

# Suffolk FA – Futsal Rules: 5v5's

- 5 players on the pitch
- 1 of the players is to be designated as a goalkeeper and only they can handle the ball in the penalty area
- Substitutions: Roll on Roll off Substitutions. All players' should play at least 50% game-time
- Equipment - Small goals are provided for each game in addition to a low bounce size 3 Futsal ball
- When the ball goes out of bounds over the sidelines (touchline), it is put back into play by a kick-in. The kick-in cannot be shot directly into the goal
- When the ball goes over the end line, it is put back into play by the goalkeeper throwing it either underarm or overarm (a goalkick)
- Players are encouraged to get the ball back into play within 4 seconds
- Goal Kicks – Before a player passes the ball in, the other team must retreat past the half way line. However if the team passing the ball in wish to take it before the opposite team have retreated they can
- Regular corner kicks (players must be 3 big steps from the ball)
- After a goal has been scored, play shall begin by a restart from the centre circle
- Players can score from anywhere on the field (except from a kick in)
- All fouls outside of the penalty are penalised by a free kick. Fouls inside the penalty are will result in a penalty kick
- There are no offsides



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