Boston College Intramural Sports

INDOOR 7 v 7 RULES

**Eligibility:** All members of the Boston College community are eligible to play with the exceptions listed on the Code of Conduct. Please check this form prior to placing players on the team roster.

**Check-in:** The team captain prior to the start of the game must give all BC IDs to the officials or on site Monitor. Players arriving late are eligible to enter the game and must present their ID to an official for attendance and eligibility purposes. It is the responsibility of the team to ensure that they have been checked off for attending.

**Club Sports:** Only two (2) Club Soccer participants are permitted to play on any team.

**Facility:** Alumni Stadium (Varsity Football Field). During the winter, the field will be covered by a ‘bubble’. Entrance to the ‘Bubble’ is located on the Conte Forum side of the stadium.

**Dimensions:** Two games will be played at 1 time on Alumni Stadium. Width will be 35 yards. Length will be the football field width with goals placed on the football ‘side line’ for a total field length of 53 yards. Goal box will be marked by 2 single cones, 3.5 yards from each goalpost and 10 yards away from the goal line. There will be no penalty box.

**Scheduling:** Each team will play roughly 5-7 games - subject to change depending on facility availability. Please see the Intramural Handbook on the Campus Recreation website for further details regarding scheduling as well as our rainout policy.

**Playoff Format:** Playoffs will be single elimination. League standings and therefore playoffs will be based on the following points system:

- 3 Points for any win
- 1 Point for a tie
- 0 Points for a loss

Please refer to the Intramural Handbook for details on the tie breaker system. In leagues/tournaments with a large amount of teams, those eligible for the playoffs that have the same record will be randomly seeded.

**Roster Management:** Rosters will be limited to 14 spots. This includes any coaches that a team may have. Only 14 pinnies/uniforms will be provided at each game. Only 14 shirts and mugs are available for the eventual champions.

**Minimum Player:** Games will consist of seven (7) vs seven (7). Teams must have a minimum of six (6) players to start a game. If for any reason the number drops below this, the team will be forced to forfeit. A team can only claim a forfeit win if they have the minimum amount of players present at the time of the game.

**Game Time:** Game time is forfeit time. If a team is not checked in, has the minimum amount of players present, and ready to play by game time, a forfeit will be declared by the official. Exception: A team may waive the right to win by forfeit and wait for the opposing team. The game clock will start at the scheduled game time regardless of any situation. If after 10 minutes the team still does not have the minimum amount of players, the present team must accept the forfeit win. If a team waives the right to win by forfeit and the game begins, that team cannot rescind their decision and take the forfeit.
**Meetings:** Officials will hold a pre-game meeting with the two team captains. This meeting will discuss rules of emphasis and game management items. Captains may voice their concerns/protests at the meeting. Officials will hold a post-game meeting with the two team captains to review the contest.

**Team Benches/Sidelines:** Teams will be responsible for everyone that is on the bench/sideline. We discourage having non-roster personnel on the bench/sideline. All non-roster personnel located around the team bench/sideline will be seen as part of the team and will be subject to the rules. These players may receive a technical foul or call a time. To prevent any confusion, we encourage teams to allow only those on the roster around the team bench.

**Clock Management:** Each game will consist of two 15 minute halves. The clock will run continuously and there will be no ‘stoppage’ time as in normal soccer.

OVERTIME: No overtime during regular season games (games result in a tie). In playoffs, overtime will consist of one five (5) minute ‘golden goal’ (sudden death) period, followed by a traditional shootout if necessary.

SHOOTOUT: Taken from 10 yards out. First 5 kickers must be selected from the players who finished the game and presented to the officials.

**Uniform:** Each team MUST have coordinating colored shirts for every player. It is strongly recommended that teams provide their own shirts. Pinnies will be provided if a team is unable to provide their own uniform. Teams may have to wear pinnies worn in a previous game.

No metal cleats allowed. No individual will be allowed to participate in street clothes. This includes jeans, belts, brimmed hats or other “non-gym” clothing. Players will not be permitted to wear jewelry or anything deemed dangerous to other players.

**Game Rules**

*Governing Rules:* NFHS rules shall govern all play with the exceptions listed on this rule sheet. Final interpretations and modifications shall be determined by the Manager, Intramural Sports.

**Offsides:** Will NOT be called.

**Out of bounds:** Only when the ball crosses completely over a touchline will it be consider out of bounds.

**Substitutions:** Allowed at referee’s discretion and will be made on kick-ins and goal kicks only. Teams may make unlimited substitutions.

**Throw-ins:** Throw-ins will be in the form of kick-ins. When the ball goes out of play; a kick-in is required to re-start play. The ball is not allowed to be lifted off the ground on a kick-in.

**Corner Kicks:** Corner kicks are to be taken as usual and are allowed to be lifted off the ground.

**Goal Kicks:** Can not pass the midfield line. This will result in an indirect kick for the opposing team at midfield (where the ball crossed). Goalkeepers cannot punt to distribute the ball. Goal throws follow the same rule as goal kicks.

**Interference:** Any ball that comes in contact with the ‘bubble’ will result in a drop ball at the spot of contact.
**Slide Tackling:**  **NOT ALLOWED IN ANY SITUATION.**

**Indirect Kicks:** Require ball to be touched by at least two (2) players before legally entering an opponents’ goal. Players opposing kicker shall be 10 yards from the ball, unless they are standing on their own goal line between the goal posts.

**Direct Kicks:** May go directly into an opponents’ goal. Players opposing kicker shall be 10 yards from the ball, unless they are standing on their own goal line between the goal posts.

**Minor Infractions - Resulting in Indirect Free Kick:**
- Ball played next by kicker following kickoff, free kick, penalty kick, goal kick, corner kick, or by the thrower following a throw-in.
- Player fairly charges into an opponent when neither is within playing distance.
- Player not in possession of ball obstructs opponent attempting to play ball.
- Goalkeeper takes more than ten (10) seconds before releasing the ball for play.
- Goalkeeper touches ball again with his/her hands before it has been touched by another player.
- Goalkeeper touches ball with his/her hands after it is deliberately kicked by a player to his/her own goalkeeper (or when receiving directly from throw-in).
- Player kicks or attempts to kick the ball while it is in possession of goalkeeper.

**Major Infractions - Resulting in Direct Free Kick:**
- Dangerous play - spits, kicks, strikes (or attempts to), jumps, etc at an opponent.
- Player pushes opponent with the hand(s) or arm(s) extended from the body.
- Player holds an opponent.
- Player charges an opponent in a dangerous or reckless manner, or using excessive force.
- Player trips or attempts to trip an opponent.
- Goalkeeper attempts to strike, strikes, or pushes an opponent with the ball.
- Player, other than goalkeeper deliberately handles ball in his/her penalty box.

**Penalty Kicks:** Awarded when a foul, which ordinarily results in the awarding of a direct free kick, occurs within the offending team’s penalty box. Penalty kicks will be taken from the top of the goal box.

**Penalties:**
- Two (2) yellow cards equal one (1) red card.
- A player receiving a yellow card must be substituted for and can not return until the next legal substitution.
- If a defender deliberately takes down an offensive player during a goal scoring opportunity, a direct kick will be awarded and a red card will be issued.
- If a defender deliberately stops or deflects the ball with his/her hands or arms to stop a goal, a penalty kick will be awarded and a red card will be issued.
- Any player who unnecessarily delays the game will be given a yellow card. (This includes but is not limited to: inappropriately contacting the ball after the whistle, failure to follow referee instructions, or goalkeepers who take an excessive amount time to play the ball.)
- Two yellow cards (in one game) or one red card given to any player will disqualify him/her for the remainder of any game in progress. Note: if a player is ejected during a game, he/she cannot be replaced by a substitute player.
- Any player who receives a yellow card in three separate games in one season will be suspended.
- All players ejected from a game or suspended must meet with the Manager before being reinstated.
**Expectations When Using Boston College Facilities:**

- Intramural participants using the facilities are obligated to clean up after any activity. Assist the Intramural Staff and Referees to ensure that we leave the facility in better condition than we found it.
- Only Intramural activities are permitted during Intramural scheduled time. Individuals that are not scheduled to participate that day are not permitted to use the facility.
- Limit activity (warm up etc.) before and after your assigned game as the bubble can get overly crowded.
- The Intramural Staff has the authority to remove any person abusing the facility.

**Bubble Rules**

- Participants are not permitted to use equipment that is not assigned to the Intramural program.
- Use of the baseball cage in not permitted during Intramural programming.
- Do not kick/throw any balls against the side of the bubble.
- The following items are prohibited in the Bubble:
  - Food of any kind
  - Drinks - Including Gatorade, Powerade, etc.
    - Water is the only thing allowed
  - Gum
  - Sunflower seeds
  - Tape
  - Chairs (The legs dig into the turf)
  - Tables
  - Painting and/or taping of lines of field
  - Metal spikes