

UEFA  
**FUTSAL**

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**MASTER  
THE BALL!**

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# 10 REASONS TO PLAY FUTSAL

## 1 Benefits

Futsal rewards the same basic **skills, tactics** and knowledge of the game as the 11v11 outdoor game.



## 2 Ball touches

In a statistical study comparing futsal to indoor football with walls, players **touch the ball 210%** more often.

"I PLAYED SOME FUTSAL WHEN I WAS YOUNG, I LIKED IT A LOT. AND CERTAINLY ANYONE WHO PLAYS FUTSAL A LOT WILL END UP SHOWING (WHAT THEY HAVE LEARNED IN FUTSAL) ON THE FOOTBALL PITCH TOO."

HULK

## 3 Ball control

With limited space, constant opponent pressure and touch lines, **improved ball control** skills and technique are required.

## 4 Speed of Play & Enhanced decision taking

The factors mentioned above, together with a four-second restart rule, ensure players learn to **play and think faster**.

## 5 Mandatory support

Without a wall as support, players must make **supporting runs** when their teammates have the ball.

XAVI

"IN FUTSAL, YOU SEE WHETHER A PLAYER IS REALLY TALENTED. IN NORMAL FOOTBALL YOU DON'T NECESSARILY IDENTIFY TALENT AS EASILY BECAUSE IT'S SO MUCH MORE PHYSICAL. BUT WITH FUTSAL, YOU NOTICE THE SMALL DETAILS IN QUALITY, CLASS AND TACTICAL UNDERSTANDING."



"I HAD THE PLEASURE OF PLAYING FUTSAL AT SCHOOL, AND WHAT FUTSAL CAN GIVE YOU IS INTELLIGENCE AND A WAY OF THINKING. WHY? BECAUSE YOU HAVE A SMALL LIMITED SPACE, MAN MARKING IS VERY USED THERE. SO YOU HAVE TO BE INTELLIGENT, YOU HAVE TO BE VERY QUICK IN THINKING AND IN MOVING. I THINK THAT NORMALLY IF SOMEBODY IS SUCCESSFUL IN FUTSAL, HE CAN BE SUCCESSFUL IN FOOTBALL AS WELL, BECAUSE YOU FIND YOURSELF WITH MORE FREE SPACE, YOU HAVE MORE POSSIBILITIES, AND YOUR MIND WORKS BETTER. AND PEOPLE WHO ARE INTELLIGENT IN FOOTBALL HAVE A BIGGER ADVANTAGE COMPARED TO ALL OTHERS."

Dani ALVES

## 6 Continuity

**Action is continuous** so players are forced to continue the play instead of stopping and watching.

## 7 Knowledge

With four pitch players and all the basic options of the outdoor game in non-stop action mode, players' **understanding of the game** is enhanced.

## 8 Improved shooting

The goal and penalty area are a perfect size for narrowing the angle, so players learn to **shoot accurately** to score goals.

"FUTSAL IS AN EXTREMELY IMPORTANT WAY FOR KIDS TO DEVELOP THEIR SKILLS AND UNDERSTANDING OF THE GAME."

RONALDINHO



## 9 Encouraged learning

FIFA's Futsal Laws of the Game encourage a **skilled sport** by punishing all physical contact fouls.

## 10 Fun

Players enjoy the challenge of playing a **fast-paced, fun-and-skill-oriented** game that tests their abilities.



"I NEEDED EXTREMELY GOOD FEET, BECAUSE YOU'RE ALWAYS ATTEMPTING TO BEAT OPPONENTS IN THE MINIMUM OF SPACE. I LOVED THE CHALLENGE OF PLAYING ON SUCH A SMALL PITCH."

RONALDO

# THEY LOVE FUTSAL, WHAT ABOUT YOU?

"THE TECHNIQUE OF PLAYING FUTSAL IS DIFFERENT TO THE ELEVEN-A-SIDE VERSION; THERE ARE SPECTACULAR THINGS YOU CAN ATTEMPT THAT YOU WOULD NOT DARE TRYING IN FOOTBALL. IT ADDS MORE FUN TO THE DISCIPLINE."

**Zinédine ZIDANE**



"DURING MY CHILDHOOD IN PORTUGAL, ALL WE PLAYED WAS FUTSAL, THE SMALL PLAYING AREA HELPED ME IMPROVE MY CLOSE CONTROL, AND WHENEVER I PLAYED FUTSAL I FELT FREE. IF IT WASN'T FOR FUTSAL, I WOULDN'T BE THE PLAYER I AM TODAY."

**Cristiano RONALDO**

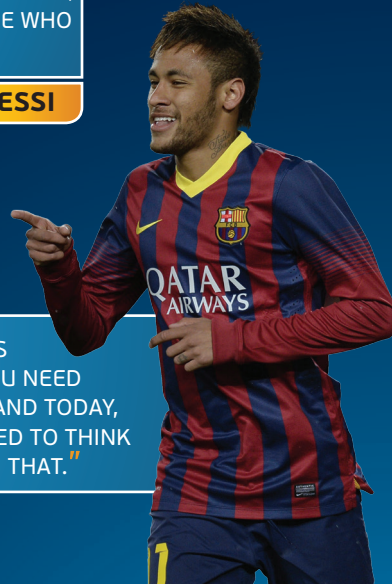


"AS A LITTLE BOY IN ARGENTINA, I PLAYED FUTSAL ON THE STREETS AND FOR MY CLUB. IT WAS TREMENDOUS FUN, AND IT REALLY HELPED ME BECOME WHO I AM TODAY."

**Lionel MESSI**

"FOR ME, FUTSAL IS ONE OF MY PASSIONS. I ALWAYS LOVED TO PLAY. FUTSAL HELPS A LOT BECAUSE YOU NEED TO THINK QUICKLY. IT'S A MORE DYNAMIC GAME... AND TODAY, IN EUROPE, THERE'S NOT MUCH SPACE SO YOU NEED TO THINK QUICKER AND FUTSAL HAS HELPED ME A LOT WITH THAT."

**NEYMAR**



"I THINK, WHEN YOU LOOK AT THE ABILITY OF THESE PLAYERS, YOU SEE THAT FUTSAL IS REALLY IMPORTANT AND I AM SURE THAT IF YOUNG PLAYERS SPEND MORE TIME PLAYING FUTSAL AND DEVELOPING THEIR TECHNIQUE THEN I THINK FUTSAL WILL BE REALLY IMPORTANT IN THE FUTURE BECAUSE IT IS THE BASE OF THE GAME SO IF KIDS SPEND MORE TIME PLAYING FUTSAL THEY WILL BE BETTER PLAYERS TECHNICALLY."

**Patrick VIEIRA**



"FUTSAL CONFRONTS THE PLAYER WITH CONSTANT DECISION-MAKING. WHEN YOU RECEIVE THE BALL, YOU ARE FACED WITH DOZENS OF OPTIONS. YOUR BRAIN ACTS LIKE A COMPUTER: IT REALISES IT HAS BEEN FACED WITH THIS SITUATION BEFORE AND TRIES TO COME UP WITH THE RIGHT ANSWER – THE RIGHT PASS OR RIGHT SHOT. IN FUTSAL, YOU ARE FACED WITH MANY OF THESE SITUATIONS, AND THAT IS WHY YOU IMPROVE SO MUCH WHEN YOU PLAY."

**Arsène WENGER**

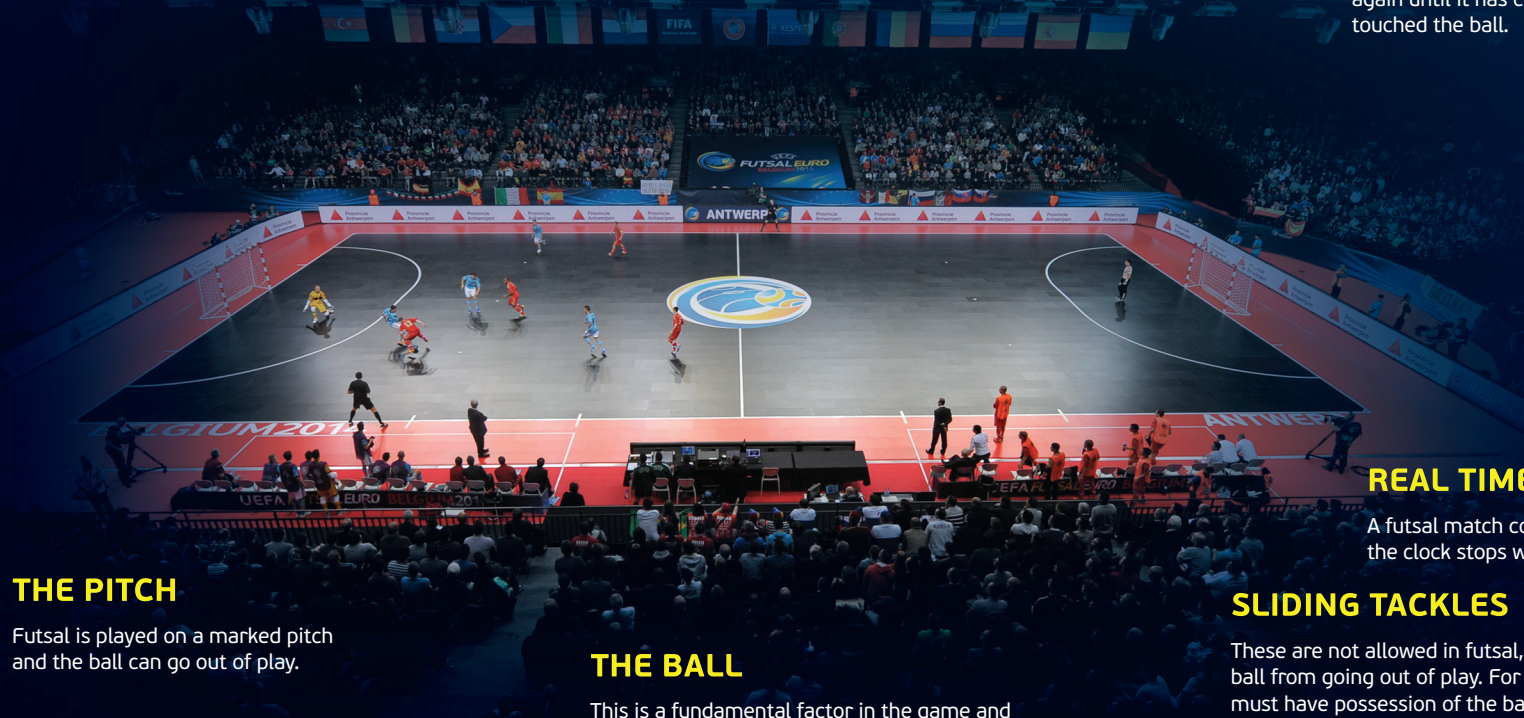


# THE FUTSAL PITCH

Dimensions are similar to those for handball. For international matches, the pitch must be 20m x 40m, with two 3m x 2m goals. The centre circle has a 3m radius, there are two 6m-radius penalty areas, two penalty spots at each end (6m and 10m) and two zones for rolling substitutions on the side touch lines, between 5m and 10m from the halfway line).

## WHAT ARE THE LAWS OF THE GAME?

As an initial introduction to these laws, the basic principles of the game that make it different from any other version of 5-a-side football are highlighted below. The official laws of futsal are available to download as a stand-alone publication from the FIFA website - [www.fifa.com](http://www.fifa.com).



### THE PITCH

Futsal is played on a marked pitch and the ball can go out of play.

### ROLLING SUBSTITUTIONS

Up to 14 players can be used in one match and there is no limit on how long a player must stay on or off the pitch. Players must enter and leave the field of play via the substitution zone that is marked on the pitch in front of the substitutes' benches.

### THE BALL

This is a fundamental factor in the game and is required officially to be a smaller, heavier, low-bounce version of an eleven-a-side ball.

### 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 touch line and from corners. The ball must be stationary on the touch line and the feet of the player taking the kick-in must not cross the line.

### THE FOUR-SECOND RULE

For kick-ins, free kicks, goal clearances and corner kicks the player in possession of the ball has four seconds to restart play, which referees count with their fingers in the air. If play is not restarted within four seconds, an indirect free kick will be awarded to the opposing team. Goalkeepers are not allowed to control the ball for more than four seconds in their own half.

### THE FIVE-METRE RULE

Players are required to keep five metres from the player in possession of the ball at free kicks, corners, goal clearances, kick-ins and penalties.

### GOALKEEPERS

Goalkeepers are allowed to come out and players are allowed to go into the penalty area. A goal clearance must be thrown out and the goalkeeper cannot touch the ball again until it has crossed into the opponents half or a member of the opposition has touched the ball.

### ACCUMULATED FOULS

Each team will be allowed to give away five direct free kicks in each half. On the sixth foul, a direct free kick is awarded to the opposing team and the defending team is not allowed to position any players (other than the goalkeeper) between the ball and the goal. The kick may be taken from the 10m mark or, if the foul was committed closer to the goal than the 10m mark, from the position where the foul took place.

### TIMEOUTS

Each team is allowed one 60-second timeout in each half.

### REAL TIME

A futsal match consists of two twenty-minute halves that are played in real time, i.e. the clock stops whenever the ball goes out of play.

### SLIDING TACKLES

These are not allowed in futsal, but players ARE allowed to slide on the pitch, 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.

### RED CARDS

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

### MATCH OFFICIALS

In an international futsal match, there are two referees, a third official and one timekeeper.

# HISTORICAL BACKGROUND

Futsal is the format of indoor football that is recognised and supported by FIFA and UEFA with World and European Championships for clubs and national teams.

Futsal began in the South American countries of Uruguay and Brazil. In Brazil, the large crowded cities and shortage of playing pitches forced a football-mad populace to play small-sided football.

Skills and techniques honed in futsal soon began to become apparent in the performance of Brazil's national team – Pele, Rivelino and Zico all played the game at some time in their development.

**"FUTSAL REQUIRES YOU TO THINK AND PLAY FAST. IT MAKES EVERYTHING EASIER WHEN YOU LATER SWITCH TO FOOTBALL."**



Futsal was the name chosen by FIFA for the only version of 5-a-side football that it supports. The name simply combines the Spanish words for hall ("sala") and football ("futbol") into "futsal". The game is normally played on a flat indoor pitch with handball-sized goals and a size 4 ball with reduced bounce. It is played to touchlines and all players are free to enter the penalty area and play the ball over head height. Futsal players are constantly placed in situations where they must receive or play while under pressure or in confined spaces. As a game it therefore places considerable demand on technique, movement, tactical awareness and fitness.

The differences from versions of indoor football played predominantly in Northern Europe are the absence of rebound boards and some slight amendments in the laws that promote skilful, creative play above physical contact.

**MORE INFORMATION ON [UEFA.com](https://www.uefa.com)**