**Indoor soccer**

All standard Intramural Rules and NFHS soccer rules apply except with the following changes/clarifications:

**Teams**

The game will be played by teams of 6 players each. 5 court players and one goalie. You must have 5 players to start a game. The 6th person can be added anytime. You can finish a game with less than 5 players, as long as the referees determine you have a chance to win and no one's physical well-being is compromised. For Co-Rec, you can have as many females as you want on the court up to 6, but the maximum number of males you can have on the court is 3. Rosters are limited to 20 players max.

Only players are allowed in the bench areas. All spectators must remain in the spectator area.

**Timing**

Grace period: 5 mins max. If a team has at least 1 participant signed in at game time, but not enough to play, the team will be given 5 mins to get enough players. If after 5 mins, the team is still short players, the game is a forfeit. If the teams gets enough to play before the 5 mins is up, the game will begin, and the other team will be awarded 1 goal. The game clock will reflect the amount of time elapsed for the grace period. If no players are signed in at game time, there is no grace period, and the game is declared a forfeit.

The game will consist of two 15-minute halves with a running clock. The clock will only stop for injuries and on all whistles during the last 1 minute of both halves. There are NO timeouts. There will be NO extra time added for any reason. If the clock is stopped due to an injury, the injured player(s) must come out of the game for a minimum of 2 game minutes.

If a game ends in a tie, we will have 3 minute sudden-death overtime. If still tied, then a penalty kick shootout will occur. Each team will get 3 attempts from 3 different players. If still tied, each team will alternate 1 shot each until one team takes the lead. Each team will be allowed an equal amount of attempts. Anyone can be the goalie during the shootout, but the same player must be goalie the entire time. The goalie can be one of the 3 to shoot. For CoRec games, each team must alternate gender during the shootout.

At halftime, teams will switch benches. Each team's bench will always be on the same side of the court as the goal they are defending.

**Court/Field and Equipment**

The goalkeeper must wear a different color jersey than every other player or referee on the field.
Any ball that goes out of the field of play, gets stuck in the net, hits the scoreboard, hits the banner above the scoreboard, or hits the ceiling will be treated as leaving the field of play. The team who did not touch the ball last will get a direct kick at the point of leaving the field of play.

It is advised, but not required, that players wear shin guards. There will be some for your use that can be checked out through the IM Supervisor on duty.

**Gameplay/Additional Rules**

The kickoff can go in any direction. Players must be on their defensive half of the court and may not cross the midfield line until the ball is kicked.

If any player receives 2 yellow cards **OR** 1 red card during a game, he/she will be ejected from that game. The team will thus play with 1 less player on the court for the remainder of the game. If during CoRec, a male being ejected will result in the team playing with 1 less male player on the court. If a female, the team will play with 1 less female on the court. If any player accumulates 2 yellow cards during the season, he/she will automatically have to sit out at least the next game. Any player receiving a red card will automatically have to sit out at least the next game. If ejected, that player must meet with the Intramural Director if they wish to appeal their suspension. It is the player’s responsibility to schedule the meeting with the Intramural Director. The meeting must take place in the Director’s office the next day at the earliest.

There are no offside calls and all kicks are DIRECT kicks. Players must wait for whistle before play resumes. A whistle will stop the play and a whistle will begin the play. The player must wait on the 2nd whistle.

Sliding by anyone (other than goalie in and around his/her box) will result in a violation. If contact is made with another player while sliding, the player will receive a blue card, yellow card, or a red card if considered dangerous by the referees. Sliding which causes another player to jump out of the way could also receive a card. There does not need to be contact to receive a card. Bicycle kicks of any type are also prohibited. General rule of thumb is to not leave your feet, unless to jump up to head a ball. This is a judgment call and **CANNOT** be protested.

Players are required to provide the 5 yard distance on free kicks. An intentional violation of this rule results in a blue card.

The ball cannot be dropkicked, punted or thrown across half-court in the air by the goalkeeper. The ball can be placed on the ground and kicked anywhere.

The goalkeeper can play the ball with his/her hands only if the ball is in the plane of the goalie box.

The goalkeeper **CAN** play the ball with his/her hands if the ball is passed to them by their own teammate.

The goalkeeper can’t hold ball to “stall” the game. If the referees believe the keeper is stalling, the referee will begin a verbal 5 second count. If after 5 seconds the keeper has the ball, the opposing team will be awarded a direct kick at mid-court.
Substitutions/Mercy Rule

Substitutions can be done at any time. The player leaving court must be off before the substitute can come on the court. If the substitution is not done properly, the team will be issued a blue card. If a team receives two (2) blue cards for illegal substitutions, the team will have to play with 1 less player. For each illegal substitution after the 2nd, a team will play with 1 less player. Substitution infractions may result in a lower sportsmanship rating.

At half time or any point during the 2nd half there is a 7-goal difference in the score, the game will be called at that point. If there is a 5-goal difference at 2 mins left in the game or any point after, the game will be called. If the officials feel a team is “stalling” to avoid a mercy run being called, the officials may call the game due to mercy anyway.