



**UNIVERSITY OF WISCONSIN-EAU CLAIRE
RECREATION & SPORT OPERATIONS – INTRAMURAL SPORTS
Indoor Soccer**

PLAYERS AND ATTIRE

- The game shall be played between two teams of five (5) players. Must have three (3) players to start game. Maximum of (10) on the roster.
- Teams must all wear the same color jersey. Pennies will be provided on a limited basis. All teams will be required to bring one alternate color in case both teams show up wearing the same color. Skins will not be allowed.
- **Jewelry is not allowed. All jewelry must be removed before playing, no exceptions.** Any player who enters the game with jewelry will be forced to **leave the game and the opposing team will receive an indirect kick from where ball is.** Jewelry includes gold, silver, bracelets, necklaces, religious jewelry, rubber bracelets, rubber bands, and braided jewelry.

RULES

GAME, FIELD, AND EQUIPMENT

- The use of dangerous equipment is prohibited. Shoes must be worn – basketball or tennis shoes. No open-toed shoes, sandals, or slippers. **No cleats are allowed.** All exposed metal on knee braces must be covered. No ball caps/hats are allowed. Shin guards are optional, but recommended.

INITIAL POSSESSION, LENGTH OF GAME, AND TIME CONSTRAINTS

- All games will be two (2) 20-minute halves with a running clock. Halftime is to be no longer than three (3) minutes. The game will end when the clock expires regardless of the position or flight of the ball.

OVERTIME

- If a game ends in a tie, a one 5-minute running clock sudden death period shall be played. A coin toss will determine possession for the overtime kick-off.
- If game is **STILL** tied after sudden death, one shooter from each team will proceed to sudden death penalty kicks and continue to do so where one player from each team kicks until one team scores and the other does not.

- **Game time is forfeit time.** Teams should be ready to play at the scheduled game time. It is beneficial to have your team arrive 15-20 minutes early to ensure that games start on time and that forfeits be avoided.

SUBSTITUTIONS AND TIEBREAKERS

- Substitutions are unlimited and may be made:
 1. Prior to a goal kick, by either team.
 2. After a goal, by either team.
 3. After an injury for which the referee stops play (either team).
 4. Yellow or red card offense (subs may be made by either team).
 5. Prior to a throw in, *only by team in possession*.
 6. Prior to a corner kick, *only by team in possession*.
- **If the team in possession substitutes, the opposing team may sub as well.**

DEFINITION OF PLAYING TERMS

- Rules not specifically covered can be found in the NFHS soccer rule book.
- **Direct Kick:** May be kicked in any direction and a goal can be scored without the ball being touched by another player after it has been kicked initially.
- **Indirect Kick:** May be kicked in any direction and a goal cannot be scored unless the ball is touched by another player before it enters the goal.
- **Kick Off:** A direct kick used to put the ball in play from the center circle at the beginning of each half and after each score. Ball must go forward at least 27 inches and must be touched by another player before the kicker can play the ball again. The opposing team must be outside the kickoff circle prior to the initial pass.
- **Drop Ball:** The ball is put into play by the referee, by being dropped between two opponents. The ball becomes live when it touches the ground. This takes place when two opponents cause the ball to go out-of-bounds simultaneously, or two (2) fouls are committed simultaneously, or to resume play after stopping for an injury. There will be no drop balls in the penalty area. The ball will be dropped at the nearest point outside the penalty area in the field of play.
- **Goal Crease:** The taped area surrounding the goals on each end of the playing field. No players are allowed in the crease.

BALL IN PLAY, DEAD BALL, OUT OF BOUNDS

- On all free kicks the opponent must be at least five (5) yards from the ball. Referee will give verbal warnings for player to move back. Teams may ask the referee to count off 5 yards but if players fail to abide they will be given a yellow card.
- If the ball goes out-of-bounds in the special marked area or hits ceiling (includes hanging structures) the team that did not touch the ball last, puts the ball into play by a free kick from the spot where the ball went out.

- If offense plays ball in the crease, defense will be awarded a free kick three (3) feet outside the crease.
- If defense plays ball in the crease, referee has the option to award the goal if ball had the chance of being scored or free direct kick from five (5) yards outside the crease and defense can only allow one (1) player to block the kick.
- **No offsides rules shall be enforced**

FREE KICKS

- A ***direct kick*** can result in a goal being scored directly from the kick.
- An ***indirect kick*** cannot result in a goal being scored directly from the kick. Another player (from either team) must first touch the ball before a goal can be scored.
- Any player on the offended team may take a free kick.
- Players on the defending team may be no closer than five (5) yards. The defending players are not allowed to cross the 5-yard barrier until after the ball is touched by the attacking team. If the defenders are not 5 yards away, delay the kick until they move outside the boundary. If the defending team stands in front of the ball to delay the kicking for any reason, referee will give a verbal warning. If he/she persists, a yellow card may be issued.
- The ball must be stationary before it is kicked. If not, the kick must be retaken.
- The ball may be kicked in any direction and is in play immediately (unless being played out of a team's own penalty area, in this case, the ball is not in play until it is beyond the penalty area).
- The kicker may not be the first to touch the ball after it is kicked.

DIRECT KICK VIOLATIONS

- If any of the below fouls are committed outside the penalty area by either team, a direct kick is awarded to the opponents at the spot of the foul.
- If the defensive team, inside their own penalty area, commits any of the following fouls, a penalty kick is awarded to the offensive team...
 1. Kicks, strikes, attempt to strike or kick
 2. Tripping of an opponent
 3. Use of arms or hands on the ball intentionally; handling
 4. Dangerously charging an opponent dangerously.
 5. Holding or pushing
 6. Charging the goalkeeper
 7. Goalie carrying the ball outside the penalty area
 8. Using foul or abusive language or spitting on other persons

INDIRECT KICK VIOLATIONS

- No goal may be scored unless the ball is touched or played by another player after the kick is made.
 1. Goalkeeper handling the ball for more than six (6) seconds with hands
 2. Goalkeeper throwing or kicking the ball across midfield in the air
 3. Dangerous play
 4. Player kicking the ball while being held by the goalkeeper
 5. Obstruction
 6. Improper substitution
 7. Unsportsmanlike conduct other than foul, abusive language or spitting
 8. The goalkeeper handling a ball that is thrown into them or kicked to them by their own teammate. (A goalkeeper may handle a ball that is played off the head of their teammate when it is headed back to them).

SCORING

- All goals are worth one (1) point.
- ****Mercy rule is 10 goals at halftime or anytime during the second half****

PLAYER CONDUCT

- Abusive or insulting language, acts of unfair play, and managers, coaches, or substitutes on the field of play will result in suspension.

SPORTSMANSHIP, CARDS, AND EJECTIONS

- Team conduct will be registered, by the officials, following the game, on a 1 to 6 scale.
- If a team does not have an average of 4 SR, at the end of the regular season, they will not qualify for the playoffs. If team is already in playoffs they need to maintain a 4 SR in order to remain in playoffs.
- Yellow cards and red cards will be given to players for fouls that are stated in the “Direct Kick Violations” section. The degree of the foul will be determined by the referee. It is in his/her judgment to hand out a yellow or red card based on the severity of the foul.
- Two yellow cards or one red card in a game constitutes an ejection. If a team receives, four yellows, or 2 yellows and 1 red, the game will be ended immediately and will result in a forfeit.
- **Any slide tackling is a yellow, if official deems the tackle to be excessively dangerous an automatic red card may be given.**

CO-REC RULES

- A regulation team consists of 5 players. Maximum of ten (10) on the roster. The possible combinations are 3M/2F, 3F/2M, 2M/2F, 2M/1F, 2F/1M

- The four attackers must comprise of two (2) males and (2) females and the goalie can be either male or female.
- All goals are worth one (1) point
- ****Mercy rule is 10 goals at halftime or anytime during the second half****

Special Considerations

- Walls – If play becomes potentially dangerous along the walls, the official will stop play, move the ball away from the wall and restart the game with an indirect kick. It is illegal to use two hands on the wall to gain advantage from another player, obstruction (indirect kick) will be called.
- A dangerous charge along the wall will result in an automatic caution (yellow card / 5-minute penalty).
- A violent charge will result in an ejection (red card) official's discretion.

MID - LINE VIOLATION

- A goalie throw-in or roll may NOT carry over mid-line without being touched by another player regardless of whether the ball is on the court or in the air. Any time the goalie picks up the ball, they may NOT play it over the mid-line with their feet or hands. THE PENALTY: Indirect free kick at the nearest point the ball carried over the mid - line. At no time may a goalkeeper throw, punt, or drop kick over the mid - line in the air.
- Goalies may play the ball across the mid-line with their feet, so long as they never had possession of the ball with their hands at any point.