



Youth Futsal (Indoor Soccer) League Rules and Regulations

(Revised 3/1/2023)



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League Director

Will Strickland

Phone: (252) 329-4272

Email: wstrickland@greenvillenc.gov

All playing rules listed below will govern league play. In the event a situation is not listed below, it will default United States Fustal (USF) Rules.

First Aid & Safety

Care for Common Minor Injuries:

It is the coach's job to maintain as safe an environment as possible. It is strongly recommended coaches have certification in CPR and First Aid or that a volunteer be recruited who already has first aid, medical athletic training or emergency care certification.

When an injury does occur:

1. Stay Calm
2. Administer only basic first aid as soon as possible.
3. If injury is serious or the extent is unknown: CALL 911
 - a. Example: broken bone, compound fracture, serious laceration, unconscious, teeth missing, etc.
4. Fill out Accident Form completely and turn into your supervisor.

Treating Floor Burns, Strains, Contusions, Minor Bumps and Bruises:

- R – Rest, stop any pain-causing activity.
- I – Ice for 24-36 hours after the injury.
- C – Compress with elastic bandage if needed.
- E – Elevate to avoid edema and subsequent swelling.

Conditions Requiring Medical Attention:

- I. Significant swelling/dislocation of an extremity.
- II. Obvious deformity of an arm or leg.
- III. Severe pain.
- IV. Inability to bear weight on a lower extremity.
- V. Lacerations with or without fractures.
- VI. Significant swelling of a joint, i.e., elbow, knee.
- VII. Loss of sensation in an extremity.

Conditions Mandating Only Experienced Medical Personnel:

- I. Loss of consciousness.
- II. Neck or back injury with loss of sensation or motor power in arms or legs.
- III. Head injury with disorientation and/or visual changes.

Rehabilitation/Treatment for Chronic Injuries:

- I. Blisters
 - a. Keep pressure off new blisters using a felt "doughnut."
 - b. Where the skin is torn, use extreme care.
 - c. Keep it clean and cut skin halfway around the perimeter without removing the skin.
 - d. When underlying tissue toughens, cut away the remaining flap of skin.
- II. Abrasions and contusions (floor burns and deeper bruises)
 - a. Keep them clean and dry.
 - b. Expose them to the air when possible.
 - c. Encourage gentle activity.

- III. Chronic knee pain, thigh muscle overload, tendonitis, stress fractures, and ligament strain. Follow the doctor's directions, which will generally include:
- Rest for 5-7 days and ice for pain.
 - Stretch related muscles to strengthen them.
 - Move gently, stopping at the point of pain.
 - Exercise to strengthen afflicted area as it heals.

Heat Emergencies:

These problems often occur when athletes play too long and hard or stay too long in the sun. Because sunlight reflects off shiny surfaces, being around water can increase exposure. Sunburn can occur on overcast days as well as on sunny days. When athletes are in the sun, they should wear a water-resistant sunscreen lotion, which provides maximum protection. Sunglasses and a hat provide added protection.

1. **Heat Stroke**

- *Signs and Symptoms:* Hot, red skin; very high body temperature; shock or unconsciousness.
- *What to Do:* Treat heat stroke as a life-threatening emergency, and call the paramedics. Calm the victim by immersing him/her in a cool bath or wrapping in wet sheets and fanning. Care for shock by laying the victim down and elevating the feet. Give nothing by mouth.

2. **Heat Exhaustion**

- *Signs and Symptoms:* Cool, pale, moist skin; rapid, weak pulse; weakness/dizziness; nausea/vomiting.
- *What to Do:* Treat heat exhaustion as an emergency, and call the paramedics. Get the victim into the coolest place available. Place the victim on their back with their feet elevated. Cool victim by applying wet sheets or towels to the body and by fanning. Give ½ glass of water to drink every 15 minutes if the victim is fully conscious and can tolerate it.

3. **Heat Cramps**

- *Signs and Symptoms:* Muscular pains and spasms, usually in the legs or abdomen.
- *What to Do:* Get the victim into the coolest place available. Give ½ glass of water to drink every 15 minutes for an hour.
- *Prevention:* Seek protection from the sun and extreme heat. Replace fluids by drinking water, sports drinks, or fruit juices.

Greenville Recreation & Parks Department

Job Description

Position Title: Youth Futsal Coach

Reports To: Recreation Supervisor

Knowledge, Skills

Abilities required:

- (a) Knowledge of Futsal Skills, Rules and Regulations
- (b) Posses strong leadership skills
- (c) Ability to communicate with the Greenville Recreation & Parks Department (GRPD) Staff, coaches, parents and all the public involved in the program.

Responsibilities:

1. Abide by and encourage obedience of **all** GRPD polices, rules and regulations.
2. Attend **all** meetings called by the GRPD staff.
3. Ensure all team members are properly registered (correct age, forms completed, fees paid).
4. Review team rosters with site supervisors and make changes where needed.
5. Arrive at league site **15** minutes prior to practice or game times.
6. Communicate with parents about practices and games.
7. Plan practices and ensure all players participate.
8. Remain at league site until **all** team members have left.
9. Report **all** injuries and accidents, regardless of severity, the same day of occurrence.
10. Ensure proper care of facilities and equipment.
11. Maintain control of games and practices. Avoid conflicts.

Signature: _____
Coach **Date**

Coaches Code of Ethics Pledge

- A. I will place the emotional and physical wellbeing of my players **ahead of any personal desire to win**.
- B. I will remember to **treat each player as an individual**, remembering the large spread of emotional and physical development for the same.
- C. I will do my best to **provide a safe playing** situation for my players.
- D. I will do my best to **organize practices that are fun and challenging** for all my players.
- E. I will **lead**, by example, **in demonstration fair play and sportsmanship** to all my players.
- F. I will use those **coaching techniques appropriate for each of the skills** that I teach.
- G. I will **not use alcohol and tobacco products** when in contact with players and on City property.
- H. I will remember that I am a **youth coach**, and that **the game is for the children and not adults**.
- I. As the coach, I will **respect and support the decisions** of the contest officials.
- J. I will be aware that **I have a tremendous influence on my players**, and **I will not place the value of winning above the value of instilling the highest ideals of character**.

GRPD Coach

(PLEASE PRINT)

Date

Principles for: Coaches, Parents, and Officials

General Youth Coaching Principles

Coaching is an extremely important responsibility. A good coach always places the best interest of the player before winning. The players and their parents have placed you in a position of leadership, and you have a responsibility to give them your best effort. Additionally, this athletic experience will play a significant factor in determining whether the players continue participating in sports in the future. If you follow the list of coaching principles, then players and their parents will be better served.

Ten Coaching Guidelines

- I. A coach should be enthusiastic without being intimidating. Be sensitive to player's feelings and genuinely enjoy spending time with them. Be dedicated to serving children and understand that sports provide physical and emotional growth for its participants.
- II. A coach needs to realize they are a teacher, not a drill sergeant. They should help children learn and work to improve their skills. Personal gains are never a consideration. The job does not depend on winning. The best interest of the player transforms into the best interest of the game.
- III. The safety and welfare of the players never can be compromised. A coach will consider these factors above all others.
- IV. A coach needs a tremendous amount of patience. Do not push players beyond their limits in regard to practice. Children have many daily pressures, and the athletic experience should not be one of them. Playing sports is supposed to be fun.
- V. A coach should care more about the players as people than athletes.
- VI. A coach should encourage players to dream and set lofty goals. It is important to remain positive and refrain from discouraging remarks. Negative comments are remembered far more often than positive affirmations.
- VII. A coach needs to remember the rules of the game are designed to protect the players, as well as to set a standard of competition. Coaches should not circumvent or take advantage of the rules by teaching deliberate misconduct. A coach who puts their opponent's team at risk should not be involved with children.
- VIII. A coach should be the first person to demonstrate good sportsmanship. They should take a low profile during the game and allow the kids to be the center of attention.
- IX. Parents and players place a lot of trust and confidence in the coach. The coach has an important role in molding the athletic experience of the child.
- X. A coach can measure success by the respect gotten from players, regardless of victories or defeat. Children who mature socially and physically while participating in sports are the best indications of good coaching.

General Principles for Parents

Athletes and coaches will not be able to perform at their best if parents do not have a clear understanding of the philosophies of youth athletics. The following is suggested guideline for parents:

1. Understand the daily pressures a child faces. Athletics should be an outlet for a player to have fun. Encourage your child and allow them to have a good time.
2. Remember your child learns more from your actions than from your words. Practice good sportsmanship by being respectful to players, parents, and coaches on both teams.
3. Parents should appreciate the efforts made by both teams. There is nothing wrong with applauding a good play made by the opponents.
4. Parents should support the coach, as long as the coach follows proper coaching guidelines. Parents should understand that most coaches are volunteers. It is inappropriate for a parent to coach a player who is on the field. Not only does it devalue the coach, it also confuses the players.
5. Parents should not embarrass their child by calling attention to themselves through loud or rude behavior.
6. Don't be a coach--be a parent. Offer encouragement and positive reinforcement. A sure way to dampen your child's enthusiasm is with constant criticism.
7. Parents should encourage discipline by having their children arrive on time for practice and games.
8. Parents should help their children realize belonging to a team requires commitment. Regular attendance and being prepared are necessary for the team to function smoothly.
9. Parents should volunteer their services whenever possible. This shows the participants the value of being a team player.
10. Parents should respect the officials and their calls. It is okay to disagree but inappropriate to disparage.

The Referees Responsibilities

1. On the youth level, referees always should be aware participants are new to the game. Often it is their first experience with organized sports.
2. Be familiar with rule modifications and their implementation.
3. A referee can act as a teacher by explaining a rule or call that is made.
4. Make calls consistent with the level of play.
5. Insist the court and equipment are safe for the children.
6. Promote good sportsmanship through respectful behavior to both coaches and teams.

Greenville Recreation and Parks Youth Futsal Rules

All playing rules listed below will govern league play. In the event a situation is not listed below, it will default United States Futsal (U.S. Futsal) Rules.

THE PLAYING AREA

- A. The playing area boundaries are defined by the basketball court sidelines and end lines; NO using the walls.

EQUIPMENT

- A. Tennis shoes or indoor shoes must be worn; NO CLEATS or TURF SHOES
- B. Shin guards **MUST** be worn; anyone without shin guards will NOT be allowed to participate.
- C. The use of headgear (including hats), **JEWELRY**, or any unyielding or dangerous equipment is **PROHIBITED**. Headwear containing any exposed knots, such as bandannas, is illegal.
NOTE: Should there be question regarding the legality of any equipment, the referee and/or GRPD staff shall be the judge of improper equipment.
- D. Uniforms consist of every player on each team wearing a shirt of the same color with a different number on their back.
- E. Goal keepers must wear a different colored jersey or penny than their team/opponents.
- F. GRPD shall provide the Soccer Ball: Weighted size #3; specially designed for little bounce to adapt to the gym floors for all games.

GENERAL RULES

- A. A game shall consist of (2) two halves: U-10: 16-minute
U-13: 18-minute

NOTE: The clock will stop on all injuries.

- a. Teams play with 5 players (including the goalkeeper)
 - b. There will be a 5 minute half time.
 - c. The referee is the official timer.
 - d. Kickoffs must be played lateral or backwards.
 - e. No off-sides.
 - f. No heading.
 - g. The referee's will use a 2 card system (yellow & red).
 - h. **All "kick-ins" will be INDIRECT.**
 - i. **NO SLIDE TACKLING. A foul (yellow card) will be called immediately, regardless of whether or not contact occurs.**
 - j. **MERCY RULE:** The game shall be considered complete if one team holds a lead of four (4) or more goals at or any time after the two-minute mark of the second half.
- B. A grace period of 5 minutes will be allowed for all games from the scheduled start time. Teams must have 3 eligible players on the court prior to the grace period running out. Teams who fail to produce at least 3 eligible players prior to the grace period ending, will forfeit the game.
 - C. Only five (5) players per team are allowed on the court at a time (including the goalkeeper). **A minimum of three (3) players is necessary to begin play.** The game may be continued with fewer than 3 players if the team has a chance to win.
 - D. A game shall be forfeited for violation of the following: If a team scheduled to play, fails to place at least 3 eligible players on the court; if a team or any member of a team shall delay the progress of a game, the

opposing team could be declared the winner; if a player or manager engages in an argument with official(s) and refuses to continue the game, he/she will be ordered off the premise. Failure to comply with the official(s) could mean a forfeit for his/her team. In case of a double forfeit, both teams will be charged with a loss. If a team forfeits 3 games (which includes all call ahead forfeits), that team will not be eligible for the post-season. All players on a team that have forfeited out of the post-season will not be allowed to play in the post-season with another team in that league.

- E. Any person using profane or vulgar language will be removed from the field. If a player is removed from court for unsportsmanlike conduct, he/she shall be automatically suspended for the next game played, as well as being in jeopardy of being banished from the league, pending review by the Athletic Staff.

Restart for SIDELINES out-of-bounds

- A. The ball will be placed on the sideline where it went out-of-bounds and put back into play with an indirect kick-in, not a throw-in.
- B. Defensive player must allow 10 feet from restart kick.
- C. The ball must come to a complete stop before striking.

Restart for END LINES out-of-bounds (Offensive)

- A. A corner kick will be played when the ball goes over the end lines; normal soccer rules apply.
- B. Defensive players must allow 10 feet from corner kick.

Restart for END LINES out-of-bounds (Defensive)

- A. A legal throw-in will be taken in place of a goal kick within the boundaries of the goal box.
- B. Ball must touch another player prior to crossing mid-court; if no player is contacted, possession changes and an indirect kick will be taken from mid-court.
- C. No drop-kicks (goalkeeper may not kick ball after releasing it until another player has played the ball)

GOALIE BOX

- A. The offensive team **CANNOT** go into the goalie box to score; goals can only be scored from the field area.
- B. Goals can be scored from the back court.
- C. **NO GOALS MAY BE SCORED DIRECTLY FROM KICKOFF!**
- D. The goalkeeper may field the ball with their hands at any point (as long as one foot remains in the marked goalie area) even on an intentional pass.
- D. The goalkeeper **CANNOT** throw the ball past half court. The ball must touch another player prior to crossing mid-court; if no player is contacted, possession changes and an indirect kick will be taken from mid-court.
- E. IF a goal is scored from inside the goalie box, an indirect kick will be taken from the corner of the goalie box.

SUBSTITUTIONS

- A. Substitutions will be made on the fly.
- B. Players coming off the court must be completely across the sideline before the substitution player can enter the game.
- C. Goalkeeper substitutions can only be made when the ball is out of play.
- D. All players must play at least half the game.

OVERTIME

- A. No overtime or shootouts in regular season games – A tie stands.

Penalties

- A. Penalty Kicks
 - a. A Foul (hand ball) in the goalie box by the defensive team results in a penalty kick for the offensive team.
 - b. Penalty kicks will be taken from a designated penalty spot and all players except the kicker and the opposing goalkeeper shall be outside the penalty area.
 - i. U-10: Free-throw line
 - ii. U-13: Top of the key (the three-point line directly in front of the goal)
 - c. A substitute entering the game may not take the penalty kick.
- B. Any ball that strikes a backboard, lights or scoreboard will result in a ONE MINUTE penalty.
 - a. The offending team must play without the penalized player for one minute or until a goal is scored.
NOTE: If the goalkeeper is the offender, the team manager can remove another player.
NOTE: A ball striking a backboard, lights or scoreboard as result of a deflection, it will not result in a one-minute penalty.
- C. INDIRECT KICKS will be awarded for other violations such as: dangerous play, unsportsmanlike conduct, etc.
- D. Any player removed from a contest for unsportsmanlike conduct will automatically be ineligible for the remainder of the game as well as the next scheduled game.

Ejections

- A. **Player:** If a player is ejected from a game, they will be required to leave sight and sound of the facility within 2 minutes. If a player fails to leave after an ejection, the game will be forfeited by the official. This includes post-game ejections. Coaches should see that ejected players leave promptly.
 - i. Any player who is ejected will be suspended a minimum of one game; additional punishment may be given pending review by GRPD staff.
 - ii. Following the suspension, the player and their parent must meet with GRPD staff before being allowed to play in the team's next game.
 - iii. If a player receives a second ejection, they will be suspended for the remainder of the season. An additional penalty may be given pending review by GRPD staff.
- B. **Coach:** If a coach is ejected from a game, they must leave the facility within two (2) minutes.
 - i. Any coach who is ejected will be suspended a minimum of one game; additional punishment may be given pending review by GRPD staff. The suspended coach may not participate in any team activities held at a GRPD facility, including games and practices.
 - ii. Following the suspension, the coach must meet with GRPD staff before being allowed to coach the team's next game.
 - iii. If a coach receives a second ejection, they will be suspended for the remainder of the season. An additional penalty may be given pending review by GRPD staff.
- C. **Ejection Review Process:** Within 48 hours of a player being ejected, the Athletic Staff will initiate a review process consisting of:
 - i. Gather written reports and document eyewitness accounts of the event(s) that took place from individuals involved. This may include the site supervisor, game officials, and other players.
 - ii. After all information is gathered, the Athletic Staff will review all documentation. Once all documentation is reviewed, severity of the penalty will be determined as outlined in this manual. GRPD has the authority to decide the severity of the situation.

- iii. The player will be informed by the Athletic Staff of the penalty and at this time, a meeting with the involved player, their team manager and Athletic Staff may be scheduled.

NOTE: Ejections CANNOT be protested; this review process is used only for staff to determine if the ejected player should serve more than a one game suspension.

Possible actions include:

- One game suspension
- Multiple game suspensions and a meeting with the Athletic Staff
- Season suspension and a meeting with the Athletic Staff
- Indefinite suspension

- A. If the player is ejected a second time, he/she will be suspended for the remainder of the season, or if circumstances so warrant, be suspended from participation in any program and/or facility of Greenville Recreation and Parks Department indefinitely, pending review by GRPD staff.

Factors that may suggest a more lenient penalty include:	Factors that may suggest a harsher penalty include:
<ul style="list-style-type: none"> - First offense - Apparent desire to reform - Leaving sight and sound of facility within 2 minutes 	<ul style="list-style-type: none"> - Personal attack on GRPD staff - Failure to leave sight & sound of facility within 2 minutes - Violation of law