



## **CAMPUS RECREATION**

### **INTRAMURAL SPORTS**

# ***INDOOR SOCCER RULES***

*Updated: 7/16*

## **1. Team Requirements**

- 1.1 A team shall consist of 5 players (4 fielders and 1 goalkeeper).
  - 1.1a A Co-Rec team shall consist of 5 players (2 girls, 2 boys, 1 goalkeeper)
- 1.2 A minimum of 3 field players and a goalie are required to start or play a game.
- 1.3 Game time is forfeit time. No ID, No Play!

## **2. Substitutions**

- 2.1 All players, except the goalkeeper, may enter and leave as they please (on the fly).
- 2.2 Goalkeeper substitutions can only be made when the ball is out of play and with the referee's consent.
- 2.3 Substitutions may only enter the court when the person they are replacing is within reach (tag) in the substitution area. These areas will be designated with white tape and blue mats on the court.

## **3. Equipment**

- 3.1 All players must wear appropriate athletic footwear. Open toe shoes, open heel shoes, sandals, or flip flops may not be worn. No black marking soled shoes may be worn. Bare feet play is strictly prohibited.
- 3.2 The fielders must be dressed in same color shirts/jerseys. If a team does not provide their own uniform top, then the UT Campus Recreation Department will supply numbered, colored pinnies. When wearing UT Campus Recreation pinnies, all players must wear shirts.
- 3.3 The goalkeeper must wear a different colored shirt that does not match the team's color or the opposing team's color of jersey.
- 3.4 The goalkeeper is permitted to use goalie gloves or mitts.
- 3.5 Players must wear athletic shorts, pants, or sweats in order to play. Individuals will not be allowed to play in jeans, khaki pants, or any other similar type of casual or business clothing.
- 3.6 TAPING OF JEWELRY TO THE BODY IS PERMITTED. Hoop earrings and long necklaces will not be allowed. Any other jewelry the participant wishes to wear is up to their own discretion.

- 3.8 Hats or caps cannot be worn; however, bandanas may be worn without a knot.
- 3.9 Game Ball: A Futsal size 3 indoor lo-bounce soccer ball shall be used. This ball will be furnished by the UT Office of Campus Recreation.

#### 4. Timing

- 4.1 If one team is not "ready to play" (with at least 4 eligible players on the court, properly equipped) by game time, the opposing team may give them a 5 minute "grace" period to show up, or take the forfeit upon game time. If the team wishes to wait, the game clock will be started at the time of the scheduled game.
- 4.2 Each half will be 20 minutes in length with a continuous clock. Half time will not exceed 3 minutes.
- 4.3 Each team will be allowed three, 30-second time outs per game. A time out may be called during any dead ball by either team, or by a team whose goalkeeper has possession of the ball.

#### 5. The Game

- 5.1 The team captains must be present prior to the start of the first game for a coin toss. The visiting team will call the coin flip (team listed on the left side of the schedule). The winner of the coin toss will choose one of the following options: (a) attack; (b) defense; (c) side of court. The loser of the coin toss will select option (c) if the winner of the coin toss selects either (a) or (b) or will select either option (a) or (b) if the winner of the coin toss has selected (c).
- 5.2 The referee will whistle the ball into play. The kickoff must be taken from the center of the court. Each team must be on their own half of the court , and all defensive players must be 5 yards off the ball at the time of the kickoff.
- 5.3 Teams will change ends at half time. The team that did not kick off in the first half will kick off in the second half.
- 5.4 The referee(s) will blow the whistle to signify when the ball is out-of-play. The ball will be placed back into play by an indirect kick by the team not committing the infraction. The ball is out-of- play when:
  - 5.4a the ball makes contact with a suspended basketball goal, basketball backboard, basketball goal support, ceiling, ceiling support, air conditioning vent or light fixture located above the court.
  - 5.4b the ball is lodged in an area that is unplayable (a drop ball will be played).
  - 5.4c the ball is kicked over the barriers along the south side of the court.
  - 5.4d the ball is kicked into the entry ways to either the men's or women's restrooms on the east side of the court.
- 5.5 The north, east, and west walls are in play as well as the portable barrier along the south side of the court.
- 5.6 To score a goal, the entire ball must completely cross the goal line. After the goal, the ball is returned to the center of the court for the kickoff. The team that relinquished the goal will kickoff.
- 5.7 All goals scored are worth 1 point.
- 5.8 Offsides has been eliminated for Indoor Soccer.
- 5.9 Goalkeepers must throw the ball in. The ball must be touched by a team player prior to the ball crossing the mid-court line.
- 5.10 To restart play after a dead ball, the following methods are used:
  - 5.10a Kick In: To be taken instead of a throw in. All defensive players must be at least 5 yards from the spot of the ball. Kick In's are classified as indirect kicks (see section 6).
  - 5.10b Goal clearance: To be taken instead of a goal kick. From inside the penalty area, the goalkeeper rolls or throws the ball into play.

- 5.10c Drop ball: To be called when play is stopped due to an injured player, inadvertent whistle, the ball is caused to go out of bounds by two opponents simultaneously, or when simultaneous fouls of the same degree occur by opponents. A drop ball is when the referee drops the soccer ball between opposing players; the ball has to touch the ground before it can be kicked by either player.
- 5.11 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/horn was blown. The ball must have completely crossed the goal line prior to the whistle/horn in order to count as a score.
- 5.12 No overtime games will be played during regular season. The result of the game will end in a tie for both teams.
- 5.13 During the playoffs, all games that are tied at the end of regulation will result in two, five minute, additional halves (no golden goal). If the score is still tied, a shootout will follow.
  - 5.13a Any eligible player may participate in the shootout.
  - 5.13b A new coin flip will decide which team has the option of shooting first or last.
  - 5.13c Each team has a total of 5 penalty kicks and will alternate each shot. The 5 kicks must be taken by 5 different players. Rebounds cannot be played.
  - 5.13d The kicker must wait for the official to start the play on each kick.
  - 5.13e The official chooses the goal in which the shootout will occur.
  - 5.13f If the score is tied at the end of the 5 round shootout, the teams will go 1 and until a winner is found.

## 6. Fouls and Misconduct

- 6.1 Fans and coaches must stay off the court at all times. Continued violations of this rule will result in a yellow card for the captain and the violator(s) will be asked to leave. If violation of this rule continues, then the captain will be given a red card and ejected from the game. Another captain will be appointed and the preceding rules will be applied.
  - 6.2 Free Kicks
    - 6.2a Free kicks shall be classified as either "direct" from which a goal may be scored against the offending team or "indirect" from which a goal may not be scored unless the ball is touched by another player on the field.
    - 6.2b. Any player of the offended team may take a free kick in any direction.
  - 6.3 Direct Free Kick (penalty kick awarded when infringement takes place in the penalty area) – a goal may be scored directly from a free kick. Direct free kicks will be awarded to the opposing team for:
    - 6.3a Kicking or attempting to kick an opponent
    - 6.3b Tripping an opponent
    - 6.3c Jumping on an opponent
    - 6.3d Charging an opponent in a violent or dangerous manner
    - 6.3e Striking, attempting to strike, or spitting at an opponent
    - 6.3f Holding an opponent
    - 6.3g Pushing an opponent
    - 6.3h Slide tackling (Slide tackles are ILLEGAL and will be given a red card).
    - 6.3i Handling the ball by a player other than the goalkeeper
    - 6.4j Indirect Free Kick - a goal may not be scored directly from an indirect free kick.
- Indirect kicks will be awarded to the opposing team for:
- 6.4a Attempting to kick the ball held by goalkeeper
  - 6.4b Obstruction
  - 6.4c Charging the goalkeeper in the penalty area
  - 6.4d Goalkeeper throws the ball over the mid-court line, without it first touching his/her teammate on their side of the mid-court line (ball is awarded to the opposition at the mid-court line)
  - 6.4e Goalkeeper controls the ball with any part of his/her body for more than 5 seconds other than their feet (ball is awarded to opposition at the mid-court line)

- 6.4f The ball is deemed out-of-play (i.e. hitting the ceiling, lights, or going over side barrier wall).
- 6.4g Goalkeeper picks up or touches, with his/her hands, a back pass or a kick in from a teammate
- 6.5 Rules for Indirect Free Kick
  - 6.5a Opposition players must be at least 5 yards from the ball until it is kicked, unless standing on their own goal line between the goal post.
  - 6.5b If the kick is by a team in its own penalty area, defenders must also be out of the penalty area until the ball clears the penalty area.
  - 6.5c The ball must start in a stationary position and not move from that position in any direction.
  - 6.5d After the kick, any player except the kicker may play the ball.
- 6.6 Rules for a Penalty Kick
  - 6.6a A penalty kick is awarded for any infringement of the rules by the defending team within the penalty box.
  - 6.6b 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 kick area.
  - 6.6c A goal may be scored directly from a penalty kick.
  - 6.6d The penalty kick is taken from the penalty mark.
  - 6.6e When taken, all players (except for the kicker and the opposing goalkeeper) shall be within the field of play but outside the penalty area and at least 5 yards from the penalty mark.
  - 6.6f The opposing goalkeeper should take his/her position on the goal line between the goal post, and may not move forward until the ball is kicked.
  - 6.6g The player taking the kick must kick the ball forward the length of its circumference in order for it to be in play. If the ball is not put into play properly, the kick must be retaken.
  - 6.6h If the ball hits the goal post, cross bar, or wall and returns to play, the kicker may not play the ball until another player has played it.
  - 6.6i The goalkeeper may not be substituted for 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 during a Penalty Kick:
  - 6.7a By the defending team, the kick will be repeated, if the kick did not result in a goal.
  - 6.7b By the attacking team, if a goal is scored it will be disallowed and an indirect kick will be awarded to the defending team from the penalty mark.
  - 6.7c All penalty kick takers must take the kick in one fluid motion. Stops or stutter steps are strictly prohibited.
- 6.8 A player shall not charge into the goalkeeper in the penalty area.
  - 6.8a An official shall disqualify any player who flagrantly fouls the goalkeeper in possession of the ball.
  - 6.8b Possession or control of the ball is when the goalkeeper has the ball trapped by either or both hands or when bouncing it to the ground or when releasing the ball into play.
  - 6.8c Outside the penalty area, the goalkeeper has no more privileges than any other player.
  - 6.8d All high kicks above the waist are prohibited (i.e. bicycle kicks are not allowed).
- 6.9 Obstruction is defined as 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.
- 6.10 Shoulder charges, bicycle kicks and slide tackles are NOT allowed. Slide tackles are defined as a player going to the ground in any fashion deemed unsafe or dangerous to win a ball, block a shot, etc. This includes but is not limited to sliding or lunging resulting in a leg, knee or waist coming in contact with the ground.

- 6.10a Bicycle kicks and slide tackles will result in an automatic red card. Shoulder charges and scissor kicks are also deemed dangerous and will result in an automatic yellow card.
- 6.11 A yellow card will be issued to a player for committing a foul that is unsportsmanlike. Two yellow cards issued to a player will result in an automatic red card. Yellow card offenses include but are not limited to:
- 6.11a Unsporting behavior
  - 6.11b Dissent by word or action
  - 6.11c Persistent infringement of the rules of the game
  - 6.11d Delaying the restart of play
  - 6.11e Failing to respect the required distance when play is restarted with a free kick
  - 6.11f Illegal substitution
- 6.12 A red card will be issued to a player for a flagrant foul, maliciously harming, or intending to viciously harm another player. A red card will result in the player's ejection, minimum 1 game suspension and a 2 minute penalty for his/her team. The team, to which the red card was issued, will play a person down for 2 minutes (power play). If the team is playing with the minimum number of players when the red card occurs, the game will become a forfeit. Red card offenses include but are not limited to:
- 6.12a Serious foul committed during game play
  - 6.12b Violent conduct
  - 6.12c Spitting on opponent or official
  - 6.12d Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball
  - 6.12e Denies an obvious goal-scoring opportunity (break away) to an opponent moving towards the goal by an offense punishable by a penalty kick by offended player.
  - 6.12f Using offensive, insulting, or abusive language and/or gestures
  - 6.12g Receiving a second yellow card caution in the same match
- 6.13 The intramural official in charge reserves the right to rule on any situation not specifically covered in these rules.