

-Texas A&M University-  
Department of Recreational Sports  
INTRAMURAL SPORTS

# INDOOR SOCCER

Regulations published in the Texas A&M Rec Sports Handbook will be the governing policies for all intramural sports. Team captains are responsible for possessing a thorough understanding of these regulations and their implications. The United States Indoor Soccer Federation Playing Rules will be in effect with the following interpretations and exceptions.

## **1. PARTICIPATION**

- a. Proper identification must be presented to check in. Proper identification is a government-issued photo ID.
- b. Roster: Each player's name must appear on the roster before he/she enters a game.
- c. Any player disqualified from a contest will be removed from that game and can still play in next contest.
- d. Any player ejected from a game is automatically suspended from all intramural activities pending a meeting with the appropriate intramural staff member.
- e. Intramural staff retain the authority to require an ejected player to leave the facility. Any player instructed to leave must do so immediately.
- f. **Protest Procedure:** Judgment calls may not be protested. If a team wants to protest a rule interpretation, the protest must be made immediately at the time of the questionable incident. Notify the official. The clock will stop while a protest is being filed.
- g. **Eligibility:** The eligibility of all players is the responsibility of team captains and the individual players. Refer to the intramural handbook for details.
- h. **Blood Rule:** Players who sustain an injury causing an open wound will be required to leave the game. A player may not re-enter the contest until the flow of bodily fluids is stopped and the wound covered.
- i. **Jewelry:** Participants are not permitted to wear any jewelry.
- j. **Medical Alert Bracelets** – Permitted, must be taped flush with the skin and may be visible.
- k. **Casts/splints:** Not allowed under any circumstances. Knee braces with exposed metal, hard plastic, or metal hinges must be covered with padding or foam at least ¼ inch thick.
- l. **Religious Headwear** – In the event a participant may not expose his/her uncovered head, the intramural supervisor may approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way that it is highly unlikely to come off during play. This stipulation applies only to religious headwear to cover the head and does not apply to any necklaces/rings/ earrings/ bracelets or any other form of jewelry.
- m. Elastic headbands and hair control devices without metal, hard plastic, or bandanas without knots are permitted. Hard items, including, but not limited to, beads, barrettes and bobby pins are prohibited. Other head decorations or headwear are not allowed.
- n. **Equipment:** If the team does not have the same or similar color, **ALL** team members **MUST** wear jerseys provided by the Department of Recreational Sports. A shirt (must have the sleeves attached) must be worn under the jerseys provided by the Department of Recreational Sports, or the player will not be allowed to play. If a team has its own jerseys with numbers, the numbers must be whole numbers, no more than 2 digits, and the jerseys must be of the **SAME/SIMILAR** color.
- o. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of own glasses.

- p. Any slippery substance of a foreign nature on equipment, clothing, or an exposed part of the body is illegal.
  - q. Players may wear a knit or stocking cap (no caps with bills) and/or soft, pliable, non-abrasive gloves. Bandanas with a knot are not permitted.
  - r. Footwear: Indoors – all players must wear athletic shoes with non-marking court soles. Hard soled shoes of any kind will not be permitted. Outdoors – all players must wear athletic shoes. Metal cleats, spikes, or toe cleats will not be permitted. Five finger shoes are not considered athletic shoes.
  - s. Pants – Participants are encouraged to wear athletic style shorts or pants.
  - t. All equipment decisions made by the intramural staff or Rec Sports medic on duty shall be final.
- The indoor soccer matches will be played on the indoor soccer courts in the Rec Center. A perimeter wall that will be playable will contain the playing area. Any objects above this area or suspended from the ceiling will be considered out of play, i.e., basketball goals and supports.

## 2. **THE GAME**

- a. A match will be played by two teams, each consisting of not more than **seven (7)** players, one of whom shall be the goalkeeper.
- b. To start and continue a game, a team must have at least four (**4**) players on the court ready to play and to continue a game. Players serving a penalty for a blue or yellow card do count towards the minimum to continue a game (i.e. a team with 3 players on the court and a 4<sup>th</sup> serving a blue card penalty is still eligible to continue).
- c. **Forfeits:** The game clock will start AT GAME TIME. The supervisor will keep the official time. For each additional three minutes the team is late another goal will be awarded. After ten minutes, a forfeit will be declared and a score of 5-0 will be posted.

Penalization for Being Late				
Minutes Late	Score		Minutes Late	Score
0-1	1-0		6	3-0
1	2-0		7	4-0
2	2-0		8	4-0
3	2-0		9	4-0
4	3-0		10	5-0 Forfeit
5	3-0			

## 3. **SCORING**

- a. A goal is scored when the **entire** ball has passed over the goal line, between the goal posts, and under the crossbar.
- b. **Mercy Rule:** Games will be called when a team is leading by the following:
  - i. 10 goals anytime in the second half.
  - ii. 5 goals with two minutes remaining

#### 4. **EQUIPMENT**

- a. All players must wear shoes while competing. Black sole shoes that scuff the floor, multicledated turf shoes, plastic sole shoes, boots, hiking boots and sandals will not be allowed. All soft rubber non-scuff shoes are allowed.
- b. **Shin guards are highly recommended.** If shin guards are worn, they must be FULLY covered with socks.
- c. Goalkeepers will wear colors that distinguish them from other players and the referees. Opposing goalkeepers may wear the same color as each other.

#### 5. **PRE-GAME**

- a. The referees will call the captain from each team to center court before the start of the game. At this time, the referees will discuss the rules and answer any questions the captains might have. The referee will then decide do a coin toss (rock, paper, scissors, etc.) to determine who will kick off and who will defend each side.

#### 6. **STARTING THE GAME**

- a. All players start on their half of the court and every player on the team opposing the kicker must remain at least outside the center circle until it is kicked.
- b. Once the referee has given the signal, the game will be started by a player kicking the ball, in any direction.
- c. The kicker cannot play the ball a second time until after it has been touched by another player. A free kick will be given if the kicker touches the ball without it first touching another player.
- d. A goal can be scored directly from a kick off.

#### 7. **STARTING THE SECOND HALF**

- a. To begin the second half, teams will change ends. The opposite team that kicked-off in the first half will take the kick-off in the second half.

#### 8. **TIMING**

The duration of the game will be two (2) halves of twenty (20) minutes. Halftime will be 2-5 minutes at the discretion of the referees.

- a. The clock will run continuously for the first thirty-eight (38) minutes of the match unless stopped by an official (i.e., for injuries that require a medic, blood on the court, etc. The clock will not stop for balls going outside the court of play, penalty kicks, injuries not requiring the medic, etc.). **During the last two (2) minutes of the second half, the clock will stop during all dead ball situations.**
- b. **Overtime:** In regular season play, if the score is tied at the end of regulation, the game will remain tied and no overtime will be played.
- c. During the playoffs, one **five-minute** sudden death overtime period will be played. A coin toss before the start of the overtime period will determine possession or choice of side. The clock will stop on all stoppages of play.

- d. If the score is tied after the overtime period, the winner will be determined by a shootout tiebreaker as follows:
- i. The winner of the coin toss may elect to kick first or last. Each team will select **4** players to participate in the shootout. Only players **on the court at the end of the overtime period** will be eligible to take part in the tiebreaker. In Coed play, the kicking order must alternate gender (for Coed, it does not matter which gender shoots first and may be different for each team).
  - ii. **If at the end of the match and before the kicks start to be taken from the penalty mark, one team has a greater number of players than its opponents, it must reduce its numbers to equate with that of its opponents and the team captain must inform the referee of the name and number of each player excluded. Any player thus excluded may not participate in kicks.** For example, if Team A has 7 players and Team B has 6 players, both teams may only have 6 players eligible to participate in the shootout as kickers. *For Coed, if a team has 4M/2F and the other has 3M/3F, only 3M/2F are eligible from both teams to kick.*
  - iii. All players on the court at the end of the overtime period are eligible to serve as the goalkeeper. Once a goalkeeper has been designated, they may not be replaced. Goalkeepers are eligible to be a kicker, as well.
  - iv. In the shootout, the ball will be placed in the center of the basketball free-throw line (*this is a different line that penalty kicks during play*). The goalkeeper must stay on the goal line until the ball is kicked.
  - v. The shooter cannot play the ball again once the ball is touched.
  - vi. Each team will take an initial series of four kicks alternately. The team scoring the greater number of goals will be declared the winner. *For Coed, teams will alternate gender until a gender runs out of players. Ex. If a team has 4M/2F, they can shoot in the order of MFMFMM or FMFMMM (with the last two shooters being used in sudden death, if necessary).*
  - vii. All goals scored during the tie-breaking procedure will count as one goal, regardless of the gender of the player taking the kick. viii. If the score is still tied after each team has taken four kicks, the remaining players on the court will shoot in a sudden death manner until a winner is declared. No shooter may be repeated until all players that were on the court at the end of regulation have kicked.
- e. In championship finals games, **two five (5) minute** sudden death overtime periods will be played before the penalty kick procedure stated above will be used.
- f. **Time Outs** – There will be no timeouts.

## 9. **BALL IN AND OUT OF PLAY**

The ball will be out of play and will be put back into play with a DIRECT kick:

- a. When the ball leaves the playing area
- b. When the ball strikes any object above the height of the walls
- c. When a goal is scored
- d. On the referee's whistle
- e. The ball will be in play at all other times.

## 10. **SUBSTITUTIONS**

- a. **UNLIMITED SUBSTITUTIONS WILL BE ALLOWED IN ALL DIVISIONS.** - During the game, **court players** may be substituted on an unlimited basis, provided the player substituted for is within the substitution area at his/her own bench area, or off the field of play within his or her own bench area, before the substitution is made. Neither the player entering or leaving the court may participate in the game during the time when they are both on the court. Penalty: A member of that team will serve a two-minute team time penalty. Note: The offending team's captain may choose which player must serve the penalty. This will not count towards the player's accumulated individual time penalties for purpose of ejections.
- b. **Substitutions for goalkeepers - goalkeepers may only be substituted during the following situations AND with the approval of the official:**
  - i. **Ball goes over the glass and out of play**
  - ii. **After a goal**
  - iii. **Before a half begins**
  - iv. **Injury to any player that stops play**
  - v. **A card is issued to any player**
- c. If the referee stops play for an injured player, **he or she must be substituted**, with the exception of goalkeepers. However, if the official stops play for a second time for a goalkeeper injury, a substitution for the goalkeeper is required. Officials reserve the right to require the substitution of a goalkeeper if this privilege is abused as a stalling technique.
- d. Players who sustain injuries causing an open wound will be required to leave the game. A player may not re-enter the game until the flow of bodily fluids is stopped, the wound is covered, the bodily fluids are not on the player's clothing or jersey, and the Medic on duty approves re-entry.

## 11. **THREE LINE VIOLATION**

A player is guilty of a three-line violation when he/she plays the ball across the three lines (centerline and the two adjacent lines) in the air, toward the opponents' goal line, and the ball does not touch another player, ground, or wall. A direct free kick will be awarded to the opposing team and will be placed in the middle of the red line where the kick was originally taken.

## 12. **OFFSIDE**

There is **NO** offside rule in indoor soccer.

## 13. **FOULS AND MISCONDUCT**

All fouls including goalkeeper violations will be **DIRECT** free kicks. A player who intentionally commits any of the following offenses while the ball is in play shall be penalized by the referee awarding a free kick to the opposing team, to be taken at the point of the infraction.

A direct free kick is awarded to the opposing team if a player commits any of the following seven offenses in a manner considered by the referee to be careless, reckless or using excessive force:

- a. Kicks or attempts to kick an opponent

- b. Trips or attempts to trip an opponent
- c. Jumps at an opponent
- d. Charges an opponent
- e. Strikes or attempts to strike an opponent
- f. Pushes an opponent
- g. Tackles an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following six offenses:

- a. Holds an opponent
- b. Spits at an opponent (also a RED card)
- c. Deliberately handles the ball (except for the goalkeeper within his/her own penalty area)
- d. Plays in a dangerous manner
- e. Impedes the progress of an opponent
- f. Prevents the goalkeeper from releasing the ball from his/her hands

A direct free kick is awarded to the opposing team if a goalkeeper, inside his/her own penalty area, commits any of the following five offenses:

- a. Controls the ball with his/her hands for more than six seconds before releasing it from his/her possession
- b. Touches the ball again with his/her hands after he/she has released it from possession and before it has touched another player
- c. Touches the ball with his/her hands after it has been deliberately kicked to him/her by a teammate
- d. Touches the ball with his/her hands after he/she has played it with any other part of his body outside of the penalty area and before it has touched another player
- e. Punts or drop kicks the ball

a. Blue Cards: A blue card will be shown in the following circumstances and the offending player must serve a two-minute time penalty resulting in a power play.

- i. Unsporting behavior while the ball is live and playable, including strikes, elbows, or attempts to strike or elbow an opponent.
- ii. Boarding, i.e. propelling an opponent into the perimeter wall.
- iii. Sliding – an intentional slide by a player involved in a play while another player is not in striking distance.
- iv. Persistent infringement – repeated fouls of a similar nature over the course of a game, at the discretion of the referees
- v. Substitution violation (team penalty) – including substituting in an inappropriate manner (wrong door, over the wall, etc.) or a substituting player touching the ball prior to the completion of the substitution.
- vi. Dangerous equipment after warning (see Rule 1.I)
- vii. Technical infractions (team penalty), including adding a player before a penalty expires, too many players on the court, and misconduct by bench personnel or spectators

b. Yellow Cards: A yellow card will be shown in the following circumstances. A straight yellow card will come with a four-minute time penalty.

- i. Unsporting behavior while the ball is dead or unplayable, including inappropriate physical or verbal interaction between players with opponents or referees.
  - ii. Recklessness—unsporting behavior while the ball is live or playable. This includes, but is not limited to, reckless behavior, including inappropriate physical or verbal interaction between players with opponents or referees. Blue card offenses 1-4 may, at the discretion of the referee, be awarded a yellow card according to severity of the offense.
  - iii. Dissent by either word or action.
  - iv. Failure to Respect the Required Distance – encroachment on a free kick or other restart
  - v. Delaying a restart, including intentionally kicking or throwing the ball out of the playing area
- c. Red Cards (Ejection) – A player will be ejected from the court of play for:
- a. Serious Foul Play – any foul in live ball play during a challenge for the ball committed with excessive force or brutality that endangers the safety of the opponent.
  - b. Violent Conduct – use of excessive force or brutality while not challenging for the ball, including fighting and challenges where there is not a reasonable possibility for the offender to win the ball
  - c. Denial of Obvious Goal Scoring Opportunity – by either foul or handling the ball intentionally, in the opinion of the referee
  - d. Slide tackle from behind
  - e. Abusive language directed at another player, referee, staff member, or spectator
  - f. Spitting at another player, referee, staff member, or spectator
  - g. Slide Tackle – A slide tackle is defined as an intentional slide by a player involved in the play, when another player is within striking distance. A player may be penalized for a slide tackle even if they do not make contact with another player.
  - h. The accumulation of THREE blue cards, TWO yellow cards, or ONE blue card and ONE yellow card.
    - i. A team time penalty that corresponds with the blue or yellow card shown must still be served by a member of the offending team.
    - ii. If a player is shown a straight red card, he/she will be ejected and cannot be replaced for the remainder of the match. The offending team will be forced to play a player down.

Penalty Kicks: A penalty kick is awarded for any foul committed by the defending team within their own penalty area for which a misconduct is issued (i.e., a card is shown). The ball will be placed on the penalty spot within the penalty area; all players must start behind the nearest red line, except the designated shooter and the goalie who starts with their heels on the goal line. The official blows the whistle and play is live once the person taking the kick touches the ball (the goalie can leave the line and the players on the red line can converge on the player with the ball). The shooter cannot play the ball a second time before it's touched by another player. Also, penalty kicks are the only free kick in indoor soccer that must be kicked forward. *For Coed, the gender of the shooter does NOT have to be the same as the gender who was fouled.*

## **14. RESTARTS**

Free Kicks (The ball will be put back in play with a DIRECT kick.)

- a. Enforcement of free kicks will be from the spot of the foul unless the foul occurred inside the goal arc.
- b. All goalkeeper violations that happen within the goal arc will be placed at the top of the goal arc.
- c. Perimeter Walls
  - i. If the ball is kicked over the perimeter wall other than over the goal area (the area of taller Plexiglas), the ball will be put back into play by a free kick taken by the other team from the spot nearest to where the ball went out.
  - ii. If the ball is kicked over the perimeter wall in the goal area by the offensive team, the ball will be put back into play by a throw from the keeper of the defensive team.
  - iii. If the ball is kicked over the perimeter wall in the goal area by the defensive team, the ball will be put back into play by a corner kick taken by the offensive team from the corner spot
  - iv. If the ball strikes an object above the perimeter wall and over the field of play, the ball will be put back into play by a free kick taken by the other team from the spot directly below where the ball contacted the object. (Unless this occurs within the goal arc, a goalkeeper throw or corner kick will be awarded).
  - v. A goalkeeper throw may not be a throw to him/herself. The ball must contact another player before the goalkeeper may play the ball again.

## 15. SERVING TIME PENALTIES

- a. Players serving time penalties must proceed directly to the penalty area by the scorekeeper. The penalty time will not begin until the player is in this area.
- b. A player serving a blue card or yellow card time penalty may return to the game if the opposition scores and he or she is the only player serving a time penalty.
- c. If two players from the same team are serving time penalties and the opposition scores, only the player having served the longest time may return.
- d. If two players from **Team A** and one player from **Team B** are serving time penalties and **Team B** scores, only the player from **Team A** having served the longest time may return.
- e. If a player is assessed a time penalty in the first half and time expires before the time penalty does, the time penalty must be completed in the second half. This is also true for a penalty in the second half if the game proceeds into overtime.
- f. Goalkeepers must sit out for the allotted time if shown a card, one of the field players must play goalie.
- g. If a player does not wish to return to the game when the time penalty has expired, a teammate may return for him or her.
- h. No more than three players from a team may serve time penalties simultaneously. If a fourth player receives a time penalty, a substitute from that team may take his/her place on the court. If a substitute is not available, the player having served the longest time may return. At no time should a team default for having less than four players due to players serving time penalties.
- i. The gender of the penalized player(s) will continue to affect the composition of the players on the court. A team cannot have 3 of one gender on the court, and one of that same gender in the penalty box.

## 16. **GOALKEEPER RESTRICTIONS**

- a. The goalkeeper has six seconds to release the ball from his or her hands after each possession.
- b. The goalkeeper may NOT punt or drop kick the ball.
- c. The goalkeeper may not play the ball with his or her hands if it is **intentionally** passed back with the feet to him or her by a teammate.
- d. **Players may not use trickery to play the goalkeeper the ball. Ex. Players may not flick the ball with their feet to their own head/chest and then pass it to their own goalkeeper who touches it with the hands.**
- e. If the goalkeeper plays the ball with his or her feet **outside** of the goal arc and brings it into the arc, he or she may NOT pick it up.
- f. The goalkeeper **MAY** bounce the ball **ONE TIME** after he/she has possession of the ball.

## 17. **PROTESTS**

- a. There shall be no protests on judgment calls, i.e., whether or not the ball crossed the line for a goal)
- b. Teams can protest rule interpretation. The team captain must protest immediately by telling the official in a calm manner once the incident occurs. If not done at the time of the incident, protests will not be allowed. Teams cannot protest after the play has resumed.

## 18. **FORFEITED GAMES**

A team will be forced to forfeit the match if they accumulate TWO STRAIGHT RED CARDS or FOUR YELLOW CARDS at any time that the officials have jurisdiction over the game. This includes all pregame and post-game incidents. Players that are ejected for the accumulation of blue cards will not count towards those numbers. A forfeited game will receive a posted score of 5-0.

## 20. **COED MODIFICATIONS**

- a. Coed teams will play three (3) men and three (3) women. The seventh player on the court may be of either gender. A coed team may never play with more than four (4) players of either gender at any time.
- b. If seven (7) players are used for a coed game, the gender of the goalkeeper must match the gender using four (4) players (i.e. 4 men/3 women = male goalkeeper).
- c. Coed teams must have at least two (2) males and two (2) females to start and continue a game.
- d. All goals will be worth 1 point.