

## 1) The Field

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

## 2) The Ball

The ball must be a *Futsal Ball*.

## 3) 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.

## 4) Number of players

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

## 5) Goalkeeper

The goalkeeper can block the shots in the zone. You cannot pick up the ball, only block the ball. If the ball is picked up inside the zone there will be a *penalty kick* for the opponent. If the ball is picked up or parried outside the zone, there will be *indirect freekick* to the opponent.

## 6) Substitutions

You can substitute at any time. It needs to be done in the marked area. All substitutes 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 a substituted player enters the field too early it will result in a yellow card to the player going onto the field.

## 7) Game length

The games are 8 minutes long. If a winner is needed, the game will automatically continue in 4 minutes *Golden goal*. This means that there will be no break between ordinary time and *Golden goal*. After that, it is a *Penalty Shootout*.

## 8) Penalty shootout

*Penalty Shootout* is played by each team picks 3 shooter - best of 3. If it ends in a draw, each team has to choose a new player to shoot until a winner is found.

The teams must choose the kicking order before the start.

## 9) Goals

All goals count for 1, unless otherwise agreed with the event organiser. For the National Final event, goals scored by women will count double.

## 10) Point system

In the event of an equal number of points in the groups, head to head (H2H) are counted first, and then goals difference (GD). If this is also equal, then the number of goals scored is counted (F). If the teams are equal on all parameters, the teams' position is decided via a *penalty shootout*.

## 11) Game stoppage

At a *freekick* the opponent needs to be 3 metres away. When there is a kickoff at the middle of the field, the opponent also needs to be 3 metres away. You cannot score directly on a kickoff.

## 12) 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 needs to be 3 metres away. On a goal kick, players can not receive the ball inside the goal field.

## 13) Freekick

You can score on all ordinary freekicks. All freekicks where the goalkeeper picks up the ball or using hands out of the zone, will result in *indirect freekick*. If the ball is parried by a fielder outside the zone it will result in an *indirect freekick*.

## 14) Penalty kick

The penalty kick is shot from 6 metres away. If the goalkeeper picks up the ball inside the zone it will result in a penalty kick. If the ball is parried by a fielder inside the zone it will result in a penalty kick and yellow card to the fielder.

## 15) Expulsion

Rough freekicks will cost a *yellow card*, and the player must sit out until the next goal, and the team will be shorthanded. In the event of a *yellow card* and the match continues in the *Golden goal*, the sent off player may re-enter when the *Golden goal* starts.

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

Unsportsmanlike conduct can resolve a yellow or red card.