

## Indoor soccer

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

### **General Rules**

- All teams must show up and be checked in by their designated game time.
- 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 team gets enough to play before the 5 mins are up, the game will begin, and the other team will be awarded 1 point. 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. No exceptions.
- Players must show their Panther Card or a government issued photo ID to the Intramural Sports staff to sign-in for each game. Players without a valid form of ID will not be allowed to play
- Sportsmanship:
  - Two yellow cards or one red card will result in an ejection from the game.
  - A player may be ejected at any time by an official, scorekeeper, or supervisor.
  - If ejected, the player automatically must sit out at least the next scheduled game. The player and team are also subject to further suspension/discipline depending on the judgment of the Competitive Sports Coordinator. If a player is ejected from a game, that player must meet with the Competitive Sports Coordinator before being allowed to participate in further games. It is the player's responsibility to schedule the meeting with the Competitive Sports Coordinator. The meeting must take place in the Coordinator's office the next day at the earliest.
  - After each game, both teams will be given a SPORTSMANSHIP RATING by the officials, scorekeepers, and supervisors. (See the "Player Conduct & Sportsmanship" section on the Policies page for more information)

### **Teams**

- The game will be played by teams of 6 players each. 5 court players and one goalie.
- Teams must have 5 players to start a game.
- For Co-Rec, teams may not have more than 3 players of the same gender during play
- Rosters are limited to 20 players max.
- Only players are allowed in the bench areas. All spectators must remain in the spectator area.

### **Equipment**

- Teams are required to wear the same colored jersey with the exception of the keeper. The goalkeeper must wear a different color jersey than their team, the opposing team, and the opposing keeper.
- Athletic attire is required to participate. Pocketless shorts/pants are recommended.
- It is advised, but not required, that players wear shin guards. Shin guards can be checked out if needed
- Non-court marking, closed toed athletic shoes are required to play. Cleats and turf shoes are not allowed.
- All jewelry must be removed including watches, earrings, bracelets, etc.
- Hats/caps with bills and bandanas that are tied in a knot are not allowed.

### **Timing**

- 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.
- If the clock is stopped due to an injury, the injured player(s) must come out of the game until the next stoppage for substitutions.
- There are NO timeouts.
- There will be NO extra time added for any reason.
- 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 for the entirety of the penalty shootout. The goalie can be one of the 3 to shoot.
  - For CoRec games, each team must alternate gender during the shootout.
- Mercy Rule
  - 7-goal difference at halftime or any time in the second half
  - 5-goal difference at 2 mins left in the game or any point after
  - 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.
- 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.

### **Gameplay**

- 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.
- Sliding by anyone (other than keeper) will result in a violation. There does not need to be contact to receive a card.
- Bicycle kicks of any type are also prohibited. Players should not leave their feet except to jump up to head a ball.
- There are no offsides rules
- All kicks are DIRECT kicks. Players may resume play immediately after a free kick. If a player asks for 5 yards distance for their opponents, the kicker must wait for the officials signal to resume play.
- Keepers
  - 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 their hands only if the ball is in the plane of the goalie box.
  - The goalkeeper CAN play the ball with their 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.
  - Keepers may slide in their box hands first, so long as contact is not made with opponents.
- Any ball that goes out of the field of play, gets stuck in the net, hits the scoreboard or above, 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.
- Substitutions
  - Substitutions can be done at any time.
  - The player leaving court must be off before the substitute can come on the court. If there are more than 6 players on the court, the offending team will receive 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.
- Penalties
  - If any player receives 2 yellow cards **OR** 1 red card during a game, they will be ejected from that game. The team will play with 1 less player on the court for the remainder of the game.
  - If any player accumulates 2 yellow cards during the season, they 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 Competitive Sports Coordinator if they wish to appeal their suspension. It is the player's responsibility to schedule the meeting with the Competitive Sports Coordinator. The meeting must take place in the Coordinator's office the next day at the earliest.