



Ann Arbor Rec and Ed Youth Winter Futsal (Indoor Soccer) League 2026 Rules

Updated 1/9/2026

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FIFA rules govern league play except where modified to fit the needs of Ann Arbor Rec and Ed players.

Visit www.FIFA.com for more information about the laws of the game

The goal of the Community Education & Recreation Youth Soccer Program is to provide an enjoyable, healthy leisure experience for program participants. Players should be taught new skills and how to improve throughout the season with the support of the coaches, parents and league. We will not keep standings in the Youth Soccer League. The main objective of the program is to provide each participant with an equal opportunity to learn and develop a passion for the game of Soccer. Thank you for your support!

2026 Winter Youth Futsal (Indoor Soccer) Staff

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1. All players

All players must be registered with Rec & Ed. Unregistered players will not be permitted to play. Coaches are not permitted to add and/or switch players to the roster. Rec & Ed assigns all players to teams. Any coach playing an unregistered player and/or found switching players will face suspension and/or probation in accordance with the Team Sports Policy on Probation, Suspension, and Hearing Procedures.

2. Refund policy

- a. Refund requests must be made to cancel@aaps.k12.mi.us in writing 24 hours before the player's first regularly scheduled game.
- b. Refund requests must be submitted to Community Education & Recreation, 1515 South Seventh Street Ann Arbor, MI 48103.
- c. All refunds are subject to a \$10.00 processing fee.
- d. No player fee will be refunded after the first scheduled game.
- e. Refunds will be paid by check or credited to the charge card depending on method of payment, and normally take four to six weeks to process.

3. Blood and bodily fluids

This rule provides guidelines for coaches and referees as to their responsibilities during a game should an injury or illness result in a player losing blood or other body fluids.

- a. As soon as the official can see or has their attention called to a player who is bleeding, the official must stop the game **immediately**.
- b. The injured player must leave the game at that point and be substituted for.

- c. The injured player must have the wound cleaned, the bleeding stopped and the wound covered before being allowed to re-enter the game. Any blood stained clothing must be removed as well. (See exception under rule 27)

4. Cancellations

Games are occasionally canceled due to inclement weather. If Rec & Ed cancels all games throughout the city on Saturday, on the Team Sports Cancellations webpage (<https://reced.a2schools.org/sports/home/team-sports-cancellations>) as soon as the determination to cancel has been made. If Rec & Ed cancels all games throughout the city on Sundays, announcements will be made between 10:00 am – 12:00 pm. For Winter Futsal (Indoor Soccer), Department personnel are the only people authorized to cancel games and training.

5. Make up games

If all games are canceled on Saturday or Sunday, Rec & Ed will officially reschedule those games. Coaches will be notified of the make-up date by mail or telephone. If the official cancels the game, Rec and Ed will follow up with coaches to see if the game was played. If the game was not, Rec and Ed will work to reschedule the game with the coaches. If a date cannot be agreed upon, the game will not be rescheduled, but the coaches may choose to “Scrimmage” during the week.

6. Volunteer Assistant Official

There are no volunteer assistants in Futsal

7. Warm up time

There will be some time for teams to warm up before their games on the court. Once the preceding game is over, all players may go onto the court for warm up.

8. Uniforms

All players must wear their team shirt during league games. If a player is not wearing their team shirt, s/he is not allowed to play. In cold weather, sweatshirts or jackets may be worn under the team shirt.

Exception: If a player is injured, blood stained clothing must be removed. If the injured player is able to continue playing, they may play in a shirt other than the team shirt.

Note: Goalkeepers must wear the mesh jersey provided for each team or a different color t-shirt that does not conflict with the color of the opposing team.

9. Equipment

Players may wear Futsal shoes, indoor shoes (No cleats or turfs are allowed), or sneakers. Proper fitting shin guards are mandatory. All players must wear proper fitting shin guards that are worn underneath socks. Shin guards worn over socks are NOT permitted. Mouth guards are permitted. Goalkeepers may wear elbow/knee pads. Officials will conduct an equipment check before each game.

10. Jewelry, casts, and other accessories

Most exposed jewelry is prohibited. Rings, watches, bracelets (friendship included), earrings, chains, or necklaces are prohibited with the following exceptions and as long as the official deems it safe.

- a) Starter earrings or studs may be worn on newly pierced ears if they are covered with tape or a bandage to the satisfaction of the official.
- b) A religious medal may be worn if it is taped to the body and worn under the uniform.
- c) Medical alert bracelets or necklaces may be worn if they are taped to the body so the medical alert information still remains visible and accessible if needed.
- d) Body piercings not visible to the official are not of concern. If the piercing becomes visible, the official must order the player to remove it.

HAIR ACCESSORIES

- e) Rubber, cloth, or elastic bands may be used to control hair. Any hair accessory made of metal or hard plastic such as barrettes, hair clips or bobby pins are prohibited and may not be worn. However, a player may wear hair beads as long as the hair is safely secured to the satisfaction of the official.

HEADWEAR

- f) Players may wear a headband. The headband must be worn on the forehead/crown and cannot exceed a maximum of 3".

- g) **However, bandana style headbands with tails are not permitted during games. This is a safety issue. If a player is wearing a headband with tails, the official will ask that it be removed.**

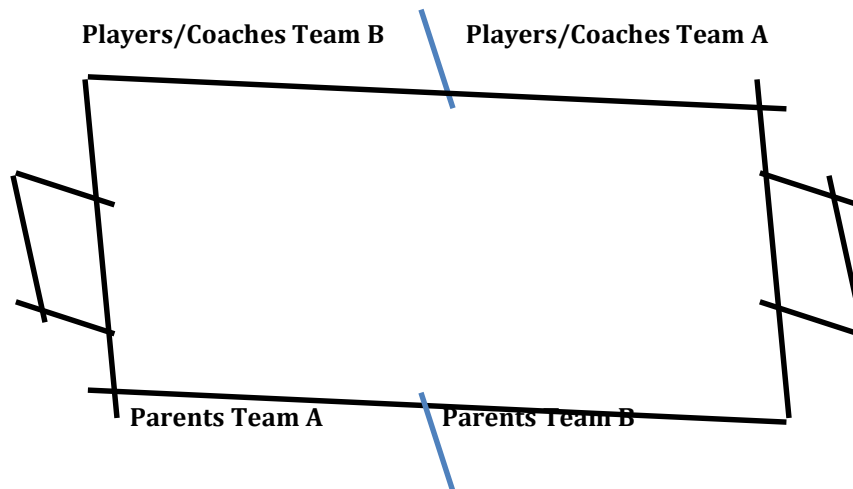
CASTS, SPLINTS, BRACES AND PROSTHESES

- h) In Rec & Ed soccer leagues casts, splints, and braces may be worn on the upper extremities as long as they are padded with at least ½" of closed-cell, slow-recovery rubber or other material of the same minimum thickness and having similar physical properties. No casts, splints or braces may be worn on the lower extremities.
- i) No protective equipment used in any Rec & Ed youth soccer program shall have exposed metal or hard material.
- j) Prosthesis may be worn as long as the official's judgment of the prosthesis is no more dangerous to players than the corresponding human body part.
- k) It is the responsibility of each coach to inform players and their parents whenever a player is guilty of an infraction of the Youth Sports Equipment and Apparel Rule. Any player who is in violation of the rule may not participate in any Rec & Ed contest until the player is in compliance with the rule. If a player cannot comply with the Youth Sports Equipment & Apparel Rule without significant delay, another player must substitute in for the player or the offending player's team must play short. Note that a player who leaves the game to remove jewelry or prohibited apparel may be re-entered as a legal substitute once he/she complies with the equipment and apparel rule.

11. Spectators and teams

All coaches, players, and parents are to remain as far off the sideline as possible for their safety.

- 1) Teams will agree which half each of them will have. If the coaches of the two teams cannot agree on the sideline configuration then it will be decided by a coin flip, conducted by the official.
- 2) **Players and coaches will sit on their own half on the same side.**
Parents will sit on the bleachers across from the players.
 - a. If the facility does not allow parents to sit on bleachers across from players, they may sit on the end line bleachers (Only in facilities that do not have bleachers opposite of the players)
- 3) Coaches can only be in their half, unless a player is injured and needs attention.
- 4) No coach or person is allowed to stand on the end lines or by the goal



Note:

Spectators may be removed from the playing area if their conduct or language is deemed unsportsmanlike by the referee.

12. Sportsmanship and conduct (Parents, Coaches, and Players)

Coaches must emphasize good sportsmanship and behavior before, during and after the game. All players and coaches shake hands with the opposing team coaches and players, as well as the officials.

Parents, coaches, and officials should contact Rec & Ed if players and/or coaches are not properly demonstrating sportsmanship. Coaches not emphasizing sportsmanship and players not demonstrating sportsmanship may be suspended and/or placed on probation in accordance with the Team Sports Policy on Probation, Suspension and Hearing Procedures.

For Y5/K-5th grade, a yellow or red card may not be shown. However, the official can remove a player for one possession instead of showing a yellow card so the player can speak to the coach (The official should let the player know what foul(s) the player committed to avoid when they return to play). If a player repeatedly commits fouls and/or endangers other players, knowingly or unknowingly, the official can remove the player for the remainder of the game.

Coaches, who in the opinion of the official persistently infringes the laws of the game, show dissent towards an official, or display unsportsmanlike conduct, will be cautioned by the official with a yellow card.

Coaches who, in the opinion of the official, display violent conduct or foul/abusive language will be shown a red card and asked to leave the premises.

Note:

Disparaging language or communication (whether verbal or non-verbal) will not be tolerated from players, coaches or spectators. Should the official hear or see such communication sanctions will be enforced per the guidelines of the "laws of the game". Should an official be informed that such communication has and/or is taking place, they should call both coaches together and ask them to address sportsmanship with their respective players and spectators. It is the coaches responsibility to address their parents in regards to this. The official can also ask anyone to leave the premises for unsportsmanlike conduct.

13. Playing time

All players should play for a minimum of half of the game, with the exception below:

1. If a team has more than the recommended maximum number of players on the roster, coaches should spread playing time out as evenly as possible.

Parents should contact Rec & Ed if coaches are not abiding by this rule. Coaches not abiding by this rule may be suspended and/or placed on probation in accordance with the Team Sports Policy on Probation, Suspension and Hearing Procedures.

If a player does not show up to practice, but only comes to games, the coach can contact Rec & Ed, Coach Ducks or Coach Sam to help solve the matter. Each situation will be a case by case scenario.

14. Number of players on the field

Y5-Kindergarten, 1st Grade – 4 v 4 (No Keepers)

2nd/3rd, 4th/5th grade – Play 4 vs 4 with Goalkeeper (goalkeeper must rotate with other players)

Y5/K/1st Grade will follow Kindergarten RULES

2nd/3rd Grade Teams will follow 3rd grade RULES

4th/5th Grade Teams will follow 4th grade RULES

Notes

1. If one team is short players, the other team is not required to play short as well. However, if the team has 2 or more subs, that team is **REQUIRED** to loan a player to the short-handed team. The coach loaning the player may rotate several players throughout the game to the other team. In the spirit of the game, the first priority is to allow players to play and enjoy the game.
2. NOTE - In the event one team is severely short players, both teams can combine players and still play, in which the ref will still ref the game, even if it's under the # of players that each team is supposed to have on the field.

15. Goal size and goalposts

Players must not hang from the goal posts. Yellow and/or red cards will be issued for this potentially destructive conduct.

The size of the goals for grades Y5K and 1st Grade are 4 feet high by 6 feet wide.
The size of the goals grades 2nd/3rd and 4th/5th grade are 10 feet x 6 feet

16. Futsal ball sizes

All grades will use a Size 3 Futsal ball

A Futsal ball is a slightly heavier, low bounce ball, keeping the ball mainly on the ground. We encourage all teams to train with a Futsal ball during training as a regular soccer ball bounces too much and is difficult to control.

17. Time Guidelines

All games are to begin on time. Referees have the option of shortening the game if a team(s) arrive late.

K to 5th grade - Two 24 min halves with a five min halftime

18. Positions

Coaches must give their players the opportunity to play different positions throughout the season. Players should have the opportunity to play goal if they wish in the leagues that have the keeper position.

19. Starting the game and pregame with the official

5 min prior to the game, the official will meet with teams and coaches to review the rules and do the coin toss.

The ref may choose a player to call the coin toss. The team winning the coin toss must choose a goal to attack. The other team starts the game with a kick-off.

20. Kick off and half time

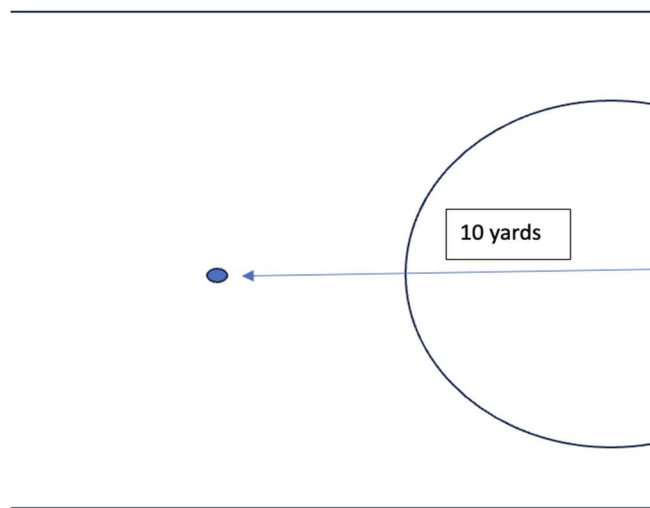
A kick off may go forward or backwards off the kick off.

In young 5/kindergarten through fifth grades, a team making an incorrect kick-off will have one chance to do it over again correctly. A second violation will result in an indirect-kick for the other team from the spot of the infraction.

21. Free kicks and penalty kicks

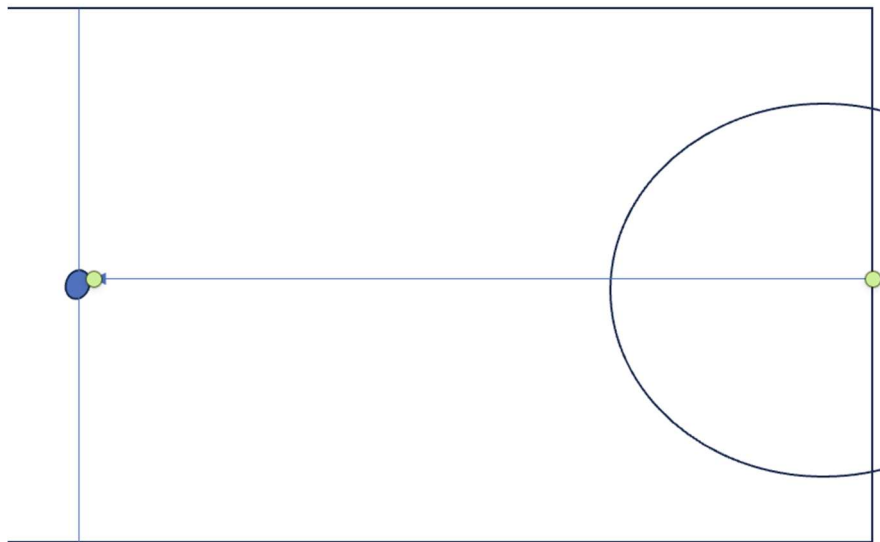
In Y5/K-5th grade, FIFA rules apply for free kicks and penalties with the exceptions and clarifications below:

1. PK'S for Y5 and Kindergarten
 - a. A foul in the arc will result in a direct free kick (Penalty) 10 yards from the goal line
All players must be behind the line of the ball



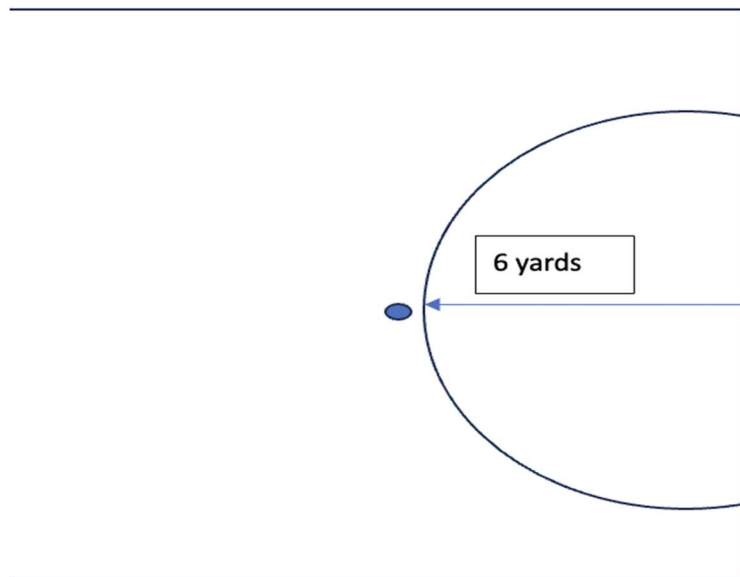
2. PK'S for 1st

- a. A foul in the arc will result in a direct free kick (Penalty) from the halfway line kick off spot with no keeper



3. PK'S for 2/3rd through 4/5th grade

- a. A foul in the arc will result in a direct free kick (Penalty) from the penalty marker (6 yards) against the GK. All other players must be behind the line of the ball



A dangerous play or heading (For grades K-5) will result in an indirect free kick

For free kicks in grades K-5th, players on the opposing team must be 5 yards or more from the ball

Notes

- A goal may be scored directly from a kick-off or corner kick
- A goal may NOT be scored from a goalie throw

22. Goalkeeper and goal throws

Goal Keeper - Young 5/Kindergarten, 1st grade

- There will not be a keeper
- Players are NOT permitted to stand in front of the goal
 - o It is at the ref's discretion to ask a player to step away from the goal line and/or out of the arc/box
 - o Coaches are encouraged to help keep players away from the goal line and out of the arc as well

Goal Throws

When the ball goes completely over the end line, a field player has two options to restart the play. The player may:

1. Place the ball on or anywhere in the arc and pass the ball in
2. Dribble the ball out of the arc

NOTE – Defending players must be 5 yards from the arc and the ball is not live until it comes out of the arc

Goal Keeper - 2/**3rd grade and up**

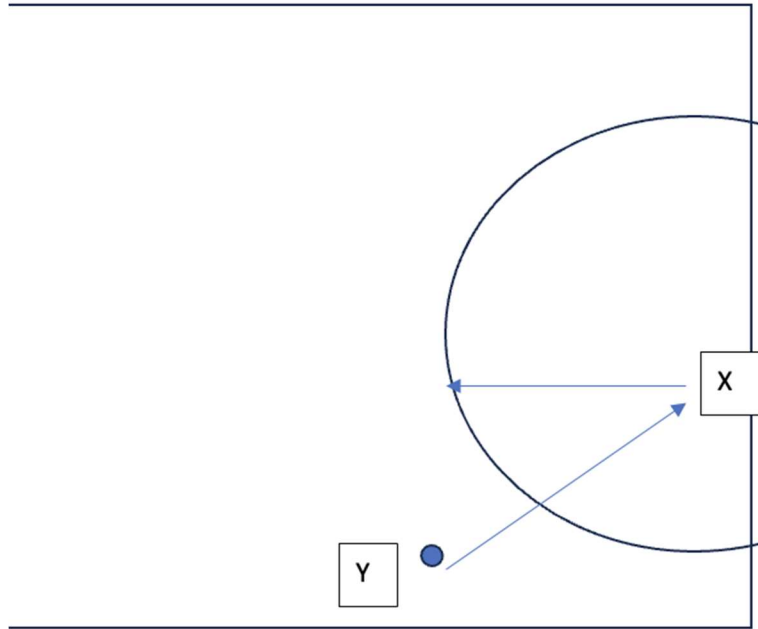
- Each team will have a goalkeeper

Notes

1. A player may not play more than one half in goal per game
2. Once the keeper has possession of the ball, they can:
 - a. Throw the ball out with their hands
 - b. Pass the ball to a teammate
 - c. Dribble the ball out of the arc
3. Keepers are not allowed to punt the ball
4. Once a keeper has possession, **no defenders are allowed in the arc until the keeper passes, throws the ball out of the arc or dribbles outside of the arc**
5. Referees will encourage the keeper to get the ball in play within 6 seconds

6. Keeper Pass back rule

- a. Once the keeper plays the ball with their hands or feet to their teammate, they may NOT receive the ball back unless it has been touched by the other team or goes out of bounds.
 - i. If a player plays the ball back to the keeper and the keeper touches the ball, it is an indirect free kick for the other team
 - ii. on the arc, at the closest **straight** point where the ball was touched (See example below)



Example: If player Y plays the ball back to the keeper (X) a second time, then the official will blow the whistle and an indirect free kick for the other team on the arc, at the closest straight point where the ball was touched, shown above.

7. Otherwise, FIFA rules apply

Goal throws

When the ball goes completely over the end line, the goalkeeper must throw the ball out of the arc

NOTE – Defending players must be 5 yards from the arc and the ball is not live until it comes out of the arc

23. Hand ball

Play is whistled stopped when the ball is **deliberately** handled by a player other than the keeper. Unintentional touching of the ball should not be whistled and play should continue. It is at the referee's discretion as to if a hand ball is deliberate or unintentional.

24. Heading

In K-5th grade, heading is NOT allowed, unless contact is accidental. This is at the referee's discretion. If a player heads the ball intentionally, the result is a free kick for the opposing team from where the ball was headed.

Note – Heading should NOT be taught in grades K-5

25. Off-side

There is no offsides in Futsal (Indoor Soccer)

Note – In the spirit of the game, coaches should not have players purposefully cherry picking to score goals.

26. Slide Tackling

For grades K-8, no slide tackling is allowed. Sliding to block a shot or pass is allowed, if the official deems it safe and no contact with the player is made.

If a player slide tackles, an indirect free kick is given to the opposing team. If the official deems the action dangerous/reckless, a yellow card will be given (Even if not shown) and the player must remain off until the end of the quarter (Note – 5th to 8th grade, the player receiving a yellow must go off for one possession and then can reenter). After a yellow (Whether the card is shown or not, it's at the official's discretion to issue a red card (Shown or not shown) if the player slide tackles again in a reckless manner.

27. Substitutions

To maximize participation of all players, frequent substitution is encouraged. Players may sub on the fly anytime during the game, whether the ball is in or out of play. However, the player coming off the court must cross over the sideline before the player subbing can come on.

28. Kick ins

Grades K-5

- No throw ins, there will be kick ins
 - For kick ins, a player may place the ball on or just behind the line
 - The player's feet may not go all the way on the field. If it does, it is an illegal kick in. The player will have one chance to try again before the ball, is then, turned over to the opposing team.

Note – Kick ins are indirect and opposing players must be 5 yards from the ball. The official will encourage players to get the ball in within 4 seconds. After 4 seconds, the official will call a change of possession and the ball is awarded to the other team (Note – In younger ages, the official will have a little flexibility here, but coaches should talk about making a decision within 4 seconds and help players when needed)

29. Injuries and other stoppages

Play is stopped in the case of an injury, inclement weather, or if the referee feels the environment is unsafe. **Upon noticing or being informed of an injured player the referee must stop play regardless of the advantage/disadvantage situation.**

Play is restarted with a dropped ball at the location when the referee stopped play. If a team clearly has position, we encourage the fair play rule where the opposing team kicks it back to the other team

There are no team time outs

30. Yellow and Red Cards

For yellow and red cards, the cards themselves may not actually be shown, but the official may make it clear to the coach that the player is coming off for a yellow card offense.

Notes

- a. For K-5th grade, a yellow or red card may not be shown. However, the official can remove a player for the remaining quarter instead of showing a yellow card so the player can speak to the coach (The official should let the player know what foul(s) he/she committed). If a player repeatedly commits fouls and/or endangers other players, knowingly or unknowingly, the official can remove the player for the remainder of the game but not show a red or show a red card and then remove the player from the game. It's the official's discretion.
- b. It is at the official's discretion to show a yellow or red card or adhere to the rules for K-5th grade. The exception is if a player receives a

yellow, they must go off for at least one possession before returning to play.

- c. Again, this is at the official's discretion but the goal here, for all ages, is to teach players what is acceptable and what is not acceptable during the game. Most younger players are not purposely reckless, but when it endangers other players, it must be called and the official and coaches must use it as a teaching moment so players continue to learn and grow

31. Court Dimensions

Y5/K-8th grade:

Same size. We will use the school basketball school gym markings for out of bounds and for the GK arc