



INDOOR SOCCER

Play is governed by the basic concepts of FIFA Futsal and US Indoor Soccer, with the following modifications:

I. AREA OF PLAY

- A. All Indoor Soccer matches will be played on the Multi-Activity Courts (MAC Courts).**
- B. The active playing area is designated as the entire court surface within the walled perimeter.
- C. Defined Areas:
 - 1. Goal: the recessed area at the end of each court
 - 2. Goal Area: the area in front of each goal, marked with white boundaries.
 - 3. Penalty Area: the full area, closest to the goal, inside the Basketball 3-point line. The ends of the line closest to the goal will be extended in an imaginary straight line until it would connect with the boundary wall.
 - 4. Penalty Spot: the middle of the Basketball Free Throw line.
 - 5. Corner: the blue X marked spot in each of the four corners.

II. PLAYERS & SUBSTITUTIONS

- A. The Players
 - 1. Each team will play five (5) players, with one player always designated as the goalkeeper (regardless of the number of players present).
 - 2. The minimum number of players required to start is 4.
 - 3. Co-Rec Additions:
 - a. The five players will be two (2) men and two (2) women with the fifth player the team's choice.
 - b. A team with only four (4) players must play with two (2) men and two (2) women.
 - c. There are no gender restrictions or requirements for the Goal Keeper.
- B. Teams must start and end the game with at least four (4) players.
 - 1. A team with four to five players must play or the forfeit procedure will go into effect.
 - 2. During the course of the game, if a team drops below four (4) players that team will receive the loss according to team misconduct scoring rules.
 - a. If an injury results in a team dropping below four (4) players, play will be permitted to continue at the discretion of the Intramural Supervisor.
 - 3. These rules will be applied regardless of game score at the time of incident.
- C. Goal Keeper Play
 - 1. There can only be one designated goal keeper for each team.
 - 2. The goalkeeper must be designated with a different color jersey/shirt than the rest of the players on his/her team and opposing team
 - 3. A goal keeper may handle the ball inside their respective Goal Area. The goal keeper may also reach outside of the Goal Area to handle the ball, provided at least one body part is making contact inside the goal area.
 - 4. Once the goalkeeper handles the ball, they have 6 seconds to play the ball before a delay of game violation will be called.
 - 5. The Goal Keeper may go to ground to defend against an attempt on goal. However, the keeper may not slide toward any player for any reason.
 - 6. Outside the Goal Area, the keeper only has the privileges of any other player.
 - 7. **The Goal Keeper may handle a ball from a teammate provided that it was not directly**

kicked back from the foot. Headers or indirect contact may be handled by the Goal Keeper.

8. Goal Keepers may not punt the ball. Only throws or drop kicks (must hit the floor prior to being kicked) will be allowed.

D. Substitutions

1. Substitutions can be made during active play (“on the fly”) or on any dead ball situation. There is no limitation as to which team can substitute during any substitution opportunity.
2. **During an “on the fly” substitution, the player coming off must be in contact, using one/both hand(s), with the team bench area before the substitute may enter the field.**
3. If during “on the fly” substitutions a team has more than 5 players on the field at one time, any oncoming additional players will receive a yellow card.
4. Goalkeeper substitutions may only be made on time-outs.

III. EQUIPMENT

A. Player Equipment

1. Any player violating these equipment rules will receive a Yellow Card.
2. Players may not participate with equipment that the Intramural Staff deems to be dangerous to other participants. Hard cast, metal or plastic braces, hats and jewelry of any type are examples of illegal equipment. ALL visible body piercing must be removed.
 - a. Bracelets may be taped twice around the wrist. Player must provide their own tape.
3. Players must wear athletic type shorts/pants. These shorts/pants must not have pockets, pouches, loops, belts, zips, zippers, clips, buckles, buttons, or snaps. Torn shorts/pants may not be worn during play.
4. Jerseys/Shirts
 - a. In order to play, teams must wear shirts of identical color and shade/tone.
 - b. In the event two teams arrive wearing the same color and are unable to switch to a different color, jerseys will be made available.
 - c. There are no shirts/jerseys available for check out.
 - d. Player Numbers
 1. All shirts/jerseys must have legible numbers on at least one side (back or front of shirt) and must be legible from a distance of 6 feet.
 2. Numbers must be permanent on the shirt in a non-fading medium such as marker or paint. Taped on numbers are not allowed.
 3. Teammates will not share the same shirt/jersey number.
 4. If a player is #0 then that number must appear on the jersey. There can only be one version of #0 per team (i.e. #0, #00, #000, etc.)
5. Each player must wear athletic shoes. They must be made of soft, pliable upper material that covers the entire foot. Cleats or turf shoes are not allowed!
6. Players are strongly encouraged to wear shin guards, but must be provided by the individual participant.
7. Players may wear gloves consisting of soft, pliable and nonabrasive material.
8. Players may wear a knit or stocking cap (with or without ball/knot at top), headbands, or hair bands. Hats with bills are prohibited.

B. Game Equipment: all game equipment will be provided by Intramural Sports and must be used without substitution.

IV. DELAY TIMING

A. Delay Time - Once at the scheduled game time:

1. If a team does not have any players present at game time, the game will be declared a forfeit without the Delay Time procedure.
2. If a team does not have four (4) players signed in at game time, that team will be given 10-

- minutes to have four players sign in before the game is declared a forfeit.
3. If neither team has four (4) players signed in, both teams shall have 10-minutes to have four (4) players sign in before the game is declared a double forfeit.
 4. Time used to wait for the minimum number of players will be off the game clock and delaying teams will receive a Sporting Conduct Deduction for delaying the start of the game. The first team ready to play will receive one (1) goal for every two minutes (rounded up) that the game is delayed (up to the end of the Delay Time period).
 - a. One team ready to play: Team A has enough players at game time and Team B's fourth player signs in with 12:18 remaining on the clock. As the wait was over seven minutes, Team A will start the game with a 4-0 lead and 12:18 remaining in the first half.
 - b. Neither team ready to play: Team A's fourth player signs in with 17:00 on the clock, and Team B's fourth signs in with 12:00 left on the clock. Team A will start the game 3-0 with 12:00 remaining in the first half.
 5. The clock will not stop to have players sign in, and game play must begin before the 10-minute period has been completed. Once all teams are ready, the ball will be put into play in accordance with the Start of Game rules.

B. GAME TIMING

1. The game will consist of two 20-minute halves with a running clock.
2. The clock will not stop for any reason unless directed by the Official.
3. There will be three (3) minutes between halves (goalies change ends).
4. There will be two (2) 60-second time-outs per game (**team possession is required**).
5. Overtime
 - a. Regular season games will not have an overtime period, where tied games will remain a tie.
 - b. Overtime periods during tournament play
 1. There will be one four (4) minute period with regular timing rules. If the game remains tied after the overtime period, the final stage will be alternating penalty kicks.
 2. Alternating Penalty Kick Shootout
 1. The designated visiting team will kick first during penalty kicks. This designation will not change during the shootout.
 2. For Co-Rec games
 1. Players must alternate male/female.
 2. A team Must continue to alternate with genders until the shootout is over. If one gender all shoot, they must go around in the rotation again to keep the alternate gender order.
 3. Only the first three rounds will be attempted, represented by three shots by each team. Additional rounds will be performed if the game remains tied at the conclusion of the first round.
 4. All Players checked in for the game must shoot before a player may shoot twice. This includes the designated goalie for each team.
 6. The shootout will be concluded when one team's score exceeds the other team's score at the end of the first three rounds, or during any additional the round without an equal score by the opposing team during the same round.
 7. The final score for the winning team will be one (1) goal plus the original score at the end of timed play.

- C. Regulation game time shall be extended to permit a penalty kick or free kick being taken at or after the expiration of the normal period in either half or overtime.

1. Ball in Flight

- a. A ball in flight at the call of half or full time will immediately be considered dead. All goals must be scored before the call of half or full time.

V. SCORING

- A. Each goal counts as one (1) goal. A goal is scored when the whole ball passes over the goalline, between the goalposts and under the crossbar. Regular goal scoring will apply to all players for all leagues.
- B. A ball may be kicked, headed, or deflected with any other part of the body other than the hands or arms through the opponent's goal.
- C. Mercy Rule: If any team gains a point differential matching the outlined criteria, the game will be ended
 - 1. Ten (10) goals at halftime
 - 2. Eight (8) goals with 10-minutes remaining in game
 - 3. Five (5) goals with 2-minutes remaining in game

VI. START AND RESTART OF PLAY

- A. Kickoff:
 - 1. A kickoff shall take place at the beginning of the game, the second half, overtime, and after each goal.
 - 2. For a legal kickoff, the ball must be intentionally moved by the foot from a stationary position, in any direction, and must be played by another player before the original kicker can play the ball.
 - 3. The defensive team must be two (2) yards away from the ball, outside the circle (if provided) until the ball is kicked.
 - 4. Each team must be on their own half of the field before the officials will whistle for the kickoff.
 - 5. The kickoff will be a direct kick.**
 - 6. To start:
 - a. The match captains will rock-paper-scissors to choose who gets first possession
 - b. This process will be repeated for overtime during b playoffs.
- B. Dropped Ball
 - 1. If, while the ball is still in play, the referees are required to stop play temporarily and there was no clear possession of the ball at that time, the game will resume with a drop ball. If play was stopped while the ball was in the penalty area, the drop ball will occur at the point on the Penalty Area line closest to where the stoppage occurred.
 - 2. Play begins when the ball touches the ground.
 - 3. Only one player from each team will compete in the drop ball. All other players must be five (5) yards away.
- C. Free Kicks
 - 1. Any member of the offensive team may take a free kick.
 - 2. The ball may be played in any direction after the free kick is awarded.
 - 3. Defensive Play
 - a. All members of the opposing team must be at least five (5) yards away from the ball.
 - b. Players may protect themselves with their hand and arms, but must keep them in the same position to avoid a hand-ball call.
 - c. The protection cannot be used as an advantage on any free kick
 - 4. Direct Kick: A goal may be scored on this kick and will be given to an offended team after a foul.
 - 5. Penalty Kick: A penalty-kick results whenever a direct free kick is awarded to the offensive team inside the penalty area regardless of where the ball is in play.
 - 6. Indirect Kick: The ball must be touched by a player on the court after being kicked to score a goal. Balls that are kicked directly into the goal will be ruled no goal and a goal kick will be awarded.

VII. BALL IN & OUT OF PLAY

A. All kicks as a result of the ball exiting play will restart as an Indirect Kick.

B. Free Kick

1. Any time the ball leaves the field and touches the side netting or ceiling, or enters a team's dug-out, the team not causing the ball to leave the field will receive a free kick.
2. The free kick must be completed in one motion.
3. The free kick will happen at the nearest spot outside of the three-point basketball arc from where it became out.
4. If the out of play spot is near the sideline the kick can be moved five (5) feet from the side wall

C. Goal Kick

1. When the ball hits the back netting behind the goals or goes off out of the court behind the goals, then a goal kick will be called and awarded to the defending team.
2. The goal kick may be taken by any player on the team.

VIII. VIOLATIONS & FOULS

A. The following offenses are penalized by a Direct Free Kick at the point of the foul:

1. Touching the ball with hands or arms, except as goalkeeper in the goal area.
2. Holding, punching, hitting, kicking or tripping an opponent.
3. Placing the hands or arms on an opponent in an effort to reach the ball. (Holding)
4. Slide tackling/Charging an opponent.
5. Flagrant, dangerous play (pushing/running players into the boards)

B. The following offenses are penalized as an Indirect Free Kick:

1. Playing the ball a second time before being touched by another player during any free kick.
2. Interfering with the goalkeeper when they are attempting to clear the ball.
3. Non-flagrant, dangerous play (high kicking, low heading)
4. The goalkeeper handling a directly passed ball kicked by a teammate.
5. Obstruction

****No advantage will be played in the case of a foul. The ball will become dead and a free kick will take place at the spot of the foul. ****

C. Cautions, Ejections, & Forfeitures

1. A yellow card (caution) may be issued at any time when warranted, at the official's discretion. Verbal warnings or cautions are not necessary for a yellow card.
2. Player Ejection
 - a. Any player receiving two yellow cards or one red card will be ejected from the game.
 - b. This player's team will continue one player short for the remainder of the game.
 - c. Violent conduct will result in an ejection (red card).
3. Game Forfeit
 - a. Any game forfeited will result in a score of 10 goals, or the current goal total if higher, and 0 goals for the losing team.
 - b. The game will be forfeited if
 1. Any team has two or more player ejections
 2. Any team receives four yellow cards
 3. Any team receives a red card and two additional yellow cards
4. Slide Tackling:
 - a. **If a player attempts to slide tackle towards an opponent, then that player will be given a yellow card, with potential to be upgraded to a red.**
 - b. If a player slips and initiates contact while attempting to defend against another player, they may be cautioned by the Official (Official's Discretion).
 - c. Any player, other than the Goal Keeper, intentionally playing the ball while lying on the ground (or otherwise not in a standing position) will cause play to stop for dangerous play.
5. Boarding & Charging:
 - a. **Boarding is defined as any player initiating contact in such a way as to cause an opposing player to uncontrollably contact the playing walls or glass.**

- b. Boarding will result in
 - 1. A violation at minimum with potential for disqualification
 - 2. An ejection for any instance where it is deemed the initiating player was out of control.
 - c. Any player guilty of Charging (uncontrolled contact) an opposing player will be given a yellow card.
 - d. Offensive players guilty of Charging a Goal Keeper in the Goal Area will be given a yellow card.
- 6. Obscene and/or abusive language will not be tolerated. Participants using obnoxious or foul language will be sent off. Fans/supports/bench personnel using obscene or abusive language will result in a team warning, followed by a team caution, then finally team forfeiture. (Official's Discretion).**