

5 vs. 5 Indoor Intramural Soccer Rules

General -

- Rubber soled non marking tennis shoes are recommended. Absolutely no cleats. Turf or regular street shoes will be permitted.
- All jewelry is to be removed before the start of play.
- All teams must wear uniformed jersey's that are pre-approved by the supervisor and clearly display a number on the back. A jersey that is not pre-approved will not be able to be worn during the match.
- Players choosing to wear shin guards must have them fully covered by stockings at all times. Shin guards must be made out of suitable material such as rubber, plastic, polyurethane or similar substance. NO METAL shin guards.
- Games will be two 20 minute halves of running time with a 2 minute half time.
- Teams will switch sides of the court at half time.
- Five minute golden goal for overtime in playoffs. (No overtime during regular season)
 - If no one scores a 5v5 shoot-out will take place.
 - If still no winner determined a 1v1 shoot out will a winner is determined.
- Teams will receive 3 points for a win 1 point for a tie and 0 points for a loss. This will determine standings.

Part 2 - Field of Play

A. Size of Field

- 2 courts in the Field house

B. Field Markings

- The field will be divided in half by a halfway line.

C. Walls

- The curtains will be lowered to the ground and will be considered in play when in natural resting position. Excessive movement of curtains will be called out of bounds and the non offending team will be awarded a kick-in

D. The Penalty Box

- The penalty box is 8 yards starting from curtain by 6 yards starting from goal post, and is located in front of the goal.

E. The Ceiling

- The ceiling is out of bounds. If the ball touches the ceiling an indirect free kick is awarded to the opposing team on the ground where the infraction occurred. Players must wait for officials signal before play may resume.

Part 3 – Players

A. Players

- The match will be played between two teams fielding no more than five players.
- A minimum of four players is required to play a match. If a team fails to provide at least four players for play at anytime during the match, it will be considered a forfeit.
- On co-ed teams, two of the field players must be female at all times.
- Only players on the game roster are allowed to compete in the match.
- Players may only play on one team.
- Each team is allowed to have two players who have had previous college varsity experience and has not been part of the varsity team for one academic year. All former players **HAVE** to participate in the advanced league.
- Current varsity players are not eligible for participation.

B. Goalkeepers

- One player from each team must be designated as the goalkeeper and will wear a different colored jersey than his/her own team.
- Goalies are allowed to use their hands in their own penalty area.
- The referee must be informed before a goalie change may take place.
- Goalie changing is only allowed during the stoppage of play. (a kick-in, injury, etc.)
- Goalie throw-ins must touch another player before crossing the half. Infringements will result in an indirect free kick for the other team at the spot of the foul at half court.
- Goalies can play the field, however players can stand in goalie box but do not get goalie privileges.
- Goalies may only kick the ball on the ground or roll it to a teammate there are **NO PUNTS** allowed.
 - If the goalie punts the ball it will result in a free kick for the opposing team on the parallel line in the goal box
- Goalies may not pass/punt/kick or throw the ball past half while doing goalie duties. Infringements will result in an indirect free kick for the other team at the spot of the foul at half court.
- Summary: **NO BALLS FROM THE GOALIE CAN GO PASS MIDFIELD WITHOUT TOUCHING ANOTHER PLAYER FIRST.** Only exception is if the goalie receives the ball outside the box as a field player.

C. Substitutions

- All field player substitutions are done “on the fly”.
- All substitutions must take place at midfield.
- The player leaving the field must slap hands with the player entering the field.
- If an illegal substitution occurs, play is stopped, the team is given a warning and the opposing team is awarded an indirect kick at the spot where the ball was located at the time of the infringement.

Part 4 – Start and Restart of Play

A. Pre-Match

- Both teams must be inspected by the referees before any part of the game can begin. (check for proper shoes and removal of jewelry)
- A referee will hold a coin toss and the team that wins choosing which side they want to attack first.
- The other team takes the kick off to start the match.
- The team that won the coin toss takes the kick off in the second half.

B. The Kick-off

- A kick off starts the game. It also is used at the start of the second period, after a goal has been scored, and at the start of each period in over time.
- Kick-off Procedure
 - All players must be on their own half of the field
 - The opponents of the team taking the kick-off are at least 10 yards from the ball until it is in play.
 - The ball is stationary on the center mark.
 - The referee blows the whistle.
 - The ball is in play when it is kicked forward.
 - The ball must be kicked forward to start the game.
 - The ball cannot be touched twice by the same person without touching another player first.

C. Infringements/Sanctions

- If the kicker touches the ball a second time before it touches another player, an indirect free kick is awarded to the opposing team to be taken from the place where the infringement occurred.
- For any other infringement of the kick-off, the kick-off is retaken.

D. Kick-In

- If the ball goes out of bounds between the curtains the team that did NOT kick the ball out of bounds will take a direct kick at the place where the infringement occurred.

E. Corner Kick

- A corner kick is issued if a team kicks the ball behind their own net or kicks the ball into their own net on a free kick.
- Procedure
 - Referee places ball on the corner spot.
 - Ball is in motion when it is kicked forward.
 - Direct kick

E. Other Temporary Suspensions of Time

- **After any other temporary suspension**; when restarting the game after a temporary suspension of play from any cause not mentioned elsewhere in these playing rules, provided that immediately prior to the suspension the ball had not passed over the touch or goal lines, the referee shall drop the ball at the place where it was when play was suspended, unless it was within the penalty area at that time, in which case it shall be dropped on the penalty-area line nearest to where the ball was when play was suspended. It shall be deemed in play when it has touched the ground; if, however, :
 - it goes over the touch-line or goal-line after it has been dropped by the referee, but before it has been touched by a player, or
 - a player touches the ball before it has touched the ground,

The referee shall again drop the ball.

Part 5 – The Ball in and out of Play

A. Ball out of Play

The ball is out of play when it has gone over line or through the curtains.

The referee will also decide if the ball is out of bounds when it goes behind the goal or is in the side of the goal.

The ball is out of play when the referee has stopped play.

The ball is out of play when it hits the ceiling.

B. Ball in play

The ball is in play at all other times including when it rebounds from a goalpost, crossbar, curtain, or referee and remains in the field of play.

Part 6 – Scoring

A. Goal Scored

- 1 point for male scored goals
- 2 points for female scored goals.
- Penalty kicks are 1 point for males and females.

Part 7 – Fouls and Misconduct

All Free Kicks will be Indirect (excluding penalty kicks)

A. Free kicks are awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless or using excessive force.

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Slides at the ball or another player, NO SLIDE TACKLING ALLOWED (when pertaining to the goalies it will be officials discretion)
- Plays the ball while on the ground (unless it is the goalie)
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately
- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his hands
- Commits any other offense, not previously mentioned, which is stopped to caution or dismiss a player

If any player on the defending team commits one of the above named offenses in the penalty area, a penalty kick is awarded. The procedure for penalty kicks is in section 9.

A free kick is also awarded to the opposing team if a goalkeeper, inside his own penalty area commits any of the following offenses:

- Punts the ball
- Takes more than six seconds while controlling the ball with his hands before releasing it from his possession and has not touched any other player
- Touches the ball again with his hands after it has been deliberately kicked to him by a teammate

B. Procedure

- Free Kicks are taken from where the offense occurred.
- The referee signals an indirect free kick by raising his arm above his head. Players need to wait for officials whistle.
- They keep their arm up until the ball touches another player.

- A goal can only be scored if the ball subsequently touches another player before it enters the goal.
- If an indirect free kick is kicked directly into the opponent's goal, a goal kick is awarded. The ball must touch another player first.
- If an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the other team.
- If, after the ball is in play, the kicker touches the ball a second time before it has touched another player, an indirect free kick is awarded to the other team at the spot of the infringement.

C. Position

- All opponents are at least 10 yards from the ball until it is in play, unless they are on their goal line between the goalposts.
- The ball is in play when it is kicked.

Part 8 – Yellow and Red Cards

A. Yellow Cards

- A player cautioned and shown the yellow card if he/she commit any of the following offenses:
 - Guilty of unsporting behavior
 - Shows dissent by word or action
 - Persistently infringes the rules of the game
 - Delays the restart of play
 - Fails to respect the required distance when play is restarted with a free kick or kick in
 - If a player receives a yellow card, he/she must leave the field of play and may not re-enter until there is a dead ball.

B. Red Cards

- A player is sent off and shown the red card if he/she commits any of the following offenses
 - Guilty of serious foul play
 - Guilty of violent conduct
 - Spits at anyone
 - Denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (does not apply to goal keeper in his/her own goal)
 - Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
 - Uses offensive, insulting or abusive language and/ or gestures

- Receives a second caution in the same match

C. Special Circumstances

- A Player must be substituted for if they receive a yellow card. Before they will be allowed to return onto the field, the offending player must check in with the supervisor. Failure to do so will result in removal of play for the night and next game suspension may be implemented.
- A player who receives a red card must leave the playing field and may not be substituted for; the offending player's team must finish the game one person short. (co-ed league still maintaining the guy/girl ratio)
- Two yellow cards in one game automatically equal a red card.
- After a player has accumulated three yellow cards (cautions) over the course of the season they will sit out their next game.
- If a player receives a red card they must sit out their next game, see the supervisor and schedule a meeting with the head of the intramurals.
- Once a team has accumulated 12 cards, either yellow or red, they will forfeit their next game.
- A team who has two forfeits will be out of the league for the rest of the season.

Part 9 – Penalty Kicks

A. Set-Up

- The ball is placed on the penalty mark
- The player taking the kick is properly identified
- The defending goalkeeper remains on their goal line, between the goalposts until the ball has been kicked
- The players other than the kicker are located inside the field of play, outside the penalty area and behind the penalty mark

B. The Referee

- The referee makes sure the ball and the players are all in accordance with the rules in Part A.
- The referee asks the goalie if they are ready and then blows the whistle, after which the player may kick the ball

C. Procedure

- The player taking the penalty kicks the ball forward
- Act of kicking must be one fluent motion, NO stutter stepping or hesitations.
- They do not touch the ball a second time until it has touched another player
- The ball is in play when it is kicked and moves forward

D. Infringements/Sanctions

- If the referee gives the signal for the penalty kick to be taken and, before the ball is in play one of the following situations occurs:
 - The player taking the kick infringes one of the rules, the referee allows the kick to proceed, if the ball enters the goal, the goal is not allowed and a goal kick is awarded, if the ball does not enter the goal, the kick is not retaken.
 - The goalkeeper infringes one of the rules, the referee allows the kick to proceed, if the ball enters the goal a goal is awarded, if the ball does not enter the goal, the kick is retaken
 - A teammate of the player taking the kick enters the penalty area before the kick, the referee allows the kick to proceed, if the ball enters the goal, the goal is not allowed and a goal kick is awarded , if the ball does not enter the goal, the kick is not retaken
 - A player from both teams enter the penalty area, the kick is retaken
- If after the penalty kick has been taken
 - The kicker touches the ball a second time an indirect free kick is awarded to the opposing team, at the spot of the infringement