

Arlington Youth Futsal League

Arlington Soccer Club

Rules & Regulations

Winter 2026 Season

(revised 12 Jan. 2026)

Format

5-a-side: Games are 5v5, with 1 goalkeeper and 4 outfield players per team.

On-the-fly subs: Substitutions are made during the run of play from in front of your team's bench. You do not need permission from the referee to make a substitution.

20-minute halves: Games consist of two 20- minute halves with a continuously running clock. Halftime is 2 minutes.

1-minute timeouts: Each team gets one 1- minute timeout per half. Timeouts can be called only by the team in possession of the ball during a stoppage of play (i.e. kick-in, goal clearance, kick-off).

Basketball boundaries: The playing area is formed by the sidelines and end lines of a basketball court. **Exception: In the blue (lower) gym, the ball may be played off the padded wall.** Goalkeepers may use their hands anywhere inside the '3-point' line. Penalty kicks are taken at the free throw line.

General Rules

No offside: There is no offside rule in futsal.

No slide tackling: Slide tackling is strictly prohibited. All players – except goalkeepers – should remain on their feet at all times.



Restarts

One of the biggest differences to soccer is how out-of-play balls are restarted in futsal.

Kick-ins: When the ball goes out of play over a sideline, play is restarted by kick-in rather than throw-in. A goal cannot be scored directly from a kick-in.

Goal clearances: When the ball goes out of play over the end line off an attacking player, play is restarted by a 'goal clearance' rather than a goal kick. In a goal clearance, the goalkeeper starts with the ball in their hands and may move anywhere in their goal area to throw, roll, or kick it to a teammate.

Corner kicks: When the ball goes out of play over the end line off a defending player, play is restarted by a corner kick from the corner of the basketball court.

4-second rule: All restarts should be played within 4 seconds. Some flexibility with this rule is permitted for younger ages.

5-yard rule: During kick-ins and corner kicks, opposing players must back up 5 yards from the ball.

House Rules

We have implemented some additional rules to help promote a more positive developmental experience.

Build-out rule: For 1st-4th grade games, opposing teams must retreat to the halfway line during goal clearances.

No goalkeeper punting or long throws: Goalkeepers are not allowed to punt the ball any distance or to throw the ball over the halfway line in the air.

Passes to goalkeepers: Intentional passes to your own goalkeeper may not be picked up but instead must be played with the feet.

Unlike regulation futsal, there are no other limits on goalkeeper pass backs.

than soccer balls) will be provided for all games.

Safety measures: Shin guards are required. Jewelry must be removed.

Water: Please bring your own water bottle. Be sure to clean up any water spills.



Other Considerations

Lopsided games: We have tried to form balanced teams, but score imbalances may still occur. Coaches will be encouraged to use score control measures in these instances.

Score differentials >5 goals will not be displayed on the scoreboard.

Developmental focus: Please keep in mind that the main goal of this league is to provide players with an opportunity to develop and improve in a gamelike setting. There are no standings, playoffs, or trophies. Please join us in 'keeping it fun' and allowing players to explore and grow through their experience.

Zero Tolerance Policy: AYFL is a learning environment for both players and referees. **We support the Referee Abuse Prevention Policy of US Soccer, MYSA, BAYS, and the ASC.**

Coaches and spectators are not permitted to address referees during or after games.



Equipment

Uniforms: The league will provide jerseys for each team. When possible, teams should try to have consistent short and sock colors.

Footwear: All players must wear flat shoes. Cleats are not permitted.

Futsal balls: Appropriately sized futsal balls (which are weighted and slightly smaller