



Indoor Soccer

RULES

General Rules:

1. Captains will sign in players 5 minutes before the scheduled game time.
2. Any team not ready to play 5 minutes after the scheduled time will forfeit the match.
3. Official's decisions are final.
4. One 30 second time out is allowed during each half
5. Player attire:
 - a. **Pants:** Players may not wear pants or shorts that have belt loops, pockets, or an exposed drawstring. Players may not wear towels that hang from the waist.
 - b. **Headgear:** Players may not wear baseball style caps or other rigid headwear. Knit and stocking caps are permitted. Players may wear a headband no wider than two inches and made of non-abrasive cloth, elastic, fiber, soft leather, or rubber. Bandanas with knots are prohibited. Rubber or cloth elastic bands may be used to control hair.
 - c. **Pads or Braces:** No pads or braces may be worn above the waist. Leg and knee braces made of hard, unyielding material must be covered on both sides and all edges with appropriate slow-recovery padding.
 - d. **Shoes:** All players must wear shoes. Tennis/running shoes and soft-soled shoes are permitted.
6. Participating while wearing illegal equipment is a red card for unsportsmanlike conduct.
7. Please refer to Intramural Handbook for additional policies.

Team/Position of Players:

1. Teams will consist of 5 players (4 field players and a goal keeper).
2. Teams may finish with a minimum of 4 players due to injury or ejection only.
3. The maximum amount of players on a roster is 12.

Substitutions:

1. Substitutions are prohibited during penalty kicks, but players are allowed to switch positions.
2. Substitutes shall go to the scorers table and notify the scorekeeper before entering the field of play (Penalty: Indirect free kick and yellow card).
3. Substitutions will only be allowed when the official calls the players on.
4. Any player receiving a yellow card must be substituted for immediately. They may re-enter on the next available substitution opportunity.

5. If a player is bleeding, has an open wound, or has an excessive amount of blood on his or her uniform, he or she must leave the game, and may not return until a game official permits him or her to do so.
6. A verbal warning shall be given to both players at the next stoppage of play for failing to notify the referee of a goalkeeper change. The penalty for an illegal substitution is a yellow card charged to the team captain.

Game Format:

1. Games will consist of two 7 minute halves, with a 1 minute halftime.
2. Game time is running clock, only to be stopped on serious injuries. There is no stoppage/injury time. Halves end exactly seven minutes after the period begins.
3. Ties will result in 5 minute sudden death overtime.
 - a. **Season Games** - will end after one overtime period.
 - b. **Playoff/Tournament Games** - will consist of one overtime period followed by a penalty kick shootout if the tie remains.
4. Choice of sides and the kickoff will be decided by a coin toss. The team winning the toss will have choice of side or kickoff. The second half will begin with a kickoff by the team that did not have it in the first half.

Penalty Kicks:

1. A penalty kick shall be taken from the penalty mark, which is approximately 15 feet from the goal line (the foul line of the basketball court). The player taking the penalty kick may not start the kick outside the top of the arch of the basketball court.
2. When it is being taken, all players with the exception of the player taking the kick and the opposing goalkeeper shall be within the field of play, but outside the penalty area, and at least 10 yards from the penalty mark.
3. It is the responsibility of the official to ask the goalkeeper if they are ready to defend their goal in that situation, before the opposing player takes the kick.
4. The kick is taken upon official's whistle. The penalty kick will be ruled invalid if the kicking player advances before the whistle, no matter what the result. In such an event, the kick will be replayed.
5. The opposing goalkeeper must stand, without moving his/her feet, on his/her own goal line between the goalposts, until the ball is kicked.
6. The goalkeeper may not jump off his line until the kicker makes contact with the ball.
7. The player taking the kick must kick the ball forward.
8. The ball shall be deemed out of play directly after it is kicked, and a goal may not be scored by any player after the initial shot.

Penalty Kick Shootout (Playoffs/Tournament):

1. Teams take turns to kick from the penalty mark in attempt to put the ball into the net, until each has taken five kicks. However, if one side has scored more successful kicks than the other could possibly reach with all of its remaining kicks, the shoot-out ends regardless of the number of kicks remaining.
2. If at the end of these five rounds of kicks the teams have scored an equal number of successful kicks, sudden death rounds of one kick each are used until one side scores and the other does not.
3. Only players who were on the court at the end of play are allowed to participate in the shoot-out.

Out-of-Bounds:

The ball is out of play when:

1. It has completely crossed the goal line whether on the ground or in the air.
2. It hits any backboard, basketball goals, basketball nets, or basketball equipment not fixed to the floor.
3. It hits the ceiling or any fixtures aligned on the ceiling, including floor divisions, lights, wall, scoreboard, scorekeeper, scores table, etc.
4. It is lodged in parts of the net or between the goal and the back wall.
5. The official sounds his/her whistle.
6. It crosses over the end lines.

The ball is in play when:

1. The ball makes contact with the official.
2. There will be no second whistle to restart play except: (1) when a team asks the official for 10 yards, (2) when play has been stopped to caution or eject a player, (3) for a penalty kick.
3. Bounces off the sideline walls.

Out-of-bounds restart:

1. When the ball is deemed out of play (see above), it shall be restarted by means of an indirect free kick from the point where it was deemed out of play, by a player of the team opposite to that of the player who has last touched it.
2. The ball must remain stationary upon restart and it may be played by any player except the one who executes the restart.
3. The penalty for such an infraction is the awarding of an indirect free kick to opposing team.
4. If the ball fails to enter the field of play, it shall be re-kicked.
5. If an opponent interferes with or in any way impedes the actions of the kicker while the restart is being taken, the official will administer a yellow card for an unsportsmanlike conduct violation.
6. Drop ball occurs when:

- a. When the ball is caused to go out-of-bounds by two opponents simultaneously.
- b. Following a temporary suspension of play for an injury or other situation in which no team has clear possession of the ball.
- c. A simultaneous foul by both teams.
- d. When the ball becomes deflated.
- e. The position of the drop ball is where the ball becomes dead unless this is in the goal area, in which case, the spot is the nearest point on the goal line in the field of play.

Scoring:

1. A goal is scored when the whole ball has passed over the goal line, between the goal posts and under the crossbar, provided it has not been thrown, carried, or propelled by hand or arm.
2. If the half ends before the ball falls completely into the goal, the goal will not be counted.
3. If the defending team deliberately stops or deflects the ball with hands or arm to stop a goal, a penalty kick will be awarded and a red card will be issued to the offender (automatic disqualification).
4. If during a breakaway a player is deliberately taken down and there is a potential goal scoring opportunity, a red card will be issued to the offender and a direct free kick will be given. The offender will be automatically disqualified from match.

Violations:

1. A goalkeeper cannot handle a ball played back to him/him purposely from a teammate. A headed ball may be handled by the goalie's hands.
2. Free kicks will be awarded for fouls at the referee's discretion

Direct Kicks (a goal can be scored directly against the offending side):

- a. Intentionally handling, carrying, striking, or propelling the ball with a hand or arm. Note: moving the hands or arms to protect one's self is considered intentional handling.
- b. Directing foul or abusive language towards another player or official. A yellow card or red card will be issued at the official's discretion in such circumstances.
- c. Placing hands or arms on an opponent in an effort to reach the ball or hold an opponent.
- d. Pushing, striking or attempting to strike, jumping at, kicking or attempting to kick, tripping or attempting to trip, using the knee on an opponent; charging an opponent from behind. At the official's discretion, cards can also be handed out for these offenses.
- e. Any player who slide tackles will be red carded automatically.

- f. Charging an opponent violently or dangerously. A player who throws his/her weight against an opponent is guilty of charging. A fair charge is one in which a player makes non-violent shoulder to shoulder contact with an opponent, with his or her arms and elbows close to the body, standing with at least one foot on the ground with the ball within playing distance.
- g. Charging into a goalkeeper in the penalty area or when the goalie has control of the ball. The official will automatically remove (administer a red card to) the offending player in these circumstances. The only exception to this rule is when the goalkeeper is in some way clearly obstructing an opponent. The goalkeeper is considered to be in possession of the ball when he has it trapped in either or both of his hands, when he bounces it on the ground, or when he throws the ball into the air.
- h. Climbing the back of an opponent, in order to gain an advantage on heading opportunity.
- i. Handling by the goalkeeper outside the penalty area.

Indirect Kicks (a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing into the goal Goalie delay in release of ball):

- a. A player playing the ball a second time before it has been played by another player at the kickoff, a throw in, a drop kick, a free kick, a corner kick, a goal kick, if the ball has passes outside the penalty area.
- b. Ball not kicked forward from a penalty kick (retake the kick).
- c. If the goalie takes more than 6 seconds (silent count) in any direction while holding, bouncing, or throwing the ball in the air and catching it again without releasing the ball into play.
- d. If the goalie, after having released the ball into play before, during, or after the 6 seconds, touches the ball again with the hands before it has been played by another player of the same team outside of the penalty area or by a player of the opposing team either inside or outside the penalty area.
- e. If the goalkeeper, after intentionally parrying the ball, handles the ball again before it has left the penalty box or been touched by a player of the opposing team. Parrying is defined as a clear attempt by the goalkeeper to intentionally control and/or deflect a catchable ball down or out with the hands.
- f. A substitution being made improperly.
- g. Persons other than the players entering the field of play without the referee's permission.

- h. Arguing with the referee's decision (additional penalties for this offense include possible yellow card or game suspension).
- i. Unsportsmanlike conduct. A player shall be penalized for charging when the ball is not in playing distance and they are not attempting to play the ball (additional penalty: possible yellow card).
- j. To resume play after a player has been ordered off the field for persistent misconduct or violent conduct.
- k. Interfering with the goalie or impeding in any manner while the goalie has possession of the ball.
- l. A player shall be penalized if he or she obstructs an opponent when not playing the ball.
- m. Playing the ball in a manner dangerous to an opponent or oneself (i.e. high kick, playing on the ground, etc.).
- n. Goalkeeper picks up ball with hands after teammate kicks the ball to him/her. (Indirect free kick to be taken from where goalkeeper makes contact with their hands)

Conduct:

1. Only the captain may speak to the official about a questionable call. All concerns must be made when the ball is not in play.
2. The official has the right to eject anyone from the game for any reason the referee deems appropriate; including (but not limited to) consistent arguing, obscene language, etc.
3. Automatic disqualification from match for 2 yellow cards or 1 red card.
4. Automatic suspension from league for 6 yellow cards or 3 red cards.