

NDASC Indoor Rules

1. Halves 2x25 min
2. Change is on the fly
3. Futsal soccer ball provided by gym technician
4. 4v4 +GK
5. Kick-ins instead of throw ins
6. Goals cannot be scored directly from Kick Ins
7. Substitutions are made on the fly
8. No Offside
9. Free kicks and corner kicks – opponents have to be at least 5 meters away from the ball.
For kick-ins opponents have to be at least 5 meters away. Not adhering to the required distance is an automatic yellow card.
10. No Sliding (Cannot play the ball from a ground position)
11. The ball cannot be played off the wall, the ball will be played as a goal kick or a corner kick if the ball is played off the wall.
12. All free kicks are indirect unless in the box which will then be a penalty shot (direct)

*This is a guide and should be read in conjunction with the full FIFA Laws of the Game