



**RECREATIONAL SERVICES**

# **Intramural Rulebook**



## **Indoor Soccer**

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# Indoor Soccer Rules

## 1. Team Captains

- a. Team captains are responsible for checking their team's schedule and notifying their teammates of the upcoming games.
- b. Team captains are responsible for information their teammates of all intramural sports governing rules and policies.
- c. Only the team captain may address an official on matters of rule interpretations or obtain essential information.
- d. Team captains are responsible for their team and fans behavior before, during, and after their game.
- e. Team captains are responsible for any equipment given to them, such as a team jersey or team balls. (Team captains will be charged for the missing items).

## 2. Players

- a. Players may play for only one team. Switching from one team to another is illegal. This will result in immediate suspension from play.
- b. A team consists of 6 players, including the goalkeeper. A minimum of 4 players is needed to start and end the game. A team dropping under 4 players for any reason will forfeit the contest.
- c. Free substitution may occur on unlimited basis, provided the player being substituted is completely off the playing court and is in no way interfering with the play before the replacement enters.

## 3. Eligibility

- a. All K-State students, faculty and staff are eligible to play intermural sports. Maximum club soccer players allowed per team is two. Faculty Staff must have a Recreational Services membership.
- b. Alumni and outside visitors are not eligible to participate.
- c. No ID, No Play! All participants must present their K-State ID to the intramural staff on duty in order to be eligible to play.

## 4. Equipment

- a. Recreational Services will provide the game indoor soccer balls.
- b. All participants must wear proper athletic attire to participate. This includes proper non-marking court shoes, shorts/pants and t-shirts. No shorts or pants containing belt loops or metal will be allowed. Black sole shoes that scuff the floor, multi-cleated turn shoes, plastic soled shoes, boots, hiking boots, and sandals will not be allowed. Players must not play bare-footed.
- c. Jewelry is not allowed. Participants may not cover up jewelry with tape, band aids, or other such items. Exceptions: Medical alert bracelets are allowed to be worn if taped to the body with clear tape. Religious medallions may be worn if taped to the chest and covered by a shirt.
- d. Participants may not wear hats, caps or bandanas with exposed knots. Headbands may be worn if they do not contain a knot. Hair control devices (scrunches, etc.) may be worn if they don't contain hard plastic or metal.

- e. No cast or splints (hard or soft) are permitted. Braces made of hard material must be covered with a least one-half inch of padding for safety reasons.
- f. Shin guards are required! Shin guards are available for purchase in the Recreational Services Administrative Office during business hours or at the service area. However, it is recommended that players bring their own shin guards. All shin guards must be covered by stockings or socks. Materials not originally designed for intended use as shin guards will be prohibited.
- g. Numbered jerseys will be provided for each team. Participants must wear t-shirts underneath the intramural jersey while participating. Teams may wear their own numbered jerseys provided they meet intramural program policies in regard to being inoffensive and in good taste.
- h. The goalkeeper must wear a jersey of a different color from those of both teams. Recreational Services will provide a scrimmage vest for goalies if needed.
- i. Any equipment judged by the officials or intramural supervisors to be dangerous or injurious to other participants will be illegal to wear.
- j. Eyeglasses must be securely attached.

## **5. Game Time**

- a. Players must check in with their K-State ID card at the scorer's table before the game.
- b. Forfeit time is five minutes after the scheduled game time. Teams failing to have the minimum required number of players 5 minutes after the scheduled game time will forfeit the contest.
- c. There will be two 15-minute halves with a 5-minute half time; the clock will run continuously until the end of the game.
- d. There is no injury time added to the end of each half. The game clock will stop for an injury that the referee deems necessary.
- e. If a game is tied, the winner will be determined by alternating penalty kicks. Teams must use the same goalie that ended regulation. If there is another set of penalty kicks, teams must change kickers. All players including bench players must be used before the first player comes back up to take a second kick. For further explanation, see Rule 14: Tiebreaker.
- f. Mercy Rule: If any of the following exists the team ahead will be declared the winner of the contest and the game will be stopped.
  - i. A team is up by 5 goals with 5 minutes or less remaining in the second half.
  - ii. A team is up by 10 goals with 10 minutes or less remaining in the second half.
- g. Each team will receive one 60 second timeout per half. Timeouts may only be granted when the ball is not in play.

## **6. Method of Scoring**

- a. A goal is scored when the entire ball passes legally and completely beyond the goal line.
- b. If a defending player other than the goalkeeper intentionally stops the ball with his/her hands or arms to prevent the goal from scoring, then the goal is

awarded and no penalty kick is awarded. The player will be issued a yellow card and sit out for 2 minutes in the penalty box. (See Rule 15: Unsportsmanlike Conduct)

- c. A goal may be scored during play from a penalty kick, direct free kick, or drop ball.

## **7. Start of Play**

- a. At the referee's signal, the game shall be started by a player taking a place kick at mid-court. The only requirement is that the ball must move one full circumference before being played by another player. It may be kicked forward or backward. All players shall be on their team's half of the field and all players of the team opposing that of the kicker shall be at least 10 feet from the ball until it has been kicked. A goal may not be scored directly from the place kick. The initial player starting play with the kick may not touch the ball until it has been touched by another player. (Penalty: Indirect Kick at spot of the foul).
- b. After a goal is scored, the team scored against shall restart play by kickoff.
- c. The teams will alternate the kickoff and defended goals at half time.
- d. Restarts: All teams must put the ball in play after an awarded kick within a timely manner from the referee's signal or the opponents will be awarded an indirect kick. Result = loss of possession and indirect kick for opponents.

## **8. Substitutions**

- a. There will be free substitutions, but a player can only enter the field when the player he/she is replacing is inside the purple area and within 3 feet of the dugout door. Any player whose replacement has already entered the field of play shall not purposely contact the ball to gain an advantage for their team. Result: Indirect Kick from spot of violation and yellow card for offending player.
- b. The new player must stand off the court between their respective bench lines and the wall. The first violation of this receives a verbal warning, the second time an indirect kick is awarded from the spot at midfield nearest the ball, and the third violation will call for a yellow card being given to the player entering the field/court.
- c. The goalkeeper may play out of the goal area at any point in time. They must return to the goal area before using their hands. Any substitution for the goalkeeper will follow the normal substitution procedures except that the new goalkeeper must clearly have a jersey that differentiates him/her as a goalkeeper.

## **9. Ball in and Out of Play**

- a. There is no offside during K-State Indoor Soccer.
- b. The ball is always in play unless the ball contacts any structures on the ceiling, netting, basketball goals in the gym, or goes over the netting and out of play.

## **10. The Goalkeeper**

- a. The goalkeeper may use his/her hand in the penalty area.

- b. The goalkeeper may leave the penalty area, but he/she must play as a field player.
- c. The keeper has 6 seconds to distribute the ball. Result: Direct Kick from yellow line.
- d. If the goalkeeper uses his/her hands out of the penalty area, an indirect free kick will be awarded.
- e. Once the goalkeeper has gained possession of the ball with his/her hand and releases it, he/she cannot pick it up again with his/her hands until it has been touched or played by an opponent.
- f. The goalie may not touch the ball with his/her hands after it has been directly kicked back to him/her by a teammate during this time.
- g. The referee shall remove without caution any player who intentionally charges and contacts the goalkeeper. Warnings will be issued to players dangerously charging by not contacting the goalkeeper. Goalkeepers shall have unrestricted movement in the penalty arc area. Any obstruction of the goalie in the penalty arc area, intentional or not, shall result in a goal kick. Goalkeepers may not maliciously cause contact with any other player (Penalty is a card of the referee's discretion).

## 11. Fouls and Misconduct

- a. Indirect Free Kicks
  - i. An indirect free kick will be awarded for all fouls and misconduct outside the penalty area on the court.
  - ii. A goal cannot be scored from an indirect free kick unless a player other than the kicker has played the ball before it passes over the goal line.
  - iii. Under no circumstances may the original kicker play the ball twice in a row on an indirect kick before another player has touched the ball.
  - iv. When an indirect free kick is being taken:
    - 1. No player of the opposing side may be within 15 feet of the ball until it is kicked, unless he/she is standing on his/her own goal line between the goal posts.
    - 2. The ball must be stationary when the kick is taken.
    - 3. In the case of a free kick being awarded to the defending side in the penalty area, the ball must be kicked out of the area before it can be touched for a second time.
  - v. An indirect free kick is awarded against a player who intentionally:
    - 1. Kicks, trips, pushes, strikes or attempts to strike an opponent.
    - 2. Jumps at an opponent.
    - 3. Charges an opponent in a violent or dangerous manner or charges an opponent from behind.
    - 4. Holds an opponent with his/her hands or any part of his/her arm.
    - 5. A hand ball offense.
    - 6. Playing in a manner considered by the referees to be dangerous.

7. Charging fairly (i.e. with the shoulder) when the ball is not within a yard of the player's concern, and definitely not trying to play the ball.
8. Intentionally obstructing an opponent when not within playing distance of the ball.
9. Having too many players on the field at the same time.
10. Being guilty of unsportsmanlike conduct. This includes shouting at an opposing player or referee to insult him/her or distract his/her attention.
11. A double possession by the goalkeeper. If the goalkeeper were to drop the ball into play, then use his/her hands to secure it again.
12. The goalkeeper handling the ball after a pass was played to him/her intentionally, by a teammate from below the passer's knee.

Note: K, if they occur in the penalty box, then a penalty kick will be awarded.

Note: L, is a direct kick from yellow line.

- b. Direct Free kicks will be awarded anytime the ball goes out of play.
  - i. If the ball goes out of play within the two red lines, the ball is placed perpendicular to where it went out of play within two feet of the wall.
  - ii. If the defensive team is cause for the ball to travel out of play below the red line in the defensive zone the result is a direct kick from their defensive yellow line.
  - iii. Any time a ball travels in the air from one defensive zone to the other without being contacted by another player shall be considered a three-line pass. Result: Direct Free Kick from originating zones yellow line.
  - iv. Any time the ball contacts the ceiling or other hanging fixtures, a direct free kick is awarded from offending team's defensive yellow line.
- c. Slide tackling is not allowed by any field player. Result: Yellow card for the offending player. If the slide is used as an attempt against an opponent, penalty kick for the offended team. (Goalies may dive at the player's feet within the goal areas so as to make a save, however any such challenge deemed reckless by the referee may be punished in the same manner as field players who slide tackle).
- d. Yellow Cards (Cautions) are issued to players and coaches for the following:
  - i. Entering the field/court of play illegally.
  - ii. Persistent infringement of the rules of the game.
  - iii. Verbal objection or action indicating dissent toward the official.
  - iv. Use of vulgar or profane language.
  - v. Failure to have covered shin guards.
  - vi. Handball violation in penalty box or any handball deemed intentional by the referee.
  - vii. Faking an injury or simulating a foul.
  - viii. Kicking or throwing the ball away from a free kick to stall time.

- ix. Any foul deemed reckless by the referee.
- x. Any player receiving a yellow card will receive a 2 minute penalty.
- e. Red cards are issued to players and coaches for the following:
  - i. Unsportsmanlike Behavior (Official's Discretion)
  - ii. Excess boarding,
  - iii. Violent conduct or serious foul play
  - iv. Persists in misconduct after receiving caution
  - v. Profanity directed at the officials.
  - vi. Flagrant disregard for the rules and player safety.
  - vii. An accumulation of 2 yellow cards.
- f. Profanity will not be tolerated and can result in a yellow card. Profanity directed at officials can result in a red card and disqualification.

## 12. Goal Kicks

- a. A goal kick is taken by a member of the defensive team when the ball goes out of bounds. - by hitting the netting or exiting the playing field below the red line last touched by the offense.
  - i. The ball is placed on the ground from any point in the goal area.
  - ii. The ball must be kicked beyond the penalty area, or the kick will be retaken.
  - iii. The goal kick is an indirect kick.

## 13. Penalty Kicks

- a. A foul that is normally punished by an indirect or direct free kick committed in the penalty area will result in a penalty kick.
- b. Penalty kicks are taken from the yellow line.
- c. The opposing goalkeeper must stand on the goal line and may move laterally along the line but may not move toward the ball until it is touched.
- d. Once the referee blows the whistle, and after the player touches the ball, the ball is considered in play and all players may continue in such manner.
- e. All players shall be within the field of play behind the center line until the referee blows the whistle and the player touches the ball, putting it back into play.

## 14. Tiebreaker

- a. A referee shall designate the goal at which both teams will shoot.
- b. The referee will conduct a coin toss and the winner of the toss shall choose first.
- c. All players, other than the player taking the shot and the defending goalkeeper, shall remain on the other half of the court. The opposing goalkeeper may remain behind the yellow line to prevent delay in the tiebreaker.
- d. Both teams will attempt three shots in alternating order.
- e. If, at any time, a team obtains a two goal advantage, the tiebreaker is over and the winner is declared.
- f. If, after both teams have attempted three shots, neither has an advantage, the tiebreaker continues alternating one player at a time (including goalies) until both teams have taken an equal number of shots and one team has scored

when the other team has not. All players, including bench players, must attempt a shot prior to a player attempting a second shot during the tiebreaker.

- g. The player taking the penalty has 6 seconds to score a goal. The full 6 seconds are allowed unless the following occur before time has expired.
  - i. The player who, in the referee's discretion, has lost control of the ball.
  - ii. The goalkeeper obtains legal possession of the ball.
  - iii. A single shot has been attempted and has not directly resulted in a goal.
  - iv. A ball goes out of the offensive zone or out of play.

## **15. Unsportsmanlike Conduct**

- a. Two-minute penalties will be given for all unsportsmanlike conduct and flagrant/violent fouls.
- b. A team penalized may not substitute for the player until the entire 2-minute penalty is served or the opposing team scores a goal. Any field/court player may serve time for fouls committed by the goalkeeper. Teams will play shorthanded until the opponent's score a goal or the penalty time expires. If a goal is scored with two players from the same team in the box, the player with the fewest seconds remaining may return to the court. If a goal is scored by the team playing short-handed, the penalty time remains, but no players may return to the court. Note: Goalkeepers who earn a yellow card may opt to have a substitute serve penalty. Team will still play down one player.
- c. Any player receiving a yellow card will automatically receive a 2-minute penalty, and his/her team will play shorthanded during the two-minute penalty time.
- d. Any player receiving a red card is ejected from the contest and tournament, and his/her team will play shorthanded for the remainder of the game. Note B: If the penalized team's opponent scores on the award penalty kick, the penalized player may return to the court.

## **16. Sportsmanship**

- a. Participating in intramural sports is not a right, it is a privilege. Therefore, the intramural sports program reserves the right to take away that privilege from any team or individual that does not abide by the governing rules and regulations, as well as does not exhibit good sportsmanship and fair play.
- b. Two yellow cards on the same player will result in that player's disqualification from the game. Any three red cards by the same team during the match results in forfeiture of the game.
- c. Any player that is ejected for any reason must come in to speak to the Assistant Director of Competitive Sports before they are eligible to further participate in intramural contests.

## **17. Discipline**

- a. Ejected participants must leave the facility (sight and sound) within a timely manner of the ejection. Failure to do so will result in forfeiture of the game.
- b. Ejected players are immediately suspended from the Peters Recreation Complex for the duration of the day.

- c. A team member, ejected from a contest, may not participate (including watching intramural games) until he/she meets with the Assistant Director of Intramurals. It is the responsibility of the ejected player to schedule the reinstatement meeting.
- d. Based on the ejected player's actions, further disciplinary procedures may be taken.
- e. If the official or supervisor believes it is in the best interest of the program to stop a game, he/she may do so and declare a winner.

**18. Protest**

- a. A team captain may only protest before or during the game – not after. The team may only protest a rule interpretation and NOT an official's judgement call. A timeout must be utilized in order to protest, and a team may get the timeout back if the protest is upheld. The protest must occur immediately after the incident in question.
- b. A protest must be filed with the intramural supervisor on duty.
- c. Protests based on eligibility must be filed with the intramural staff as soon as possible and will be handled on a case-by-case basis.

**19. Co-Rec**

- a. Players
  - i. Teams will consist of 6 players, 3 girls and 3 boys.
  - ii. Teams may start with 4 players if the gender ration is 2 to 2.
  - iii. Any team who drops below 4 players for any reason must forfeit.
- b. Tie Breaker
  - i. Players from a team taking Penalty kicks must alternate gender.
- c. Males may substitute for males, and females may only substitute for females.

There are not special rules regarding co-rec play other than the ones mentioned in Rule 19.

All games will be officiated according to Rules 1-18

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