

University of North Carolina at Greensboro  
Department of Recreation and Wellness  
Intramural Sports

## INDOOR SOCCER RULES

### Open

**WARNING: YOU MAY SUFFER FROM PHYSICAL/ MENTAL INJURY FROM PARTICIPATING IN INTRAMURAL ACTIVITIES. PARTICIPATION IN THE RECREATION AND WELLNESS PROGRAM IS COMPLETELY VOLUNTARY. UNCG AND THE DEPARTMENT OF RECREATION AND WELLNESS ARE NOT LIABLE FOR INJURIES SUSTAINED DURING PARTICIPATION IN RECREATION & WELLNESS SPONSORED ACTIVITIES.**

#### TEAM ELIGIBILITY

1. Intramural Indoor Soccer is open to all students and faculty and staff (who are members of the Kaplan Center) with a valid University of North Carolina Greensboro Identification Card. The card must be presented at each game.
2. Intercollegiate athletes are not eligible to participate in intramural sports in their related sport (i.e. Varsity baseball players cannot play softball, soccer players cannot play indoor soccer). Intercollegiate athletes must sit out a full 365 days, from the day they are dropped from the roster.
3. All players must completely fill out the Team Roster Form/Waiver
4. Game time is forfeit time. If one or both teams do not have four (4) players ready to start, the game will be a forfeit.
5. Each team plays five (5) people at a time, 1 goalkeeper and four (4) field players. A team may finish with 4 players only if a player has been injured. Any numbers of substitutions are allowed.
6. A team may start a game with four (4) players, 1 goalkeeper and three, (3) field players. A team may never go below four (4) players. **PENALTY:** Forfeiture of game

#### EQUIPMENT

1. Shin guards may be worn. Metal braces (Knees) must be covered. The referee shall not allow a player to wear anything which he/she deems dangerous (i.e. hard casts and splints are not allowed or anything the referee deems as unyielding material)
2. **ABSOLUTELY NO JEWELRY! NO HATS OR BANDANAS! ALL MUST COME OFF! For the safety of all participants!!** (Exception: Medical Alert Tags – must be taped down)
3. No cleats, boots, steel-cleated or hard-toed shoes are allowed.

#### THE FIELD

1. All games will be played in the Kaplan Center in MAC on Court 2
2. The ball can be played off both end walls and the permanent sidewall.
3. The ball is considered out of bounds if:
  - a. The ball touches the divider curtain or on or above the grey line that starts at the bottom of the track.
  - b. Crosses completely over determined boundary lines (as indicated by the referee).
  - c. **PENALTY:** An indirect free kick to the opposing team from where the ball has made contact with the out of bounds spot.
    - d. Any ball hitting the basketball goals will result in a goal kick (last touched by offending team) or a corner kick (last touched by defending team).
4. The keeper's goal-box shall be deemed a neutral zone and is designated on the court with Red Lines.

#### RULES

1. A game consists of two (2) periods of twenty (20) minutes each with running time. There is a two (2) minute break between periods. The clock will stop for injuries and at the official's discretion.
2. All tie-games will be decided by a penalty kick shoot-out. The shoot-out will proceed as follows:
  - A. If the score is tied, all coaches, officials, and team captains shall assemble at the half-court line to review the procedures outlined below:
    1. **For Playoffs:** A five (5) minute sudden death overtime period will be played prior to utilizing the shoot-out procedure.

2. The referee shall choose the goal at which all of the penalty kicks shall be taken.
  3. A coin toss shall be held. The team winning the toss shall have the choice of kicking first or second.
  4. The **designated goalkeeper** will be the individual who was playing the goalie position at the end of regulation / over-time.
  5. Teams will alternate kickers and the kick will be from designated spot (top of basketball three point arc)
  6. Following five (5) kicks for each team, the team scoring the greatest number of goals shall be declared the winner.
  7. Once a player who is taking a shot begins his/her approach to the ball, they may not interrupt their movement by faking a kick, stopping or hesitating, then proceeding to kick the ball. Failure to kick the ball as stated in this rule results in a re-kick.
  8. The goalkeeper may move laterally on the goal line before the ball is kicked. If the goalkeeper violates the provision of the kick such as moving off the goal line before the kicker contacts the ball, a re-kick will be awarded if the shot is missed, but the goal will count if made. All players other than the goalkeeper and the kicker must be at least 3 yards from and behind the kicker.
- B. **Mercy Rule:** At any point in the second half, the game will end if a team establishes a ten (10) goal lead.
- C. If the score remains tied after each team has had five (5) penalty kicks:
1. If the game is still not determined after, the process of one-on-one sudden death kicks will continue until a winner is determined.
  2. Teams must go through your roster before a person from the first set may kick again.
- D. **Penalty Kick:** Once the kick is taken, it may be played by anyone other than the kicker. It must be touched by someone else before being played again by the penalty kicker. Substitutes cannot take penalty kicks.
3. **Start of game:** The kick-off is used at the beginning of each period and after each goal. The ball may be initially played backwards.
  4. There are no offsides.
  5. **Scoring a goal.** Each goal is scored as one point. A goal is scored when the entire ball has passed over the goal line, between the goal posts and under the crossbar, provided it has not been intentionally thrown, carried, or propelled by the hand or arm of a player on the attacking side.
  6. **Goalkeepers.**
    - A. Goalkeepers can handle the ball only when they are in the defined neutral zone. **PENALTY:** Direct Free Kick
    - B. Goalkeepers must distribute the ball with a throw or pass of the ball without a delay. **NO DROP KICKS or PUNTS.**
    - C. Goalkeeper cannot throw the ball over mid-court (penalty is indirect free kick for opposing team at mid-court)
    - D. The goalkeeper may score a goal.
    - E. The goalkeeper may not intentionally strike an opponent by throwing the ball vigorously at or pushing the opponent with the ball while holding it.
    - F. Once the goalkeeper has possession, everyone else **MUST** immediately step away.
    - G. Goalkeepers may not pick up a ball that is passed from a teammate's feet. **Result:** Indirect Free Kick from a spot on the boundary of the goal-box closest to the spot the goalkeeper picked it up.
    - H. Inside of the goal-box, the goalie is free to move in any direction to play the ball.
  7. **BLUE CARD FOR SLIDE TACKLES:** The first slide tackle by a participant will result in a **BLUE CARD** and a team warning. This will be a verbal warning administered by the referee. The player responsible for the slide tackle will be removed from the game and may not re-enter the game or be substituted for until 2-minutes of play have elapsed or the opponent scores a goal (whichever occurs first). Any subsequent slide tackle by any player on the warned team will result in an automatic red card for the offending player
    - A. First team slide = **BLUE CARD** and **TEAM WARNING**
    - B. Subsequent slide tackles by any member of the warned team = Automatic red card and ejection. If ejected for a slide tackle after the first warning has been given, students **WILL NOT** have to follow formal ejection proceedings unless an official or supervisor feel a formal ejection should be issued.

If the goalie is issued the blue card/red card for committing a slide tackle, he/she will serve any suspensions/ejections. A different player may assume the goalie position however the offending team must play shorthanded.

8. **Neutral Zone:** The Neutral zone is the penalty-box area defined on the court. Only the goalie is allowed to be inside of the penalty-box during the game.

- A. If a member of the defensive team makes contact with a live ball or impedes a goal scoring opportunity from inside of the penalty-box, play will be stopped and a penalty shot will be awarded to the offended team.
  - B. If a member of the offensive team enters the neutral zone during a play on goal, play will be stopped and an indirect-kick will be awarded to the offended team at a spot closest to the infraction, outside of the neutral zone.
9. Free Kick. Body contact will not be tolerated. This includes playing a ball on one knee. Violation of this rule will lead to expulsion from the match. Placing arms against the walls to block or inhibit an opponent's movement will be considered obstruction. **PENALTY: Free Kick**
10. Sub on the run is legal.
- A. Substitutes may not enter the floor until the player he/she is replacing is off the floor. When entering, substitutes must enter at the mid-field line. **PENALTY: The player committing the illegal substitution will not be allowed to enter the game. The offending team will be required to serve a 2-min penalty by the player committing the substitution infraction as well as an additional member of the team committing the substitution infraction. The 2-min penalty may end early if the offending team scores a power-play goal.**
  - B. Substitutes and coaches must remain in their respective "team areas" at all times during play, unless involved in a substitution or injury situation.
  - C. Goalies must notify the referee that they are substituting.
11. All free kicks are direct (except for when the ball is kicked out of play or dangerous play fouls). The referee will not call a penalty if he or she feels that doing so is of questionable advantage to the team committing the foul (Advantage).
12. Advantage Rule: Infractions will not be called immediately when the offended team does not lose the advantage in a play (i.e. if a player is fouled, but does not lose possession or advantage, the foul will be ignored or delayed.)
13. All players on the opposing team must keep at least three (3) yards away from any free kick or kick off. The player initiating the kick may request assistance from the referee to measure out the yardage.
14. Goal Kick
- A. Players on the non-kicking team must remain outside of the goal-box until the ball has cleared the goal-box.
  - B. Once spotted, the ball shall be kicked from the ground from any point within the goal-box. If the ball is not kicked beyond the goal-box, the goal kick shall be repeated.
  - C. After the goal kick leaves the goal-box, the ball may be played by any player except the one who executes the goal kick. The kicker may not play the ball until it has been touched by another player. **(Penalty: Indirect free kick awarded to the opponents from the spot of the foul)**
15. Delay of game shall be called if:
- A. Too many players are on the court during substitutions
  - B. Defending players line up closer than three (3) yards from a free kick after their first warning (one (1) warning per team).
  - C. The goalkeeper indulges in tactics to delay the game (See Timed Penalties)
16. FOULS:
- A. Fouls resulting in a direct kick
    - 1. Tripping, attempting to trip
    - 2. Kicking, attempting to kick
    - 3. Striking, attempting to strike
    - 4. Jumping at an opponent
    - 5. Holding
    - 6. Charging. Charging the goalkeeper in possession of the ball will result in immediate red card ejection from the game.
    - 7. Hand Ball
    - 8. Kicking the ball and hitting anything above the seven (7) foot mark.
    - 9. Obstruction
    - 10. Illegal Substitution
    - 11. Interference with goalkeeper
    - 12. Improper procedure for kicks drop balls
    - 13. Goalie throws the ball over half-court line without touching another player or bouncing first.
  - B. Fouls committed by the defense inside of the penalty box will result in a Penalty Kick.
  - C. Fouls committed by the offense inside of the penalty box will be placed on the spot on the penalty box border closest to where the foul occurred.

17. **Timed Penalty:** Timed penalties are serious fouls, including attempts to injure or incite the opponent, delay of game, unsportsmanlike conduct (5 minute penalties – yellow card) and violent conduct (ejection – red card). The penalty call will not be made and play stopped until the guilty team gains possession of the ball.
  - A. **Yellow Card** - The penalized player must proceed immediately to his/her team's penalty box (beside the scorekeeper table). The offending team must may replace the cautioned player if substitutes are available. If no substitutes are available, the team will play shorthanded. A team can play a maximum two (2) players short. If a third player of any team is penalized while two (2) players of the same team are serving penalties, the penalty of the third player shall not commence until one of the two (2) other penalties are over. However, that third person must be replaced by a substitute.
  - B. **Red Card** – The penalized player is disqualified from further participation in Intramural Sports until he/she has completed the reinstatement process with the Assistant Director for Intramural & Club Sports or his/her designee. The offending team must play short handed for the remainder of the game.
18. The following actions result in automatic ejection from the game:
  - A. Continuous unnecessary roughness.
  - B. Hitting or shoving officials or players.
  - C. Any other unsportsmanlike conduct in the opinion of the official.
19. Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before that player can continue playing. If there is blood on an jersey, you must get a clean one before resuming play.