CGLYFL Indoor Football Rules 2026-2027

Mixed U8 & U9, Girls U8 divisions are developmental and those involved are asked to be aware of the need for flexibility and common sense.

If a referee is provided by the League, the relevant age rep will advise each team of the cost.
If a referee is not appointed by the league, the home team will need to provide a referee – this can be a manager or ideally a young leader or referee.

Please see below for the basic rules that will be utilised for Carlisle Glass Longhorn Youth Football League Indoor Fixtures.

The indoor game is based on the same rules as the outdoor game, with exception of the following:

The Pitch – Indoor fixtures will be played to the blue lines in Harraby Sports Hall, to allow room for spectators. Coaches and players to stand on the fire exit side of the hall and spectators to stand with their backs against the wall on the opposite side of the pitch. No spectators are permitted to stand along the goal lines.

The Ball – Mixed U8 & U9- Size 3 Futsal ball U8G - Size 3 Futsal ball

Head Height – There are no restrictions (apart from the ceiling of the sports hall) as to how high the ball can be kicked. If the ball hits the ceiling, a kick/dribble in, in line with where the ball hit the ceiling is awarded to the opposition.

Rotating Substitutions – At Mixed U8, U9 & U8G up to 10 players and there is no limit on how long a player must stay on or off the pitch. **50% rule still applies.**
Players must enter via the 'substitution zone' that is marked on the pitch in front of the team benches.

Touchline Restart: – In order to restart the game after a ball has gone out of play along the touchline, the ball is kicked/dribbled into play, from corners the ball is kicked in.
The ball must be placed stationary on or behind the touchline and the standing foot of the player must not be on or over the line. A goal **cannot** be scored direct from a kick in or centre kick.

The 5m rule - Players are required to keep 5m from the player in possession of the ball on free kicks, corners, goal clearances, kick/dribble ins and penalties.

Goalkeepers - Goalkeepers are allowed to come out of and players are allowed to go into the penalty area. **All goal clearances and distributions must be rolled or thrown out**.

For Mixed U8 and U8G: The opposition must retreat to the halfway line on **all** goalkeeper's clearances and distributions (Goalkeepers may choose to release the ball, before opposition players have retreated, if they wish).

For Mixed U9: The opposition must retreat to the halfway line on goal clearances Goalkeepers may choose to release the ball, before opposition players have retreated, if they wish).

Match Duration – Each fixture has been allocated a time slot as shown below.

Under 8's: 1 or 2 x 45-minute slot/s – In that time, you need to warm up, play, change ends.
We suggest a 5-minute warm up, 18 minute each way games, with a 2-minute turnaround between each third to change ends.

Under 9's: 1 x 50-minute slot- In that time, you need to warm up, play, change ends.
We suggest a 5-minute warm up, 20 minute each way games, with a 2-minute turnaround between each half to change ends.

Under 8G's: 3 x 20-minute slots – In that time, you need to warm up, play, exit.
We suggest a 5-minute warm up, 1 x 15-minute one way game.

The clock does not stop counting down for any stoppages (subs, injuries etc.).
Managers must ensure that their players are in position to start their game at the scheduled kick off time. The clock will start counting down at that time.
If teams warm up for longer or take longer to turnaround between games, this comes off your playing time, as teams MUST exit on time.

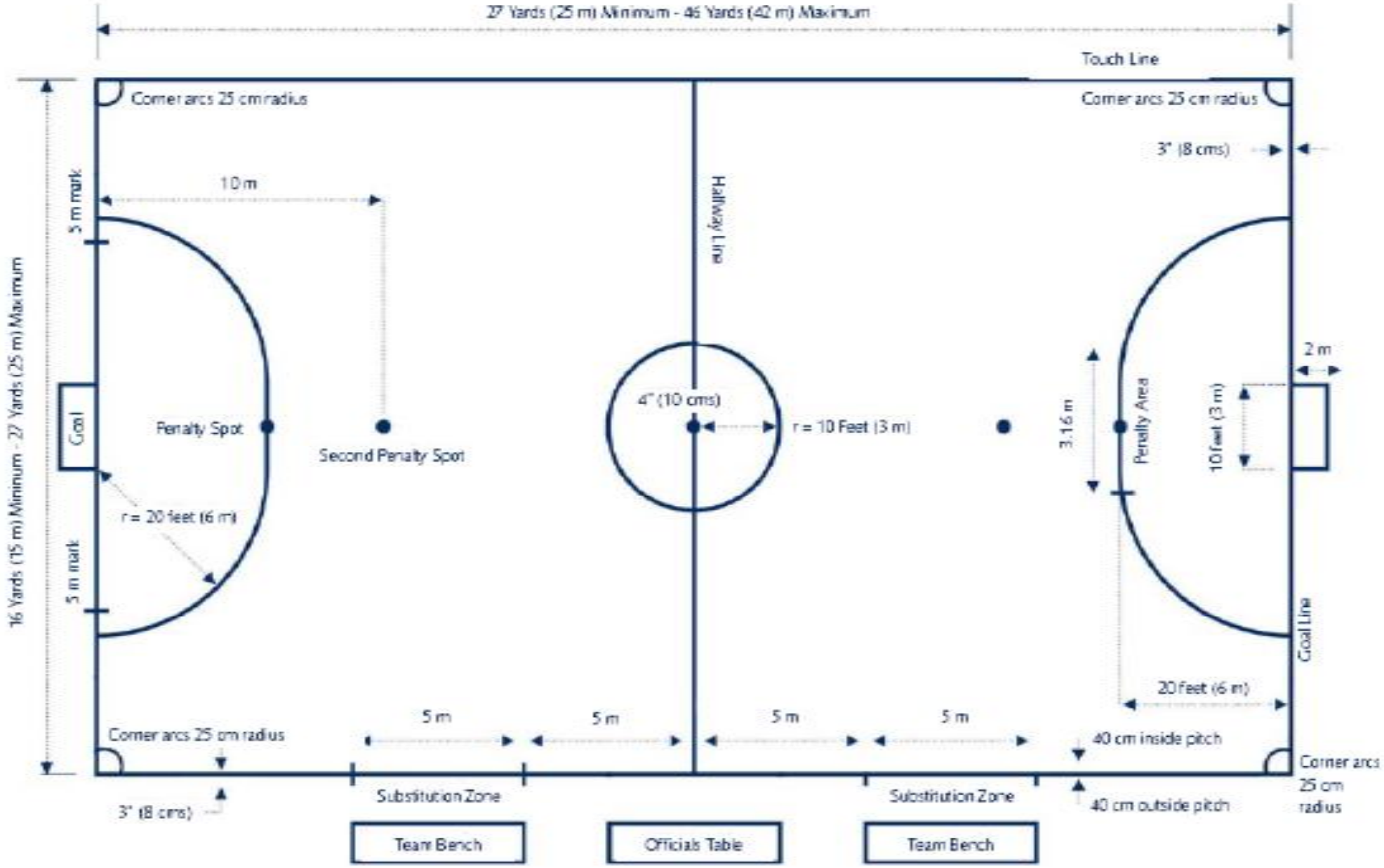
Managers, players and spectators enter through the sports hall door directly opposite the main door and must exit through the door on the right, to avoid congestion between changeover of teams. It is vital that managers ensure that anyone associated to their team vacate the hall promptly to allow the next fixture to start on time.
Any teams not exiting on time should be reported to your age rep, when texting in your results.

Sliding Tackles – Sliding tackles are **NOT** permitted in the CGLYFL Indoor fixtures.

Red Cards – If a player is sent off then the team to which the player belongs must remain with 4 players until either two minutes have passed, or the opposition have scored a goal

POWER PLAY LAW (Balancing Teams - Goal Deficit Rule)

During a match when the goal difference reaches 4, the losing team may field an additional player. If the goal difference reaches 6, the losing team may field another additional player (taking the total up to 2 additional players).
At the point the goal difference falls to 5 the losing team must withdraw one of their additional players. At the point the goal difference falls to 3 the losing team must withdraw their final additional player (this does not need to be the same player that was put on as an additional player).

What are the dimensions and markings of a Futsal Pitch?

If official dimensions are required, you are advised to use metric measurements.