

Indoor Soccer Rules

Season League

Games are played at UCCS Recreation Center

Number of Players: 5 vs. 5

MAXIMUM OF 10 PLAYERS ON A ROSTER

1. GOVERNING RULES

- a. Situations not specifically covered or implied by these rules shall be governed by the National Federation of High School Soccer Rules except where a special University of Colorado Colorado Springs Intramural Sports rule applies.

2. ELIGIBILITY

- a. All Participants must be either students registered at the University of Colorado Colorado Springs or Faculty/Staff/Affiliate with a Recreational Sports Membership.

3. PREGAME

- a. All participants will need to bring their ID card to sign in for their game.
- b. Team managers must fill out jersey numbers of players participating in that night's game. If a player is not currently printed on the score sheet, the player must see a supervisor to gain approval before playing. Players will need their ID to be added.
- c. Team captains will take part in meeting with the officials prior to game time.
- d. Teams must have jerseys with numbers (each player must have their own number). Team jerseys may be checked out at Equipment Issue.

4. GENERAL

- a. All participants **must** bring their current UCCS ID to each game. Participants without proper identification will **not** be allowed to play. No other forms of identification (driver's license, class schedule, etc.) will be accepted. **Every player must sign in at least one time in order to be eligible for the playoffs.**
- b. **Intramural regulations and policies concerning eligibility are in effect.**
- c. **All** injuries must be reported to the supervisor on duty. IM supervisors are trained in first aid and CPR.
- d. Regulations published in the Intramural Sports Captain's Manual will be the governing policies for all intramural sports. Team captains are responsible for possessing a thorough understanding of these regulations and their implications. They alone may appeal to the official, and then only on interpretations of the rules. Judgment calls may not be protested.

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SPECIFIC GAME RULES AND SITUATIONS

1. PLAYERS:

1. A team consists of five players on the court. 4 field players and 1 goal-keeper.
2. A team can start with a minimum of three (3) players to avoid a forfeit.
3. For the CoRec league, teams shall consist of either 3 women and 2 men, or 3 men and 2 women on the court. The ratio cannot be greater than 1. Teams may also play with a minimum of 3 players; 1 man and 2 women or 2 men and 1 woman. The players will substitute on dead balls only.

2. EQUIPMENT:

1. Each team member must provide his/her own jerseys that are identical in color. Non-marking athletic shoes must be worn.
2. Jewelry and hard knee braces will not be allowed, unless approved by the Coordinator of Intramural Sports prior to play.

3. GAME PLAY:

1. Each match will consist of two 20-minute halves and a 2-minute halftime.
2. If the match ends in a tie a 5-minute golden goal overtime period will be played. If the score is still tied after the overtime period, the game will result in a tie.
3. Forfeit time is 5 minutes after scheduled game start time.
4. **Weather**
 - i. If for any reason the game must be called before completion, it will be called official if one full half of play has been completed.
5. A supervisor will be on hand to provide rule clarification and conflict resolution if necessary.
6. **There is NO offsides**
7. The ball shall be in play continuously unless:
 - i. It should leave the basketball playing area.
 - ii. It should leave the court of play in any other manner.
 - iii. The referee stops play or a goal is scored.
 - iv. If the ball unintentionally strikes any portion of the basketball goal structure and goes upward touching the ceiling, no penalty shall be awarded. An indirect kick for the opposing team will result. If the ball comes back down to the floor after touching the basket structure, play shall continue.

4. START OF PLAY:

1. **Possession Decision**
 - i. Five minutes before the start of the game the Referee shall call captains to find a fair and simple solution to decide possession. (ex. rock paper scissors, coin flip, etc). All officials shall be present for the decision.
 - ii. The winning captain shall have a choice of options for the first half or shall defer their option to the second half. The options for each shall be:

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- iii. To choose whether their team will start on offense or defense.
- iv. To choose the goal their team will defend. The captain, not having the first choice of options for a half, shall exercise the remaining option.
2. The game shall be started by a player kicking the ball into play. The ball must travel the distance of its own circumference to be considered in play.
3. Every player must be on their own half of the court. Only the players of the kicking team shall be in the center circle.
4. The kicker shall not play the ball a second time until it has been touched or played by another player.
5. After a goal has been scored, play shall be re-started in the same manner by a player of the team scored upon.
6. After half-time, ends shall be changed and the kick-off shall be taken by a player of the team who did not kick-off to start the game.
7. A goal can be scored directly from a kick-off.
8. If the ball is played out of bounds on the sidelines the ball will be played back into bounds by a kick in.

5. GOAL BOX AND GOAL-KEEPER:

1. There will be a box in front of each goal that will be considered the goal box it will be approximately 6 feet out from the side of the basketball key and vertically ending at the volleyball baseline.
2. This area will be considered the goal box. In this area the goalie may slide/dive to save a ball from going in his/her teams goal.
 - i. The goalie may throw/roll the ball to redistribute into play after making a save.
 - ii. The goalie may not punt the ball.
3. The goalie may not slide/dive aggressively when there is a player nearby in the discretion of the officials, in this situation a penalty kick will be awarded
4. An indirect kick will be given in the following situations involving the goal box or keeper. These Indirect kicks will be placed on the basketball free throw line.
 - i. The goalie picks up the ball after it was passed to them by a teammate.
 - ii. The goalie Punts the ball.

6. DIRECT FREE KICK:

1. Depending on the severity, these fouls have the potential for a red or yellow card.
2. A direct free kick is one in which a goal can be scored directly from the kick against the offending team. A direct free kick is awarded to the opposing team if a player commits any of the following seven offenses in a manner considered by the referee to be careless, reckless or using excessive force:
 - i. kicks or attempts to kick an opponent
 - ii. trips or attempts to trip an opponent
 - iii. jumps at an opponent
 - iv. charges an opponent
 - v. strikes or attempts to strike an opponent

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- vi. pushes an opponent
- vii. tackles an opponent
- 3. Any player in a recreational (men's, women's, or CoRec) match who, in the opinion of the referee, slide tackles an opponent, will be considered guilty of tackling an opponent in a reckless manner (direct free kick offense) and may be cautioned or red carded (referee's discretion) for unsporting behavior.
- 4. A direct free kick is also awarded to the opposing team if a player commits any of the following three offenses:
 - i. holds an opponent
 - ii. spits at an opponent
 - iii. handles the ball deliberately (except for the goalkeeper within his own penalty area)
- 5. A direct free kick is taken from the place where the offense occurred.
- 6. Penalty Kick - A penalty kick is awarded if any of the above ten offenses is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

7. INDIRECT FREE KICK:

- 1. An indirect free kick is one from which a goal cannot be scored directly unless the ball has been touched by a player other than the kicker before passing through the goal. If the ball is not first touched by another player before passing through the goal, a goal kick is awarded to the opposing team.
- 2. Depending on the severity these fouls have the potential for a red or yellow card.
- 3. An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offenses:
 - i. controls the ball with his hands for more than six seconds before releasing it from his/her possession
 - ii. touches the ball again with his/her hands after releasing it from his/her possession and before it has touched another player
 - iii. touches the ball with his/her hands after it has been deliberately kicked to him/her by a teammate touches the ball with his/her hands after he/she has received it directly from a throw-in taken by a teammate
- 4. An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:
 - i. plays in a dangerous manner without contact (i.e., high kick)
 - ii. impedes the progress of an opponent
 - iii. prevents the goalkeeper from releasing the ball from his hands
 - iv. commits any other offense, not previously mentioned, for which play is stopped to caution or send off a player (for example, entering/leaving the field of play without permission, offside, player improperly touching the ball for a second time before it has been played by another player)The indirect free kick is taken from the place where the offense occurred

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- v. **SLIDE TACKLE – no sliding on the court at all with the omission of the goal-keeper. If you play the ball and end up on the ground it will be called as a slide tackle. Any intentional contact with the ground during a play will result in an indirect kick.**
 - vi. Ball strikes the overhead lights or goals
 - 5. An indirect kick shall be awarded if the referee should issue a card to a player for:
 - i. Entering the court of play without the knowledge and consent of the referee.
 - ii. Persistently violating the rules of the game.
 - iii. Showing disgust for any decision by the referee - by action or word.
 - iv. Being guilty of unsportsmanlike conduct.
 - 6. An indirect kick shall be awarded if the referee shall eject a player for:
 - i. In the opinion of the referee, being guilty of violent play.
 - ii. Using foul or abusive language toward other players or officials.
 - iii. Persisting in misconduct after receiving a caution.
 - iv. Intentionally denying a player an obvious goal-scoring opportunity by violating the laws of the game.
 - 7. An indirect kick will be given in the following situations involving the goal box or keeper. These Indirect kicks will be placed on the basketball free throw line.
 - i. The goalie picks up the ball after it was passed to them by a teammate.
 - ii. The goalie Punts the ball.
- 8. PENALTY KICKS:**
- 1. A penalty kick is awarded for any infringement of the rules by the defending team within the penalty area that is penalized by a direct free kick. A penalty kick can be awarded irrespectively of the position of the ball if the violation by the defending team is committed within the penalty area. A penalty kick is also awarded when the goal-keeper makes an aggressive slide in the discretion of the officials when there is a player nearby. The ball shall be placed on the basketball free throw line. A goal may be scored directly from a penalty kick. All players except the kicker and the goalkeeper must be on the field of play outside the basketball 3-point arc. The goalkeeper may move laterally along the goal line before a penalty kick but must not move forward until the ball is kicked. The player awarded the kick must utilize one fluid motion in playing the ball and the ball must move forward as a result of the kick.
- 9. GOAL KICK:**
- 1. A goal kick is taken by a member of the defending team when the ball passes completely over the goal line, either in the air or on the ground, having last been played by a member of the attacking team. The ball can be placed anywhere within the goal area, but once the ball has been placed it may not be moved. The ball must leave the penalty box before it can be played again by any player. If the ball is played a second time before it leaves the penalty box, the kick will be retaken. A goal can be scored directly from a goal kick.
- 10. CORNER KICK:**

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1. A corner kick is taken by a member of the attacking team when the ball passes completely over the goal line, either in the air or on the ground, having last been played by a member of the defending team. The ball will be placed within the quarter circle at the nearest corner to the spot where the ball went out of play. Defenders must be at least 10 yards away from the corner arc, not the ball. A goal can be scored directly from a corner kick.

11. RED AND YELLOW CARDS:

1. If, in the official's judgment, the foul is serious, a yellow or red card will be given.
2. A player receiving two yellow cards in the game will be automatically ejected and will need to meet with the Intramural Coordinator before another intramural sport can be played.
3. **Red Card Misconduct**
 - i. The officials or supervisors have the right to eject a player, coach, or spectator before, during, or after the game.

12. ACCUMULATING FOULS:

1. Once a team commits their 8th foul in the game, a player from that team must sit out and they will play with 3 players for the remainder of the game. On the 10th team foul the game will be forfeited. The fouls will carry over the length of the game. If a team starts the game with three players and accumulates 8 team fouls, the game will be forfeited.

13. ENCROACHMENT:

1. For all kick restarts the defender must provide a minimum of 5 yards for the taking of a free kick.

14. SUBSTITUTIONS:

1. Substitutions may be made during a dead ball situation and after the acknowledgement of the referee. The player being replaced must be off the playing field before the substitute enters.

15. TIMEOUTS:

1. Each team has one, 30 second time-out per half. A time-out can only be called by a player on the field and when his/her team is in possession of the ball and in a dead ball situation.

16. TIEBREAKER:

1. In the event match ends in a tie a 5-minute golden goal overtime period will be played. If the score is still tied after the overtime period the game will result in a tie.
2. After the overtime period during a playoff game, if the teams are still tied, the teams will change ends and another 5-minute golden goal overtime period will be played.
3. If the match is still tied after the second overtime period a penalty shoot will be played

17. MERCY RULE:

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1. At any point during play if the goal differential is greater than 19 the game will be over.
2. At any point less than 2 minutes left in the second half if the goal differential is greater than 9 the game will be over.

18. COREC RULES:

1. There must be at least 3 players to avoid a forfeit. Either 1 female player and 2 male player or 2 female player and 1 male player
2. The ratio of women to men field players may not be greater than 1.
3. A goal scored by any player is worth **only** 1 point.

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