Females



FUTBOL SALA

1 DIMENSIONES DEL TERRENO DE JUEGO Y PORTERÍAS.

1.1. Forma y dimensiones del terreno de juego.

El terreno de juego es un rectángulo de 40 metros de largo y 20 metros de ancho, existiendo una tolerancia de \pm 2 metros en el largo (líneas laterales) y de \pm 2 metros en el ancho (líneas de fondo).

a) Selfalización básica

- Zona de seguridad. Es una zona libre de obstáculos de cómo mínimo un metro de anchura a lo largo de las líneas laterales y dos metros detrás de las líneas de fondo.
- Líneas del terreno de juego. Todas las líneas forman parte de la superficie que delimitan. Miden 8 cm. de ancho y su color debe destacar del tono del suelo.
 - « Línea Central. Los centros de las líneas laterales se unen por medio de una línea recta.
- Centro y Circulo Central. En la mitad del terreno de juego se señala el centro de 10 cm. de radio y el circulo central de 3 m. de radio.
- Área de meta, de portería o de penalti. Se encuentra en ambas porterías y se delimita por 3 trazos:
 - « uno recto de 3 metros, centrado y paralelo a la línea de portería y trazado a 6 metros de dicha línea.
 - « dos curvos de 6 metros de radio, que unen los extremos de la anterior línea paralela y la línea de fondo (estos trazos son las curvas resultantes del trazado de las circunferencias con centro en la base de los postes de la portería).
- Punto de penalti. Se sitúa a 6 metros del centro de cada una de las porterias. Se marca con un circulo de 10 centimetros de radio. Desde aquí se lanzan los máximos castigos.
- Punto de doble penalti. Se sitúa a 10 metros del centro de cada una de las porterías en una línea imaginaria que une los centros de dichas porterías. Se marca una línea de 10 centimetros de largo y desde aquí se lanzan los mencionados castigos.
- Zona de sustituciones. Sobre la línea de banda del lado donde están los bancos de suplentes y perpendicularmente a ella, se trazan dos líneas de 80 centímetros de largo a una distancia de 5 metros y otras dos a 10 metros, de un lado y del otro de la línea de medio campo, dejando 40 centímetros tanto al interior como al exterior del terreno de juego. Cuando se produzca una sustitución, todos los jugadores deben salir y entrar dentro del espacio entre ambas rayas marcadas en sendas mitades del campo.

1.2. Forma y dimensiones de las porterías.

Deben encontrarse situadas sobre la línea de fondo.

Los postes han de ser de madera o metálicos, de sección cuadrada o circular de 8 centímetros y con todas las caras pintadas en 1 o 2 colores alternativamente para que se distingan claramente del fondo de la cancha.

Sus medidas interiores son de 2 metros de alto y 3 de ancho y deben llevar fijadas las redes a la parte posterior sin que éstas estorben o impidan la acción de los jugadores.

Se recomienda que dispongan de un dispositivo que permita su sujeción al suelo, en previsión de accidentes de consecuencias imprevisibles.

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Reglamento De Ff F Tbol De Salf F N: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have captivated audiences this year. The Must-Read: Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Reglamento De Ff F Tbol De Salf F N: Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic: Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and thrilling novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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