



INTRAMURAL INDOOR SOCCER RULES

1- THE PLAYERS

Each team shall consist of four team members. A minimum of three players must be present to start at game time. Co-Rec teams must have at least one woman on the field of play (two if playing with a full team of four).

2- THE GAME

GAME TIME IS FORFEIT TIME. Play consists of two twenty-minute halves with a three minute halftime. One timeout will be awarded per team per game. A timeout will be one minute in duration and may only be called when the ball is not in play. The clock will only stop for timeouts, injuries, or at the discretion of the officials.

2.1- Out of Bounds

Any ball that goes over a sideline will result in an **indirect** kick. A ball that goes over an end line will result in either a corner or a goal kick.

3- RULES

Unless specified, the rules for Indoor Soccer are the same as those described by the USAMF soccer rules.

3.1- There will be no slide tackles at any time in any league.

3.2- There is no offside.

3.3- No player may enter the goal box.

3.31- If a defender interferes with the ball while in the penalty box the opposing team shall be given a free kick from half court (no one can interfere with the shot). ALL players will be behind the shooter during the penalty kick.

3.32- If an offensive player interferes with the ball while it is in the penalty box, a goal kick shall be awarded to the opposing team.

3.4- If a goal results from the deflection of a the ball off a defensive player who is in the goal box, it will be judged a goal.

3.5- Verbal abuse of the officials will **not** be tolerated and is a yellow card offense at the minimum.

3.6- If the ball hits the goal post, play is stopped and a goal kick or a corner kick shall be awarded depending on who touched the ball last.

3.7- No jewelry is to be worn during games.

4- FOULS

All fouls will result in a direct kick unless there is an extreme advantage. If the foul occurs in the neutral zone, the free kick will be taken from the point of the foul. A foul occurring in either offensive zone will result in a free kick from the nearest neutral zone line. All defensive players must be outside a five-yard radius from the ball during a free kick.

5- CARDS

If a yellow card is issued to a player, that player has received a formal caution for their play. A second yellow card will result in a red card and that player being ejected from the game. If a red card is issued to a player, that player will be required to serve an **automatic minimum one game suspension**. In addition, that player must make an appointment with the Intramural Sport Supervisor prior to participation in another game. When a red card is issued, that team will play short one player for a two-minute period.

6- 5 SECOND RULE

Any time the ball is held for more than five seconds after it has been positioned for a direct kick, kick-in, goal kick, or corner kick, the team in possession shall lose the ball to the other team. If the initial call was a goal kick, a corner kick shall be awarded and vice-versa.

7- SUBSTITUTIONS

There will be free substitutions, however the substitute can only enter the field of play once a player has completely left the field of play. The substitute must enter at mid-court. Violations of this rule will result in a direct kick for the non-offending team and a yellow card for the substitute.

8- OVERTIME

Overtime will only be played in playoffs. There will be **one** five minute overtime period. At the end of the five minute period, if the score is still tied, penalty shorts will follow. Each team will take five shots, and if the score remains tied each team will alternate shots until a winner has been decided.