

Indoor Soccer Intramural Rules



Facilities: Alumni Stadium (Varsity Football Field)

The Newton Field Hockey Field on the Newton Campus will be used for the freshman league.

Dimensions: Will be played with half of the varsity football field. The goals will be placed on either sideline of the field, with cones (signifying the out of bounds line) going across the 5 yard line and the 45 yard line respectively. Games will be played perpendicular to the endzones on the field allowing there to be two games played at once.

Uniform: All participants are required to provide their own shin guards. **Participants without shin guards will not be allowed to play.**

Roster Management: Rosters may consist of as many players as a team desires, however the championship team will only be awarded sixteen (16) mugs and championship t-shirts.

Minimum Player: Games will consist of eleven (11) vs eleven (11). Teams must have a minimum of eight (8) players to start a game.

Clock Management: Each game will consist of two twenty (20) minute halves. The clock will run continuously and there will be no 'stoppage' time. Half time will be two (2) minutes in duration. Teams will have one (1) timeout per match. Timeouts may only be taken in dead ball situations.

OVERTIME: Regular season games will not have any overtime period and games tied at the end of regulation will be a tie. In playoffs, overtime will consist of two (2) - five (5) minute halves of 'golden goal' (sudden death) soccer, followed by a traditional shootout if necessary.

SHOOTOUT: Taken from 12 yards out. First 5 kickers must be selected from the players who finished the game and presented to the officials. Teams alternate taking 5 kicks each at the same goal. Teams cannot change the goalkeeper in between kicks, though the keeper may be a kicker. If still tied after 5 kicks, each team will rotate kickers until a winner is determined.

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 Assistant Director of Intramural Sports.

Offsides: Will be called.

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

Slide Tackling: **NOT ALLOWED IN ANY SITUATION. This is an automatic yellow card**

Substitutions: Substitutions will be made at midfield to a side referee. Teams may make unlimited substitutions.

Referee will beckon in substitutes, substitutions are allowed in the following circumstances:

- On own throw ins (If the team throwing in substitutes the opponent may also bring in subs, if the team throwing the ball in does not substitute then no subs will be allowed)
- On own corner kicks (If the team with the corner kick substitutes the opponent may also bring in subs, if the team that posses the corner does not substitute then no subs will be allowed)
- On any goal or goal kick
- For an injured player (both teams may bring in subs at this point)
- During a stoppage of play such as half

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 be kicked directly into the opponents' goal. The defensive players must be at least 10 yards from the ball, unless they are standing on their own goal line between the goal posts.

Infractions Resulting in Indirect Free Kick:

- Offside
- Ball played a second time by kicker following kickoff, free kick, penalty kick, goal kick, corner kick, or by the thrower following a throw-in prior to another player making a touch.
- Player fairly charges into an opponent when neither is within playing distance.
- Player not in possession of the ball obstructs the opponent attempting to play the ball.
- Goalkeeper takes more than six (6) seconds before releasing the ball for play.
- Goalkeeper touches the ball again with his/her hands before it has been touched by another player.
- Goalkeeper touches the 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 the goalkeeper.
- Use of foul or abusive language directed towards a player or official (most likely a card)

Infractions Resulting in Direct Free Kick:

- Dangerous play as determined by the official.
- Player places hands or arms on an opponent in an effort to reach the ball, or to hold an opponent.
- Player charges an opponent in a dangerous or reckless manner, or using excessive force.
- Player charges an opponent from behind.
- Player strikes, trips, kicks, spits, jumps at, pushes, knees or attempts to do one of these to an opponent.
- Goalkeeper attempts to strike, strikes, or pushes an opponent with the ball.
- Player, other than the goalkeeper, deliberately handle the ball.

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.

Penalties:

- Two (2) yellow cards equal one (1) red card.
- A player receiving a yellow card must be substituted for and cannot 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 of time to play the ball.)
- Two yellow cards (in one match) or one red card given to any player will disqualify him/her for the remainder of any game in progress.
- Yellow cards are not cumulative between matches
- If a player is ejected during a game, he/she cannot be replaced by a substitute player.
- All players ejected from a game must meet with the Assistant Director of Intramural Sports before being reinstated.
 - Red cards will result in at least a one match suspension for the following match