

# Indoor Soccer Rules

## *Mission Statement:*

*Campus Recreation collaborates with the university community to offer exemplary facilities, programs and services that inspire participation and engagement.*

## **Rule 1: Eligibility**

1. All participants are subject to the Eligibility guidelines, which are listed in the current Intramural Sports Participant Handbook.
2. Participation is limited to currently enrolled U of A fee paying students and U of A Faculty/Staff that have a current Department of Campus Recreation membership.
3. All players must sign in with the Supervisor at site prior to game time with a current Catcard.
4. No ID, no play, no exceptions.
5. **If your team forfeits, \$30 will be charged to the Bursur's account of the captain.**

## **Rule 2: The Game, Players and Equipment**

1. Games shall be played between two teams of 6 players each. Teams must start and end with a minimum of 4 players. There is a maximum of 20 players per team.
2. A game will consist of two 20 minute halves with a 5 minute halftime. This will be a running clock with no stoppage time.
3. Players of opposing teams must wear contrasting colored jerseys/shirts, numbered on the front or rear. The goalkeeper must have a different color than both teams. The numbers must be permanent. Taped or pinned on numbers are not allowed. The home team has the choice of color if there is any conflict.
4. In an effort to maintain the safest environment possible please abide by the following:
  - a. All rings, necklaces, studs, watches, bracelets etc. must be removed prior to playing.
  - b. All braces with metal/hard plastic must be wrapped or removed
  - c. Individuals wearing casts are not allowed to play.
  - d. All body piercings must be removed or covered prior to playing.
5. The Supervisor reserves the right to prohibit any apparel that is deemed unsafe or not within the spirit of the game.
6. Each team shall designate to the official a captain. The captain shall address the official on matters of interpretation of rules (not judgment calls) or to obtain essential information.
7. Game balls will be provided, but warm up balls must be supplied by participants. The Supervisor does not have any equipment available for check out.
  1. *Shin guards are recommended.*

## **Rule 3: Boundaries**

1. An out of bounds ball or dead ball is put in play with a sideline kick, or a goal kick (not a throw in by the goalie). All out of bounds plays will result in an indirect free kick.
2. Everything is in play except when the ball gets stuck in between the net and the glass, when it goes over the wall, or hits the ceiling.
3. A ball trapped behind the net will be a goal kick.

4. Any ball that goes out of bounds on the side will result in a kick in, not a throw in. The defender should be at least 7 feet away from the ball.

#### **Rule 4: Teams**

1. Teams must be ready for competition no later than 10 minutes after the scheduled start time.
2. The clock will start on time and the team that was on time and ready to go on time will be awarded 2 goals for every 5 minutes that the opponent is not prepared to play.
3. Substitutions may occur on the fly but the substituting player must wait until his/her teammate is off the court before entering the court. (You should not jump over the wall in order to substitute, but rather open the door in order to substitute. Players will be warned and then penalized with a yellow card for this action).
4. Teams must substitute when:
  - a. A player has received a yellow card
  - b. A player is bleeding, has an open wound, or an excessive amount of blood on the uniform.

#### **Rule 5: Tie Game**

1. In case of a tie, there will be a 5 minute overtime (No golden goal, the full 5 minute overtime will be played.)
2. In the event of a tie after overtime, a 5 person shootout will occur. If still tied after all 5 players from each team shoots, it goes into a sudden death shootout.
3. For CoRec, the shootout must alternate gender.

#### **Rule 6: Scoring**

1. Goals may not be scored by:
  - a. Indirect free kicks
  - b. Sideline kicks
  - c. Kickoff
2. All other legal means are counted.
3. For a goal to be scored, the ball must pass completely over the goal line (tape will be placed as the marker).
4. If a team is leading by 10 goals or more with under 5 minutes left in the second half, the mercy rule will be put into effect and the game will be over.

#### **Rule 7: Fouls and Misconduct**

1. Direct free kicks will be awarded for the following offenses:
  - a. Kicking
  - b. Tripping
  - c. Holding
  - d. Pushing
  - e. Striking or spitting
  - f. Charging at an opponent (running into another player)
  - g. Slide tackling of any kind
  - h. Handball
2. Indirect free kicks will be awarded for the following offenses:
  - a. Dangerous play, including playing the ball while player is on the ground, playing the ball with feet above the waist while another player is within playing distance

- b. Obstruction
  - c. Charging the goal keeper
  - d. Encroachment
  - e. Ball is kicked into the ceiling
3. Direct free kicks are allowed to be kicked directly into the goal. Indirect free kicks must make contact with another player, from either team, before entering the goal. Otherwise the goal will no count.
  4. Yellow and red cards will be given at the official's discretion. Teams receiving a red card must play a player down for the remainder of the game.
  5. Penalty kicks will be awarded for direct fouls within the penalty area.
  6. Players may not intentionally touch the goalie if the goalie has possession of the ball. A yellow card will be awarded if this occurs.
  7. Flagrant personal fouls, i.e. tripping, pushing, foul language, etc. will result in a yellow card. Players will be ejected for flagrant fouls such as fighting and unsportsmanlike conduct (including cursing at an opponent). When ejected, the player must leave the building immediately or the team will forfeit.
  8. There is no offside in indoor soccer.

#### **Rule 8: Penalty Kicks**

1. Penalty kicks will be awarded when a foul resulting in a direct free kick is committed inside the goal area (green arc around goal box).
2. All players, except for the goalie and player attempting the penalty kick must stay behind the 2<sup>nd</sup> red line closest to half court until the kick has been taken.
3. If a goal is not scored, then it becomes a live ball.
4. The penalty kick will be taken from the red line in between the free throw line and the goal line.

#### **Rule 9: Misconduct/Conduct of Players, Coaches, and Others**

1. The officials and Supervisors have the discretionary power to stop, suspend, or forfeit the game due to the conduct of participants, spectators, or for any reason deemed necessary.
2. Participants and spectators are expected to behave in a responsible, sportsmanlike manner.
3. Captains are responsible for their fans.
4. The captain will receive a verbal warning if his/her fans become disruptive. A yellow card will be given to the captain if his/her fans do not settle down.
5. Spectators will be ejected from the premises if they hassle the officials and players from the opposing team.

#### **Rule 10: Goal Keepers**

1. Goal area is the green arc around the goal box.
2. Goal keepers have 5 seconds to release the ball into play after they gain possession.
3. Goal keepers may not handle the ball with their hands if the ball is directly played back from their own players unless directed by the head, chest, or off a deflection. This includes from a kick in.
4. A goalie must have both feet in the goalie area if he/she plans to pick up the ball at the side of the goal.
5. The goalkeeper cannot throw the ball across the midcourt line, unless it touches the ground before it crosses. Goal kicks cannot cross midcourt on the fly.
6. Goals may be scored from any place on the court.

7. Goal keepers cannot slide tackle.
8. The goalie may dive side to side in order to prevent a goal, but cannot dive forward into the field of play.
9. Officials must be notified of a change in goalie.

## CoRec Modifications

1. There must be at least 2 females playing in the game at all times. The goalie does not count as an active female player.
2. If a team only has 1 female then the team must play down a male until the 2<sup>nd</sup> girl arrives.
3. All female goals, except kicks taken in a shootout, are worth 2 goals.

**ADDITIONAL INFORMATION ON RULES CAN BE FOUND IN OUR  
CURRENT INTRAMURAL SPORTS PARTICIPANT HANDBOOK.**