



Indoor Soccer Rules

Indoor Soccer is a contact sport and injuries are a possibility. The department of University Recreation, Intramural Sports assumes no responsibility for injuries; however basic, first aid will be available.

Regulations published in the Intramural Sports Handbook will be the governing policies for all intramural sports. Participants are responsible for possessing a thorough understanding of these regulations and their implications.

Indoor Soccer will be conducted under the rules of the National Intramural and Recreational Sports Association published rule book. A review of these rules, along with the Intramural Sports modifications are as follows:

All Rule and Policy and Procedure updates/changes are highlighted in yellow.

ELIGIBILITY AND GUIDELINES

All participants must meet the eligibility guidelines as outlined in the Intramural Sports Participants Handbook.

PLAYERS AND ROSTERS

1. The game shall be played between two (2) teams of five (5) players each. Four (4) players are required to begin a game.
 - a. **Co-Rec**
 - i. There must always be 2 females on the court.
 - ii. The goal keeper may be of either gender, but does not count toward the minimum two (2) females on the court at all times.
 - b. Roster max is fifteen (15) players.
2. If, due to injuries, a team drops below the minimum number of players, four (4), it may continue if the Supervisor feels the game is still competitive.
3. Shin guards are not required to play, but they are recommended.

UNIFORMS AND EQUIPMENT

1. All teams are required to furnish their own jerseys.
 - a. All jerseys must be of the same color.
 - b. Goalie must wear a jersey of a different color
2. If a participant is bleeding or has blood on their jersey they will be removed from the game until the bleeding is under control. Prior to any participants re-entering a game the bleeding must be stopped, cleaned and any cuts or lacerations must be covered. Participants will not be allowed to participate in any activity until the above conditions are met.
3. **Jewelry:** Jewelry or hard hair control piece are not allowed. This includes but is not limited to necklaces, earrings, facial piercings, rings, bracelets, and watches (including fitness trackers). Individuals will be allowed to tape over any piercings.
 - a. Medical Bracelets and religious medallions may be worn during intramural sports. The bracelet or medallion must be taped and flat to the body.
4. **Shoes:** Athletic style shoes are preferred. Cleats are permitted for Intramural Sports Flag Football. NO metal cleats are permitted.
5. **Supports, Braces, & Pads:** No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the Intramural Sports Staff and their decisions shall be final.
6. **Headwear:** No hard-billed hats (except during softball), bandanas or anything with a knot or unyielding material will not be allowed to be worn on the head during competition. Players may wear a one-piece elastic headband made of a soft, pliable material (i.e., sleeve, sweatband). Knit stocking caps will be allowed during cold weather. Rubber or cloth bands may be used to control hair. No other headwear will be allowed with exceptions for religious materials.

TIMING

1. The game will consist of two (2) 18-minute halves (running clock) separated by a 3-minute half-time.
2. NO TIMEOUTS
3. The team designated as “away” will begin with the ball at the beginning of the game. The home team will begin with the ball at the beginning of the second half.
4. Mercy Rule:
 - o +10 goals any point in the 2nd half
 - o +7 goals at 5 minutes or less in the game
 - o +5 goals at 2 minutes or less in the game

5-Minute Rule and Forfeits

1. If one team has below the minimum number of players at game time, the 5-Minute Rule will come into effect.
 - a. The team with less than the minimum will have 5 minutes to accrue the minimum number of players to begin the game
 - b. In this 5 minutes, the other team will accrue one (1) goal for each minute that passes.
 - c. If the 5 minutes expires and the other team does not have the minimum number of players, the game will be forfeited and the team charged the forfeit fine.
 - d. If the team gains the minimum number of players within the 5 minutes, the game will begin. The score will stand for the first set and the clock will begin at its current time.
 - e. If NO participants appear from either team, the game will be a double forfeit
 - f. If both teams have below the minimum number of players at game time, the 5-Minute Rule will go into effect for both teams.
 - g. Example: Team A is on time and checked in prior to game time and Team B gains the minimum number of required players, 3 minutes late. The game will still be played but the starting score will be 3-0 and the game will begin with 13 minutes remaining in the first half.

OVERTIME

1. If after the period, neither team has scored, the winner shall be determined by a penalty-kick tiebreaker.
2. Each team will receive 3 kicks, taken alternately. The team that scores the greatest number will win. (CO-REC: The order of kickers must alternate male, female. In the instance of having 3 kickers, at least one [1] of them must be female.)
3. Penalty kicks are taken from the designated line. The kicker has the distance between the 3-point line and the mid-court line to kick the ball. The goalkeeper can move sideways but not forward until the ball is kicked.
4. A different player will take each kick, progressing through the entire roster of players who played in the game.
5. Once the entire roster of players is completed, the initial kicking order will be repeated.

SUBSTITUTION

Substitutions are unlimited and occur "on the fly". This should occur near the bench area and the entering player may not enter onto the court until the player being replaced is off the court.

A keeper may be replaced only on a dead ball and the official must be informed.

Any ball that contacts a **referee** and remains in play IS live

FOULS

All kicks shall be played on the official's whistle – teams not abiding by this rule are subject to further penalties/cards.

1. Direct Kick

- a) A direct free kick is awarded if any of the following occur (but not limited to this list):
 - i. Charging an opponent.
 - ii. Holding an opponent.
 - iii. Striking or attempting to strike an opponent.
 - iv. Pushing an opponent.
 - v. Tripping or attempting to trip an opponent.
 - vi. Kicking or attempting to kick an opponent.
 - vii. Jumping at or on an opponent.
 - viii. Touching the ball with your hands.
 - ix. Slide Tackling

2. Indirect Kick

- a. An indirect free kick shall be awarded if any of the following occur:
- b. The ball will be out of play and will be put back into play with a DIRECT kick:
- c. When the ball leaves the playing area
- d. When the ball strikes any object above the walls
 - i. Goalkeeper taking more than six (6) seconds while holding the ball.
 - ii. If the ball is played back to the goalie by a teammate and the goalie uses their hands to control the ball.
 - iii. If the goalkeeper touches the ball with their hands after they have received it directly from a kick-in taken by a teammate
 - iv. Attempts to take the ball out of the hands of the opposing goalkeeper
 - v. If the goalkeeper's release/throw/kick does NOT touch their half of the court before passing half
 - vi. If the goalkeeper punts/drop kicks the ball
 - vii. Intentionally obstructing an opponent – running between them and the ball
 - viii. If a substitution infraction occurs during play
 - ix. If at any point the officials deem a player's actions as particularly dangerous
- e. Indirect free kicks shall be taken anywhere on the half court line

3. Slide Tackling

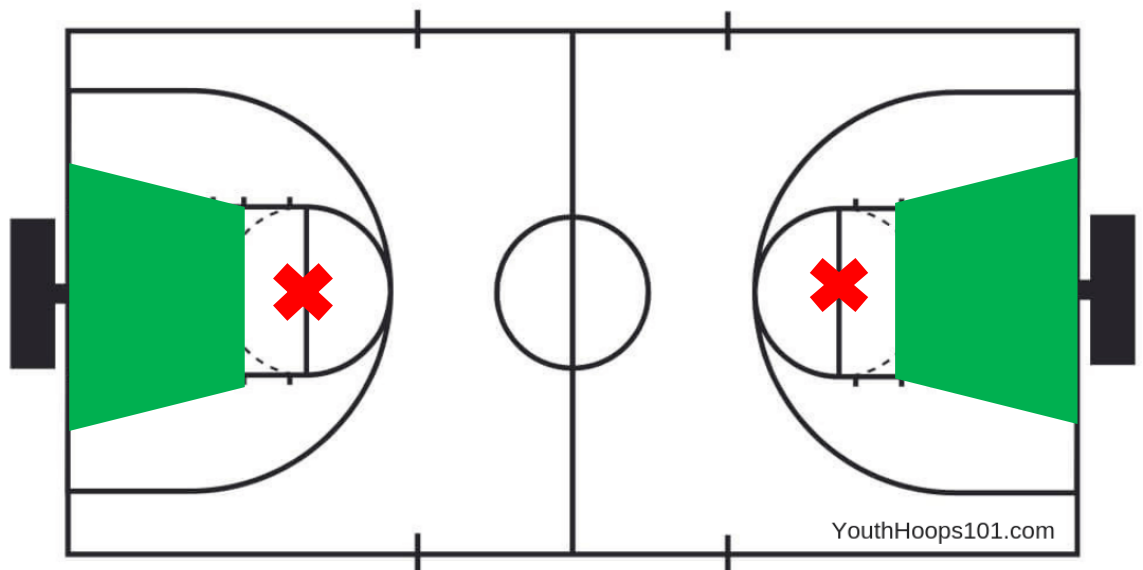
- a. NO SLIDE TACKLING!
 - i. Automatic yellow card- slide tackle with no contact or with marginal contact (you brush the players foot or indirectly displace them)
 - ii. Automatic red card- a slide tackle that makes contact that directly displaces the player, from behind the player, "cleats" up, or when the player doesn't make contact with the ball


.Goalies can slide head/hands first in an attempt to block a ball. Normal contact with the opposing player will not result in a foul. Any contact that is excessive/unnecessary (official's judgement) could result in a red/yellow card based on severity.**


4. Penalty Kick

- a. A penalty kick is awarded against a team that commits one of the offenses for which a direct free kick is awarded inside its own penalty area and while the ball is in play
- b. A goal may be scored directly from a penalty kick.
- c. Procedure:
 - i. The ball is placed on the penalty X mark
 - ii. The player taking the kick must be properly identified
 - iii. The goalkeeper must remain on their goal line facing the kicker between the goal posts until the ball is kicked
 - iv. All other players must be located behind the three-point arc
 - v. The player taking the penalty kick must kick the ball forward in one, fluid motion
 - vi. They must not play the ball again until it has touched another player
 - vii. The ball is in play when it is kicked and moves forward

The Field of Play



 = Goal Box

 = Penalty Kick Spot

PARTICIPANT CONDUCT POLICY

Intramural Sports prioritizes sportsmanship by all teams, spectators, and staff. The captain is responsible for the behavior of all its team members and representatives. Everyone is expected to conduct themselves in accordance with the The Code of Student Life, University conduct standards, and policies set forth by University Recreation. Actions by team members and representatives during intramural activities that extend beyond the realm of decency will not be tolerated. Individuals violating will be suspended until meeting with the Assistant Director and/or Coordinator of Club and Intramural Sports. We will be using a “2, 3, 4” method of determining eligibility for all leagues and major tournaments. The following will be in effect for the activity’s season:

- a. The accumulation of TWO (2) unsporting conduct fouls in a game will result in the ejection of the individual from the game, and procedures outlined in the “Ejections” section.
- b. The accumulation of THREE (3) total unsporting conducts fouls during an activity’s season will result in the dismissal of the individual from the activity for the remainder of its season. The accumulation of Three (3) unsporting conduct by a team will result in in the forfeiture of the contest
- c. The accumulation of FOUR (4) total unsporting conduct fouls by the team’s individual participants during an activity’s season will result in the dismissal of the team from the activity for the remainder of the season.

*Unsporting totals rollover to playoffs

PARTICIPANT CONDUCT FACTS

1. Any flagrant attempt to cause physical harm to another participant and/or staff member will result in immediate ejection and suspension from all UREC facilities and programming.
2. Any Participant Conduct will be reviewed by the Intramural Sports professional staff.