

Indoor 5v5 Soccer

FIFA outdoor rules will apply with the following indoor rule adaptations:

ELIGIBILITY

All participants must have an active WRC membership, Intramural Sports Play Pass, and show their UNI or Government issued ID prior to each contest. Eligibility status is the responsibility of each individual participant and the Team Captain.

TEAMS

1.1 Each team will be made up of five (5) players, one of whom shall be the goalkeeper. Teams may have up to 5 total substitutes. Forfeit minimum: a team may start with a minimum of four players to avoid a forfeit.

1.2 Substitutions must be made from center court and are allowed in the following:

- Kick-in (Kick-in team only)
- Goal kick (either team)
- Corner kick (Kicking team only)
- Injury (either team)

THE GAME

2.1 The game shall consist of two (2); twenty (20) minute halves. Half time will be 5 minutes in length. The second half may begin prior to the end of the 5 minutes if there is a mutual agreement between both teams. The clock shall be continuous stopping only during a timeout, injury, or the ball leaves the gym and needs to be retrieved

2.2 A game of Rock, Paper, Scissors will be used to determine who will Kick-off first and which side teams will be defending. The loser of the toss shall make a choice of the remaining option.

2.3 Each team is allowed one, one minute timeout per half. Timeouts will not carry from one half to the next.

2.4 Play shall begin with a kickoff from the center spot of the court. Players shall be on their respective halves outside the center circle of the court.

2.5 Mercy rule will take effect if a team is down by 8 more goals with 5 minutes left in the second half.

2.6 If a game ends in a tie, the captain on each team will select 5 of their players to participate in Penalty Kicks from the free throw line. A game of Rock, Paper, Scissors to determine who will kick first. The winner will have the option of their team kicking first or second. After each team has completed their kicks, the team with the most goals wins. If the game is still tied at the conclusion of the penalty kicks, teams will alternate penalty kicks until a winner is determined. No player may take a second kick until all of the chosen "kick-takers" have kicked once.

PLAYER EQUIPMENT

3.1 All players on each team must wear a similar colored shirt or jersey. Goalkeepers must wear a different colored shirt or jersey than team members and opposing team members.

3.2 A player is not permitted to use or wear any object, which in the referee's judgment could be hazardous to other players or themselves. This includes but is not limited to hard casts, jewelry, bracelets, watches, rings, earrings, and hair barrettes. At the referees request these need to be removed or a player is not allowed to participate.

3.3 Shin Guards are highly recommended

3.4 Players must wear clean, non-marking athletic shoes. Sandals, playing barefoot or wearing shoes that mark the floor are prohibited.

BALL IN AND OUT

4.1 The ball is out of bounds and out of play anytime the whole ball passes over a touchline (sideline) or hits the net behind the goal and will be indicated by the referee.

- 4.2 A three (3) line rule will be enforced. Balls passing over all three (3) lines (the free throw lines and the half line), in the air, will be deemed a violation. Play is restarted with an indirect free kick taken by the opponents at the last line the ball cleared.
- 4.3 Should the ball touch an overhead obstruction, play will restart by an IFK to the opposing team, directly below the obstruction.
- 4.4 There is NO OFFSIDES.

SCORING

- 5.1 A goal may not be scored from your team's defensive half
- 5.2 If a team inadvertently scores a goal from anywhere on the court - the goal will count in the opposing team's favor
- 5.3 You may score from anywhere within your team's offensive half.
- 5.4 The goalie box is no longer a no-shot zone.
- 5.5 A goal cannot be scored directly from a kick-in (throw-in).

FOULS

- 6.1 A player who commits any of the following offenses shall be penalized by the awarding of a direct free kick (DFK) to the opposing team:
- Kicks or attempts to kick an opponent.
 - Trips an opponent, without an attempt to play the ball, either from the front or back.
 - Jumps or throws oneself upon an opponent.
 - Charges an opponent from behind unless the opponent is obstructing.
 - Charges an opponent in a violent or dangerous manner.
 - Holds an opponent.
 - Pushes an opponent.
 - Strikes or attempts to strike an opponent.
 - Handles the ball, i.e. carries, strikes, or propels the ball with his/her hand or arm (this does not apply to the goalkeeper within their respective goal box area).
 - Makes or attempts to make a slide tackle.
- 6.2 The following actions are offenses that shall be penalized by an indirect free kick (IDF):
- Playing in a manner considered by the referee to be dangerous.
 - Charging a player when a ball is not within playing distance of players concerned.
 - Intentional obstruction of an opponent when the ball is not within playing distance of players concerned.
 - A delay of more than five (5) seconds, by any player, in putting a ball back in play (includes goalkeeper when in possession of a ball).
 - An infraction of the three (3) line rule.
 - Shots on goal, deemed by the referee, as taken from a team's defensive half.

MISCONDUCTS

- 7.1 Misconduct shall consist of cautions (yellow cards) or sending off (red cards)
- 7.2 Yellow cards:
- Persistently infringes the Laws of the Game.
 - Shows, by word or action, dissent from any decision given by the referee.
 - Is guilty of unsportsmanlike conduct.
 - Substitutes improperly.
 - Delaying the restart of play
- 7.3 Red cards:
- Any offense that denies the opposing team an obvious goal scoring opportunity
 - A player guilty of violent conduct.
 - A player guilty of a serious foul.

- Use of abusive or foul language.
- Receiving two (2) yellow cards in the same game.

7.4 Players that receive a red card will lose playing privileges for the remainder of that game. If a player receives two red cards in the tournament the player will be suspended from any further play in the tournament and will be asked to leave the site and will be asked to meet with the Competitive Sports Coordinator before participating in any other intramural activities.

FREE KICKS

8.1 When a free kick is awarded and is being taken, no opposing players shall be within ten (10) feet of the ball until it is put in play.

8.2 If there is consistent encroachment of the free kick space, by opponents, they will be cautioned and if repeated the referee may send off the offending player.

8.3 When a free kick is awarded to the defensive team in their own goal area, the ball must leave the goal area on the kick. If this does not occur the kick shall be taken again.

8.4 No free kicks will be awarded to the attacking team in their opponent's goal area.

8.5 Indirect free kick offenses committed within the goal area result in an indirect free kick from the free throw line

PENALTY KICK

9.1 A penalty kick shall be awarded for direct free kick fouls committed inside the goal box area. It shall be taken from the free throw line. At the moment of the kick, all players with the exception of the goalkeeper and the player taking the kick shall be inside the playing court, outside the goal area and at least 10 feet behind the line of the ball. The goalie must have at least part of

9.2 Any infringement of these rules by the defensive team and the kick shall be taken again unless it resulted in a goal.

9.3 Any infringement of these rules by the offensive team and the game will be restarted with an IDFK at the spot of the infraction (unless a more serious offense occurred).

KICK IN

10.1 When a ball passes completely outside the touchline (sideline), on the ground or in the air, it will be returned to play by means of a kick in. The ball is placed within a 1 yard from where it left play and is kicked into play.

10.2 A goal may not be scored directly from a kick-in or a ball deflecting off a player in the goal box area and into the goal.

10.3 A person has five (5) seconds to kick the ball into play.

10.4 Violation of kick-in rules gives the opposing team the ball for a kick-in at the designated spot.

10.5 Opponents must stand 5 feet away from the player attempting the kick in

GOAL KICK

11.1 When the ball contacts the wall behind the goal, either in the air or on the ground, having last been touched by a player of the attacking team, the ball shall be put in play by a member of the defending team by a goal kick.

11.2 The ball will be placed anywhere within the goal area.

11.3 The ball must leave the goal area to be considered in play.

11.4 Any player taking the goal kick may not play the ball again until touched by another player.

11.5 Members of the opposing team must be a minimum of 10 feet from the ball location and outside of the goal box area.

11.6 A goal shall not be scored directly from a goal kick.

GOALKEEPER

12.1 The goalkeeper has five (5) seconds to put the ball back in play after securing possession.

12.2 The goalkeeper may not field a ball with his/her hands that has been directly passed to him/her from a teammate. He/she may play it with their feet (RESULT: IDFK)

12.3 The three (3) line rule is in effect for the goalkeeper.

12.4 A goal that is thrown directly into the other net by the goalie does not count. (RESULT: Goal kick for the opposing team)

GOAL BOX

13.1 The goal box shall be the inner 3-point line (purple line).

Questions or concerns regarding the rules and regulations should be directed to imsports@uni.edu