

**Christopher Newport University**  
**Office of Recreational Services**  
**Intramural Sports**  
**Soccer (Indoor)**  
**-Rules of the Game-**

**The rules below are specific for the sport indicated above and do not include intramural program policies which all participants must abide by. For a complete description of intramural policies, participants should view the Intramural Program Manual.**

**National Intramural Recreational Sport Association (NIRSA) rules govern any rule not mentioned in this document.**

### **1. Equipment**

1.1 Each team is required to wear a shirt with the same shade of the same color. Goalkeepers must wear a different colored shirt than either team.

1.2 All players must wear non-marking shoes. The shoes must be rubber-soled, athletic shoes. No cleats, black-soled, or street shoes are allowed.

1.3 Equipment which may be dangerous to another player (such as hats and bandannas) is not allowed. The supervisor/official will determine if an article is dangerous and will ask the player to remove the article. If the player refuses he/she will be asked to leave.

1.4 Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least ½ inch of slow recovery rubber or similar material will be allowed.

1.5 Religious medallions, jewelry, rubber bands, chains, rings, or earrings may not be worn. Medical alert bracelets may be taped to the body.

1.6 Shin guards must be worn and covered by socks at all times. Players without shin guards that are not covered will not be allowed to participate.

### **2. Players and Substitution**

2.1 A regulation team consists of 5 players (one of which will be the goalkeeper). A team may start the game with a minimum of four players.

2.2 If a player has been disqualified (red card), then he/she cannot be replaced in that game.

2.3 A team may substitute “on the fly”. The player leaving must be off the court of play before the substitute is permitted on. If any infractions occur on a substitution, an indirect kick will be awarded, from the spot where the ball was at the time the referee blew the whistle, to the team that did not commit the infraction. Substitutions must stand off the court near their own goal.

2.4 A team may play with less than four players once the game has started if, during the course of the game, a player must leave due to injury, illness, or disqualification. A team must have at least 3 players to continue a game.

2.5 A team who does not have the required number of players to start or continue a game, will be given a default (recorded as a loss). A team must have at least 1 player present in order to receive the default. Two defaults in one season by the same team is considered a forfeit.

2.6 Goalie substitutions can only be made when the ball goes out of bounds (over the curtains surrounding the court or through the gaps at the end-lines), after a scored goal by either team, or on a yellow card/ejection/injury.

### **Court Layout and Dimensions:**

- Each game will be played on a single basketball court. Court dividers will be pulled down to separate the courts from each other. Meaning, that the entire court will be encased by the divider.
- Spectators will need to stand/sit in the bleachers at all times.
- Substitutes must stand out of bounds at the appropriate spot designated by the staff.
- The front of the goals will sit on the baselines of the court.

- Any ball that completely goes behind the baseline will be considered out of bounds and a resulting corner/goal kick will ensue.
- The court dividers on the sidelines are considered in bounds and the ball may be played off of them. However, players are not allowed to touch these sideline court dividers while playing (penalty: Indirect Kick). NOTE: These dividers do have a tendency to move and can create injury if touched or ran into.
- A Kick-In for the appropriate team will take place when the ball goes underneath or over the sideline court divider.
- The penalty area (goalie permitted to pick up the ball) will not be marked on the court due to facility restrictions. However, the dimensions of this area are the yellow volleyball endline extended to the width of the basketball 3 point line. Participants are expected to use their best judgment when playing a ball in this area. The referee has the ultimate say on balls played/touched by the goalie in this non-marked penalty area.
- Corner kicks will be taking from the appropriate corner of the court.

Penalty kicks will be taken from the yellow (volleyball) line.

### **3. The Game**

3.1 Each half will be 20 minutes in length with a continuous running clock. However, the clock will stop with each whistle within the last two (2) minutes of the second half. Half-time will not exceed 3 minutes.

3.2 Time-outs will not be allowed.

3.3 A coin toss will determine possession at the start of the game. The winner of the coin toss will have the option to start with the ball or choose a side. The losing team will have take the other option. At the beginning of the second half the team that did not kickoff will then do so.

3.4 The referee will whistle the ball into play. The kick off must be taken from the center of the court. Each team must be on its own half, and the defensive team must be 10 feet off the ball until the ball is kicked. The player who initially kicked the ball may not touch the ball until another player has touched it.

3.5 All kickoffs are indirect. If a kickoff is directed straight into the opponent's goal, without a second player's touching, the result is a goal kick of the opposing team.

3.6 To score a goal, the ball must completely cross the goal line. After the goal, the ball is returned to the center of the court for another kickoff. The team that got scored upon will kickoff.

3.7 Teams will change ends at half time. The team that did not kick off the 1st half will kick off the 2nd half.

3.8 The ball is out of play when it touches the ceiling, suspended lights, raised basket goals, or if it goes over the curtains on the sideline or through the gaps in the corners of the curtains at the endlines or passed the endline (goaline).

3.9 The referee blowing his/her whistle warrants a dead ball (even if inadvertent).

3.10 To restart play, the following methods are used:

- a. Goal kick: When the ball goes out of bounds – by hitting the ceiling, the raised baskets and etc.- behind the goal line, last touched by the offense.
- b. Corner kick: When the ball goes out of bounds – by hitting the ceiling, the raised baskets and etc.- behind the goal line, last touched by the defense.
- c. Drop Ball: (See rule 3.14)
- d. Kick in: When the ball goes out of bounds over the side curtains– by hitting the ceiling, the raised baskets and etc.- it will be brought back to the spot closest to where it went out of bounds.

3.11 Free kicks: All free kicks are indirect. Only penalty kicks are direct.

3.12 Mercy Rule: By halftime, or anytime thereafter, if a team is ahead by 10 or more goals, the game will end. In addition, for men's and women's competition, a 5 goal lead within the last 5 minutes will end the game. For Coed teams, a 7 goal lead within the last 5 minutes is necessary to end the game. At the same time, if a team is ahead by one less goal than the mercy rule, and is deemed to be stalling, the officials have the option of ending the game.

3.13 No player may intentionally place his/her hands on the curtains at all while playing the ball. Result is an indirect free kick for the opposing team.

3.14 A drop ball will be called when play is stopped due to an inadvertent whistle, when it is not clear who the ball last touched before going out of bounds or if an injury occurs and there is no clear possession when the referee stops play. A drop ball is when the referee drops the soccer ball between a player from each team. The ball has to touch the ground before either player touches it. Any player on the floor may take a drop kick.

3.15 During the regular season, tie games will stand. During playoffs (or tournaments), ties will be broken using the following rules: Two 5-minute consecutive sudden death overtime periods will be played. The first team to score is the winner. If there is no score in the first overtime, play is stopped, teams switch ends of the court, and possession changes as if starting a new half. There will be no intermissions, either between the end of the second half and the first overtime, or the first and second overtime periods. If there is no scoring in the second overtime, then a shootout (penalty kicks) will be conducted. After the second overtime, each team will select 4 players to participate in the shootout (Players must be on the court at the end of overtime to participate in the shootout). The goalie is allowed to shoot in the shoot out but it is not required that they are one of the four shooters. The same goalie that ended the second overtime must defend the penalty kicks, and it must be the same goalie for the entire shootout, unless the goalie is injured (See Rule 7 - Shootouts - for further clarification). If after both team's four kicks there is still a tie it will become sudden death (meaning each team shoots once until one team scores and the other team does not). The remaining players must shoot first before the original shooters can shoot again.

#### **4. Rule Clarifications**

4.1 There is no offsides in indoor soccer.

4.2 Fans and substitutes must stay off the court at all times. First violations of this rule will result in an unsportsmanlike conduct for the captain and a yellow card will be issued. If they continue to violate this rule, the captain will be given a red card and ejected. Another captain will be appointed and the preceding rules will be applied.

4.3 The penalty area will be the volleyball end line extended laterally to the basketball 3 point line and the court area those lines encompass. Goalies/players should use their best judgement with the ball.

#### **5. Fouls and Misconduct**

##### **5.1 Kicking-Striking-Tripping-Jumping**

- a. A player shall not intentionally attempt to kick, strike or jump at an opponent.
- b. A goalkeeper may not intentionally strike or attempt to strike an opponent by throwing the ball at the opponent.
- c. A player shall not intentionally trip an opponent.

##### **5.2 Handling**

- a. A player shall be penalized for intentionally handling, carrying, striking or propelling the ball with a hand or arm. If a player handles the ball on an obvious (official's judgement) goal-scoring play, the goal will count, and the player will be issued a yellow card, and the goal will be scored.
- b. Unintentional handling occurs when the ball strikes the hands or arms of a player who has not moved the hands or arms to play the ball. This shall not be penalized.
- c. A player shall not hold, push or impede an opponent with hands or arms extended from the body.

##### **5.3 Charging**

- a. A player shall not intentionally charge an opponent unfairly. An unfair charge is one in which a player does not use shoulder-to-shoulder contact with an opponent, does not have arms and elbows close to the body, at least one foot on the ground and the ball within playing distance.
- b. A player having one or both feet on the ground shall not charge into an opponent that has no feet on the ground.
- c. A player shall not charge into the goalkeeper in the penalty area.
- d. An official shall disqualify any player who flagrantly fouls the goalkeeper in possession of the ball.
- e. Possession or control of the ball is when the goalkeeper has the ball trapped by either or both hands or when bouncing it to the ground or when releasing the ball into play.
- f. Outside the penalty area, the goalkeeper has no more privileges than any other player. Note: When goalkeepers put the ball on the ground, they relinquish their rights as goalkeepers.

5.4 Dangerous Play - In the opinion of the official, all high kicks above the waist in a dangerous manner will be prohibited. If a dangerous high kick is committed it is in the official's discretion whether to issue a yellow card, red card, or no card at all depending on the severity of the infraction.

##### **5.5 Obstruction**

- a. Obstruction is the intentional act by a player, not in possession of the ball or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle.
- b. The goalkeeper in possession of the ball shall not be interfered with or impeded in any manner by an opponent. This includes the act

of bouncing the ball or dropping the ball for a kick or attempting to throw the ball. This obstruction results in an automatic yellow card for unsportsmanlike conduct.

### **5.6 Goalkeeper Release**

- a. From the moment the goalkeeper takes control of the ball with the hands in the penalty area, the goalkeeper has five seconds to release the ball into play, failure to do so will result in the other team receiving an indirect free kick from that spot. The goalkeeper may throw to a teammate, or may drop the ball to his/her feet to gain possession, where it is playable by other players as well. No punts or dropkicks. If a goalie punts or drop kicks the ball, the other team will be awarded an indirect free kick at mid court.
- b. A goalkeeper is permitted to throw the ball. However, due to the court's small size, the ball must touch another player, wall, or the ground before it crosses the midfield/center line. Violations will result in an indirect kick for the opposing team at half court.

### **5.7 Pass-Back Rule**

(USSF/FIFA Rule will be in effect) When passing the ball to the goalkeeper via a kick, the goalkeeper must play the ball with his/her feet. The keeper may not play the ball with hands. Furthermore, the keeper may not play the ball with his/her feet and then pick it up with his/her hands. Lastly, a player may not use trickery to play the ball to his/her keeper, to allow the keeper to play the ball with his/her hands.

### **5.8 Misconduct**

- a. A player or coach shall be cautioned for: Persistently infringing upon the rules of the game or acting in an unsportsmanlike manner and/or objecting by word of mouth or action to the decisions given by an official.
- b. A player or coach will be disqualified for: Persistent misconduct or a second caution and/or exhibiting violent conduct or using violent or abusive language.
- c. Yellow Cards- any player warranting a yellow card (rough play, verbal abuse, physical abuse, etc.) will be allotted a two-minute penalty. Penalty time will be kept by the official's stopwatch. The team in violation must play a man down when a yellow card infraction occurs. The penalized player must sit out the entire penalty regardless of whether the opposing team scores a goal. If the goalie is the recipient of the yellow card, the team can only use the remaining players on the court to play goalie. The goalie may come back into play at the end of the penalty but cannot sub in as goalie until the proper time (see Rule 2.6).

## **6. Free Kicks**

6.1 Free kicks shall be classified as "indirect" from which a goal may not be scored against the offending team unless the ball is played by another player from either team.

6.2 All free kicks may be taken in any direction and by any player of the offended team.

6.3 Any infraction by the defense, which takes places in the defending team's penalty area, resulting in a free kick shall be a penalty kick. The penalty kick will be taken from the penalty mark.

6.4 Opposing players must be at least 10 feet from the ball until it is kicked, unless standing on their own goal line. If the kick is by a team in its own penalty area, defenders must also be out of the penalty area until the ball clears the penalty area. The ball must be stationary prior to the kick. The ball is in play when it is kicked and moved. After the kick, the ball may next be played by any player except the kicker. A kick in a team's own penalty area must leave the penalty area before another player may play the ball.

### **6.5 Penalty Kick: When Taken.**

A penalty kick is awarded for any infringement of the rules by the defending team within the penalty area. The foul must be deliberate or of violent nature (this will be the referee's discretion). A penalty kick can be awarded regardless of the position of the ball, if the infraction by the defending team is committed in the penalty area. A goal may be scored directly from a penalty kick.

### **6.6 Penalty Kick: How Taken.**

The penalty kick is taken from any place on the penalty mark line (free throw line). When it is being taken, all players (except for the kicker and the opposing goalkeeper) shall be within the field of play but outside the penalty area and at least ten feet from the penalty mark. The opposing goalkeeper must stand on his/her own goal line, until the ball is kicked. The player taking the kick must kick the ball forward in order for it to be in play. If the ball is not put into play properly, the kick must be retaken. If the ball hits the goalpost or the crossbar and returns to play, the kicker may not play the ball until it has been touched by another player. The goalie may not be substituted on a penalty kick unless they were injured during the infraction. The kicker must wait for the official to start the play.

### **6.7 Infringements**

- a. On a penalty kick, for any infringement by the defending team, the kick shall be retaken if a goal has not resulted.
- b. On a penalty kick, for any infringement by the attacking team other than by the kicker, the kick shall be retaken if a goal has resulted.
- c. On a penalty kick, for any infringement by the player taking the kick, a goal cannot be scored and a player of the opposite team shall take an indirect free kick from the point of infraction.

### **6.8 End of time variations**

The ball is dead at the moment the whistle sounds to end either half. A goal cannot be scored if the ball was in the air when the whistle was blown; the ball must have completely crossed the goal line. Time may be carried over only for a penalty kick. If the ball touches the goalkeeper during a penalty kick, before passing between the posts or after the expiration of time, the goal is good. If necessary, time of play shall be extended at the end of either half to allow a penalty kick to be taken. If a penalty kick is taken after the expiration of time, only the kicker may play the ball.

### **6.9 Goal Kick: When taken**

A goal kick is taken by a member of the defensive team when the ball goes out of bounds – by hitting the ceiling, the raised baskets, etc.- behind the goalline last touched by the offense.

### **6.10 Goal Kick: How taken**

The ball is placed on the ground from any point in the goal area. The ball must be kicked beyond the penalty mark (free throw line), or the kick will be retaken. The goal kick is an indirect kick.

### **6.11 Corner Kick: When taken**

A corner kick is taken by a member of the attacking team when the ball goes out of bounds behind the goalline – by hitting the ceiling, the raised baskets, etc.

### **6.12 Corner Kick: How taken**

A corner kick is taken from the corners of the basketball court and is indirect. The ball is in play when it is kicked and moved. The kicker may not play the ball until another person has touched it. If the ball hits the wall and rebounds toward the kicker, he/she still cannot play it until another player has touched it.

## **7. Shootouts**

7.1 Four players on the field from each team will be selected by the team to shoot.

7.2 The goalies must be the same as when the game ended in the second overtime and the teams must use the same designated goalie for the entire shootout, unless injured or carded.

7.3 A coin flip will decide which team shoots first. (The winner of the flip will shoot first.)

7.4 Each team has four penalty kicks and will alternate shots. No rebounds are allowed.

7.5 If the score is tied at the end of the first shootout, the shootout will continue alternating players until one team makes it and the other does not. No player may attempt a second penalty kick until all players on his/her team for the shootout has attempted one. This pattern will continue for future rounds as well.

7.6 The kicker must wait for the official to start the play on each kick, and then has five seconds to shoot.

## **8. Slide Tackles**

8.1 Slide tackles are illegal in intramural indoor soccer. Slide tackles will result in an automatic ejection.

8.2 A defensive player may leave his/her feet to stop the forward progress of the ball as long as there are no offensive players within 6 feet from the ball. If contact is made or a near miss occurs (official's discretion), it will be considered a slide tackle and a penalty kick will be awarded to the opposing team.

8.3 On the 1st offense, the slide tackle will result in an immediate ejection (red card), a penalty kick for the other team and an automatic 1 "Sportsmanship Rating". The entire team will be given a verbal warning.

8.4 The second offense by any player on the team for a slide tackle will automatically result in an ejection and forfeiture.

8.5 Two ejections in the same game by a team for any reason will result in forfeiture of the game.

8.6 Any slide tackles committed by a team inside its own penalty area will result in a penalty kick.

8.7 All slide tackles will result in a penalty kick for the opposing team and the offending player will be ejected.

8.8 The goalie can slide in an effort to make a play as long as the following apply:

a. He/She is in the goal box. Any goalie leaving the box loses their privileges as goalie and is considered a regular field player.

- b. He/She is making an attempt on the ball.
- c. He/She in no way is putting themselves or another player in danger.

### **9. Coed Soccer – Updated Fall '09**

9.1 A regulation team consists of 5 players (one of which is the goalkeeper). A team may start with a minimum of 4 players. The possible combinations are 3m/2f, 2m/3f.

9.2 A team may play with less than five players once the game has started, if a player leaves the game due to injury or disqualification. However, there must be a combination of 2m/2w, 2m/1w, or 1m/2w at all times in this scenario.

9.3 If a shootout occurs, teams must alternate shots on goal between male and female. Teams will choose four players to shoot. Females must attempt at least 2 shots on goal. A female goal in a shootout still counts as two.

**9.4 NEW! If a goal is scored - during regular play, overtime, or shootout – Any female scoring a goal will be awarded 2 points (maximum of 6 points will be awarded). Female goals after the 6 point limit will be awarded 1 point; this includes penalty kicks and regular goals. Male goals will count as 1 point at all times. (Note: females participating in men's leagues play by "normal" men's rules.)**