



LEAGUE HANDBOOK



Technical partners

Welcome to The Abu Dhabi Futsal League

Dear coaches

Thank you for embracing the futsal revolution. In a country like the UAE, we believe futsal is a perfect sport to complement the facilities, weather and the technical attributes of players. It is an exciting, vibrant and engaging ball sport that we believe is a fantastic addition to a football player's amour. As you can see below and will see in real life, futsal has all the elements to enhance the physical and mental abilities of players.

This is the start of a journey that I hope will eventually see the UAE host the Futsal World Cup!



As always, thank you for your support.

A special thank you to our friends at Manchester Futsal for their technical support.

Seth Amofo
Founder



@abudhabifutsalleague

Benefits of Futsal

Technical/Tactical

Lots of opportunities as an individual and within a team for players to practice dribbling, passing, controlling, finishing, moving without the ball and defending, with combination play

Psychological

The demands of the game via the components and the rules, in a competitive environment, means players confidence, decision making, emotional control and fortitude is constantly challenged and tested



Physical

When players are on court they are always involved in the play and need to be constantly moving at different speeds and in different directions

Social

On the court, futsal is clearly a team game by nature, but due to the unlimited substitutions and numerous changes in both personnel and game scenario, the group as a whole is tested throughout



League information

LOCATION

The league will be played at two courts inside Repton School (Fry campus).

The League reserves the right to schedule any matches at either court.

SPECTATOR POSITIONING

Where there are viewing galleries, spectators are encouraged to watch the matches from that point. On courts where there are no viewing galleries, spectators will be assigned viewing positions. Please adhere to this for the safety and enjoyment of the players.



League rules

- 5 players on each team – 1 player designated as goalkeeper.
- Play area to lines – kick-ins for all restarts. No throw ins from the sidelines.
- When the attacking team puts the ball over the goal line, the goalkeeper must put the ball back into play with a throw, roll or kick, within 4 seconds.
- Goalkeeper cannot kick from hands.
- A goalkeeper can only be in possession of the ball once, in their own half, per every possession of play and they have 4 seconds to play. No limitations when they are in possession of the ball in opposition half.
- Any infringements of the above rules, an indirect free kick will result from the area of infringement or from the penalty line.
- A throw from the goalkeeper must bounce in their own half or touch a player before entering the opposite half or an indirect free kick from the halfway line will ensue
- Substitutions will only be allowed in the designated Substitution area.
- The substitute only enters the pitch after the player being replaced has left the playing area.



League rules

- There are 4 seconds for all restarts - an indirect free-kick from the infringement point is given, or the ball is given to the opposition team if a kick in from the sides, if the 4 second rule is not observed,
- 5 metre distances for the opposition on restarts
- Rolling substitutions – can substitute at any time. Oncoming players must only come on via the substitute area and as the exiting player leaves the court
- No slide tackles are allowed
- The offside rule does not apply
- All penalties must be one-step penalties. The player may only take one step before shooting the ball. If a goal is not scored, the player who kicked the ball must not play it again until it has been touched by another player. The ball shall be deemed in play directly after it is kicked and moves forward.
- Two yellow cards will comprise of one red card or a direct red can be given, depending upon the nature of the foul.
- If a player receives a red card, he can be replaced with another player but after two minutes. In those two minutes, the offending player's team will play with one player less.
- The dismissed player can no longer take part in the same game but can play the next game, unless the dismissal is for a violent offence in which case the organisers will decide the next steps.



Age verification

AGE CHECKS AND REGISTRATION

Under 10 - born 2015/16

Under 12 - born 2013/14

Under 14 - born 2011/12

all from January 1

Players will need to show an original or soft copy of Emirates ID when requested so coaches should ensure a copy is always with them or the player.

Age check requests can only be made via the organisers.

A 100aed deposit must be paid by the complainant in the case of any age checks. If the complainant is proved right, their money is returned. If the complainant is wrong and the player in question is within the right age, they forfeit that deposit.

Any team with an ineligible player will forfeit the game 3-0.



Matchday considerations

SQUAD LISTS

Teams can submit a maximum of twelve players per squad. Teams will have to submit a squad list. Once submitted, these squads cannot be changed for the duration of the league.

MATCH TIMING

Group matches will last for 2x20 minutes with a 5 minute half time.

BALL SIZE

Futsal has one size, a reduced bounce size 4 ball.



Matchday considerations

DETERMINING WINNERS

The team with the most points at the round of fixtures will be crowned the league winners.

League placing will be determined by the teams with the most points.

If two or more teams finish with the same number of points, their final group standing will be decided in the following order:

- Head – to – head
- Goals scored
- Goal difference
- Penalty shoot-out



Respect and safety

ARRIVALS AND LATENESS

Teams must arrive a minimum of 10 minutes prior to their kick off time for any ID checks and to be ready to kick off on time. Any team that is not ready to play or late after the 5th minute of kick off time will forfeit the game. 3-0. The match can still be played but it will be classed as a friendly.

SAFETY

Shin pads is recommended for all players.

Players must wear indoor shoes or plastic, flat moulded boots. Players with football boots/studs will not be permitted to play.

Players **MUST** always check to ensure shoelaces are tied and off the ground.



Code of Conduct

Teams are responsible for the conduct of all spectators.

Inappropriate conduct can result in a points deduction or a team's exclusion from the League and future competitions.

Spectators must view matches from the designated spectator areas only.

Coaches are responsible for managing their own spectators.

Players, coaches and spectators must show respect to the officials at all times. They are there to facilitate games for your players so please respect their time.



Disclaimer

Participation in the League is at the participants' own risk and the team manager in charge is responsible for all participants whom the team manager or registrant has registered.

By registering to participate in the Abu Dhabi Futsal League, the registrant, team manager or someone else tasked by the team manager, verifies that the team manager in charge has been made aware of these stipulations below and that the team manager has the necessary authority and permission from the participants and the participants' guardians.

The team manager is in charge of ensuring all participants in their clubs registration have valid UAE medical insurance. The League will provide first aid in the event of injury or serious illness.

The Abu Dhabi Futsal League, Repton School, Proactive Soccer School and all its affiliates, are NOT responsible for compensation, nor are they responsible for financial losses or damages that may occur due to events outside the control of the Abu Dhabi Futsal league such as war-like events, fire, flood, pandemics, interruptions in public transport connections, government actions, strike or other similar circumstances.

By participating in the Abu Dhabi Futsal League, you expressly permit the organisers and affiliates to use the images of your players, spectators and staff for marketing use including and not exclusively to social media. If you object to this, please provide details to the organisers prior to the commencement of the League.





WELCOME TO THE REVOLUTION



[@abudhabifutsalleague](https://www.instagram.com/abudhabifutsalleague)