Normal rules of futsal apply in addition to and/or including the following:

1. Shin pads are mandatory, as are black shorts and same colour socks for team. IFC multisport shirts will be provided and must be returned.
2. Games are 15 minute halves. There will be a one-minute break at half time.
3. In the case of a draw in semi-finals & finals there will be one extra time period of five minutes, then a penalty shoot-out if still tied.
4. If the score has a difference of less than 2 goals in a playoff game, game will become stop-clock in the last 2 minutes.
5. Teams are entitled to a 1 minute time out in each period.
6. There will be no injury time. If a player is injured, they must notify the referee closest to them, and leave the court. They may return later in the game if they are able to.
7. Each team is allocated a substitution zone opposite to the side of the court their team is playing. When your team switches over for the second half, so must your bench to the appropriate sub-station zone. Only players and their respective team managers are allowed here during their game.
8. From a kick off, the ball does not need to be played forward. A goal can be scored directly from a kick off.
9. Blocking in a game is not permitted
10. A team consists of five players – four court players and one goalkeeper.
11. A maximum of 12 players can be used by each team per game.
12. There are unlimited “flying” substitutions. Players can re-enter the game from their substitution area (from their own defensive half when no markings) without notifying the referee.
13. The goalkeeper has a four second time limit to control the ball, unless they are in the opposition's half of the court, at which they then have unlimited time.
14. After the GK has played the ball, they cannot touch it again in their own half of the court after it has been deliberately played to them by a team-mate without an opponent playing or touching it.
15. The game has a four second time limit at kick-ins, corner kick-ins and free kicks.
16. If a team commits its 5th accumulated foul, a free kick is taken from the second penalty mark by the opposing team. Foul count restarts at half time. The foul count is carried over in the event of extra time.
17. Sliding and playing on the ground is permitted when not endangering a player.
18. When a red card or two yellows are issued the player that committed the offence remains out for duration of game. After two minutes of play or if the opposing team scores a goal the team that had a player sent off can play a substitute to make five players once again.
19. Sanctions following red cards will be determined by officials and sport staff
20. Referees have the right to warn, ask to leave or eject from the stadium, any spectator whom they feel is bringing the game into disrepute.
21. The Referee’s decision is final.
22. Appropriate footwear must be worn at all times – no bare feet.
23. In the case of a default, the non-offending team will be recorded as winning 5-0.

Standard IFC rules are as follows:

- Competition points: Win = 3 points, Draw = 1 point, Loss = 0 points.
- Final placings from 1st to 8th must be determined.
- No watches, earrings, rings or other jewellery are allowed to be worn during play.
- No person may take part in any match if they reveal any evidence of bleeding. If any person within the field of play shows any evidence of bleeding or exposure of an open wound that is likely to bleed or otherwise discharge body fluid they must leave the field of play without delay.