their hands for 5 seconds – if longer, the referee may reward an indirect free kick for the opposing team.

Pass back to goalkeeper is not allowed, just as outdoor rules. This results in an indirect free kick for opposing team.

When a free kick is awarded, the opposing team is to respect the distance needed for the ball to be played.

**\*\*Cautionable Offenses:** The Referee issues a Yellow Card for reckless Fouls and for:

(a) Unsporting Behavior by any non-player personnel;

(b) Provoking Altercation: Making physical contact with an opponent (e.g., pushing or poking), short of fighting, or using the ball in so doing.

(c) Continuous fouling/slide tackling

(d) Foul language

(e) Not Respecting the Distance on Free Kick or Delaying a restart

(f) Spitting on the field

**\*\*Ejectionable Offenses:** A person receives a Red Card for Fouls, which the Referee considers violent or committed with excessive force, and for:

(a) Second Yellow;

(b) Elbowing: Intentionally elbowing an opponent above the shoulder;

(c) Vicious Slide Tackling: A tackle from the side or from behind directly into one or both legs of an opponent, seriously endangering him;

(d) Fighting;

(e) Leaving Team Bench or Penalty Area to engage in a fracas or confrontation with the opposition or a Game Official;

(f) Extreme Unsporting Behavior

## **Time Penalties**

The following penalties apply to offenses for which a Card is issued:

(b) Yellow Card: 2-minute Time Penalty for player (the team will play down 1 player for the 2 minutes or if the opposing team scores, whichever is first)  
(d) Red Card: Player ejection and team will play down 1 player for remaining time. Player will also have a minimum 1 game suspension or more depending on the offense.

**Adult League Additional Rules**

There will be fines for Yellow and Red Cards

3<sup>rd</sup> or more Yellow Cards - \$25 fine each time

1<sup>st</sup> Red Card - \$25 fine

2<sup>nd</sup> or more Red Cards - \$35 fine each time

Yellow Card accumulation

5 yellow cards = 1 game suspension

This is for the full season, playoffs included. Meaning the accumulation never starts over, it does not start over for the playoffs. If you have 4 yellow cards and get a 5<sup>th</sup> in the semi-final, then you will be suspended for the final!