



North Rockland Soccer Association

Winter Futsal 2026

Rules & Regulations

FIFA rules apply unless amended below

- All teams must bring a copy or email the following documentation (PDFs in email only)
 - Signed copy of these rules
 - Tournament Roster (must include at minimum players name and uniform number)
 - Player ID/Proof of Birth - (must include players name, photo, player ID number, and birth date)
 - League approved rosters that have all required information (uniform number, photo, ID number, and birth date) can be used to satisfy both the Roster and Player ID requirements.
- Coaches/managers are responsible for providing all documentation for all players that are participating in the Tournament. Players that do not have proper documentation uploaded are ineligible to participate. Teams that field ineligible players during a game will forfeit that game and will not be eligible for awards.
- Coaches/managers must have a valid medical release form for all players in their possession throughout the duration of the tournament, and must be able to provide Medical Waiver forms on request.
- It is the responsibility of the coach to confirm the score with the referee at the end of the game to ensure that the game score is recorded correctly. All scores submitted on the Match Card are final.
- Goal Differential Rule.**
 - Teams are not allowed to finish a game with a goal differential greater than 7 goals.
 - Any game that ends in more than a 5 goal differential will be recorded as a 5 goal differential from the losing teams score.(ie. 6-0 becomes 5-0, 8-2 becomes 7-2, 9-1 becomes 6-1, etc)
- Forfeits will be scored as a 1-0 win. Any team that forfeits for any reason will be ineligible for any awards. Any team intentionally walking off the field or intentionally not fulfilling its schedule commitments will be disqualified for the remainder of the tournament. Tournament fees will not be refunded for forfeits.
- Division rankings are determined by points, (3 points for a win and 1 point for a draw). Tie breaking will be as follows:

| | |
|--------------------------|--|
| 1 - Head to head win | 4 - Most shutouts |
| 2 - Most wins | 5 - Larger goal differential (goals scored – goals against) |
| 3 - Fewest goals against | 6 - Shootout following Rule 18 |
- The duration of the game shall be 24 minutes (2-12 min halves). Game start times are firm--no grace periods. Tournament Chairperson may amend kickoff times due to extenuating circumstances.
 - The start and end of the games, including half time, will be signaled by a horn/whistle.
 - There will be a 1-minute halftime time out signaled by a horn/whistle at the 12-minute mark, at which time the teams will switch ends.
 - Teams must be ready to play when the horn/whistle blows to start the game or half. Coaches are responsible for having their team ready. Teams not ready to start will be guilty of Delay of Game which will result in disciplinary action.
 - THERE WILL BE NO STOPPAGE TIME ADDED FOR ANY REASON (except due to extenuating circumstances as determined by Tournament Director). At the sound of the horn the game is over regardless of the current state of play.
- Game format & FIFA rule modifications
 - 5v5 (4 field players and a goalkeeper) - Size 4 Futsal balls will be used for all matches.
 - Goalkeepers may not throw or punt the ball, in the air, past the half-way line. (The ball must bounce before the half way line). Violations will result in an indirect free-kick for the opposing team from the midfield line, approximately where the ball crossed.
 - Moved Goals. If goals are moved, inadvertently or purposefully, the referee will stop the game at their discretion and reset the goals. In the event that a defending-team player (including the goalkeeper) either deliberately or accidentally moves or overturns their own goal prior to the ball crossing the goal line, the goal must be allowed if the ball would have entered the goal between the normal position of the goalposts, at the discretion of the referee. Any player deliberately moving the goals will be subject to unsportsmanlike conduct with disciplinary action at the discretion of the referee.

- Any ball that hits the ceiling will result in an indirect free kick for the opposing team, from the point on the touchline (sideline) closest to where the ball hit the ceiling.
 - There is no offsides
 - Indirect free kicks for an offence committed by the defending team inside its own penalty area or for an applicable offence when play was stopped with the ball inside the defending team's penalty area, are taken from the penalty-area line at the point nearest to the place where the offence was committed or the ball was located, on an imaginary line perpendicular to the end line.
 - Direct free kicks for an offence committed by the defending team inside its own penalty area or for an applicable offence when play was stopped with the ball inside the defending team's penalty area, are taken from the penalty-spot (10 yds from the goal-line)
 - No goalkicks, the goalkeeper plays the ball from their hands.
10. A player or coach that is red carded from a game or ejected from the tournament grounds may not participate further in the tournament and no refund will be offered. The State Association will be notified. A player or coach receiving a third yellow card will also be banned from participating further in the tournament.
 11. Substitutions may be made on the fly at any point in the game. Players must exit and enter the field from the team bench area only, active players must exit before the substitute may enter the field.
 12. The home team is listed first and for any match will change uniform colors when the referee determines uniforms are too similar. During a playoff match, the team with the higher standings shall have a choice of which shirt to wear.
 13. Players, coaches, managers and supporters are expected to conduct themselves within the spirit of sportsmanship at all times. Those failing to meet acceptable standards will be ejected from the grounds. All spectators must remain against the outside wall of the gym.
 14. Players, Rosters and Uniform Numbers
 - A player cannot play for more than one team within the same division in the tournament.
 - Players uniform number must match the official Tournament Roster provided by each team at check-in. Any uniform number changes must be approved by the Tournament Chairperson prior to the start of any games.
 - Players determined to be in violation of this rule will be ejected from the remainder of the tournament, along with the team's coach. No refund will be provided.
 15. In case of a tie at the end of regulation in a playoff game or championship game, the following Shoot-out format will be used
 - Shooting roster must be presented to the referee in order with players' jersey numbers listed.
 - Best of three wins, if even after three shooters, go to 1 vs. 1 until there is a winner.
 - Each team must go through all players that were on the field at the end of the game (everyone must shoot once) before players that were on the bench may shoot. Teams cannot change up the shooting order once submitted. If a player was red carded, therefore uneven numbers the opposing team must use the same number of shooters.
 16. Teams are to be located on opposite sides of the field from the spectators and on opposite sides of the halfway line. Spectators may not sit on the same side as the teams.
 17. No jewelry is to be worn by any player taking part of the games. No hard cast or bracing of any kind.
 18. Pets, alcoholic beverages and the smoking of tobacco products and vaping are strictly prohibited from the grounds. No solicitations from unregistered vendors will be allowed.
 19. The NRSA reserves the right to merge age groups or brackets for scheduling.
 20. Awards will not be distributed until all scores have been verified, confirmed and entered for the division and flight. Teams must send one adult representative to the Score Table to pick up awards.
 21. Certification - I have read, understand and accept the Tournament Rules as stated above. I also certify that I have explained the Tournament Rules to all players and spectators and they understand and accept the rules as stated above.

NRSA Futsal 2026

Team Name

Age Group

Print Name

Signature

Date