



# 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 twelve (12) 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. All jerseys must have numbers on the back.
    - i. Numbers 0-5 are preferred.
    - ii. No three digit numbers.
    - iii. Numbers may NOT be taped
      1. Numbers that are painted, sharpie, marker etc. are acceptable
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 devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.
  - a. The only type of permissible jewelry are medical alert bracelets. These bracelets must be taped down to the participant's wrist, with the important medical information showing.
4. **Shoes:** Only non-marking shoes will be allowed. Athletic style shoes are preferred.
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:** Players may wear a one-piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps, bandannas (including "Do-rags") or helmets.

## 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:
  - 10 goals with 5 minutes left in the 2<sup>nd</sup> half
  - 8 goals with 2 minutes left in the 2<sup>nd</sup> half

## 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. There will be one (1) five (5) minute Golden Goal period.
  - a. A coin toss will determine which team will kick off first.
2. If after the period, neither team has scored, the winner shall be determined by a penalty-kick tiebreaker.
3. 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.)
4. 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.
5. A different player will take each kick, progressing through the entire roster of players who played in the game.
6. 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.**

## UNSPORTSMANLIKE BEHAVIOR

1. At any point in a game, the game will be ended due to unsportsmanlike conduct if a team receives any of the following:
  - a. Two Red cards
  - b. One Red card and Two Yellow cards
  - c. Three Yellow cards.
2. If a player receives one (1) red card or two (2) yellow cards they will be ejected and asked to leave the facility.

## GOALKEEPER RESTRICTIONS

1. The goalkeeper has six seconds to release the ball from his or her hands after each possession.
2. The goalkeeper may NOT punt or drop kick the ball.
3. The goalkeeper may not play the ball with his or her hands if it is intentionally passed back with the feet to him or her by a teammate.
4. If the goalkeeper plays the ball with his or her feet outside of the goal box and brings it into the box, he or she may NOT pick it up.
5. The goalkeeper MAY bounce the ball ONE TIME after he/she has possession of the ball.
6. Goal keepers' throws/kicks must touch their half of the court before crossing to the other half.

## RULES OF PLAY

1. **Starting the game**
  - a. 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.
2. **Kick-off**
  - a. The kickoff can be either forward or backwards. The ball must be touched by another player before the kicker plays the ball again.
3. **OUT OF BOUNDS**
  - a. **Sideline** – If the ball is kicked over the perimeter wall, the ball will be put back into play by a free kick taken by the other team from the spot nearest to where the ball went out. (Officials discretion)
  - b. **End line:**
    - i. **Half-Court Play Rule (Corner Kick)** - If the ball goes out on the defense at the defense's end line (the "soccer" result would be a "corner kick"), the ball will be played in from the half court line.
    - ii. **Goal Kick** – granted when the ball goes out on the offense at the defense's end line, the ball will be given to the goal keeper. Goal keeper restrictions ARE still in effect.
  - c. **Out of the field of play:** If the ball strikes an object above the perimeter wall and over the field of play, the ball will be put back into play by a free kick taken by the other team from the spot directly below where the ball contacted the object.

#### **4. Direct Kick**

- a) The ball will be out of play and will be put back into play with a DIRECT kick:
  - i. When the ball leaves the playing area
  - ii. When the ball strikes any object above the walls
  - iii. When a goal is scored
  - iv. On the referee's whistle
  - v. The ball will be in play at all other times.
- b) A direct free kick or a penalty kick is awarded if any of the following occurs inside the penalty area:
  - 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

#### **5. Indirect Kick**

- a. An indirect free kick shall be awarded:
  - i. Goalkeeper taking more than four (4) steps or six (6) seconds while holding the ball.
  - ii. Behaving in a manner considered by the official to be dangerous.
  - iii. Intentionally obstructing an opponent.
  - iv. If the ball is played back to the goalie by a teammate and the goalie uses his/her hands to control the ball.

#### **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.**

#### **6. Penalties**

- 2. Off-sides
  - i. No off-sides penalties will be called.

