UVM Intramural Sports • Indoor Soccer Rules

The rules governing this Intramural Sport activity are derived from rules used by the National Federation of High School Associations (NFHS) and National Intramural-Recreational Sports Association (NIRSA) and rules unique to the UVM Intramural Sports Program. This rules sheet is not meant to be all-inclusive; rather it is a summary of the more common rules, policies, and procedures used by the Intramural Sports Program. All important policy information can be found in the Intramural Sports Handbook. All team captains and players are responsible for reading this document and understanding the rules, policies, and procedures prior to participating in this activity.

General/Eligibility

See the Intramural Sports Handbook for complete listing of eligibility.

Varsity & Club Player Eligibility:

- Members of the UVM Varsity Soccer Teams are not eligible to participate in intramural soccer.
- Members of the UVM Club Soccer Teams are eligible to participate in intramural soccer; however these players are subject to the following participation guidelines:
  - A-League Teams – No more than three (3) club players (men’s or women’s team members) may be listed on a roster.
  - B-League Teams – No more than two (2) club players (men’s or women’s team members) may be listed on a roster.
- Penalty: Any team with a varsity player on the roster or that is in violation of the club player participation guidelines will automatically forfeit every game in which the ineligible player(s) participated. During playoffs, use of an ineligible player will result in the team being removed from further competition.

Intramural Team Participation: Individuals may only play on one same sex team and one co-rec team per futsal season.

UVM Identification: All players MUST present a UVM Cat Card to the IMS Supervisor prior to each game. Players who do not have their Cat Card will be subject to the terms of the Campus Recreation ID Policy.

Team Rosters: The official team roster consists only of those individuals who are eligible and who have signed the official online roster/waiver. Individuals must be listed on the official online roster by the end of regular season play in order to be eligible to participate in playoffs. Confirming that all players are listed on the official online roster is the responsibility of the Team Captains.

Equipment

Game Jerseys: Game Jerseys are provided by the IMS program. All jerseys will have numbers on them and each person will be required to record their name and number with the score keeper for their game at each scheduled match. The team captain/team representative must leave their ID with the Intramural Sports Supervisor as they are responsible for all jerseys. The player’s ID will be returned upon return of all jerseys. Replacement costs for any equipment missing will be billed to the individual’s Campus Recreation account.

If your team would like to purchase “team jerseys” the intramural sports office encourages you to do so but you must make sure that these jerseys have numbers and are all the same color.

Updated 1.20.2017
Footwear: Turf shoes and soft, pliable, rubber bottom shoes are permitted. All shoes must be non-marking, and **METAL CLEATS, SANDALS & OPEN TOED SHOES ARE STRICTLY PROHIBITED.** All players are encouraged to carry in shoes to be worn during play. Snow, mud, and salt carried in on shoes can cause unnecessary floor damage and be a safety concern. Players will not be permitted to wear these shoes unless they get cleaned or they replace them. If there are any questions concerning footwear, contact the supervisor on duty.

Jewelry: All jewelry must be removed. This includes, but is not limited to, necklaces, earrings, newly pierced earrings, facial piercings, rings, bracelets, and watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item, then you CANNOT play. Once the game has begun, any player entering the field with jewelry on could receive a yellow card.

Soccer Balls: Official UVM IMS soccer balls (size 4) will be provided. The game ball shall be issued by the officials. Teams are encouraged to bring their own soccer ball(s) to practice or warm up with; however, team captains or a team representative can check out a ball for warm-up. The team captain/team representative must leave their ID with the Intramural Sports Supervisor as they are responsible for all equipment checked-out. The player’s ID will be returned upon return of all equipment. Replacement costs for any equipment missing will be billed to the individual's account (i.e., $40 per soccer ball).

Protective Equipment: Shin pads, knee pads, elbow protectors, goalie gloves, and mouth guards are **strongly recommended**, but not required or provided.

Players & Substitutions

Players: Each team will have five (5) players (which includes the goalkeeper). Teams must have a minimum of four (4) players to start a game. Co-Rec teams must have at least two (2) men and two (2) women on the field at all times. There may never be more than a one player difference between the sexes. In the event a team is playing with the minimum number of players (i.e., four players) and a player becomes injured or has to leave (other than ejection) the game will continue until it is deemed a farce as determined by the officials and supervisor.

Field Player Substitutions: Unlimited substitutions are permitted. Substitutions may be made on the fly from the designated substitution area at the mid-line.

Goalkeeper Substitutions: Goalkeeper substitutions are unlimited; however, goalkeeper subs are only allowed after the referee has been notified and the substitution is approved. **Note:** **Violations of this will result in warning/yellow card.**

Ejected Players: No substitution is permitted for an ejected player. The team will play shorthanded for the remainder of the game. If a team loses two (2) players due to ejection, the game will end immediately and they will receive a forfeit.

Communication with IMS Staff: Team captains are the only individuals permitted to speak with officials regarding calls or questions. If another player attempts to dispute, a warning may be issued. Subsequently, a yellow or red card may be given, followed by a possible ejection.

Captains’ Meeting and Coin Toss

Captains’ Meeting: Five (5) minutes before the game, the officials will conduct a ‘Captains’ Meeting’ with the team captain of each team. Home team calls the toss (team listed first on schedule; if overtime (playoffs only), then opposite team from first half). The team winning the toss shall have their choice of the options for the first half or shall defer their options to the second half. The options for each half shall be the following:

Updated 1.20.2017
- Team winning toss - chooses the kickoff OR chooses the goal to defend.
- Team losing toss - exercises the remaining option.

**Playing Field**

**Location:** PFG Multipurpose Turf/Indoor Tennis Court (converted to turf)

**Side Lines:** The sidelines are indicated by lines on the turf. Ball will be put into play with a “kick-in” from the point where it traveled out of bounds by the player/team that did not touch it last (No Throw-Ins).

**End Lines:** A normal soccer end line will be used. The end line is indicated by a painted line and extends from the goal post the corner/sideline.
- If the ball goes out over the end line by the offense, it is a goal kick for the defense.
- If the ball goes out over the end line by the defense, it is a corner kick for the offense.

**Team Bench:** The team bench area will be designated by cones. Each team will be assigned a half of the field on this sideline. This area is designated as your team box. This area is limited to players who are on your roster, checked in, and currently not in the game (this area is NOT for spectators). Accordingly, all belongings of team members shall be placed behind nets along outside the edge for safety purposes.

**Obstacles:** If the ball goes out of play (hits anything hanging from ceiling, etc) it will be a indirect kick for the team that was not last to touch it and will be taken from where the ball was last touched or was touched inbounds.
- If the ball goes out of play from the penalty and hits the ceiling, an indirect kick will result in one of three places based on where the ball was kicked from: Either corner of the box or in the direct middle of the box.

**General Game Information**

**Game Duration:** Games will consist of two (2) 20-minute halves. The clock will run continuously and will only stop on injuries, time-outs, protests, and officials' time outs. The clock will stop in the last two (2) minutes of the game for dead ball situations.

**Timeouts:** Each team will be allowed one (1) timeout per half (duration 1 minute in length). A team must have possession of the ball in order to call a time-out, and the time outs may only be called at a stoppage of play. **Note:** Timeouts may not be carried over to overtime, which is only played during playoffs.

**Mercy Rule:** If a team is down by four (4) goals or more at the two (2) minute mark in the second half, the clock will run continuously (i.e., it will not stop on every dead ball situation).

**Half Time:** Half time will not exceed three (3) minutes.

**Game Time is Forfeit Time!** All intramural events are tightly scheduled based on facility availability to allow for maximum participation, so keeping the games on schedule is very important. Please have your team at the field checked-in and ready to play at least ten (10) minutes before your scheduled game time.

If one team is late/is not present, the team's captain that is present and has the minimum number of participants required ready to play will be given two options (once a decision is made it cannot be changed):
- Take the forfeit immediately
- Give the team five (5) minutes to show
- If the team shows, the game must be played with only the remaining amount of time left. If the team still does not show, it will be a forfeit.

**Reserve Clause:** The IMS Staff reserves the right to make time adjustments to accommodate scheduling conflicts.

**Overtime**

Regular season games that end in a tie will be recorded as such. Overtime will only be played for playoff games. Playoff games that end in a tie will result in a five (5) minute sudden death overtime (a new coin toss will be used). The first goal scored will determine the winner. If the game is still tied, a penalty kick (shoot out) tie breaker will be used in the following manner:

- Only the players, including the GK, on the field at the end of the sudden death overtime will be allowed to participate in the shootout.
- The away team must kick first.
- Each team shall take an initial series of four (5) kicks alternating from the penalty mark. Each kick shall be taken by a different player. The team scoring the greater number of goals shall be declared the winner. If the score remains tied after the initial four (5) kicks, they shall continue alternating in the same order, allowing each member of their team to kick, until a team has one more goal in the same number of kicks.
- If the initial five players have kicked, then it goes into sudden death. Kickers from the bench will be next to kick. If team does not have any subs, then that team will rotate through their lineup again.
- If a team is playing shorthanded because of an ejected player, then the team must have one (1) player kick twice (only if the team is playing with four (4) or less players).
- Co-Rec teams must alternate male-female. If there is not an equal number of males and females present, members of one sex will shoot again to maintain the alternating order.
- Each team will be allowed one (1) time out (1-minute in length) during overtime.

**Playing Rules**

**Kickoff:** A kickoff begins from the center of the field of play, on the referee’s whistle.

- The game shall be started by a player kicking the ball into either half of the field (the ball must travel one full circumference).
- Every player shall be on their half of the field at the time of the kickoff.
- Players opposing the ball must remain outside the center circle until the ball is kicked (10 feet).
- Player taking the kick may not touch the ball twice in a row.
- **A goal may be scored directly from the kickoff.**

**Goal Kick:** The goal kick is a direct kick and must be taken from anywhere within the penalty box, and players opposing the goalkeeper must remain outside of the penalty box until the ball is kicked. Both team’s players may not touch the ball until it has left the penalty box.

**Offsides:** There are **NO** offsides in intramural indoor soccer.

**Slide Tackling:** Slide tackling is **PROHIBITED** and a yellow card will be given immediately to the offending player! Slide tackling is a penalty when in the immediate vicinity of an opposing player and contact does not have to be made in order for a yellow card to be given. A direct free kick will be awarded to the opposing team.

- Goalies may not slide tackle feet first in the vicinity of an opposing player, a yellow card will be given immediately. Goalies, however, can slide tackle hands first if clearly going for the ball.

**Drop Ball:** A drop ball will occur when:

- An injury has transpired and no one has clear control of the ball.
Both officials are unsure of an out of bounds call. 
There is a double foul (one on each team).

Out of Bounds -“Sideout:” Indirect kick from the sideline where the ball went out of bounds (NO Throw-Ins).

Advantage: The “advantage” rule is used when the team with the ball is better off maintaining possession instead of stopping to enforce the penalty on the opposing team. The referee will yell “PLAY ON” to acknowledge the foul, while maintaining the flow of play. This is strictly a judgment call by the referee and may not be protested.

Scoring: To score, the entire ball must pass over the goal line between the goal posts and between the crossbar and ground, providing the ball has not been intentionally thrown, carried or propelled, by hand or arm, or by a player of the attacking side.
- All goals are worth one (1) point.
- The following will result in a goal being disallowed:
  - The ball is contacted by an offensive hand prior to being hit into the net.
  - The ball strikes the official and then goes directly into the net.

Goalkeepers

Intentionally Kicking Ball to Goalkeeper: On any occasion when a player deliberately kicks the ball to own goalkeeper, the goalkeeper is not permitted to touch the ball with the hands. If the ball is deflected off of the goalkeeper’s own teammate (not intentional), the keeper is allowed to pick up the ball with the hands. If the deflection is deemed intentional, an indirect kick will be awarded to the opposing team outside the penalty area.

Delay of Game: Goalkeepers have six (6) seconds to release the ball after making a save; however the GK may not leave the goal box until the ball is released. If a goalkeeper maintains possession of the ball longer than six (6) seconds, an indirect free kick shall be awarded to the opposing team from the spot the infraction occurs.

Handling the Ball: The goalkeeper may use hands within the entire box (penalty area). The goalkeeper is not allowed to handle the ball if the ball is outside this area.

Punt Restrictions: The goalkeeper shall not punt, but may either throw or roll the ball to release it from their possession. If thrown in the air, the ball MUST come in contact with an object (floor, wall or body) before going over half field. If the ball does not come in contact with an object, then the other team receives an indirect kick at half field. **Note: any violation will result in an indirect free kick.

Restriction: The goalkeeper may leave the box at any time and become a regular player.

Physical Contact: A player shall not, in any manner, charge or make contact with the goalkeeper in the penalty area unless the goalkeeper is obstructing the player or dribbling the ball with the feet. *Penalty: Direct Free Kick and possible ejection if deemed malicious or intentional.*
- A player may not attempt to kick the ball when it is in the possession of the goalkeeper.
- A player may not touch the ball while the goalkeeper is trying to clear the ball by throwing or kicking it.
- If the goalkeeper drops the ball down and starts to dribble the ball, they have no more privileges than a normal player would.
- If the goalkeeper, while going for a ball, intentionally makes contact (kicks, pushes, heads, knees, etc.) with an opposing player, a direct free kick (penalty shot) will be awarded to the opposing team (possible ejection of keeper may be warranted as well).

Updated 1.20.2017
Fouls and Misconduct

Ejections: A player shall be ejected if the player intentionally kicks, strikes, spits, pushes, trips, attempts to kick, strike or jump at an opponent, teammate, spectator and/or official. **Penalty: Offending player will be ejected and a direct free kick will result from the spot of the foul for the non-offending team.**

- **NOTE:** If both teams are involved in misconduct, a midfield drop kick will occur. Unsportsmanlike players will be ejected and will be subject to IMS policies and procedures regarding ejected players.

Direct Free Kicks: The following infractions will result in a direct free kick:

- Tackling, holding, pushing, charging, and/or tripping that is “accidental” in nature.
- Fouling the goalkeeper while the goalie is in possession of the ball or while the keeper is jumping to receive the ball inside the penalty area (possible ejection).
- The goalkeeper intentionally elbowing or kneeing a player as they go up for the ball.
- Slide tackling.
- Handling the ball deliberately, except for the goalkeeper in the keeper’s own penalty area.
- Red card given to a player and/or spectator for unsportsmanlike conduct.

**NOTE:** Be aware that any flagrant foul by a player is cause for an immediate ejection.

Indirect Free Kicks: The following infractions will result in an indirect free kick:

- One player touching the ball twice in succession on the kickoff, throw in, corner kick, or goal kick (i.e., a player may not kick or throw to oneself).
- Yellow card (for unsporting behavior)
- Obstruction, other than holding.
- Goalkeeper kicking the ball across the midfield line.
- Goalkeeper playing the ball with the hands when it is passed back by a teammate.
- Goalkeeper handles the ball for more than six (6) seconds.
- Delay of game.
- Dangerous play (e.g. bicycle kick, playing the ball while on the ground, high kicks, etc.). These calls are judgment calls and may not be protested.

**NOTE:** When a player is taking an indirect or direct free kick, all opposing players shall remain at least 10 feet away until the ball is kicked.

Dangerous Play: A dangerous play will result in an indirect free kick in the following situations:

- Raising a foot to a level that may endanger an opponent.
- Scissor kicking, bicycle kicking, or high kicking that may result in an injury.
- Playing the ball while on the ground in the vicinity of another player.
- Lowering the head to waist level in an effort to head the ball in the vicinity of another player.
- Attempting to play the ball when it is in possession of the goalkeeper.

Red Card Violation: Player is ejected from the game and their team must play shorthanded for the remainder of the game. Sending-off offenses include:

- Guilty of serious foul play.
- Guilty of violent conduct.
- Spits at an opponent or any other person.
- Denies an opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (with exception to goalkeeper in own penalty area).
- Denies an opponent moving towards the player’s goal an obvious goal scoring opportunity by committing an offense punishable by a direct free kick or a penalty kick.
- Uses offensive, insulting, or abusive language or gestures.
- Receives a second yellow card in the same match.

Updated 1.20.2017
**Yellow Card Violation:** Player is cautioned and must sit out for five (5) minutes. The team can substitute for that player. If a player receives a second yellow card, the individual will be ejected and their team must play shorthanded for the remainder of the game. Cautionable offenses include:

- Guilty of unsportsmanlike behavior.
- Slide tackling
- Shows dissent by word or action.
- Persistently infringes the Laws of the game.
- Delays the restart of play.
- Hanging on the goal.
- Fails to respect the required distance when play is restarted with a corner kick, kick-in, free kick or goal clearance.
- Enters the field of play from outside of the designated substitution area.

**Penalty Kicks**

Penalty kicks are rewarded for any infraction by the defending team within the penalty area that would normally be penalized by a direct free kick. The ball is live after it either deflects off the post or off of the goalie’s hands, it can be played by any player from either team if deflected off of the goalie’s hands.

**Distance and Location:** The penalty kick shall be taken from the penalty mark at the top of the penalty box. All players except for the kicker and opposing goalkeeper shall be outside the penalty area and at least ten (10) feet from the spot of the kick.

**Interrupting a Penalty Kick:** The NFHS rules state that once a player who is taking a penalty kick begins the approach toward the ball movement may not be interrupted.

- While the kicking player is approaching the ball, the player may NOT fake a kick, stop to hesitate and then proceed to kick the ball. The kicker may slow down/speed up as long as forward movement is maintained.
- The kicker is NOT allowed to play the ball a second time, until it has been touched by another player (the kicker would have to wait for another player to touch the ball if it were to go untouched by the goalkeeper and deflect into play off the goal post).
- The goalkeeper is allowed to move laterally but cannot come forward off the line until the ball is kicked.

**Infringement:** If there is an infringement during a penalty kick:

- **By the Defending Team:** the kick is to be retaken if a goal has not resulted (the infringement is ignored if a goal is scored).
- **By the Attacking Team** (other than the player taking the kick): a re-kick is awarded if the ball enters the goal. If no goal is scored, play will stop and the defending team will receive an indirect kick from the spot of the foul.

**Definitions**

**Direct Free Kick:** A free kick from which a goal may be scored against an opponent without a second player touching the ball.

**Indirect Free Kick (or spot kick):** A free kick from which a goal may not be scored unless the ball is played or touched by another player of either team.

Updated 1.20.2017
**Penalty Kick:** A kick awarded to a team because an opponent was charged with one of the major offenses, within player’s own penalty area, which requires a direct free kick.

**Drop Ball:** A method by which a dead ball becomes live. An official drops the ball to the ground between two (2) players from opposing teams. After the ball touches the ground, it becomes live and may be played by anyone.

**Touch Line:** The entire line is within the field of play. A ball will be deemed out-of-bounds when the ball is entirely over the line.

**Goal Kick:** A goal kick shall be awarded to the defending team when the entire ball crosses the goal line, excluding that portion between the goal posts and under the crossbar, either in the air or on the ground, having last been touched by the attacking team. Players opposing the kicker must remain outside the penalty area until the ball has cleared the penalty area. If the kick does not clear the penalty area, the kick shall be repeated. The ball may be played by anyone except the person who kicked it initially. A goal kick is indirect.

**Corner Kick:** A corner kick shall be awarded to the attacking team when the entire ball passes over the goal line, excluding that portion between the goal posts and under the crossbar, either in the air or on the ground, having last been touched by the defending team. Players of the defending team must be at least ten (10) feet from the ball until it has been kicked (the ball must travel at least one full circumference or it results in a re-kick). The ball may be played by anyone except the person who kicked it initially. A corner kick is direct.