

# JC YMCA Futsal Winter Warmup 2025

**The Warmup is for players who wish to play coordinated competitive games for the enjoyment and improvement of their game. Players who continue unnecessary and aggressive play as determined by the official will be asked to come out of the game before play continues. The rules are designed for quick and continuous play.**

## RULES/GUIDELINES:

**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 22 minute halves, 5 minute halftime.

**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, **no cleats, no turf shoes.**

Running shoes are best.

**NO JEWELRY** – should be removed.

**SUBSTITUTIONS** – may be made “on the fly”.

**KICKOFFS** – referee will signal the start of play. Kick does not have to go 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.

**FOULS** – always results in an indirect kick. Outside the goal area.

**GOAL KICKS** – ball placed on the end line and passed in. Head level or below.

**NO THROW-INS** – ball placed on the 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. Freekick 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 is subject to being blown dead at the official’s discretion, with a change of possession at the half line.

**SHOTS** – must be last touched in the offensive half to be counted.

**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.

Cole Berhorst  
Sports Director

Jay Rodieck  
Sports Supervisor