



FUTSAL RULES 2025
SLO Parks & Recreation & SLO YMCA



**If you have any game questions, please call the SLO Parks and Recreation
Department at 805-781-7067**

SPORTSMANSHIP AND SAFETY

- In case of a one-sided game, pull your high scorers out of the game or/and stop running fast break or/and allow your other players a chance to handle the ball.
- All players must play at least half of each game and coaches should do their best to make playing time fair for each player on their team.
- After each game, players and coaches from each team will cheer the other team at half court.
- All players must wear athletic shoes and their correct team uniform.
- No jewelry is allowed on players while playing that includes rings, earrings, watches, necklaces, and/or bracelets.
- No taunting, fighting, foul language or disparaging referee calls will be allowed. This applies to all coaches, parents, spectators, and players.
- The goal for this basketball league is to teach basketball skills and promote sportsmanship.
- If a player is bleeding or has blood on their uniform/body, that player needs to leave the game and can't return until the blood is stopped or covered.

TEAM CODE OF CONDUCT

As a coach, you set the tone for your team's culture while upholding the Code of Conduct. This code is rooted in creating a team culture which recognizes that each player is a valuable member of your team. You are empowered to find ways to bring out the best in each of your players and volunteers that fosters a supportive environment that is safe and inclusive for all.

ANTI-BULLYING AND ANTI-HARASSMENT POLICY

Every person in sport, in every role, has the right to participate in an environment that is fun, safe, and healthy, to be treated with respect, dignity and fairness. Bullying denies participants these rights and can result in feelings of disgrace, embarrassment, shame, or intimidation. Bullying can also affect an individual's athletic performance, level of enjoyment, work or school life, academic achievement, and physical and mental health. Coaches may be able to prevent bullying behaviors by emphasizing other aspects of sport such as enjoyment, teamwork, sportsmanship, and skill development, especially at the junior level. The City of San Luis Obispo has a zero-tolerance policy regarding any type of bullying or harassment of any players, coaches, volunteers, staff, or spectators. Persons in breach of this policy may be subject to immediate removal from the program. If you see something, say something, and notify Parks and Recreation staff immediately.

INCLUSION POLICY / STATEMENT

The City of San Luis Obispo Parks & Recreation Department is committed to making San Luis Obispo a more welcoming, equitable, and inclusive city for all. Being inclusive is about exemplifying self-awareness and respecting the complexities of individuals identities as an opportunity for ensuring that everyone feels like they can authentically engage in the sport. This includes pro-active behaviors, options, and actions to make

people from all backgrounds, socio-economic status, ages, and abilities feel welcome, respected and that they belong on your team.

Parks and Recreation strives to provide programming that cultivates a welcoming, inclusive, and safe environment in which everyone's diverse identities and experiences are valued and respected. Our city values diversity, promotes equity and belonging, actively denounces systemic racism, and believes that both in value and practice, San Luis Obispo can be a place where all members regardless of race, ethnicity, gender identity, sexuality, religion, or ability are represented, respected, valued, and heard.

One of the four Major City Goals is the commitment to making San Luis Obispo a more welcoming, equitable, and inclusive city for all. Parks and Recreation Department will use these guiding principles and organizational values to intentionally create a nurturing and educational environment focused on individuality, celebrating differences, and joining together as a community.

LINKS TO RESOURCES

[City of San Luis Obispo Office of Diversity, Equity, and Inclusion](#)

[Play by the Rules: Inclusion and Diversity – what is it?](#)

[Game Plan for Coaches: Creating Safe and Inclusive teams for LGBTQ+ Athletes](#)

[Gender Diverse Youth Sport Inclusivity Toolkit](#)

[League Website](#)

[City of SLO](#)

[SLO County YMCA](#)

Basic Equipment

- A team jersey provided by the League.
- Shorts and socks
- Shin-guards (are covered entirely by the socks). Are made of a suitable material. Provide a reasonable degree of protection.
- Footwear-indoor sports shoes with a non-marking sole NO CLEATS.
- A player must not use equipment or wear anything which is dangerous to himself or another player, including any kind of jewelry.

Players

Each team will have 5 players on the court (4 players and one goalkeeper). Equal amount of playing time required for each player on the team. There are no restrictions on the number of substitutions that may be made during a match. Substitutions can be made at any time, whether the ball is in play or not but only in the specially demarcated substitution zones (in front of your bench only). Players can be substituted back into the game only after a minimum of a 2-minute rest or a score of a goal.

Periods

- Grades 1+: (4) 10-minute quarters of playing time – 3-minute halftime.
- Kindergarten: (2) 15-minute periods of playing time
- Clock ONLY stops for timeouts.
- The duration of either half may/could be prolonged to enable a penalty kick to be taken.
- 3-minute halftime

Field of Play / General Rules

- We use the basketball out of bounds lines as our futsal out of bounds lines. The baseline is the goal line, and the sidelines are our touch lines
- LR, LCC and Hawthorne – all basketball perimeter lines are used for play.
- Sinsheimer
 - Stage is used for rebounds.
 - This enables a quick and continuous play.
- CL Smith
 - Bleachers for rebound into play. Play is stopped when ball enters the bleachers.
 - Bottom step of stage is used for rebounds.
 - This enables a quick and continuous play.
- The area within the basketball three-point line is the penalty area.
- Ball must be played below players' shoulders from any kicks. Penalty to kicking team – Indirect Free kick. Encourage Goal Keepers to roll the ball back into play.
- No headers for any divisions - Indirect Free kick awarded to other team.

Time-Outs

- 1 timeout per half per team (1st half TO doesn't carry over to 2nd half)
- The teams are entitled to request a time-out of one minute in each half whereby the following principles apply: The team coaches are authorized to request the timekeeper for time-out of one minute. A time-out of one minute may be requested at any time, but only permitted when the team is in possession of the ball.
- No time-outs in extra time.

Start of Play

- The choice of ends is decided by the toss of a coin. (Away team calls the coin toss)
- The team winning the toss decides which goal it wishes to attack in the first half of the game.
- The other team takes the kick-off to start the game.
- The team which wins the toss takes the kick-off to start the second half of the game.
- In the second half of the game the teams change ends and attack the opposite goals.

Kick Off

A kick-off is a way of starting or restarting play:

- At the start of the game
- After a goal has been scored
- At the start of the second half of the game
- At the start of each period of extra time, where applicable
- A goal may NOT be scored directly from the kick-off unless played forward to an opponent and ball is kicked in attacking half.

Procedure of a Kick-off

- All players are in their own half of the court.
- The opponents of the team taking the kick-off are at least 10 feet from the ball until it is in play.
- The ball is stationary on the center mark.
- The referee gives the signal.
- The ball is in play when it is kicked and moves. The kicker may not touch the ball a second time until it has touched another player.
- After a team scores a goal, the kick-off is taken by the other team.

Decisions of the Referee

The decisions of the referee regarding facts connected with the play are final.

Ball Out of Play

The ball is out of play when:

- The entire ball has crossed the goal line or touch line, whether on the ground or in the air
- Play has been stopped by the referee via a whistle.
- It hits the ceiling.
- Kindergarten and 1st-2nd Coed are permitted to use the bleachers and stage as sides to keep ball in play. All other divisions play sidelines and baselines.

Goal Scored

- A goal is scored when the entire ball passes over the whole goal line, between the goal posts and under the crossbar, whether in the air or on the ground.
- Goals cannot be scored directly from kick-ins unless touched by another player.
- A goal cannot be scored from a team's defensive half; it must be touched by either a teammate or opponent in the offensive half before going into the goal for the goal to count.

Goalkeepers

- A goalkeeper can hold the ball with their hands for only 4 seconds.
 - They must either pass (with hands or feet) to a teammate or drop the ball to the ground before the 4 seconds are up.
- A goalkeeper cannot play the ball with their hands if it was deliberately played to them by a teammate.
- A goalkeeper cannot throw the ball past half court.
- Goalkeepers are recommended soccer gloves during play.
- When the offensive team plays the ball over the end line, the defensive team gets the ball. The goalkeeper is responsible for putting the ball back into play by throw-in from anywhere within their penalty area and the throw must leave the penalty area. If a player touches ball before it leaves penalty area, the goalkeeper retakes the throw. The goalkeeper cannot touch ball again until another player touches it.

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Corner Kick

A corner kick is awarded when the entire ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored. The ball is placed on the corner of the sideline and goal line and all defensive players must be 10 feet away from the ball before it is played.

Fouls and misconduct are penalized as follows:

Direct Free Kick

A direct free kick is taken from the spot where the infringement occurred, and all opposing players must be 10 feet away from the ball until it is played. It is awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless, or using excessive force:

- Kicks or attempts to kick an opponent.
- Trips or attempts to trip an opponent.
- Charges an opponent, even with the shoulder.
- Strikes or attempts to strike an opponent.
- Pushes or holds an opponent.
- Spits at an opponent
- Handles the ball deliberately

Scoring a goal:

- A goal CAN be scored on a Direct Free kick if no one else touches the ball – AND if the free kick was taken in the team's offensive half of play.

Penalty Kick

Penalty Kick is awarded if a player commits any of the aforementioned offenses inside his own penalty area, irrespective of the position of the ball but provided that it is in play. During a penalty kick, all players except for one offensive player and the goalie must be outside of the penalty area. The ball is placed in the center of the basketball free throw line and the offensive player gets one kick to try and score a goal. The goalkeeper can move side to side on the goal line but cannot move forward or backward until the ball is kicked.

Indirect Free Kick

- Ball is kicked higher than shoulders – indirect where the infraction occurred.

An indirect free kick is awarded to the opposing team if a goalkeeper commits one of the following offenses:

- He/she plays the ball with their hands when the ball was deliberately played to him/her by a teammate.
- He/she holds the ball in their hands for more than 4 seconds.

Scoring a goal:

- A goal CAN be scored on an indirect Free kick as long as the ball is touched by another player – on either team, and that touch occurs in the team's offensive half of play.

Cautionable Offenses (Yellow Card)

A player is warned if they commit any of the following offenses:

- Is guilty of unsporting conduct.
- Shows dissent by word or action.
- Delays the restart of play.
- Fails to respect the required distance when play is restarted with a corner kick or free kick after being shown the proper distance.
- Enters or reenters the playing court without the referee's permission.

A player is removed from the game if they commit any of the following offenses: (Red Card)

- Is guilty of serious foul play.
- Is guilty of violent conduct.
- Spits on an opponent or any other person
- Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball.
- Uses offensive, insulting or abusive language.
- Receives a second warning during the same game.

Overtime

- 5 minutes of overtime with golden-goal. If no golden-goal winner, then game ends in a draw.

- Coin toss starts the overtime.

Infringements / Sanction

The player at fault is instructed by the referee to leave the playing court to correct his equipment or to obtain any missing item of the equipment. The player may not return to the playing court without first reporting to a referee, who then checks that the player's equipment is now correct. The player is only allowed to re-enter the game when the ball is out of play. Players need to stop playing if there is blood on their skin and return to their bench, and cannot enter back into the game until the blood stops or is fully covered. Any bad language from players, coaches or parents to another player, coach or referee will be removed from the game and will not be able to play/coach/attend the rest of that game and possibly future games.

Note for Parents, Coaches and Families: – please be nice and encouraging to fellow players, parents, children and coaches at the practices and games throughout the season in the league. Children play sports because they think it's fun and they want to learn something new while meeting new friends.