

GAME RULES
INDOOR FUTSAL – COED, WOMEN'S & MEN'S 5v5
Last updated Oct 2026

EQUIPMENT

- 1) BSSC will provide each team player with a team t-shirt of a designated color. Each player is required to wear that shirt or a shirt of the same color to each game. **ALWAYS BRING AN EXTRA WHITE T-SHIRT IN CASE YOU PLAY A TEAM WITH A SIMILAR SHIRT COLOR.**
- 2) BSSC will provide futsal game ball for each match.
- 3) Shin guards are mandatory. No exceptions!
- 4) Players may not wear loose or bulky jewelry (ex: hoop earrings, large rings, watches, loose neck chains and bracelets). Wedding bands are OK.
- 5) Only flat, non-marking turf shoes & sneakers are allowed. **Cleats & metal spikes are not allowed.**

PLAYERS & ROSTERS

- 1) There can be any number of players on a team roster. Rosters are open to players of all gender identities and expressions. A team on the field shall consist of not more than 5 players (4 field players + 1 goalie).
 - a. Coed Futsal - rosters must have a minimum of 1 player who identified as a woman ("female players"). After this minimum is satisfied, all other roster spots are open to any gender. 1 female player is required to be on the field at the start of the game. **No more than 4 male players may be on the field at any one time (this includes the goalie, too).** If a team does not have at least 1 female player in a total of 3 players to start, that team shall forfeit the match. To avoid forfeits, see "Forfeit Penalty Policy" and "Picking Up Players Policy" on our website under Policies & More. The forfeiting team is responsible for both teams' ref fees and the game shall be played as a scrimmage with a referee.
 - b. Men's Futsal - rosters are only open to players who identify as men ("male players"). 3 players are required to be on the field at the start of the game to avoid forfeiting. The forfeiting team is responsible for both teams' ref fees and the game shall be played as a scrimmage with a referee.
 - c. Women's Futsal – rosters are only open to players who identify as women ("female players"). 3 players are required to be on the field at the start of the game to avoid forfeiting. The forfeiting team is responsible for both teams' ref fees and the game shall be played as a scrimmage with a referee.
- 2) All players must be listed on and have signed team's official roster in order to be eligible to play.
- 3) Rosters are open throughout the entire regular season. Any player that plays on your team, even if just a sub, needs to be listed on the online roster.

DURATION OF GAME

- 1) Two 25-minute halves, running clock.
- 2) No Grace Period. Games start and end on time. The clock will start whether team is ready or not. Be dressed and warmed up at least 15 minutes before scheduled game.
- 3) The clock will run during player injuries.
- 4) **HALFTIME.** No more than 3 minutes and no less than 1 minute.
- 5) Once a game reaches halftime, the game will be considered official. If a game must be stopped and cannot resume play for any reason after that point and before the final buzzer, the score at the time of interruption will be considered the final score.
- 6) No timeouts.
- 7) Regular season games ending in a tie will remain a tie.
- 8) **PLAYOFFS OVERTIME.** See "Playoffs" section below.

ISSUES & CANCELLATIONS

- 1) **Problems At the Field/Gym** - For any issues during non-business hours (on weekends or after 5pm on weekdays), please call our After Hours Hotline (**617-462-8844**) to get in touch with a BSSC Rep. Reasons for this may include, but are not limited to:
 - a) **Another group on the field/gym** - BSSC has permits for all gyms in use. If there is an issue, call the after hours hotline. Sometimes courts get accidentally double booked, please let the referee handle the other group.
 - b) **Referee not present** - If the referee has not arrived by game time, please call the After Hours Hotline and we will get someone there ASAP. We may ask you to start your game without them. (Teams should use the honor system to call the game until a referee arrives.)
 - c) **No opponent present** - Scheduling mistakes, while rare, do happen. If nobody from the opposing team has arrived by game time, they may have misread the schedule and/or be at the incorrect court. Call the After Hours Hotline and we will try to contact them. Do not leave until BSSC has reached out to your opponent.

BALL IN & OUT OF PLAY

- 1) Ball is out of play when the ball has traveled beyond the sideline = Indirect Free Kick. **NO THROW-INS!**
 - a. **WINSOR SCHOOL/FENWAY – SURROUNDING RED PAINT IS INBOUNDS.**
- 2) Ball travels beyond the goal line = Corner Kick.
- 3) Corner Kicks & Kick Off = Indirect Kick.
- 4) Ball is in play at all other times from the start of the game to the finish, including: If it rebounds off the referee when they are on the field of play or in the event of an alleged infringement of the rules. Play till the whistle!
- 5) Players must stand at least 5 yards away from the kicker on any indirect/direct kicks.
- 6) **OVERHEAD OBSTRUCTIONS.** If the ball hits any overhead obstruction, the ball is moved to the nearest side and played in as a kick-in by the other team.

METHODS OF SCORING

- 1) A goal is scored when the entire ball hits inside the boundaries of the goal. The official will designate a goal has been scored by blowing the whistle and pointing to the center circle for a restart.
- 2) A goal may not be scored directly off of a kickoff unless touched by more than one person. Kickoffs are indirect and must be touched by more than one person before a goal can be awarded.

FOULS & MISCONDUCT

- 1) A **foul** occurs if a player:
 - a) Holds an opponent,
 - b) Handles the ball,
 - c) Dangerous manner (e.g. attempting to kick the ball while held by goalkeeper),
 - d) Prevents the goalie from releasing the ball from his hands

And, when a player commits the following in a manner that the ref considers careless, serious, reckless, or involving excessive force:

- e) Intentionally or not, attempts to kick or trip an opponent,
 - f) Jump at, charge at, strike or elbows an opponent,
 - g) Pushes opponent
- 2) All fouls shall be penalized by awarding a Direct Free Kick. A defensive player (s) must stand 5 yards away from all kicks.
- 3) Should a player intentionally commit one of these offenses within their own penalty area, it will result in a Penalty Kick. **All Penalty Kicks shall be 9 yards from the goal. To ensure player safety, players can use a maximum of 3 yards in the run up for a penalty kick.**

- 4) The following offenses are penalized with a Blue Card, Yellow Card, Red Card and a Direct Free Kick is awarded at the point of infringement:
- a) playing in a manner considered dangerous,
 - b) slide tackling, or sliding to play the ball,
 - c) bicycle kicks
 - d) intentional hand balls,
 - e) kicking a ball wildly out of play,
 - f) foul or abusive language,
 - g) encroachment

SERVING PENALTIES

- 1) A player who commits an offense and is penalized shall serve the penalty in full, even if the opposition scores. The referee will notify the opponent when it has been served.
- 2) Flagrant or intentional offenses which occur during the final two minutes of regulation or overtime, will result in automatic ejection from the game, and an additional one-game suspension.
- 3) Any ejection will result in a one-game suspension. Second ejection results in league suspension.
- 4) **BLUE CARD:**
 - a) **OFFENSE.** A player who commits a minor offense (i.e. slide tackling, obstruction, cursing).
 - b) **PENALTY.** Offending player is penalized 2-minutes and team must play a player down. If during the 2-minute penalty, the opposition is awarded a goal, the penalized team may return to full strength, but the penalized player may not return until the 2-minute penalty has expired.
- 5) **YELLOW CARD:**
 - a) **OFFENSE.** 2nd blue card or more severe penalty (i.e. dangerous uncontrolled play, verbal abuse), short of warranting an ejection will result in a Yellow Card.
 - b) **PENALTY.** Offending player is penalized 4-minutes and team must play a player down. If during the 4-minute penalty, the opposition is awarded a goal, the penalized team may return to full strength, but the penalized player may not return until the 4-minute penalty has expired.
- 6) **RED CARD:**
 - a) **OFFENSE.** Major/serious offenses (3rd blue, 2nd yellow, verbal or physical threats, fighting, seriously dangerous or violent play) will result in a Red card, an unconditional 5-minute penalty.
 - b) **PENALTY.** Players receiving a Red Card are automatically ejected from the game and must leave the field. Any ejection will result in a MINIMUM one-game suspension. Second ejection results in league suspension. During a 5-minute penalty, the penalized team may not return to full strength until the penalty time has expired, no matter how many goals the opposition may score. Flagrant or intentional offenses, which occur during the final two minutes of regulation or overtime, will result in automatic ejection from the game, and an additional one-game suspension.

GOALIE RESTRICTIONS

- 1) Goalie must wear a shirt that is a different color than both teams.
- 2) Goalie box is confined within the 3-point arc line (Winsor/Fenway = red arc line).
- 3) Goalies are allowed to slide to play the ball within goalie box as long as it's not dangerous.
- 4) Goalie throws must hit the floor or player before crossing the midfield line → Indirect Free Kick will be awarded to the opposing team at the midfield.
- 5) Goalie is not allowed to drop kick or punt the ball → Indirect Free Kick
- 6) Indirect Free Kick is awarded to the opposing team if goalie commits any of the following offenses in their own half of the pitch:
 - a) Controls the ball with their hands or feet for more than 5 seconds.

- b) After playing the ball, they touch it again after it has been deliberately played to them by a teammate, without an opponent playing or touching it.
- c) Touches the ball with their hands inside their own penalty area after it has been deliberately kicked to them by a teammate.
- d) Touches the ball with their hands inside their own penalty area after they have received it directly from a kick in by a teammate.
- e) *INTERPRETATION: Goalie cannot touch the ball with their hands or feet for a 2nd time (basically having already touched it) in their own half. The first touch can happen anywhere and includes taking restarts. If the goalkeeper plays the ball from a restart (i.e. kick-in or free kick), it constitutes a first touch. As a result, a return pass in their half would be a 2nd touch offense. The 2nd touch is permitted if, and only if, one of the following has happened:*
 - i. *An opponent touches the ball,*
 - ii. *Or the ball has gone out of play*

MISCELLANEOUS INTERPRETATIONS

- 1) Safety is the number one concern when officiating; players need to play under control at all times.
- 2) Shin guards are mandatory!
- 3) Cleats are not allowed for futsal. Futsal is played on a regulation basketball court. Only flat, non-marking, indoor shoes and sneakers are allowed.
- 4) **NO OFF SIDES, NO THROW INS, NO SLIDING** (except goalies [feet first] to play ball within goalie box)
- 5) **SUBSTITUTIONS.** On “the fly” at midfield. Unlimited number of subs can be made throughout the game.
- 6) BSSC futsal does not follow the typical “accumulated fouls” rule. See “Serving Penalties” section for how penalties are handled.
- 7) **MANDATORY HANDSHAKE.** Teams must shake hands at the completion of the game. Failure to do so will result in a Red Card and 1 game suspension for the Captain of the team.

PLAYOFFS

- 1) All players must be listed on and have signed their team’s official roster in order to be eligible to play. No picking up players during playoffs. A player must only play with one team per division for playoffs.
- 2) To be eligible for the playoffs, players must play in in 1 game for 6 game seasons, 2 games for 8 game seasons, or 3 games for 10 game seasons. **Players may be listed on more than one roster within a league or division, however for playoffs they may ONLY play for ONE team per division/level. Please contact Program Manager for further clarification.**
- 3) As always, treat opponents and refs with respect.
- 4) **PLAYOFFS OVERTIME.** Playoff games ending in a tie go right to Penalty Kicks to determine the winner. **NO SUDDEN DEATH OVERTIME.**
 - a) 1st round = 5 kicks (coed – minimum 2 kickers must be female);
 - b) 2nd round = 5 kicks (coed – minimum 2 kickers must be female);
 - c) 3rd round = 3 kicks (coed – minimum 1 kicker must be female);
 - d) 4th round = sudden death in PKs.
 - e) If you go past 1st round of PKs, then players cannot kick twice until all teammates (of same gender in coed) have had a chance to kick. You do not have to be physically on the court at the end of regulation to be allowed to kick in PK’s. Anyone on the team can kick.

TIE BREAKER POLICY TO DETERMINE PLAYOFF SEEDING

In the case of two or more teams finishing the regular season with same standings points, the following criteria will be used to determine playoff seeding:

- 1) Head-to-Head regular season game results
- 2) Team with less goals scored against
- 3) Coin flip

DISPUTES & FEEDBACK

In the absence of the Program Manager, any "game-time" decisions regarding any issue should be discussed with the following people present: the referee and both team captains (or a team rep if the captain is not present at the game). The referee will have the final say on any issue that arises before a game.

Any player or team that wishes to file a formal complaint, protest, or feedback must email the Program Manager within 24 hours of the incident. The Program Manager will respond as soon as possible after receiving it.

Boston Ski & Sports Club reserves the right to add, change, or modify any rule at any time.