

# 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 sentoff. 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.

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