## 3rd TERM TOPIC. 1st ESO $\mid$ Physical Education

## 3rd TERM TOPIC. $1^{\text {st }}$ ESO. FUTSAL:

## 1. The pitch:

- The pitch is a 40 m long and 20 m wide rectangle, with a flat, smooth and non-abrasive surface, preferably made of wood or artificial material. The pitch is divided into two halves by a halfway line. The centre mark is indicated at the midpoint of the halfway line. A circle with a radius of 3 m is marked around it. There should be a safety zone surrounding the pitch, with a width of at least 2 m long free of obstacles. In the case of playing in an indoor pitch, the minimum height of ceilings is 5 m .
- The penalty area is marked by a line at 6 m from the goal. A penalty mark is made 6 m from the midpoint between the goalposts.
- The substitution zones are the areas in front of the team benches. They are situated at 5 m from the halfway line and they are 5 m in length. Players must enter and leave the pitch through that area.



## 2. Goals:

- Goals must be $2 m$ height and $3 m$ width. The nets must be made of hemp or nylon and they are attached to the back of the goalposts and the crossbar. The goalposts and crossbars must be of a different colour from the pitch (at present they are blue and white). The goals must have a stabilising system that prevents them from overturning. They cannot be fixed to the pitch.



## 3. The ball:

- The ball is spherical and made of leather. Its circumference must be of 62 cm , and with 420 g in weight.



## 4. Players:

- A futsal team consists of 12 players. 5 players per team can play at the same time, one of whom is the goalkeeper. The match is abandoned if one of the teams has fewer than 3 players on the pitch.
- A substitution may be made at any time, whether the ball is in play or not. To replace a player with a substitute, the following conditions must be observed:
- The player leaves the pitch via his own team's substitution zone
- The substitute only enters the pitch after the player being replaced has left.


## 5. Duration of the match:

- The match lasts for two equal periods of 20 minutes. If there are any interruptions (e.g. the ball is out, a foul), the chronometer is stopped. Half-time interval must not exceed 15 minutes. In case of ending the match in a tie, competition rules will provide the way of breaking it. The teams are entitled to a one-minute time-out in each period. There are no time-outs during extra time, if played.
- In case of breaking a tie by playing an extra time, two periods of 5 minutes each will be played. If at the end of the extra time the match is still in a tie, every team will kick 5 penalties.


## 6. Main rules:

- Every match is controlled by two referees. There will be one or two timekeepers that are in charge of controlling the chronometer, recording the accumulated fouls,...
- When the goalkeeper puts the ball into play, it must touch the ground before passing the halfine. After playing the ball, the goalkeeper cannot touch it again if the ball has been deliberately played to him by a team-mate without an opponent playing or touching it.
- What is considered a foul is penalised with a direct free kick: kick or attempt to kick, trip, charge, strike or attempts to strike, push or tackle an opponent. A direct free kick is awarded to the opposing team and a foul is accumulated. If any of these offences is committed by a player inside his own penalty area, a penalty kick is awarded.
- The above offences are accumulated fouls. Every team can commit, in each period of the match, 5 accumulated fouls with the right of forming a wall of players. All opponents must be at least 5 m from the ball. When the fifth accumulated foul happens, the timekeeper should inform the referees
by an acoustic signal and a flag that indicates it. Beginning with the sixth accumulated foul in each period, the defending team's players may not form a wall to defend free kicks. If a that foul is committed far from 10 m to the goal, the kick will be made from the second penalty mark without a wall. In a second penalty kick, the goalkeeper must be at least at 5 m from the ball and inside his area.
- It is considered a personal foul if a player: impedes the progress of an opponent, does not put the ball into play within 4 seconds, passes the ball to his goalkeeper and he takes the ball in his hands being in his own area,... A kick-in is awarded if a player commits any of these offences.
- Disciplinary offences: dissent by word or action, unsporting behaviour,... These offences are sanctioned with an accumulated foul to the team and a yellow card to the player.
- A kick-off is a way of starting or restarting play (at the start of the match, after a goal,...). The opponent of the team taking the kick-off must be at least 3 m from the ball until it is in play (out of the centre circle). A goal may be scored directly from the kick-off. The ball must be played forwards and the player taking the kick-off cannot handle the ball before it has touched another player.
- The ball is out of play when it has wholly crossed the goal line or the touch line. A kick-in is awarded to the opponents of the player who last touches the ball crosses the touch line, either on the ground or in the air, or touches the ceiling of the hall. A kick-in is done by placing the ball on the touch line and kicking it inside the pitch.



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- A corner kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the defending team, and a goal is not scored. A corner kick must be done with the feet.
- A goal clearance is awarded when the whole ball passes over the goal line, either on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored. The ball is thrown (with one's hands) from any point inside the penalty area by the goalkeeper of the defending team. No player (neither defenders nor attackers) can touch the ball while it is inside the penalty area.
- Referees can use different kinds of cards in order to communicate the players fouls or misconduct:
- A yellow card is used to communicate that a player has been cautioned. If he commits another similar foul he will be sent off.
- A blue card is used to communicate that a player is sent off, but another player can substitute him.
- A red card is used in serious offences. The player is sent off and no player could substitute him

