



**Each player must meet one of the following conditions to sign-in:**

**1) Present their own, valid WildCard before each contest to be eligible to participate.**

**OR**

**2) Present a government-issued photo ID and community member pass to be eligible to participate.**

**NO EXCEPTIONS!**

All Intramural Sports participants are responsible for their own medical expenses. Any participant unsure of their physical condition should check with their family physician or the student health center before participating in Intramural Sports.

Game time is forfeit time.

The officiating will be done by officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a yellow card, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. The officials shall have the power to make decisions on any matters or questions not specifically covered in the rules.

National Federation of State High School Association Soccer Rules will govern play with the following Intramural Soccer modifications:

### **1. Equipment**

**1.1** Each team is required to wear a shirt with the same shade of the same color. Goalkeepers must wear a different colored shirt than either team. Each team must bring an alternate white jersey to each game.

**1.2** All players must wear proper shoes. The shoes must be rubber-soled, athletic shoes or plastic cleats.

**1.3** Equipment which may be dangerous to another player (such as hats and bandannas) is not allowed. The supervisor/official will determine if an article is dangerous and will ask the player to remove the article. If the player refuses they will be asked to leave.

**1.4** Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 1 inch of slow recovery rubber or similar material will be allowed.

**1.5** Jewelry, rubber bands, chains, rings, or earrings may not be worn. Medical alert bracelets & religious medallions may be taped to the body.



## 2. Players and Substitution

**2.1** A regulation team consists of seven (7) players (one of which will be the goalkeeper). A team may start the game with a minimum of five (5) players.

**2.2** If a player has been disqualified (red card), then they cannot be replaced in that game.

**2.3** A team may substitute "on the fly". The player leaving the playing area must be off the field of play before the substitute is permitted onto the field. If any infractions occur on a substitution, an indirect kick will be awarded to the team that did not commit the infraction from the spot where the ball was at the time the referee blew the whistle.

**2.4** A team may play with less than five players once the game has started if, during the course of the game, a player must leave due to injury, illness, or disqualification. A team must have at least 3 players to continue a game.

**2.5** A team who does not have the required number of players to start or continue a game will be forfeited (recorded as a loss).

**2.6** Goalie substitutions can only be made when the ball goes out of bounds, after a scored goal by either team, or on a yellow card/ejection/injury.

## 3. The Game

**3.1** Each half will be 20 minutes in length with a continuous running clock. Half-time will not exceed three (3) minutes. The clock will be stopped at the referee's discretion for injuries.

**3.2** Time-outs will not be allowed.

**3.3** A coin toss will determine possession at the start of the game. The winner of the coin toss decides whether they want kickoff or choice of side to defend. At the beginning of the second half the team that did not kickoff will then do so.

**3.4** The referee will whistle the ball into play. The kick off must be taken from the center of the field on the 22.5 yard line. Each team must be on its own half, and the defensive team must be back 5 yards until the ball is kicked. The player who initially kicked the ball may not touch the ball until another player has touched it. The ball may be kicked in any direction to be put into play.

**3.5** All kickoffs are direct.

**3.5.1** A goal may be scored directly from a kick off.

**3.6** To score a goal, the ball must completely cross the goal line. After the goal, the ball is returned to the center of the field for another kickoff. The team that was scored upon will kickoff.

**3.7** Teams will change ends at half time. The team that did not kick off the first half will kick off the second half.

**3.8** The ball is dead when it touches the ceiling, suspended lights, or if goes over the side lines or end lines.

**3.9** The referee blowing their whistle warrants a dead ball (even if inadvertent).

**3.10** To restart play, the following methods are used:



- 3.10.1** Goal kick: When the ball goes out of bounds over the end line, not within the goal, last touched by the offense. Goal kicks are taken within the goal crease. **Goal Kicks are a Direct Free Kick.**
- 3.10.2** Corner kick: When the ball goes out of bounds over the end line, not within the goal, last touched by the defense. Corner kicks are taken at the corner kick mark. **Corner Kicks are a Direct Free Kick.**
- 3.10.3** Drop Ball: (See rule 3.13)
- 3.10.4** Kick-in: When the ball goes out of bounds **over the side lines** (between the corner kick marks), it will be brought back to the spot closest to where it went out of bounds. **Kick-ins are an Indirect Free kick.**
- 3.11** Free kicks: **Direct or Indirect.**
- 3.11.1** Indirect free kicks- are kick-ins, dangerous plays, **The Obstruction/impeding, double touch, using offensive language/gestures, infringing on the goal keeper, or a goalkeepers mistake.**
- 3.11.2** All other kicks to be taken during the game would be considered **Direct Free Kicks.**
- 3.12** Mercy Rule: By halftime, or anytime thereafter, if a team is ahead by 15 or more goals, the game will end. If a team is ahead by 8 or more goals with two minutes or less remaining, the game will end.
- 3.13** A drop ball will be called when play is stopped due to an inadvertent whistle or an injury when there is no clear possession when the whistle was blown. A drop ball is also used when the ball goes out of bounds and it is not clear who the ball last touched before going out of bounds. A drop ball is when the referee drops the soccer ball between a player from each team. The ball has to touch the ground before either player touches it. Any player on the floor may take a drop ball. **A drop ball is in play when it touches the ground. Once it is in play it can be scored directly into the net.**
- 3.14** During the regular season, tie games will stand. During playoffs (or tournaments), ties will be broken using the following rules: Two 5-minute consecutive sudden death overtime periods will be played. The first team to score is the winner. If there is no score in the first overtime, play is stopped, teams switch ends of the field, and possession changes as if starting a new half. There will be no intermissions, either between the end of the second half and the first overtime, or the first and second overtime periods. If there is no scoring in the second overtime, then a shootout (penalty kicks) will be conducted. After the second overtime, each team will select 4 players to participate in the shootout (Players must be on the field at the end of overtime to participate in the shootout). If after both team's four kicks there is still a tie it will become sudden death (meaning each team shoots once until one team scores and the other team does not). **The remaining players on the field must shoot first before the original shooter can shoot again.**

#### 4. Rule Clarifications

- 4.1** There is no offside in indoor soccer.



**4.2** Fans and substitutes must stay off the field at all times. First violations of this rule will result in a yellow card for the team captain. If the team captain is on the court he/she must sit out the two-minute penalty as described in Rule 5.8c. If the captain is not on the field at the time of the infraction, the captain must choose one of the participants on the court to sit out the two-minute penalty. If there are continued problems with this rule, the captain will be given a red card and ejected. Another captain will be appointed and the preceding rules will be applied. The offending team will then be forced to play a man down for the remainder of the contest.

**4.3** The goal crease will extend two yards in front of the goal. The penalty area will extend 10 yards in front of the goal and **Five yards** to the side. Offensive players may never enter the goal crease unless the ball is already in the crease area. Violations result in a goal kick for the defensive team. A goal scored is nullified.

## **5. Fouls and Misconduct**

### **5.1 Kicking-Striking-Tripping-Jumping-Pushing**

**5.1.1** A player shall not intentionally attempt to kick, strike or jump at an opponent.

**5.1.2** A player shall not intentionally trip an opponent.

**5.1.3** A goalkeeper may not intentionally strike or attempt to strike an opponent by throwing the ball at the opponent.

**5.1.4** A player shall not hold, push or impede an opponent with hands or arms extended from the body.

### **5.2 Handling**

**5.2.1** A player shall be penalized for intentionally handling, carrying, striking or propelling the ball with a hand or arm. If a player handles the ball on an obvious (official's judgment) goal-scoring play, the goal will count, and the player will be issued a yellow card, and the goal will be scored. If a player handles the ball on an obvious (official's judgment) goal-scoring play and it results in no goal, the player will be issued a Yellow Card and the offensive team will take a penalty kick.

**5.2.2** Unintentional handling occurs when the ball strikes the hands or arms of a player who has not moved the hands or arms to play the ball and/or if the arm/hand is in a natural position. This shall not be penalized.

### **5.3 Charging**

**5.3.1** A player shall not intentionally charge an opponent unfairly. An unfair charge is one in which a player does not use shoulder-to-shoulder contact with an opponent, does not have arms and elbows close to the body, at least one foot on the ground and the ball within playing distance.

**5.3.2** A player having one or both feet on the ground shall not charge into an opponent that has no feet on the ground.

**5.3.3** A player shall not charge into the goalkeeper in the penalty area.



**5.3.4** An official can eject any player who flagrantly fouls the goalkeeper in possession of the ball.

**5.3.5** Possession or control of the ball is when the goalkeeper has the ball trapped by either or both hands/fingers or when bouncing it to the ground or when releasing the ball into play.

**5.3.6** Outside the penalty area, the goalkeeper has no more privileges than any other player. Note: When goalkeepers put the ball on the ground, they relinquish their rights as goalkeepers.

**5.4** Dangerous Play - In the opinion of the official, all high kicks above the waist in a dangerous manner will be prohibited. If a dangerous high kick is committed it is in the official's discretion whether to issue a yellow card, red card, or no card at all depending on the severity of the infraction. Dangerous plays are an Indirect Free Kick.

#### **5.5** Obstruction

**5.5.1** Obstruction is the intentional act by a player, not in possession of the ball or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle.

**5.5.2** The goalkeeper in possession of the ball shall not be interfered with or impeded in any manner by an opponent. This includes the act of bouncing the ball or dropping the ball for a kick or attempting to throw the ball. This obstruction results in an automatic yellow card for unsportsmanlike conduct. The restart of this is an Indirect Free Kick

#### **5.6** Goalkeeper Release

**5.6.1** From the moment the goalkeeper takes control of the ball with the hands in the penalty area, the goalkeeper has six seconds to release the ball into play. Failure to do so will result in the other team receiving an indirect free kick from that spot. If the infraction occurs within the goal crease then the Indirect Free Kick will be taken five yards straight out from the spot of the infraction. The goalkeeper may throw to a teammate, or may drop the ball to their feet to gain possession, where it is playable by other players as well. No punts or dropkicks are allowed. If a goalie punts or drop kicks the ball, the other team will be awarded an indirect free kick where it hits the ground or the ceiling.

**5.6.2** A goalkeeper is permitted to throw the ball. However, due to the court's small size, the ball must touch another player or the ground before it crosses the midfield/center line. If the ball does not touch the ground before midfield it will result in an indirect free kick where it hits the ground.

**5.7** Pass-Back Rule (USSF/FIFA Rule will be in effect) When passing the ball to the goalkeeper via a kick, the goalkeeper must play the ball with their feet. The keeper may not play the ball with hands. Furthermore, the keeper may not play the ball with their feet and then pick it up with their hands. Lastly, a player may not use trickery to play the ball to their keeper, to allow the keeper to play the ball with their hands. If any of these were to occur they would result in an indirect free kick.



## 5.8 Misconduct

**5.8.1** A player or coach shall be cautioned for: Persistently infringing upon the rules of the game or acting in an unsportsmanlike manner and/or objecting by word of mouth or action to the decisions given by an official.

**5.8.2** A player or coach will be disqualified for: Persistent misconduct or a second caution and/or exhibiting violent conduct or using violent or abusive language.

**5.8.3** Yellow Cards - any player warranting a yellow card (rough play, verbal abuse, dangerous plays, physical abuse, etc.) will be allotted a two-minute penalty. Penalty time will be kept by the scorekeeper's stopwatch. The team in violation must play a man down when a yellow card infraction occurs. The penalized player must sit out the entire penalty regardless of whether the opposing team scores a goal. If the goalie is the recipient of the yellow card, the team can only use the remaining players on the court to play goalie. The goalie may come back into play at the end of the penalty but cannot sub in as goalie until the proper time (see Rule 2.6).

## 6. Free Kicks

**6.1** Free kicks shall be classified as "direct" unless signaled as an indirect free kick by the official, in which a goal may not be scored against the offending team unless the ball is touched or played by another player from either team.

**6.2** All free kicks may be taken in any direction and by any player of the offended team.

**6.3** Opposing players must be at least 5 yards from the ball until it is kicked. The ball must be stationary prior to the kick. The ball is in play when it is kicked and moved. After the kick, the ball may next be played by any player except the kicker.

**6.4** A penalty kick is awarded against a team that commits one of the following offences, inside its own penalty area and while the ball is in play (taken from the penalty mark):

**6.4.1** kicks or attempts to kick an opponent

**6.4.2** trips or attempts to trip an opponent

**6.4.3** jumps at an opponent

**6.4.4** charges at an opponent

**6.4.5** strikes or attempts to strike an opponent

**6.4.6** pushes an opponent

**6.4.7** tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball

**6.4.8** holds an opponent

**6.4.9** spits at an opponent

**6.4.10** handles the ball deliberately (except for the goalkeeper within their own penalty area)

**6.5** Penalty Kick: When Taken. A penalty kick is awarded for a slide tackle or any infringement of the offenses mentioned in Rule 6.3. The foul must be deliberate



or of violent nature (this will be the referee's discretion). A penalty kick can be awarded regardless of the position of the ball, if the infraction by the defending team is committed in the penalty area. A goal may be scored directly from a penalty kick.

**6.6 Penalty Kick: How Taken.** The penalty kick is taken from any place on the penalty mark line. When it is being taken, all players (except for the kicker and the opposing goalkeeper) shall be within the field of play but outside the penalty area and behind the line designated by the officials (20 yards out). The opposing goalkeeper must stand on their own goal line, until the ball is kicked. The player taking the kick must kick the ball forward in order for it to be in play. If the ball is not put into play properly, the kick must be retaken. The penalty kick results in a dead ball no matter the outcome of the kick. If the offensive team makes the shot they are awarded a goal. If the offensive team does not make the shot (if it crosses over the goal line/not within the goal/not deflected by the goalkeeper or if the goalkeeper blocks the shot and maintains possession of the ball) it is a goal kick. If the offensive team does not make the shot because it is deflected by the goalkeeper, but the goalkeeper does not maintain possession of the ball after the block it is a corner kick. The goalie may not be substituted on a penalty kick unless they were injured during the infraction. The kicker must wait for the official to start the play.

#### 6.7 Infringements:

**6.7.1** On a penalty kick, for any infringement by the defending team, the kick shall be retaken if a goal has not resulted.

**6.7.2** On a penalty kick, for any infringement by the attacking team other than by the kicker, the kick shall be retaken if a goal has resulted.

**6.7.3** On a penalty kick, for any infringement by the player taking the kick, a goal cannot be scored and a player of the opposite team shall take a goal kick.

**6.8 End of time variations:** The ball is dead at the moment the whistle sounds to end either half. A goal cannot be scored if the ball was in the air when the whistle was blown; the ball must have completely crossed the goal line. Time may be carried over only for a penalty kick. If necessary, time of play shall be extended at the end of either half to allow a penalty kick to be taken. If a penalty kick is taken after the expiration of time, only the kicker may play the ball.

#### 6.9 Goal Kick

**6.9.1** When taken. A goal kick is taken by a member of the defensive team when the ball goes out of bounds over the end line, not within the goal, last touched by the offense.

**6.9.2** How taken. The ball is placed on the ground from any point in the goal crease. The ball must be kicked beyond the penalty area, or the kick will be retaken. The goal kick is a Direct kick.

#### 6.10 Corner Kick



**6.10.1** When taken. A corner kick is taken by a member of the attacking team when the ball goes out of bounds over the end line, not within the goal, last touched by the defense.

**6.10.2** How taken. A corner kick is taken from the corner of the field where the end line meets the side line. The ball is in play when it is kicked and moved. The kicker may not play the ball until another person has touched it. The corner kick is a Direct Free Kick.

## **7. Shootouts**

**7.1** Four players on the field from each team will be selected by the team to shoot.

**7.2** The goalies must be the same as when the game ended in the second overtime and the teams must use the same designated goalie for the entire shootout, unless injured or carded.

**7.3** A coin toss will decide which team shoots first. The winner of the toss has the option of shooting first or second.

**7.4** Each team has four penalty kicks and will alternate shots. No rebounds are allowed.

**7.5** If the score is tied at the end of the first shootout, the shootout will continue alternating players until one team makes it and the other does not. No player may attempt a second penalty kick until all players on their team for the shootout has attempted one. This pattern will continue for future rounds as well.

**7.6** The kicker must wait for the official to start the play on each kick, and then has five seconds to shoot.

## **8. Slide Tackles**

**8.1** Slide tackles are illegal in intramural indoor soccer. The restart after a slide tackle would be an Indirect Free Kick at the point of the infraction.

**8.2** Slide tackles are left up to the official's discretion as to whether or not the tackle will warrant a yellow card, red card, free kick, or no call. Example: If there is no one around and the player is making a play for the ball it could be considered a no call. If contact is made or a near miss occurs (official's discretion), it will be considered a slide tackle with the possibility of a yellow or red without warning. A red card will result in an ejection and a one (1) in sportsmanship.

**8.3** Two (2) ejections in the same game by a team for any reason will result in an immediate loss/default for the game.

## **9. Goal Modifications**

**9.1** If a goal is scored - during regular play, overtime, or shootout - by a male it will count as one (1) goal, if a goal is last touched by an offensive non-male player it will count as two (2) goals.