

INDOOR SOCCER RULES

Updated: March 15, 2019

General Rules Adapted for Intramural Play; in other cases, rules of the National Federation of State High School Athletic Association will be in effect.

1. Playing Court and Equipment

- a. The dimensions shall indicate a rectangular shape free of obstacles.
- b. Markings on the field shall be distinctive white lines.
- c. Some markings will be assumed to exist, and some may become obscured during the course of the game. The markings shall be assumed to be present and decisions shall be rendered to the best of the official's ability to interpret the position of the original markings.
- d. The penalty area is an area in which the goalkeeper cannot be charged if he/she is jumping or running for the ball and where the goalie can use his/her hands.
- e. The ball shall be a "fluff" or indoor soccer ball. Only those balls supplied by the IM office will be used. Regular outdoor soccer balls will not be allowed.

2. Players and Substitutes

- a. All participants must present their valid University of Wyoming ID card to enter the facility.
- b. Men's and Women's teams will consist of no more than 7 players, including the goalkeeper. Five players (including the goalie) are needed to begin a game.
- c. CoRec teams will consist of no more than 8 players, including the goalkeeper. Teams consist of a maximum of 4 male and 4 female players. A minimum of six players (three males and three females) are needed to begin and continue a game.
- d. There may be unlimited substitutions. Substitutions must be made only during your team's corner kick, any team's goal kick, after a goal, between halves, or in the event of an injury. You may substitute on your own teams throw-in or you may substitute if the other team substitutes on their throw-in. The officials permit no substitution for a player ordered off the field. Substitutes must be recognized by the official.
- e. A player must leave the game when he/she is bleeding, has an open wound, or an excessive amount of blood on his/her uniform.
- f. In order for a player to substitute, he/she must be listed on the roster.
- g. One of the players may change places with the goalkeeper at a dead ball during the match provided notice is given to the referee.

3. Players and Equipment

- a. No Jewelry - This includes, but is not limited to, earrings, wedding rings or bands, other rings, necklaces, bracelets, rubber bands, and metal barrettes. The only exception to this rule is a medic alert bracelet or necklace. In that case, it must be taped down. If you refuse to remove your jewelry, you will not be allowed to participate. Any player in the game found wearing illegal jewelry must immediately be replaced by a substitute. The player may not re-enter the game until all jewelry has been removed. If there is no substitute available, the offending player cannot re-enter the game until the first substitution opportunity after the clock has properly started.
- b. All participants must wear shoes, and must carry their game shoes into the facility. Street shoes are not permitted.
- c. Jeans and cut-off shorts are not allowed.
- d. It is recommended that participants wear shin guards in order to prevent injury.
- e. No hats are to be worn during competition.
- f. No food or drink (other than water) is allowed in the facility.

4. **The Game:** Game time is start time. There is a 10 minute forfeit time allowed before a forfeit is declared, provided that the other team agrees. The duration of the game shall be two equal halves of 20 minutes with a continuous running clock. The clock is stopped only when a serious injury exists or if it is deemed necessary in the judgment of the official. The half time interval shall be a maximum of 5 minutes.
5. **Mercy Rule:** There will be a mercy rule of eight goals at any time in the second half of the match. This means when the difference of goals between teams is eight goals or more, the game will end and the current score will be the final score.
6. **Restarting after Stoppage:** When restarting the game after temporary suspension of play, except on a free kick, the referee shall drop the ball at the place where it was when play was suspended and it shall be deemed in play when it touches the ground. A violation of this rule will result in the ball being dropped again. A goal may be scored directly from a drop ball.
7. **Starting the Game:** To start a game, a coin toss (or some other random method) will be used. The team that wins the toss will start the game with the ball at midfield. At the start of the second half, teams will switch sides of the field and play will start with a kickoff by the opposite team.
 - a. At the referee's signal, the game shall be started by a player taking a place kick. Every player shall be in his or her half of the field and every player of the opposing team shall remain not less than five (5) yards from the ball until it is kicked off. A goal may not be scored directly from a kickoff.
 - b. From a kick-off, the ball may be kicked in any direction.
 - c. The kicker may not play the ball again on the kickoff until it has been touched or played by another player.
 - d. After a goal is scored, the ball shall be taken to the center of the field and kicked off under the same conditions as when the game started.
8. **Ball in and out of Play**
 - a. The ball is out of play when:
 - i. It has completely crossed the goal line, end line, or sideline (either in the air or on the ground).
 - ii. The referee stops the game.
 - b. The ball is put back into play after it has crossed the goal line with a Goal Kick or Corner Kick, depending on who touched the ball last. See Goal Kick and Corner Kick rules.
 - c. The ball is put back into play after it has crossed the sideline with a throw in. See Throw-In rules.
 - d. In the case of temporary suspension of play due to an injury or any cause, and one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession at the point where the ball was when play was suspended.
 - e. The ball is in play at all other times from the start of the game to the finish including:
 - i. If it rebounds from a goal post crossbar into the field of play.
 - ii. In the event of a supposed rule violation, until a decision is given.
 - iii. If it rebounds from a referee.
 - f. A player may be out-of-bounds and legally play a ball that is on the field of play.
9. **Goalkeeper Play:**
 - a. The referee shall remove any player who intentionally charges the goalkeeper.
 - b. When in possession of the ball, the goalkeeper may not have possession of the ball for more than six seconds.
 - c. The goalkeeper in possession of the ball must not be interfered with or impeded in any manner by an opponent until he/she clears the ball.
 - d. Goalies may not pick up a direct pass from a teammate's foot.
 - e. Outside the penalty area, the goalie has no more privilege than any other players do.
 - f. Goalies may inbound the ball by throwing or placing it on the ground and kicking it. However, goalies cannot kick the ball past the two hash marks on the field. Drop kicks/punts are prohibited.
10. **Scoring:** A goal is scored when the ball has legally entered the goal. A legal goal occurs when a ball completely crosses the goal line; entering the goal between the goal posts and under the crossbar. A player deliberately stopping the ball from entering the legal goal area with his hands or arms will be issued a red card and ejected from the game.

11. Tie-Game Procedure: During the regular season, tied games will end in a tie. In a tournament game, all ties will be broken. If a tie score exists after regulation time expires (during the tournament), a five-minute sudden-death overtime period will be played. If a tie score exists after overtime expires (during the tournament), both teams will be given an opportunity to kick 5 direct kicks from the penalty spot in an attempt to break the tie. The procedure will be as follows:

- a. The official will flip a coin to see which team shall kick first.
- b. Each team will designate 5 players to attempt a goal. The only eligible players to take penalty kicks are the ones who ended the game on the field.
- c. The goalie at the end of the game is to be the goalie for the shoot-out.
- d. The team winning the toss will have the choice whether to take the first kick from the penalty spot, while the opposing team's goalkeeper defends their goal. The losing team will then have a chance to kick their first attempt at the opposing team's goal. Kicking order shall then alternate between teams for the following four attempts. **Co-Rec:** The shooters must alternate gender (male, female, or vice versa).
- e. If a tie still remains after each team has had 5 attempts, each team will alternate taking a kick until one team has scored one more goal than the other.

12. Special Rules

- a. **Two line rule:** If a ball is kicked past two lines during a goal kick or by a goalie within the penalty box, it will result in an indirect kick for the opposing team from the second hash mark closest to where the ball landed.
- b. **Metal Siding and Window rule:** If a ball is kicked in such a way that it strikes the windows or the white metal siding on any of the walls, the player who kicked the ball will receive a one-minute ejection from the game, without being replaced (the team will play with one less player for one-minute).
- c. Offside – there is no offside penalty in indoor soccer.

13. Fouls

- a. A player who intentionally commits any of the following offenses will be penalized.
 - i. Kicks or attempts to kick an opponent
 - ii. Trips an opponent i.e., throwing, or attempting to throw him by the use of the legs or by stopping in front or behind him.
 - iii. Jumps at an opponent
 - iv. Charges an opponent in a violent or dangerous manner.
 - v. Charges an opponent from behind unless the latter are obstructing.
 - vi. Strikes or attempts to strike an opponent.
 - vii. Holds an opponent with his hand or any part of his arm.
 - viii. Pushes an opponent with his hand or any part of his arm.
 - ix. Handles the ball i.e., carries, strikes, or propels the ball with his hand or arm (This does not apply to the goalkeeper within his own penalty area.)
- b. A player committing any of the following offenses shall be penalized.
 - i. Playing in a manner considered by the referee to be dangerous, i.e., high kicking when an opponent is within playing distance.
 - ii. Shoulder charging if the ball is not within playing distance of either player.
 - iii. Intentionally obstructing an opponent, i.e., running between the opponent and the ball or interposing the body so as to form an obstacle to an opponent, when not playing the ball.
 - iv. Executes a sliding tackle.

POTENTIAL PENALTIES:

- If any of the above fouls have occurred, a direct free kick will be taken by the opposing side from the place where the offense occurred.
 - If the foul is committed by a defensive player within the penalty area, a penalty kick (direct free kick) will be taken within the box.
 - All calls are up to the discretion of the Intramural officials and supervisors.
- c. Yellow and Red cards will be used with the same rules as outdoor soccer (foul language, baiting officials, inciting opposing players, etc.). One red card will result in disqualification of the player with no replacement of that player. Two yellow cards equals a red card and the player receiving two yellow cards will be removed from play with no substitute. Players ejected from a game will not be able to play in the next game. Ejected players must also meet with the Intramural Sports Coordinator before eligibility can be reinstated.

- 14. Free Kick:** Free kicks shall be classified as “direct” (a goal may be scored directly against the offending side) or “indirect” (a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal). All free kicks may be kicked in any direction from the point where the infraction occurred.
- a. An opposing team gets an indirect or direct kick from the spot where the ball was when play stopped.
 - b. When a free kick is being taken, a player of the opposite team shall not be within ten yards of the ball until it is in play. A violation of this may cause player removal from the game. The ball must be stationary when kicked, and after being kicked, the kicker shall not play the ball a second time until another player has touched it.
- 15. Penalty Kick:** Any infringement of rules which ordinarily requires the awarding of a direct free kick shall be punished by a penalty kick if a defending player within the penalty area commits the foul. The foul must be deliberate and/or unavoidable.
- a. This does not apply to an indirect free kick.
 - b. A penalty kick can be awarded irrespective of the position of the ball, if it is in play at the time a deliberate offense by the defending team is committed within the penalty area.
 - c. A penalty kick shall be taken only from the penalty spot. All players, except the kicker and the opposing goalkeeper, shall be outside the penalty area and at least ten yards from the penalty spot. The goalkeeper must stand on his/ her own goal line but may move side to side. No forward movement is allowed prior to the ball being kicked.
- 16. Goal Kick:** A goal kick is awarded if the attacking team kicks the ball over the end line. It shall be kicked beyond the penalty area from a spot within the six-yard box.
- 17. Corner Kick:** A corner kick will be awarded if the defending team kicks the ball over the goal line. A member of the attacking team shall take the kick from the nearest corner area.
- a. Players of the team opposing the corner kick shall not be within ten yards of the ball until it is kicked. The kicker is not allowed to play the ball a second time until another player touches it. A goal may be scored directly from such a kick.
 - b. Violation of this shall result in an indirect free kick for the opposing team from the spot of violation.
- 18. Throw-In**
- a. When the ball passes completely over a touch line, either on the ground or in the air, it shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who touched it last.
 - b. The thrower, at the moment of delivering the ball, must face the field and part of each foot must be either on the touchline or on the ground outside of the touchline. The thrower shall use both hands with equal force and shall deliver the ball from over his/her head. The thrower may not play the ball again until it has been touched by another player. A goal shall not be scored directly from a throw-in.

19. Sportsmanship: No player, participant, substitute, or spectator shall act in a manner that is seen as poor sportsmanship by an official. Examples of poor sportsmanship include but are not limited to insulting language or gestures, or disrespectfully addressing an official, or the opposing teams' participants. The penalty for unsportsmanlike conduct shall be an indirect free kick. If the conduct is flagrant, an immediate disqualification will occur. A team is responsible for the actions of all members and spectators directly related to the team before, during, and after the game. Any individual that is involved in any type of physical altercation or flagrant unsportsmanlike conduct may be automatically suspended along with the entire team. Sportsmanship ratings will be assessed after each game.

20. Protests: All contest protests must be made by the protesting team's captain in the presence of the officials and the opposing team's captain at the time and place of the incident. The protest must be made immediately before the ball becomes live, following the incident. The officials can call the supervisor and the supervisor will make the final decision. Once play has resumed following a protest, the protest is complete.

**The Intramural Sports Staff reserves the right to stop any game whenever such stoppage is in the best interest of all players, their safety, and the goals of the program. The Intramural Sports Staff reserves the right to combine divisions and move teams to another classification for tournament competition.*