Alliance Middle School Athletic League

2026 Futsal League Rules

1. Age Division

- Grades: 6th–8th
- AMSAL Boys & Girls divisions

2. Players

- **6 players** on the field (5 field players + 1 goalkeeper)
- Goalkeepers wear a different color jersey than field players.
- Goalkeepers are encouraged to wear goalie gloves.
- Maximum roster: **15 players**
- Minimum players to start: **5**
- Unlimited "flying substitutions" during play through the substitution zone.

3. Field Dimensions

Brand-new turf field at Luskin Academy (marked for soccer – Futsal will go north & south):

Field	Measurements
Length/Width:	25 yards / 20 yards

4. Ball

- Official Futsal Ball
- Size 4 (Low Bounce)

5. Game Length

- Two 20-minute halves
- Running clock
- 5-minute halftime

Clock stops only for:

- Injuries
- Time-outs
- Referee discretion during the final two minutes of the 2nd half.

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6. Time-Outs (Scorer and officials to keep track of used timeouts)

- One 30-second timeout per team half.
- (Teams must have possession of the ball to call a timeout or during a dead ball)
- Unused timeouts do not carry over.

7. Kickoff

- Opponents remain 5 yards away.
- Ball may be played in any direction.

8. Ball Out of Play

Kick-ins replace throw-ins.

- Ball placed on the line.
- Must be kicked within **4 seconds**.
- Opponents remain **5 yards** away.

9. Goalkeeper Rules – (Result of these penalties = a corner kick for the opponent)

- Goalkeeper has **4 seconds** to distribute the ball in their own half.
- Goalkeeper may throw or roll the ball.
- No punting or drop-kicking.
- Goalkeeper may not repeatedly receive the ball from teammates without an opponent touching it or the ball crossing midfield, consistent with futsal back-pass rules.

10. Fouls

No Direct Kicks. The following foul kicks must be 2-touch kicks:

- Tripping / Pushing
- Holding / Charging
- Kicking / Handballs

Indirect kicks:

- Dangerous play
- Obstruction
- Goalkeeper violations

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11. Team Fouls (Scorer and officials to keep track of team fouls)

Instead of official accumulated foul rules:

- Team warning after the **5th team foul**
- Beginning with the **6th foul**, each additional foul results in a 2-touch free kick without a wall.
- Team Fouls reset after halftime.

12. Sliding

- No slide tackling.
- Goalkeepers may slide within their penalty area while making a save.
- Incidental sliding to save the ball without making contact with an opponent is allowed at the referee's discretion.

13. Free Kicks (Indirect 2-touch kicks)

- Opponents stand **5 yards** away.
- Ball must be stationary.
- Kick taken within 4 seconds.

14. Penalty Kicks (1-step kicks)

- Taken from the penalty mark.
- All players remain outside the penalty area and behind the ball.

15. Offside

No offside.

16. Overtime (Playoffs Only)

- If the game ends in a tie during a non-playoff contest, the game ends in a tie.
- One 5-minute sudden-death period.
- If still tied:
    - Best-of-five penalty kicks.
    - Sudden death if still tied.

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17. Sportsmanship

Players may receive:

- Verbal Warning
- Yellow Card – Coaching instruction by parents can cause a Yellow card to be issued to the coach. Two Yellow cards equal a soft Red and an ejection.
- Red Card – Ejection

Any player receiving a red card:

- Is removed from the match.
- Must leave the bench area.
- Is suspended for the next league game pending league review.
- Same rules apply for two yellow cards for players, coaches, and parents.

Unsportsmanlike conduct by players, coaches, or spectators may result in ejection.

18. Mercy Rule

If a team leads by **10 goals in the 1st half**:

- Running clock continues.
- If the margin reaches **15 goals**, the game may be ended by mutual agreement or league policy.

19. Uniforms

- Matching jerseys with numbers.
- Shin guards are encouraged but not mandatory.
- Rubber cleats and athletic shoes are allowed.
- No jewelry.

20. Points

- Win = 3 points / Tie = 1 point / Loss = 0 points

Tiebreakers:

1. Head-to-head

Alliance **M**iddle **S**chool **A**thletic **L**eague

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2. Goal differential (maximum +5 per game)
3. Goals allowed
4. Coin toss

League Philosophy

The purpose of the Middle School Futsal League is to develop technical futsal skills, teamwork, sportsmanship, and a lifelong appreciation for the game in a safe, fun, and competitive environment. Winning is valued, but player development, respect, and enjoyment remain the league's highest priorities.