

Western Carolina University Campus Recreation & Wellness Intramural Sports

Indoor Soccer Rules

I. GENERAL:

1. Individuals may play on one team only. WCU Intramural eligibility rules apply. All other Intramural eligibility rules apply.
2. Teams consist of 5 players (4 players plus a goal keeper). CoRec teams consist of 2 males and 2 females (goalie can be either gender). Teams may not start a game with fewer than 4 players. **Only players on the roster are allowed in gym.**
3. Games consist of two 14 minute halves with a 5 minute half-time. The clock will run continuously except for after a goal and official's time-outs. No team time-outs.
4. Over time will be as many 5 minute sudden death periods needed until there is a goal.
5. ***Mercy Rule:*** The game will be ended if a team goes ahead by 8 goals any time within the last 5 minutes of the game.
6. All players must wear proper shoes. Goalies may wear gloves.
7. **No hats, jewelry or potential dangerous equipment is allowed.**
8. The basketball backboards, rims, supports, scoreboards, ceilings, team box and volleyball standards are out of bounds. The ball may not contact any wall at or above the lower scoreboard. Ball is put in play by a free kick at the closest spot.

II. Starting the Game:

1. The winner of the coin toss at the beginning of the game shall choose whether to start on offense or defense or which goal to defend. Teams will alternate possession and change goals at the beginning of each half.
2. The ball may be kicked in any direction to start the game. The initial kicker cannot touch the ball again until another player has done so. Defending players must line up at least 5 yds. away from the kick off point.

III. Substitutions & Goalies:

1. Substitutes must stay inside the team boxes. Substitute 'on the fly' providing the substitute does not gain an unfair advantage. Example: A player may not enter the offensive end of the field on a fast break. Players may also substitute after a whistle providing their team has possession of the ball.
2. Teams must designate one goalie with a different color jersey. The goalie may play wherever he/she desires, but may only use his/her hands when both feet are in the goal box.
3. If the goal keeper is out of the box, and he/she handles a ball outside the box, it is an automatic goal.

IV. Indoor Soccer Rules:

1. No offside penalties.
2. No player (including goalie) may control the ball for more than five seconds while inside the box. (Foul: Indirect kick from mid court line)
3. When the goalie throws or kicks the ball, it must touch a player before crossing into the goalies offensive court. (Foul: Indirect kick from mid court line)
4. On any occasion when a player deliberately kicks the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch it with his/her hands. (Foul: Indirect kick from mid court line)

5. If the ball becomes caught in the team boxes a drop ball will be awarded regardless of which team caused it to become lodged. A drop ball can not be played until it hits the ground.
6. If the ball is trapped behind the net, it will be either a goal kick or corner.
7. A goal may not be scored directly from a kickoff, a drop ball, or a goal kick.
8. A maximum of two people may be used to make a wall.
9. If asked by a player, the referee will make the defenders stand 3 yards from a direct or indirect free kick. Players must wait for the second whistle.
10. An offensive player **may** be in the goal box providing the person does not make contact with the goalie or the ball.
11. No offensive player may shoot the ball within the opposing team's goal box. If a goal is made by an offensive player in the goal box, the goal is nullified. The ball is put in play by a goal kick.
12. There will be NO SLIDE TACKLES ALLOWED! A foul (yellow card) will be called immediately, regardless of whether contact occurs or not. (Penalty: Direct Free kick)
13. An ejected player may not be substituted for. His/her team must play short handed but can not play with less than 4 players. Anyone ejected must sit out a minimum of one game.

V. Indirect Free Kicks:

1. Goalkeeper delays getting rid of the ball.
2. Goalkeeper passes into offensive side of court.
3. Obstruction.
4. Gaining an advantage when substituting.
5. Hand use by goal keeper when ball is deliberately kicked to him/her by own team.
6. A player playing the ball a second time before it has been played by another player at the kickoff, or on a corner kick, or on a goal kick.

VI Direct Free Kick Fouls:

1. Handling the ball.
2. Holding or pushing an opponent.
3. Jumping at an opponent.
4. Slide tackling.
5. Unsportsmanlike behavior.

VII. Corner Kicks:

1. Ball caught behind the goal after last touched by defender.

VIII. Penalty Kicks:

1. Penalty kicks are awarded to the offensive player for direct kick offenses committed by the defending team within their own penalty box.
2. Penalty kicks shall be taken from the mid court line and all players except the kicker and the opposing goalie shall stay on the opposite half of the court.
3. The goalie and the kicker will participate in a one-on-one dual. The goalie cannot leave his line until the kicker touches the ball. The player must direct his move towards the goal. He can dribble and/or shoot, but may not shoot on the rebound. He is allowed to take his shot from anywhere within the offensive half of the court.
4. There is no time limit, and the clock does not run during the penalty situation.
5. A substitute entering the game may **not** take the penalty kick.

IV. Conduct:

The Intramural Sports programs promote positive sportsmanship at all contests and activities. Unsportsmanlike conduct includes actions, which are unbecoming to an ethical, fair, and honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting.

X. Ejections:

Any player ejected from a game will be immediately suspended from participating in all Intramural Sports activities. The ejected player must then make an appointment with the Assistant Director of Intramural Sports to determine the length of suspension and any other sanctions. The following actions can result in ejections from Intramural Sports:

1. Use of Tobacco and/or Alcohol During Event
2. Unsporting conduct/Fighting
3. Improper language

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