**The Field**

Rules of Studiebold

The field is the size of a handball field 20 · 40 meters, without boards.

**The Ball**

The ball must be a *Futsal Ball*

**Number of players**

A team is 5 players on the field, 1 of them are the goalkeeper. The team can have max 3 substitutes on the bench. The game cannot start if one of the teams have less than 3 players. The game will be stopped if one of the teams have less than 3 players on the field.

**Substitutions**

You can substitute at any times. It need to be done in the marked area. All substitute must wear a jersey. The player there is on his way out on the field, is not allowed to enter the field, until the other player is off the field. When you are changing you must hand over the jersey to the player who leaves the field. If you don’t follow the rule, the player who step in to the field to early will be given a yellow card.

**Players Equipment**

You must wear clean indoor shoes The goalkeeper’s cloth cannot be the same colour as the other players. You can mark him with a jersey like the substitutes have.

**Goalkeeper**

The goalkeeper can block the shots in the field. You cannot pick up the ball and throw it.

**Game length**

The games are minimum 7 min. If winner is needed the game will automatically continue in 4 minutes *Golden Goal*. After that it is *Penalty Shootout*.

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**Goals**

Goals *scored by girls* count as 2.

**Foul**

At a freekick the opponent needs to be 3 meters away. When there is a kickoff at the middle, the opponent also need to be 3 meters away. You cannot score on a kickoff

**Kick in (Not throw in)**

You cannot score directly on a kick in and the ball must lay still on the sideline before you can kick it. The opponent need to be 3 meters away.

**Penalty kick**

The penalty kick is shot from 6 meters.

*Penalty Shootout* is played by *Sudden Death* rules. Each team pick 1 shooter. If both teams score a new player from each team will have to kick, until a winner I found.

**Freekick**

You can score on all ordinary freekicks. All freekicks where the goalkeeper picks up the the ball or using hands out of the zone, will be indirect freekick.

**Expulsion**

Rough freekicks will cost a *yellow card,* and the player must sit out until next goal, and the team will be shorthanded.

2 yellow cards will get you a *red card* and you will be out for the rest of the game, and the team will be shorthanded for the rest of the game.

Unsportsmanlike conduct can be resolve in a yellow or red card.