

JC YMCA 5v5 Futsal Winter Warmup 2026

The Warmup is for players who wish to play coordinated competitive games for the enjoyment and improvement of their game. The rules are designed for quick and continuous play.

*Play on the new Turf may require tweaks in rules as the program moves forward.

RULES/GUIDELINES:

REFEREE – Games will be officiated by one or two referees.

GAME BALL – Provided by the JCYMCA: Futsal Ball size 3 for youth, size 4 for Middle School, size 5 for High School.

TIME LIMIT – two 20 minute halves, 3 minute halftime.

GOAL SIZE – 6x8 goals for Youth and 4x6 goals for HS. The penalty area will be identified with round discs for youth matches. A Keeper will not be part of the team in High School matches. A non-touch area will not be used in HS games.

GOALS – are not tallied, goals allowed from shots (last touch) in the offensive half of the pitch.

SHINGUARDS, SHOES, SHIRTS – should be worn at all times. With the new indoor turf players will need to discover the best footwear needed. **Full cleats will not be allowed**, indoor futsal shoes can be worn but may not be best, recommend a turf shoe or running shoe with tread for grip.

NO JEWELRY – should be removed.

SUBSTITUTIONS – may be made “on the fly” but w/o attacker gaining advantage with sub still on the field.

KICKOFFS – referee will signal the start of play. Kick does not have to move forward.

OPPONENT DISTANCE – 3yds for all free kicks, kick-ins and restarts.

NO SLIDES – if the violation is serious enough or warning is not followed, the player may be sent off. This includes tackles, saves and shots. Keeper may slide if not in a dangerous manner.

FOULS – always results in an indirect kick. Ball placed outside the goal area or 8yds from the goal for HS.

WALL – the ball touching the wall (touchline) is declared out. Includes fence or wall (End Line).

NO THROW-INS – ball placed near the wall (touchline) and kicked in. Head level or below.

CORNER KICKS – indirect and the pass may be above the head level.

NO GOALKEEPER PUNTS or LONG THROWS – must roll or pass the ball to a teammate. Free kick for the opponent will occur if a throw goes past the half line at the official’s discretion.

KEEP PASSES LOW – any pass above head-level in the defensive half is subject to being blown dead at the official’s discretion, with a change of possession at the half line.

SHOT ON GOAL – must be last touched in the offensive half to be counted as a goal.

OFFSIDE – There is no offside penalty.

CAUTIONS, EJECTIONS – players may be asked to sit out if a cautionable offense has been committed or ejected from the game if the violation is more serious.

GOALKEEPER CHANGES – notice should be provided to the official. Identity of the goalkeeper should be made known to the official and is not required to wear a separate jersey or gloves.

SPORTSMANSHIP – Shall be shown at all times.