Indoor Soccer Rules

National Federation Soccer Rules will govern play, subject to restrictions and exceptions laid down in the following rules:

General Rules

Official Team: An official team shall consist of five (5) players on the court with unlimited substitutes. A minimum of three (3) players must be present to start, and continue the game to avoid a forfeit.

Score Card: Prior to each game, all players must sign in on the official score card. The game officials will then verify each player’s identity by checking the players ID. All participants must display their valid Armstrong Atlantic University ID in order to participate. NO ID, NO PLAY! (NO EXCEPTIONS) An individual whose name appears on the official score card will be considered as having played in the contest. Late arriving players must have their name added to the score card upon arrival by an official before they may participate.

Starting the Game: GAME TIME IS FORFEIT TIME! A team must report to the game official and be “ready to play” with the minimum number of players to avoid a forfeit. “Ready to play” means checked in with the proper game equipment and on the court ready to begin play at the scheduled game time. It is advised that teams show up 15 minutes prior to their schedule start time.

Officials: The Intramural Staff will assign officials for each scheduled game. All games conducted by the Division of Recreational Sports must be played under the supervision of the Intramural Supervisor employed by the Division. No game may be played without its being scheduled through the Intramural Office. An Intramural Official will keep the scorecard.

Equipment

Shoes: Each player must wear non-marking athletic shoes. They must be made of soft, pliable upper material (molded plastic, canvas, leather, or synthetic) which covers the foot attached to a composition bottom.

Jerseys: For all indoor soccer games, it is required that teams wear numbered and uniformly colored jerseys in order to help distinguish one team from another. Jerseys may be checked out from the Intramural Sports Staff at the court.

Illegal equipment: Pants or shorts must be free of pockets, drawstrings, and exposed belt loops. All jewelry must be removed before playing. This includes earrings, necklaces, watches, and rings. Any equipment that in the Intramural Staff’s judgment would be injurious to participants is illegal to wear.

Game Regulations

Game: A regulation game shall consist of two 15-minute halves. There will be no time outs and the clock will stop only for injury time. There will be a three-minute break between halves.

Ties: In the event of a tie during the regular season, the game will end in a tie. During the single elimination playoff, a three (3) minute golden goal over time period will be played. Teams will be limited to 4 players per side during this overtime period. The first team to score will be declared the winner. If the game is still tied after the overtime period, each team will have a series of three penalty shots. Teams will alternate kicks and players on the field must take the kicks. If the game is still tied at the end of the alternating penalty shots, a sudden death shoot-out will occur with each team taking one shot per round until one-team scores and the other team fails to score.

Offside: There will be no offside in indoor soccer.

Crease: No player is allowed in the crease. An offensive player playing the ball in the crease will be penalized with a goal kick for the defensive team. A defensive player playing
the ball in the crease will be penalized with a penalty kick for the offensive team (placed at half court, no goalie. A kick-off for the defensive team then commences the next play regardless if the shot has been made).

**Fouls:** Fouls will be called by the game referee and administered by the referee. The referee will penalize for fouls with a free kick. Any player who commits a major or minor foul must serve a timed penalty for the infraction.

**Timed Penalties:** Any player who commits a major foul will serve a 90 second penalty in the penalty box. Major fouls include: Kicking, Tripping, Holding, Handling, Pushing, Striking At, and Slide Tackling. Players committing minor fouls will serve a 45 second penalty in the penalty box. Minor fouls include: Dangerous Play, Obstruction, Illegal Substitution, Illegal Equipment, and Dissent.

Teams will play shorthanded while a player is serving their penalty time. There shall be no more than two (2) players in the penalty box for one team at a given time. Additional penalty time will be added when another infraction occurs.

If a goal is scored on the team playing shorthanded, then the timed penalty is over and the player can return to play. If multiple players are in the box, only the player with the fewest seconds remaining may return. If a goal is scored by the team playing shorthanded, the penalty time remains, but no players may return to play.

**Free Kick and Penalty Shots.** All free kicks will be direct. A defender handling the ball in the crease will be awarded with a penalty kick for the offensive team. An offender handling the ball in the crease will result with a goal kick for the defensive team. All penalty kicks will be direct and administered at the half court line.

**Slide Tackling:** Slide tackling is not permitted. Playing the ball while on the ground is not permitted by any player other than the goalie. This is considered “dangerous play” and will be called at the discretion of the referee.

**Ceiling:** Any ball touching the ceiling will be out of play. The opposing team will have a free kick directly under the spot of contact unless the ball was kicked inside the crease, then the ball will be placed just outside the crease line.

**Substitutions:** Substitutions are allowed on dead balls only. Teams may sub under either possession.

**Ball Out of Play:** Any ball leaving the area of play near the touchline shall be restarted with a kick-in from the nearest spot. Any ball leaving the area of play behind the end line will be restarted with a corner kick or goal kick.

**Co-Rec Modifications:** Teams may not play with any more than 3 of one gender or any less than 1 of one gender.

All participants are expected to play according to the Rules of Intramural Sports. The staff of the Intramural Sports department reserves the right to penalize individual participants and/or teams for fighting or other unsportsmanlike conduct. Any individual or team that has or is consuming alcohol is subject to an automatic forfeiture. Since the use of alcohol is unsportsmanlike conduct, the Intramural Supervisors and Officials have the right to eject the player(s) or team and may forfeit the contest to the opponent.

A Yellow/Red card system will be used to control player, coach and bench personnel unsportsmanlike conduct and improper behavior (persistent infringement of any rules of the game). When cautioning a player, coach, or other bench personnel, the official shall display a Yellow card and indicate the person concerned. Any player receiving a yellow card must leave the playing area, and his or her team will play short until the next available substitution. The second yellow card displayed on the same person in the same contest for any unsportsmanlike conduct shall be a Red card. When ejecting a player, coach, or other bench personnel the official shall display a Red card and indicate the person concerned. A player, coach or other bench personnel receiving a Red card shall be ejected from the game and must leave the playing facility. The ejected participant shall not be allowed to participate until they have met with the Administrative Staff Member in charge of the Soccer program. The Intramural Sports may also enforce additional penalties against such persons.

Team captains are responsible for the conduct of their players, sidelines, and spectators. If a player is red carded and refuses to tell his/her name, the captain may be red carded if he/she will not reveal the name and the team may be subject to a forfeit. Team captains who cannot or will not control their sidelines and/or spectators will be issued a caution (yellow card), and ejection (red card) if necessary.

### Yellow Card

- a) Persistently infringes upon any of the rules of the game.
- b) Shows dissent by word of mouth or action to decisions given by the referee.
- c) Is guilty of any incidental vulgar or profane language.
- d) Is guilty of unsporting conduct.
- e) Slide Tackling

### Red Card

- a) Is guilty of violent conduct or serious foul play;
- b) Is abusive in language or gesture toward a player or official.
- c) Persists in misconduct after receiving a caution.

Updated: October 1, 2012