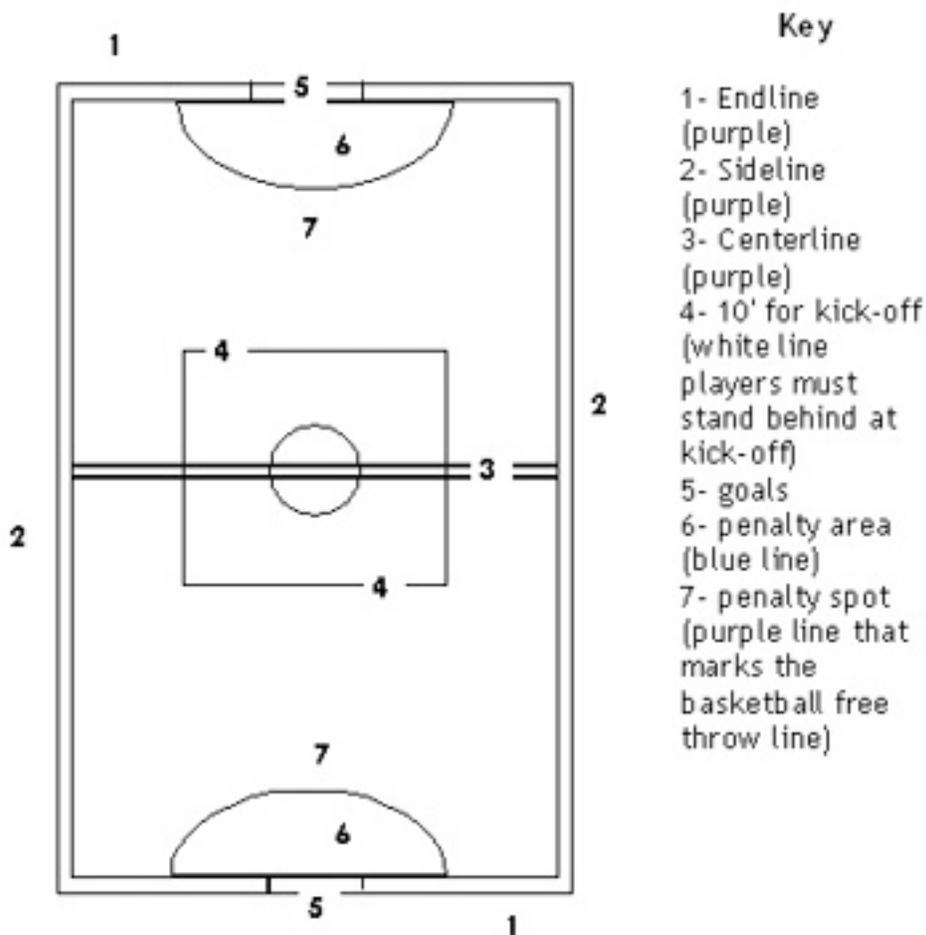


CITY OF CAPITOLA RECREATION DEPARTMENT FUTSAL LEAGUE RULES

Welcome to Capitola Recreation's Futsal league! This booklet is both an introduction to our unique form of indoor soccer as well as a sourcebook for future reference. There are a number of rules and situations that continually cause confusion. Each season there are new players or teams that have never played indoor, or at least never played *our* form of indoor. It is our aim to enhance the experience of our players and minimize conflict among players and between players and officials. We hope that this booklet will prove valuable to new as well as returning players and officials.

FUTSAL COURT DIAGRAM

Futsal is played on a regulation size full-length basketball court. The gym at New Brighton Middle School is lined for futsal, as follows:



PLAYING TIME

- The game consists of two 25 minute halves with a 3 minute halftime.
- In the event of a tie at the end of regulation - *One* 5 minute overtime (this is **not** sudden death, and may end in a tie).
- **PLAYOFFS ONLY** - an additional sudden death overtime.

PLAYOFFS

A variety of playoff formats may be used. The most common form is 1st vs. 4th; 2nd vs. 3rd in the first round, with the winners playing for the championship in the second round. Seeding is determined based on each team's overall standing at the end of the regular season. Overall standings are based on a percentage system. Wins are worth one point, a tie is half a point, a loss is zero points. In the event two teams are tied in the standings, the following criteria will be used to determine a higher seed:

- Who beat who in head to head competition.
- Who gave up less points defensively in those games
- Who gave up less points defensively throughout the season.
- If three teams are tied:
 - Who has the best record in games involving only those three teams.
 - Who gave up less points defensively in those games.
 - Who gave up the least amount of points defensively throughout the season.

START OF PLAY

Play begins with a kick-off from the "visiting" team. The ball must make one full rotation forward before being played in any other direction. Opposing team players must be 10' from the center-line (see diagram).

PLAYING AREA

- The playing area is defined by the wide purple line that also defines the basketball court. The longer side is the 'sideline' - the shorter side is the 'endline.' **The line is part of the playing area**, so if any part of the ball is touching the line, it is still live. **When in doubt play on.**
- The PENALTY AREA is defined by the BLUE arc in front of each goal. This line is very important so be sure you know where it is; many goals end up being taken away because they were shot from within the penalty area.
- Any ball that bounces off the goal posts or crossbar and into the playing area (as opposed to into the goal) is still in play.
- Any ball that hits the ceiling (or any apparatus attached to the ceiling) above the playing area and falls into the playing area will be considered out of bounds. Play will be restarted with a free kick at the spot where the ball landed. If the ball falls into one of the penalty areas, play will be restarted with a drop ball in the center of the nearest *penalty spot*.

NUMBER OF PLAYERS

- Teams consist of 5 players one of whom is the goalie.
- Teams must have 4 players to begin a game.
- If a team does not have the minimum number of players required at game time, they are given a five minute grace period before forfeiting the game. Play begins **immediately** when the minimum is reached - teams may not "use up" the grace period waiting for a full line-up or a particular player. Time used during the grace period is game time and will **not** be put back on the clock.
- Under most circumstances, teams may not continue to play with fewer than 4 players. (see PLAYING SHORT)
- **Co-ed Leagues:** If 5 or more players are present, the goalie may be of either sex AND 2 women (excluding the goalie) must be in the game at all times. If only 4 players are present, 2 of them must be women (excluding the goalie) to start or continue play.

PLAYING SHORT

Teams may play short for the following reasons:

- They have been penalized for illegally substituting.
- A player is sitting because of a yellow card and no substitute is available.
- Multiple players are sitting because of yellow cards.

In these cases, if a team has *more* players *and* scores a goal, any penalized player(s) return to play. In these cases a team may fall below the required minimum # of players during the penalty period.

- Only the minimum # of players showed up to play.
- A player is injured and no substitute is available. If the injury puts a team below the minimum, the game is forfeited at that time. The referee may “force” a player to sit out if, in the referee’s opinion, an injury would make continued play unsafe. Please do not jeopardize a player’s health to avoid forfeiting a game.
- A player is bleeding or has blood on clothing or equipment. Minimum does not apply if the player is able to return to play after covering the injury and, if necessary, changing clothes or equipment. If the player is unable to return to play the minimum applies. (Capitola Recreation does not provide first aid supplies and our officials are instructed **not** to provide first aid).
- A player has been ejected. *No substitution is allowed in this case.* If the ejection puts a team below the minimum, the game is forfeited at that time.

SUBSTITUTIONS

- Substitutions can only be made **after** checking in with the sideline official, and will occur at the **next** dead ball situation. This process is in place for safety reasons and to maintain the flow of the game. Players entering and leaving the playing area uncontrolled present a safety hazard. Controlling the substitution process minimizes its impact on the flow of the game.
- **Penalty:** the offending team(s) play short 1 player for 3 minutes. Additional infractions during the 3 minute penalty period will result in additional players sitting (see PLAYING SHORT).

ADVANTAGE

- The referee has the power, and duty, to **not** make a call when doing so would give the advantage to the offending team, or take away the advantage of the offended team. Basically, this means that the official will not stop play to give the ball to the team that is already in possession of it. Because of this, there will often be a slight delay between an infraction and the whistle while the official is determining advantage. Also, to keep some flow in the game, some “obvious” minor infractions may not be called.
- **Depending on the severity of the infraction, the offending player may be penalized at the next opportunity even if no call was made because of the advantage rule.**
- The official’s decision is not revoked if the advantage is not realized.
- The advantage rule, when appropriately applied and understood by players and officials, greatly enhances the flow of the game. **When in doubt play on.**

GOING TO THE FLOOR

- In Futsal, players (excluding the Goalies) must stay on their feet **at all times**. Going to the floor “accidentally” is still an infraction; it does not matter whether it was intentional or not, players are expected to control their speed and balance. Slow down, and wear good shoes.
- **Any goal resulting from an attempt that causes the kicker to go to the floor will not count.**

Penalty: depending on the severity and number of infractions, a penalty kick will be awarded to the opposing team and the player committing the infraction will be warned, issued a yellow card, or ejected.

OFFSIDES

- Offsides occurs when a *pass is received* in the **opposing** team's PENALTY AREA.
- Players may not attempt to play or steal a ball that is in the possession of the opposing goalie.
- In these cases the penalty is a goal kick being awarded to the opposing team.
- Any player may take possession of a *loose ball* in the penalty area and not be offsides.
- If a player has legal possession of the ball in the opponent's penalty area no offensive action can be taken, and the ball must be immediately taken *out* of the penalty area.
- **These rules are for the safety of the goalie and are not subject to the advantage rule.**

ACTION INVOLVING THE GOALIE

For the goalies:

- Goalies may not maintain possession of the ball for more than 5 seconds.
- Goalies may not touch the floor outside the PENALTY AREA while the ball is live. Location of 'play' or the ball is *not* a factor. Goalies may reach outside the penalty area to grab the ball provided no part of their body touches the floor.
- When going to the floor, goalies may not slide into other players. Repeated violations may result in a yellow card or ejection.
- Following any dead ball situation (kick off, side kick, corner kick, goal kick, penalty kick, or drop ball) goalies may **not receive a direct pass** until the ball has been touched by a member of the opposing team. This is to prevent intentional game delays.
- After possessing the ball (and getting rid of it in 5 seconds!) a goalie may not *receive a pass* until the ball is touched by a member of the opposing team.

Penalty: In these cases the penalty is a free kick being awarded to the opposing team to be taken from the *penalty spot* (See diagram).

- When throwing in, the ball must touch **any** player or the floor before crossing the half-court line.

Penalty: a free kick being awarded to the opposing team to be taken at any point along the half-court line. (players may request 10').

For all other players:

- Players may not attempt to play or steal a ball that is in the possession of the opposing goalie
- Players may not charge a goalie who is making a legal attempt to block a shot or is legally attempting to gain pos-session of the ball. In other words, do not physically intimidate the goalie, and do not allow momentum to carry you into the goalie.

Penalty: In these cases, depending on the severity and number of infractions, a goal kick will be awarded to the opposing team and the player committing the infraction will be warned, issued a yellow card, or ejected.

- Only goalies may handle the ball with their hands.

Penalty: a free kick being award to the opposing team to be taken at the spot where the infraction occurred.

SCORING

A goal is scored when the ball *completely* crosses the goal line and goes into the goal. A goal will NOT be scored:

- If any part of the ball or any part of the attacking player's body is within the opposing team's PENALTY AREA when the attempt is made.
- If the attempt originated from a side kick, corner kick, goal kick, kick off, penalty kick, or drop ball and **was not** touched by another player (excluding the goalie) before entering the goal. In other words, any kick originating from a dead ball may not score directly. The goal will not count even if the ball ricochets off the defending goalie.
- If the attempt causes the kicker to go to the floor.

In these cases play will be restarted with a goal kick by the defending team.

SIDELINE KICK-IN

- Any ball that passes **completely** outside the sideline will be returned to play with a 'kick-in' at the spot where it went out.
- The ball may be kicked in any direction.
- The ball is in play when it **completely** crosses the sideline.

Offense

- The ball must be kicked-in within in 5 seconds.
- The ball must be **outside** the sideline and at a **complete stop** before the kick-in.
- Only one attempt is allowed.

Penalty: the ball being awarded to the opposing team to be kicked in at the same spot.

- Once the ball is in play, the player kicking-in may not touch the ball again until it has been touched by any other player.

Penalty: a free kick being awarded to the opposing team to be taken at the spot where the violation occurred.

- The ball may not be passed to the goalie until it has touched a member of the opposing team.

Penalty: a free kick being awarded to the opposing team to be taken from the *penalty spot*.

- A goal may not be scored directly from a kick-in. Play will restart with a goal kick by the defending team.

Defense

- Players defending a sideline kick-in must be 3 feet from the sideline until the ball is in play.

Penalty: a free kick being awarded to the opposing team at the spot where the violation occurred.

CORNER KICK

Any ball that passes completely outside the endline (unless it's a goal), having last been touched by a member of the defending team, will be returned to play by the attacking team with a 'corner kick.'

Offense

- Corner kicks must be taken from the corner.
- Corner kicks must be taken within 5 seconds.
- A goal may not be scored directly from a corner kick.

Penalty: a goal kick being awarded to the opposing team.

- Once the ball is in play, the player doing the corner kick may not touch the ball again until it has been touched by any other player.

Penalty: a free kick being awarded to the opposing team at the spot where the violation occurred.

Defense

- Players defending a corner kick must be 3 feet from the corner until the ball is in play.

Penalty: a free kick being awarded to the opposing team at the spot where the violation occurred.

GOAL KICK

Any ball that passes completely over the endline having last been touched by a member of the attacking team will be restarted by the defending team with a 'goal kick.'

Offense

- Goal kicks may be taken from anywhere in the penalty area.
- The ball must be on the floor and still. Drop-kicking or throwing-in is not allowed in this case.
- Following a goal kick, (including those taken by a player other than the goalie) the goalie may not *receive a pass* until the ball has been touched by a member of the opposing team.

Penalty: a free kick being awarded to the opposing team to be taken from the *penalty spot*.

- If a player other than the goalie takes the goal kick, that player may not touch the ball a second time until it is touched by another player.

Penalty: a free kick being awarded to the opposing team at the spot where the violation occurred.

Defense

- Defenders must be 3 feet from the edge of the penalty area until the ball has passed completely outside the penalty area.

Penalty: a free kick being awarded to the opposing team at the spot where the violation occurred.

FREE KICKS

ALL free kicks are INDIRECT. In our league this means that following the kick, the ball must touch a player other than the one taking the kick (*excluding* the defending goalie) before a goal can be scored. Any ball that goes into the goal without being touched by another player – even if the defending goalie touches it in an attempt to block it – will not count. In this case play will be restarted with a goal kick to be taken by the defending team.

Offense

The team taking the free kick may do so in the following manner:

- Bring the ball to a complete stop at the spot where the penalty occurred, and immediately put it into play.
- Insist that the defending team provides 10 feet of clearance before taking the kick. In this case the referee will judge how far 10' is and will start play with the whistle. The attacking team then has 5 seconds to put the ball in play. Asking for the space and then putting the ball in play before the whistle, is considered unsportsmanlike and will result in the kick being turned over to the other team at the same spot, and a warning, yellow card or ejection of the offending player.

Defense

If the attacking team insists on 10 feet, it is in relation to the ball not the opposing team's players. In other words you may not 'follow' the player you're defending into the 10' circumference surrounding the ball.

PHYSICAL CONTACT

While we like to think of Futsal as a game of skill, a certain amount of contact is inevitable. The intent of these rules is to prevent unsafe and unsportsmanlike contact. There is a limited amount of leeway in the interpretation and application of these rules based on the league, however, overly aggressive play (including attitude) will not be tolerated in any of our leagues. The Over 30 Co-ed 'C' is least aggressive, with Open Coed being the most aggressive. Additional consideration is given to relative size of players – contact between two big, aggressive players may be 'incidental', while the same contact between a big player and a smaller player may be a foul. In fact, physical intimidation without any contact may be considered a foul. Needless to say – kicking or attempting to kick another player, striking or attempting to strike another player, tripping or attempting to trip another player, spitting, verbal abuse, and any other *violent* behavior will not be tolerated. The rule of thumb here is to **PLAY THE BALL NOT THE PERSON**.

- Charging/Blocking: Each player has the right to move without being blocked. Each player has the right to stay still without being charged. Possession of the ball is *not* a factor. Basically, don't step in the way of someone who is moving, and don't plow into someone who is not moving.
- "From behind": When defending a player from behind (*especially* when both players are in motion) no contact is allowed, even if you contact the ball only.
- Obstruction: A player **not** in possession of the ball may not use his/her body to keep another player from possessing the ball. In other words, no moving picks or screens.
- Holding: Players may not grab or hold another player for any reason, this includes hand-checking.
- Pushing: Pushing generally grows out of incidental contact. Players who keep their elbows down and their hands to themselves are rarely called for pushing fouls. The difference between a hand-check and a push is impossible to determine, so hand checking is not allowed.

Penalty: depending on the severity and number of infractions, a free kick will be awarded to the opposing team at the spot where the foul occurred **and** the player committing the foul will be warned, issued a yellow card, or ejected.

CARDS

In many cases the referee may issue a warning or warnings before penalizing players or teams. This is especially true early in the season while teams are ‘adjusting.’ Warnings issued to one member of a team apply to all members of that team, *including those on the bench*. Occasionally, a referee may warn all players during a dead ball if things seem to be getting “out of hand.” Paying attention to warnings and adjusting style of play based on warnings will greatly reduce conflict with officials and minimize the number of cards being issued.

- Players must adjust their style of play based on the rules and policies of Capitola Recreation and its representatives (i.e. officials) – not the other way around.
- **Yellow card:** Players receiving a yellow card must sit for 5 minutes. Substitutions are allowed. The minimum (# of players) *does not* apply. There is no formal penalty for the accumulation of yellow cards, however, repeated violations will result in higher penalties by the referees and/or League Director.
- **Red card:** Players receiving a red card must leave the building and the grounds and do so in a timely manner (league policy – 3 minutes). The penalty for refusing to leave the playing area in a timely manner is forfeiture of the game. Substitutions are *not* allowed.
- If the ejection puts a team below the minimum, the game is forfeited at that time. Players receiving a red card cannot play (or even be present) for a minimum of one game following the ejection.
- Any player who receives 3 red cards during a season will be suspended for the remainder of that season. Depending on the severity of the incident that lead to the ejection, a player may be penalized additional games, be put on probation, be suspended for the remainder of the season, or be banned from future play in any of our sports leagues (in each of these cases, for an amount of time to be determined by the League Director). In the most extreme cases – which is *very* rare in *any* sports league – Capitola Recreation is obligated to notify other SANCRA member agencies, who will also honor the ban.
- In extreme cases involving players from both teams, the referee may stop play altogether, in which case both teams will receive a loss.

DEALING WITH OFFICIALS

League policy states “The team manager only shall represent the team. Players shall not approach the officials.” This is to protect the officials. This does not mean that no one else may speak to the officials; it only means that if there is an “issue” the manager (or acting manager if the manager is not present) will be the *one* person to discuss the situation with the official. That person can then pass on pertinent information to the rest of the team. Players who disregard this policy are subject to disciplinary action by the official and/or League Director.

- Officials are human and as such are subject to error; this is unavoidable. A problem exists when there is a *pattern* of misapplication or misinterpretation of a rule (see *Protests* in the *Capitola Recreation Athletic Guide*).
- When dealing with officials, the way you approach them is extremely important. When and how a player approaches and questions an official has a profound affect on whether the contact will be positive or negative.

- Any player who approaches an official in an aggressive manner (in the official's judgment) will not be given the opportunity to "state his case" and will be subject to ejection. Even if an official is totally wrong in the application or interpretation of a rule, it is not acceptable to be verbally abusive. Remember, the officials are part of the game, and are committed to ensuring an environment that is safe and fun for ALL participants.
- A brief expression of disappointment over a call is natural and acceptable. Personally criticizing an official, or going on and on about a call that is long past, on the other hand, is not acceptable – it won't change the call, it takes the complaining player's "head" out of the game, and may lead to disciplinary action.
- It is not appropriate to attempt a discussion with an official while the ball is live. Players who insist on disrupting the game this way may be ejected.
- It is the players' responsibility to demonstrate a perceived error (by referring to this or other written rules). It is **not** the officials' responsibility to prove that they are right. In many cases a brief referral to the rules will answer a question or solve a dispute. Do not approach an official regarding what you perceive to be a misapplication of the rules unless you have a copy of the rules to back up your claim. This booklet will be available at all games for this purpose. Many times players get upset when an official is enforcing rules that those players do not know or understand.
- The vast majority of questions arise due to the ADVANTAGE rule, when a perceived infraction does not get called. The advantage is often not apparent to players in the game who may not see the "big picture." Often the goalies will have a clearer picture of the advantage – it is recommended that this option be explored before questioning an official.
- Judgment calls are not subject to protest in Futsal or any sports league. This is an industry standard. (See *Protests* in the *Capitola Recreation Athletic Guide*)

GYM RULES

- No food or drink, with the exception of water, is allowed in the gym
- No smoking or intoxicants are allowed in the gym or on school grounds.
- Children in the building must be supervised at all times. Children and spectators must be in the lobby or seated in the teams' designated areas. The referee or lines-person may stop play until people are in their areas. The clock will continue running.

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