Bermuda Futsal Federation (BFF)

2015 Women's League Rules

Please note that those sections underlined represent new rules or clarification of previous rules.

- League Format – The League is based upon the number of teams registered and will be organized into a multiple match format as provided for in the league schedule.

- Schedule – Teams/players must arrive at least 30 minutes prior to the start of their game. All games will take place on Saturday evenings starting at 5:00 pm. The season will start tentatively on 18 January, 2015. After teams have registered, they will be provided with a schedule showing their specific game times.

- Age – There are no age restrictions, but BFF reserves the right to refuse to permit a player to participate if, in its sole discretion, it determines that the player is too young and not able to meet the physical and psychological demands of the game.

- Team Size – Each team should have a maximum of 12 players (unless more are allowed by the BFF).

- Uniforms– Players must wear regular sneakers or indoor futsal shoes. Players must also wear shin pads and long socks completely covering the pads. Uniforms are not mandatory but may simply be matching shirts and shorts if you do not have a club uniform. Each team should also maintain a contrasting shirt for use by the team's goalkeeper. Teams not having a uniform will be provided with a bib.

- Player responsibility – Players play at their own risk. BFF and its representatives or officials accept no responsibility for any injury that a player might receive in the course of a game.

- Substitutions – There is unlimited substitutions and players can re-enter the game (unless they have received a red card or have been sent out of the game for cooling off) at any time. The substitute must enter the pitch via his own team's 'substitution zone' that is in front of the team's bench area. The substitution is completed when a substitute enters the pitch via his own team's substitution zone, after handing her bib to the player being replaced, unless this player has had to leave the pitch via another zone for any reason.

- Kick-ins – In order to restart the game after a ball has gone out of play the ball is kicked back into play from the touchline and from corners. The ball must be placed stationary on the touchline. A player taking a kick-in can kick it to their goal keeper, but the goal keeper cannot not play the ball with their hands and is subject to the 4 second possession rule in their own half. A goal cannot be scored directly from a kick-in. If the ball touches a player before entering the goal, then a goal is allowed. If the ball does not enter the pitch from a kick-in, the referees shall order a player from the opposing team to take it.

- The 4 Second Rule – For kick-ins, free kicks, goal clearances and corner kicks the player in possession of the ball has 4 seconds to restart play. If play isn't restarted within four seconds an indirect free kick will be awarded to the opposing team. The goalkeeper is not allowed to control the ball in the goal area with his hands for more than 4 seconds in his own half.

- The 5 meter Rule – Players are required to keep 5 meters from the player in possession of the ball on free kicks, corners, goal clearances, kick-ins and penalties.

- Goalkeepers – Goalkeepers are allowed to come out of and players are allowed to go into the penalty area while the ball is in play. A goal clearance must be thrown out by the goalkeeper. It can be thrown directly in the air by the goalkeeper into the opponent's half. After playing the ball, the goalkeeper cannot touch the ball in his own half after it has been deliberately played to her from a team-mate without an opponent playing or touching it.

- Accumulated Fouls – Each team will be allowed to give away 5 direct free kicks in each half, then on the sixth foul a direct kick is awarded to the opposing team and the defending team is not allowed to position any players (other than the goal keeper) between the ball and the goal. The kick is taken from the 10 meter mark or, if the foul was committed closer to the goal than the 10 meter mark, then the kick may be taken from the position where the foul took place. The defending goal keeper must be at least 5 meters from the position of the free kick.

- Duration of Games – Each game consists of two twenty minute running halves with not more than a 10 minute half-time break. The clock only stops when there is a time out or when the referee stops play due to an injury to a player or for some other official reason.

- Time Outs – Each team is allowed a one-minute time out in each half.

- Sliding Tackles – The goalkeeper is the only player who may slide in order to save the ball (providing they are in the goal area and do not use excessive force). For other players, sliding tackles against an opposing player with the ball are not allowed. Players are allowed, however, to slide on the court, for example to stop the ball from going out of play. For a player sliding to be considered an offence, the tackler's opponent must have possession of the ball. Referees will not give a foul for a slide if the opponent does not have possession of the ball.

- Cooling Off – If a player becomes too aggressive on the court, at the referee's discretion and in lieu of a red or yellow card, the player may be sent from the court for a cooling off period of 5 minutes after which they may play again. The player may be substituted.

- Red Cards – If a player is sent off then the team to which the player belongs must remain with 4 players until either two minutes have passed, or the opposition has scored a goal.

- Fair Play Policy – BFF enforces a zero tolerance on fighting. Any abuse, gross misconduct or inappropriate contact by players, coaches or team officials, directed at BFF officials, referees, coaches or other players will result in **exclusion from the league.**

BFF Officials have the exclusive authority to make decisions during the games on any matter not covered by the above rules. Their decisions are final.