

PG REC

YOUTH FUTSAL RULES 2026

4yrs - 4th Grade

GAME LOCATION: PG Rec Center Gym 2 & 3. The full court in Gym 2 & 3 will be divided in half and teams will play on the east and west courts.

PRACTICES: There are no practices during the week rather there will be a 15 minute practice before the game starts.

LEAGUE T-SHIRT: Registration includes a team t-shirt that will be handed out to the coaches on the first day.

LEAGUE: Season consists of 6 games. NO PLAYOFFS!

Rules

Play will be governed by PG Recreation Rules.

Warm-Ups

*If teams are late there will not be time for warm-ups

- The first 15 minutes of the hour will be dedicated to practice time. Futsal balls and cones will be provided during this time.

Game Start

- A full team consists of 6 - 8 players. A team must start and end with 4 players.
- If a team does not have the minimum number to start on the court at game time, they may borrow another player from the opposing team to join them part or the whole game.

Equipment

- Futsal Balls:
 - 4yrs - 2nd Grade = Size 3 (Youth Size)
 - 3rd - 4th = Size 4 (Pro Size)

Game Format

- The game will consist of 2 (18) minute halves. Followed by a 3 minute half-time.

Time Out

- Each team will be allowed ONE timeout per game.
- Each timeout will be one minute.
- Other timeouts will be called by Refs for emergency situations.

Player Conduct

- No wearing jewelry, watches, dangly earrings, rings, etc. for the safety of other players.
- Players cannot play with a cast, even if wrapped.
- NO Spiked Soccer Cleats. Indoor futsal/soccer cleats are recommended but not required.
- Shin Guards are not required but they are recommend for the safety of the players.

Substitution

- Substitutions can be done every 4 ½ minutes when the ref calls subs.
- During subs the clock will continue to run during that time.
- Coaches may sub whenever but we advise subs at every 4 ½ minutes.

Scoring

- There is no score kept at all in any league.
- A ball is considered a goal once the ball has fully crossed over the goal line (passed the blue outer box around the court) between the goal posts.

Kickoffs & Start of Game

- The kickoff will be an indirect kick and must be played forward first.
- The kickoff will be determined by Rock, Paper, Scissors between the captains of the team. Whoever didn't start with the ball will start the second half with the ball.
- All players from the same team must occupy the defending side of the pitch during kickoff and may not be in the offensive zone.

Out Bounds

- A ball is out of bounds when it is behind the goal and beyond the designated touchline (blue side near the benches).
- The ball is only out of bounds when the ref determines it. There are no specific out of bounds in futsal but we determine it out based on the safety of our athletes.
- Players will have 5 seconds to kick in the ball once the ref gives them the ball. There are no throw ins in futsal.
- When a player is kicking the ball in the opposing team must give a 6-foot clearance away from the player kicking it in.
- A goal can not be scored on a kick-in or kick-off.
- If a player takes more than 5 seconds to kick the ball in the other team will receive it.

Corner Kicks

- There are no corner kicks in our leagues.

Fouls/Ejections

- All fouls conducted with the intent to harm another player will result in an indirect kick (no goalies are allowed during these kicks). The following are prohibited:
 - Tripping
 - Pulling of Clothing
 - Charging
 - Handling the Ball
 - Sliding or Slide Tackling
- These fouls with an intent to harm others will also receive consequences.

The following are:

- 1st Offense - Verbal Warning
- 2nd Offense - Removed from the game for 6 minutes
- 3rd Offense - Removed from the remainder of the game and be subjected to removal from the league

Players

- All players that are not on the court must be seated on the bench
- Please limit the bench to ONLY rostered players.
- All players MUST be allowed the opportunity to play at least 50% of the game. Which is equivalent to 18 minutes of the 36 minutes of game time.

Coaches

- Only one head coach and one assistant is permitted per team
- Coaches may NEVER enter the court at anytime. Entering the court with the intent to harm players, opposing coaches, refs, site supervisors, or any other person will result in ejection from the site.
- NOTE: In the 4yr - K league, One coach may be on the court assisting the team. If they start to interfere with the game they will be asked to coach from the bench.

Spectators

- All spectators will need to be seated in the bleachers at all times and will not enter the court at any time. Entering the court with the intent to harm players, coaches, refs, site supervisors, or any other person will result in ejection from the site.
- Also NO spectators should be on the sideline helping coach unless they are filling in as a coach for that game.

Referees

- There will be one assigned referee for each 4yrs - 4th grade game.
- Pleasant Grove Recreation will provide and oversee each ref for each game.
- There will always be at least ONE ref per game with the possibility of two some games.

League Schedules and Information can be found on: quickscores.com/plgrove

Important!

Have your teams ready to go 10 minutes before game time!