

## **INDOOR SOCCER RULES**

Campus Recreation & Wellness (CRW)

### **RULES:**

1. National Federation Soccer rules will be used unless specifically covered by UAF Intramural rules.
2. The court will be a basketball court with the 3-point line as the penalty area.
3. The ball will be a standard indoor soccer ball provided by the Intramural Department.

### **EQUIPMENT:**

1. Teams will be assigned to wear white and dark jerseys on the league schedule.
2. CRW will provide the goalies with alternate color pinnies to wear.
3. One piece rubber sole shoes or tennis shoes are legal.
4. Shin guards for each player are recommended.

### **PLAYERS AND SUBSTITUTIONS:**

1. A match is played with 5 players per team.

CO-REC SOCCER. The teams consist of two men and two women plus a goalie, who can be either sex. A team must have at least three players to begin or continue a soccer game. At any time during a contest the number of men may exceed the number of women by only one and the number of women may exceed the number of men by only one (excluding the goalie).

2. The number of "flying" substitutions made during a match is unlimited, except in the case of the goalkeeper, who can only be replaced when the ball is not in play. A player who has been replaced may return to the court as a substitute for another player.
3. A *flying* substitution is one which is made when the ball is still in play, and for which the following conditions shall be observed:
  - \* The player leaving the court shall do so from the half court line, near the scorekeeper.
  - \* The player entering the court shall touch with the player leaving the court and shall not enter until the exiting player is entirely off the court.
  - \* A substitute shall be subject to the authority and jurisdiction of the referees whether called upon to play or not.

### **PERIODS AND TIME FACTORS:**

1. Two (2) twenty minute halves, running clock ONLY.
2. Three (3) minute half-time.
3. Official time will be kept on the field by the timekeeper.
4. During league play games can end in a tie. However, ties will be broken in playoffs.
5. A five minute grace period will be allowed before a game is forfeited. If a team is not ready for play after 5 minutes the game will be a forfeit. Teams must start their game with the time remaining on the clock.

## **KICK-INS:**

1. When the ball crosses entirely over the touchlines it shall be kicked back into the game, in any direction, from the place where it crossed the touchline by a player of the opposing team to that of the player who last touched it. The ball must be stationary before being kicked in.
2. The kicker shall not play the ball a second time until it has been touched by another player.
3. Opposing players shall be at least 5 meters away from spot where the kick-in is being taken.

## **FREE KICKS, GOALIE THROWS AND CORNER KICKS:**

1. A goal can be scored directly against the offending team on a direct free kick.
2. A goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal on an indirect free kick.
3. When the ball crosses over the goal-line excluding that portion between the goal-posts, either in the air or on the ground, having been played last by one of the attacking team, it shall be thrown or rolled directly into play beyond the penalty area from a point within the penalty area by the goalkeeper. The throw must not go over half-court without first touching another player or the court on the goalkeeper's half of the field. A goal cannot be scored from this throw.
4. When the ball crosses over the goal line excluding that portion between the goal posts, either in the air or on the ground, having been played last by the defending team, a member of the attacking team shall kick the ball at the nearest corner. A goal may be scored from such a kick.
5. Once the goalie picks the ball up (in play), he has 4 steps to put it back in play. A goalie cannot bounce the ball or put it down and pick it up again. Results in an indirect free kick.
6. Goalies must release the ball within 5 seconds.

## **PENAL OFFENSES:**

1. The following will result in a direct free kick:
  - \* Charging an opponent violently or dangerously.
  - \* Charging an opponent from behind.
  - \* Handling the ball.
  - \* Holding an opponent.
  - \* Striking or attempting to strike an opponent.
  - \* Pushing an opponent.
  - \* Tripping an opponent.
  - \* Kicking or attempting to kick an opponent.
  - \* Jumping at an opponent.
  - \* Slides in an attempt to play the ball, whether touching an opponent or not (sliding tackle).
2. A penal offense by the defense in their own penalty box will result in a penalty kick.
3. Repeated and/or malicious penal offenses may result in an ejection.
4. Penalty kicks will be taken from the top of the penalty arc.

## **TIE BREAKER PROCEDURES DURING PLAYOFF TOURNAMENT:**

1. One 5 minute sudden death overtime period is played.
2. If the game is still tied after overtime, five persons from each team take a penalty kick.
3. If the game is still tied after the above two events, then a sudden death shoot out will take place. EVERYONE, including the goalie, has to take a shot before a person can kick a second time.