

## FUTSAL or Indoor Football

Futsal is a format of five-a-side football officially recognized by the FIFA as indoor football. The term 'Futsal' is an abbreviation of the Portuguese 'futebol de salão' or the Spanish 'Fútbol sala',

The objective of the game is to score more goals than the other team by making the whole of the ball pass over the goal line, between the goal posts and under the crossbar as long as it has not been thrown, carried or intentionally propelled by the hand or arm.

Each team consists of five players, one of them being a goalkeeper, and nine substitutes; substitutions during the game are unlimited.

The goalkeeper is the only player that can touch the ball with the hands inside the penalty area.

The duration of the game is 2 periods of 20 minutes with time stopping at every dead ball.

The court or field of play is rectangular: 40 meters by 20 meters. At each end of the court there is an arc, 6 meters from each post, that encloses the area, called: **Penalty Area: 6 meters from the goal line.**

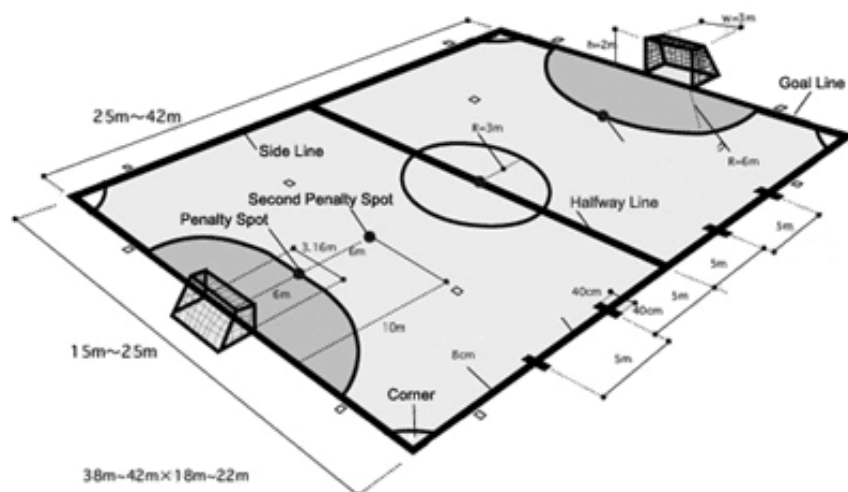
The ball is smaller and heavier than the outdoor football and has a reduced bounce. The circumference is 61 to 64 centimeters.

To start the game a player takes a **kick-off** (a kick at the ball while it is stationary on the ground in the center of the court)

The ball is out of play when it has crossed the goal line or touchline (línea de banda) completely.

To restart the game after a ball has gone out of play the ball is kicked back into play from the touchline or from corners, it is called **kick-in** or **corner kick**.

The "goal clearance" (*despeje*) is done by the goalkeeper after a player of the attacking team kicks the ball over the goal line.



Fouls: A player who intentionally commits a fault or any offense (kick, trip, push or charges an opponent, touch the ball with the hand or arm...), will be penalized by the award of a **direct free kick** to be taken by the opposing team from the place where the infringement occurred.

A penalty kick is awarded when those fouls take place in penalty area.

### Futsal main rules

- No player can touch the ball with hand or arm unless the goalkeeper inside the penalty area.
- To score a goal the whole of the ball has to pass over the goal line.
- The ball is out of play when it has crossed the goal line or touchline completely.
- A player who intentionally commits any offenses (like push an opponent or touch the ball with the hand) will be penalized of a direct free kick to be taken by the opposing team from the place where the infringement occurred unless if it is inside the penalty area.
- After kick-offs, a kick-ins, free kicks, and corner kicks the player has to restart the game with his feet and the ball stopped.
- After a goal clearance the goalkeeper has to restart the game with his hands.

### The goalkeeper:

- can use hands and feet into the area to save the ball.
- can not go out of the area with the ball
- can touch the ball and play out of the area when he is in the other side, after crossing the halfway line.
- has 4 seconds to pass the ball after catching it into the area.