

# 5v5 Indoor Soccer Rules

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Any rule and situation not specifically covered are subject to the current version of the National Federation of High Schools (NFHS) Soccer rules and the judgement of the intramural officials.

**All rules are subject to change at the discretion of the Intramural Sports Office, and the Intramural Sports Office has the final decision on all situations covered and not covered by the rules.**





## Rule 4: Playing Area & Equipment

### Playing Area

All games will be played in the Mac Gym at the Marc Burnett Recreation Center.

### Game Ball

Each team may use the provided IM soccer ball or use one of their own soccer balls if approved by IM staff and both team captains.

Intramural sports staff reserves the right to declare any ball legal or illegal for play and request that a team use a legal ball.

### Clothing & Equipment

#### Footwear

- No cleats are allowed.
- Footwear including but not limited to boots, open-toed shoes, crocks, and sandals is strictly **PROHIBITED.**

#### Shin Guards

- Shin guards are strongly **RECOMMENDED.**

#### Blood

- Participants that are bleeding, have an open wound, and/or have an excessive amount of blood on the uniform will be directed to leave the game.
- The bleeding must be stopped, the open wound must be covered, and/or the bloody uniform must be changed/cleaned before the player can return to the game

## Rule 5: Timing & Scoring

### Timing

The game will consist of two (2) fifteen-minute (15:00) halves with a three-minute (3:00) halftime.

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### Scoring

#### Goals

- All goals will be worth one (1) point.
- A goal is scored when a team member legally propels a ball that completely crosses the goal line or the plane of the goal line.
- A player may score a goal directly during the following:
  - Free Kick
  - During Regular Play

### Overtime

Regular season games may end in a tie.

During the postseason, the following procedure shall determine the winner:

- First (1<sup>st</sup>) Overtime:
  - A two-minute (2:00) overtime will be played with any amount of goals allowed during the two minutes (2:00).

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If game is still tied after the two-o' k'pwg'\*4-22+'qxgt'ko g.'y'j gp'y g'y kn'lvct'v'y g'öi qrf gp" i qcrö'qxgt'ko g'r g'kqf 0'Vj g'h'ku'v'\*3<sup>st</sup>) team to score is declared the winner.

### Mercy Rule

Point Differential	Time Remaining	Result
Ten (10) or more points	Five minutes (5:00) or less in 2 <sup>nd</sup> half	End of game
Five (5) or more points	Two minutes (2:00) or less in 2 <sup>nd</sup> half	End of game

## **Rule 6: Playing Rules**

### **Coin Toss**

Each game shall begin with a coin flip or a single game of rock/paper/scissors. The winner of the coin flip has two (2) choices: (1) kick off or (2) side of court.

### **Kickoff Procedures**

A kickoff will be taken to begin a match, the second (2<sup>nd</sup>) half and after a goal.

The kickoff will be taken from the midcourt line with the opposing team at least five (5) yards off the ball.

To begin play, the ball must be played with a kicking motion and passed to a teammate

The kicker shall not play the ball a second (2<sup>nd</sup>) time until another player (of either team) has touched the ball.

### **Out of Bounds**

The ball is out of bounds when it goes into the bench area and hits the net above the field of play.

### **Goalkeeper Violations**

Goalkeeper cannot kick the ball off the wall or other surface and return it to himself without the ball touching another player.

Goalkeeper cannot control the ball for more than six seconds (0:06) while inside the arc.

**Goalkeepers must not drop kick or punt the ball. (They must throw the ball or set it on the ground and kick it.)**

Goalkeepers cannot pick the ball up when passed back from a teammate unless from a header or the chest.

### **Substitutions**

Substitutions may be completed by either team during goal kicks, kickoffs, or the issuing of a **yellow** or

## Free-Kicks

Direct and in-direct free kicks will be rewarded during this league. Defensive players have to be at least five (5) feet away from the ball before the ball is kicked.

**Offsides OFFSIDES WILL NOT BE ENFORCED**

## Slide Tackling

**Slide tackling within playing distance (5 feet) of the ball and a player is not allowed.**

Players that perform a legal slide tackle (an attempt to play the ball and avoiding contact with the opponent) shall be assessed a **yellow** card.

Slide tackles that are malicious in nature (a non-attempt to play the ball and contact occurs with the opponent) will result in a **red** card and disqualification.

## Fouls

Fouls can result in a direct free kick or an indirect free kick.

### Direct Kicks

- For direct kicks, a goal can be scored without the ball touching or being touched by another player.
- The offensive player may request that defensive players are positioned ten (10) feet away.
- The following is a non-exhaustive list of direct free kick fouls:

Any **red** card

Violent or malicious tackles (illegal slide tackles)

A player holds an opponent

A player charges an opposing player or the goalkeeper

Attempting to or succeeding in an attempt to kick, strike, spit on, push, or trip another player, official, or an IM Staff member

### Indirect Kicks

- For indirect kicks

## Red Card

- A player receiving a **red** card shall be sent off and must exit the Intramural Fields immediately.
- A substitute is not allowed to take that r m { gtø'r ræg."etgcvpi "c"qpg"\*3+r m { gt"cf xcpwi g0
- A **red** card shall be issued for behavior including but not limited to the following:
  - Two (2) **yellow** cards
  - Violent conduct or serious foul play
  - Foul or abusive language directed at another player, an official, or IM staff
  - If a player pushes an opponent with the hand(s) or arm(s) extended from the body

