

University of Colorado, at Colorado Springs

Intramural Sports

Indoor Soccer Rules

General:

***Each player must have a current a valid UCCS ID or replacement UCCS ID with another picture ID at every game! Without a valid ID, you will not play. No exceptions! Each player must sign his or her own name and ID number to the game sheet.**

1. NUMBER OF PLAYERS A team may have a maximum of four field players and a designated goal-keeper. A team can start with a minimum of 3 players including a keeper but will forfeit if it then loses a player to penalty or injury. Players must compete in a league game to be eligible for that team's playoff tournament roster.

2. FORFEITS Two forfeits during pool play will result in elimination from further play. If you forfeit two games or do not attend the Manager's Meeting and forfeit one game, you will be eliminated from further play. At that time you can choose to purchase Forfeit Insurance. See handbook.

3. EQUIPMENT Each team member must provide his/her own NUMBERED jerseys that are identical in color. **TAPED NUMBERS ARE NOT PERMITTED!** Numbers are to be written in pen, marker, or stenciled on the back/front of the jersey only! Numbers on sleeves will not be permitted. Numbers cannot be written on hands, arms, etc. The number must be at least two (2) inches in height. Only one (1) zero number may be used per team. This means either double zero or zero, not both! All other numbers are eligible. If you do not have a number, you cannot play. If you do not have a jersey, the IM Sports department will lend you a penny for the game. **GOALKEEPER MUST WEAR DIFFERENT COLORS THAN TEAMMATES AND OPPONENTS.** Non-marking soles on athletic shoes must be worn. **Jewelry and hard knee braces will not be allowed.**

4. RED CARD MISCONDUCT The Referee has the right to eject a player, coach, or spectator before, during or after the game. That person must meet with the Intramural Supervisor and may be asked to leave the facility. If after receiving a red card as a coach, player, or spectator, misconduct continues, additional red cards may be awarded along with loss of sportsmanship points and possible forfeiture of the game.

GAME:

Each match will consist of two 15 min. halves and a 3 min. half time. Forfeit time is 5 min after scheduled game start time.

1. KICKOFF

The kickoff does not have to go forward. Players may not cross the mid-field stripe until the ball is kicked. If off-sides is called, the opposing team will be awarded a free kick at mid-field. In indoor soccer every free kick is a direct kick. A goal may be scored directly from a free kick.

2. FOULS

Boarding, tripping, striking, kicking, holding, pushing, charging or jumping at, handling the ball, sliding and dangerous play are all fouls. High kicks, bicycle and scissor kicks, & playing the ball while sitting or laying on the ground are all examples of dangerous play. All fouls will be restarted by a free kick at point of infraction, on the penalty kick mark for a penalty kick if it is a defensive foul in the goalie box. A whistle is not required for a restart after a foul unless it is a defensive foul in the goalie box.

Any player that places both hands simultaneously along the wall will be called for a foul.

3. RED AND YELLOW CARDS

If, in the referee's judgment, the foul is serious, a yellow or red card will be given. Some of the more common infractions that may result in a yellow or red card are delay of game, sliding, misconduct, too many players on the field (illegal substitution), and encroachment. a) A player receiving two yellow cards in a game is ejected from the facility and further suspended for his/her team's next game. b) The progression of yellow and red cards for a player is as follows: **Yellow card**– warning. 2nd yellow card– equal to one red card. The player is ejected. If a player receives 2 yellow cards, that team may substitute a player to replace the ejected player. **Red card**– player is ejected. c) If a player receives a red card, he/she must meet with the IM Supervisor and may be asked to leave the premise. When a player receives a straight red card, that team

may not substitute a player, and will play down a player for the rest of the game.

If a team receives 3 cards during any game, they will automatically forfeit the game.

4. ABSOLUTELY NO SLIDING

a) A slide is a yellow card, red if there is contact to the opponent. b) A slide is any intentional movement of leaving one or both feet while going down to the floor. c) A goalkeeper may slide within the goalie box (**cannot slide feet first**), and may not play the ball outside the box while on the ground (dangerous play).

5. ENCROACHMENT

For all kick restarts: a) The defender must provide a minimum of 5 yards for the taking of a free kick. b) If the player taking the free kick requests the Referee to provide the 5 yards legal distance, he/she must wait for a whistle restart. c) If the Referee asks a defensive player for distance from the restart and the player does not immediately comply, a yellow card delay of game penalty shall be assessed. d) If the player taking the free kick chooses to 'quick kick' the ball and it strikes the defender attempting to provide the minimum space, then there is no encroachment. e) If the defensive player, taking a stance within the 5 yard distance, makes any attempt toward the ball to block the free kick and makes contact with the ball, he/she is guilty of encroachment and will be assessed a yellow card. The defender may move from side to side to play the ball, but not forward. f) For a defensive foul in the goalie box, a penalty kick will be awarded to the team that was fouled. A whistle is required for the restart.

6. INBOUNDS RESTART

Failure to put the ball in play within 5 seconds results in the opposing team getting a free kick. A ball hitting the ceiling while still in the field of play shall be restarted directly beneath the spot it struck the ceiling.

7. GOALKEEPER RULES

a) The goalkeeper may possess the ball inside the arch for a maximum of 5 seconds (hands), and can move anywhere in the arch in that 5 seconds. If he/she exceeds that time, the ball is placed at the top of the box and a free kick awarded to the opposing team. b) The goalkeeper may not play the ball with his/her hands if the ball is passed back by a teammate. c) The goalkeeper has only one hand touch per team possession. d) For any goalkeeper violations the ball goes to the top of the box and the opposing team is awarded a free kick. e) There are no goal kicks. Restarts requiring the goalie to have the ball in his/her hands are restarted with the goalkeeper throwing the ball. The goalie may not drop the ball to their feet once they have it in their hands. The goalie must throw the ball once possession is had. f) If a player from the opposing team intentionally obstructs the goalkeeper from releasing the ball into play, it is a yellow card. g) If during play the goalkeeper either intentionally strikes an opponent by throwing the ball violently at, or pushes him/her with the ball while holding it, he shall be cautioned or ejected, as deemed appropriate by the Referee. h) An intentional handball by the goalkeeper outside the penalty area will result in a yellow card.

To clear up any confusion about goalkeeper handballs around the box we offer the following explanation. The key point is the location of the ball. If the ball is inside the box (lines are inside) at the moment of contact, it is not a handball, even if any other part of the goalkeeper's body is outside the arch.

8. GOAL KICKS/CORNER KICKS

A ball that goes behind the goal and touches any part of the goal is out of bounds. If the offensive team is the last to touch the ball, it is the goalie's ball. If the defensive team is the last to touch the ball, it is a corner kick. Players are NOT allowed to go behind the goal.

9. SUBSTITUTIONS

Substitutions may be made at any time provided the player being replaced is off the playing field before the substitute enters.

10. TIMEOUTS

Each team has one thirty second time-out per half. A time-out can only be called by a player on the field when his/her team is in possession of the ball in a dead ball situation (out of play, foul, after a goal,), or by the goalkeeper in possession of the ball with hands or feet inside the box while unchallenged.

11. TIE BREAKER

Ties will remain a tie during all regular season games. In the event of a tie during a playoff game, at the expiration of normal playing time, there will be a five-minute overtime. The first team to score a goal will be declared the winner. If neither team scores a goal, the teams will go to a shootout. Each team will be allowed five free kicks 12 yards away from the goal-line, with each team alternating back and forth. If no

score or a tie score occurs after all kicks have been taken by both teams, teams will alternate until one of the teams has scored, providing both teams have taken an equal amount of kicks.

Co- Rec Rules

General Information

1. The National Federation of High School Soccer Rules will be used with University of Colorado, at Colorado Springs modifications.
2. Participants are subject to all of the policies and procedures in the Intramural Handbook.
3. Games will consist of 2 teams, 5 players per team including a goalie.
 - a. Co-rec teams must have 2 women and 2 men on the field at all times. The other player may be of either sex.
 - b. There must be at least 2 women and 2 men in order to avoid a forfeit.
4. During a shootout in playoffs, teams must have an order of:
 - a. Guy, Girl, Guy, Girl, Guy or
 - b. Girl, Guy, Girl, Guy, Girl

Scoring

1. A goal is scored when the ball passes completely over the goal line between the goalpost and under the crossbar, provided no infraction of the rules occurred in the accomplishment of the goal.
2. A goal is legal if the whole ball passes completely over the goal line, between the goalpost and under the crossbar while in the goalie hand(s).
3. Co-Rec Variation: A goal scored by a female is worth 2, a goal scored by a male is worth 1.

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