

Intramural Indoor Soccer Rules

Men's, Women's and Co-Rec

Participation Warning

There are inherent risks of mental and physical injury in Intramural Indoor Soccer; therefore you may be mentally and/or physically injured by participating. Our goal is to reduce or eliminate as many risks as reasonably possible to provide a safe program. This does not mean that injuries will not happen. We ask for your full cooperation in following instructions regarding proper conduct, proper use of equipment and facilities, and adherence to the rules of indoor soccer as established by the Intramural Sports Program. Participants are responsible for the cost of any injury; therefore, you are encouraged and recommended to have adequate health insurance.

Intramural Policies

1. **Eligibility:** All students, faculty, and staff are eligible to participate in intramural indoor soccer.
2. **Bleeding:** During any indoor soccer game, if a supervisor, scorekeeper, or official detects a participant who is bleeding, has an open wound, or has an excessive amount of blood on their clothing, the game shall be stopped. The participant must receive medical attention. In order for the participant to continue to play, the bleeding must be controlled, the wound covered, and clothing changed if needed.
3. **Jewelry:** No jewelry may be worn while participating in games. *The following is considered jewelry:* watches, bracelets, earrings, rings, necklaces, chains, and headgear (barrettes, plastic clips, hats, etc.). Note: Head-bands or bandannas may be worn if they are no wider than 2 inches and made of non-abrasive cloth.
4. **Sportsmanship:** Unsportsmanlike conduct will NOT be tolerated. Any person may be ejected from a game and playing area at any time without warning for unsportsmanlike conduct.
 - a. Each time a player, manager, and/or spectator is ejected from a **league** game, the player will be ineligible for their next game in that league (i.e. if player is ejected in a men's game, they will miss their next men's game).
 - b. If a player is ejected during a **tournament** game, that player will miss their next scheduled game, regardless of what league it is in, and even if the team they were ejected from loses.
 - c. Any player who receives three or more unsportsmanlike conduct penalties during league and/or tournament play will be required to miss their next game before he/she can continue to play. For each additional unsportsmanlike conduct penalty received, he/she must miss another game.
5. **A player cannot play on two men's, women's, or co-rec teams.** However, a male player can play on a men's, and co-rec team and a female player can play on a women's and a co-rec team.

Rules of Play

Federation International of Football Association (FIFA) and United States Futsal Federation (USSF) Rules will govern play with the following exceptions:

Team Regulations

1. Six players will constitute a team. Teams may have no more than eight players on their roster. Five players are required at the start of the game to avoid a forfeit.

Equipment and Jerseys/Clothing

1. A game ball will be provided; however, teams are to furnish their own practice balls and will NOT be allowed to use the game ball during warm-ups or half-time.

2. Players are strongly recommended:
 - a. To wear shin guards i. Shin guards must be completely covered by socks and made of a material designed to provide a reasonable degree of protection
 - b. To wear a mouth piece
3. All players must wear athletic shoes. Shoes must be non-marking on the gym floors. Officials and Intramural staff have the right to disallow any shoes they deem unsafe or liable to cause injury to another player.
4. Jeans of any sort will not be allowed. Shorts or sweats with pockets or belt loops are not allowed.
5. Teams are encouraged to supply their own uniforms.
6. Goalkeepers must wear a uniform of a different color which easily distinguishes them from other players.

Playing Time

1. Games will be divided into *two twenty (20)-minute halves*. There will be a *five-minute half-time* break. If there is a tie at the end of regulation play, the game is considered a tie (exception: tournament games will be determined with two five-minute halves (no golden goal) and if still tied, then by a shootout).
2. Teams are expected to be ready to play at the scheduled time. Teams with less than five players will be given a *five-minute leeway*. A forfeit will then be assessed to teams with less than five players. The team with at least five players may give the opposing team more time to get five players under the following two conditions: 1) the clock starts and 2) the score stands (no matter who wins or loses).

Officials

Officials and scorekeepers will be provided for each game. The officials and scorekeepers have jurisdiction over each contest with the authority to eject players, coaches, and/or spectators from the playing area or building for abusing the rules and/or any unsportsmanlike behavior.

Game Rules

1. Substitutions are hockey style and can be at any time from the team's sideline only.
2. Start of Play:
 - a. A coin-toss is used to determine the choice of team possession. The team that wins the toss will have the choice of the kickoff or the side the team wishes to defend. The second half begins with an automatic reversal of the first choice of the options.
 - b. After a goal has been scored, the game is restarted in exactly the same manner with the kickoff being taken by a player of the team that did not score the goal
 - c. A goal cannot be scored directly from a kickoff.
5. Ball In and Out of Play:
 - a. The ball is out of play when it has completely crossed the sidelines or end lines whether on the ground or in the air. The touch and goal lines are part of the playing court.
 - b. The ball is in play if it bounces off one of the goal posts or crossbars into the playing court or hits the referee when they are in the field of play.
 - c. If the ball hits the roof the game will be restarted by the referee dropping the ball on the playing surface below the spot where it hit the roof, unless it hits above the penalty area in which case the referee shall drop the ball on the penalty mark.
6. Kick In:
 - a. When the whole ball completely crosses over the touch line, either on the ground or in the air, it can be kicked in any direction from the place it crossed the touch line by a player of the opposing team to that of the player who last touched it.
 - b. At the moment of delivering the ball, the kicker must place part of each foot either on the touch line or on the court outside the touch line. The ball must be stationary on the touch line.
 - c. The ball is deemed in play as soon as it has traveled the distance of its own circumference. However, the player taking the kick shall not touch the ball a second time until it has been played or touched by another player.
 - d. The players of the opposing team must be at least 10 feet away from the spot where the kick is being taken from.
 - e. A goal cannot be scored directly from a kick in.

7. Penalty Kick:

- a. A penalty kick is a free kick taken from the penalty spot on the playing court. All other players with the exception of the goalkeeper and the player taking the kick should be inside the playing court, outside the penalty area, and at a distance of 16 feet from the penalty spot.
- b. The opposing goalkeeper should take their position (without moving their feet) on their goal line, between the goal posts, and may not move their feet until the ball is kicked.
- c. The player taking the kick must kick the ball forward. They cannot play the ball a second time until it has been touched or played by another player.
- d. A goal can be scored directly from a penalty kick.

8. Goal Scoring:

- a. A goal is scored when the whole ball has passed over the goal line between the goal posts and under the cross-bar, provided it has not been thrown, carried, or intentionally propelled by hand or arm, by a player of the attacking side.

9. Goal Clearance:

- a. When the whole ball completely crosses the end line (goal line), either on the ground or in the air and having been last touched by the attacking team, the goalkeeper standing within their own penalty area shall throw it back into play beyond their own penalty area but not further than the half-way line.
- b. The ball shall be deemed in play as soon as it leaves the penalty area.
- c. The opposing team must remain outside the penalty area until the ball is in play.
- d. If after having cleared the ball the goalkeeper touches it again before it has been touched by another player, receives it back from a teammate and touches or controls it with their hands an indirect free kick will be awarded to the opposing team from the place where the infringement occurred, unless it occurred in the penalty area; in which case it will be taken from the 20 foot line at the spot nearest to the spot where the infringement happened.

10. Corner Kick:

- a. When the whole ball completely crosses the end line (goal line), either on the ground or in the air and having been last touched by the defensive team, a corner kick will be awarded to the attacking team.
- b. The corner kick is placed exactly on the intersection of the end line (goal line) and the touch line.
- c. Players of the opposing team cannot encroach within 16 feet of the ball until it is in play. The player taking the kick cannot play the ball a second time until it has been touched or played by another player.
- d. A goal can be scored directly from a corner kick.

11. Fouls and Misconduct:

- a. Any players who intentionally commit one of the following offenses will be penalized by the award of a **direct free kick** to be taken by the opposing team from the place where the infringement occurred. Players will also be given a yellow card. Two yellow cards (equals a red card) in one game is automatically ejected from game. Players can also receive a red card (automatic ejection) for committing any one of the following offenses.
 - i. Kicking or attempting to kick, or tripping or attempts to trip an opponent;
 - ii. Jumps at or throws himself/herself upon an opponent;
 - iii. Holds, pushes, or charges an opponent in a violent or dangerous manner;
 - iv. Strikes or attempts to strike an opponent or spits at them;
 - v. Intentionally slides (slide tackle) in an attempt to play the ball when it is being or attempted to be played by an opponent. In other words **"no sliding is allowed, intentionally or not"**.
 - vi. Handles the ball, carries, strikes, or propels the ball with their hand or arm, except the goalkeeper in their penalty area;
 - vii. Demonstrate by words or actions dissent from a decision of the referees;
- b. A player committing one of the following offenses will be penalized by the award of an **indirect free kick** to the opposing team, to be taken from any point on the halfway line. Players can also be given a yellow card on repeating offenses. Two yellow cards (equals a red card) in one game is automatic ejection from game.
 - i. Playing in a manner considered by the referee to be dangerous;
 - ii. Attempts to take the ball out of the hands of the opposing goalkeeper;

- iii. Intentionally obstructs an opponent, running between them and the ball, or interposing the body in such a manner as to prevent an opponent from playing the ball when they're not in control of the ball;
 - iv. Charges the goalkeeper except when they have passed outside the penalty area;
 - v. When playing as the goalkeeper and within their own penalty area after putting the ball in play with their hands the ball is not touched or played by a player or does not touch the surface in the goalkeeper's own half of the court;
- c. A player committing one of the following offenses will be penalized by the award of an **indirect free kick** to the opposing team. The indirect free kick will be taken from the place where the infringement occurred unless it happened in the penalty area, in which case the indirect free kick shall be taken from the 20 foot line at the point closest to the spot where the infringement occurred.
- i. When playing as the goalkeeper and within their own penalty area:
 - 1. Touches or controls the ball with their hands after it has been deliberately kicked to them by a team-mate;
 - 2. Following a kick-in taken by a player in their own team, the ball is directly passed to the goalkeeper, who touches or controls it with their hands;
 - 3. They touch or control the ball with their hands or feet on any part of the court for more than four seconds;
 - 4. After having released the ball they receive the ball from a teammate without it having first passed beyond the half-way line or has been played or touched by an opponent.
- d. A player can be ejected from the playing court if, in the opinion of the referee, they:
- i. Are guilty of serious foul play;
 - ii. Are guilty of violent conduct;
 - iii. Use foul or abusive language;
 - iv. Are guilty of persisting in misconduct after being cautioned;

Note: If play is stopped by reason of a player being ejected from the playing court for any of the above offenses, the game will be started with the award of an indirect free kick to the opposing team. The kick is to be taken from the place where the infringement occurred unless it happened in the penalty area; in which case the indirect free kick shall be taken from the 20 foot line at the point closest to the spot where the infringement occurred.

12. Free Kicks: a. A free kick is classified under two headings: "**direct**" (from which a goal can be scored directly against the offending side) and "**indirect**" (from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before entering the goal).

b. All of the opposing players must be at least 16 feet from the ball until it is in play whether on the ground or in the air. A player taking the free kick after having kicked the ball cannot touch the ball again until it has been touched by another player. Free kicks must be taken within four seconds. The ball must be stationary on the court and must travel the distance of its own circumference.

Co-Rec Rules

The rules stated above will govern play with the following exceptions:8

1. Teams are made up of two women and two men, goalie being either gender. Teams may start a game with four players. Teams cannot play with more than two men at a time and must always have at least one male and one female on the court at all times. a. Example: You can play with four women and one man.

2. Men must touch the ball no more than five times consecutively before it is played by another player. If a male touches the ball six times, an indirect free kick will be awarded to the opposing team at the spot of the infraction.

3. During a shootout, the gender of the shooters must alternate.