

Arkansas State University

Intramural Sports

Indoor Soccer Rules

**Game Format:**

1. Matches will consist of 2 twelve minute halves.
2. Game time is forfeit time. If a team has the minimum amount of players to begin (4) at game time and their opponent does not AT GAME TIME, the game shall be forfeited.
3. The clock will stop on:
   1. Goals
   2. Cards issued
   3. Injuries
4. No timeouts
5. There will be no more than 5 minutes given for half time
6. Substitutions are unlimited as to how many times players that have not been ejected are switched for one another.
7. Substitutions may be made at any time as long as they don’t interfere with an attacking play.
8. Goalie substitutions must always be reported to the referee. No substitutions will be allowed for a team defending against a penalty kick, unless the player going into the goal is already on the field at the time of the foul or if the goalie is hurt.
9. Overtime: If the score remains tied at the end of regulation play during pool play, the game shall end in a tie. If the score remains tied at the end of regulation time during tournament play, the match will be decided by penalty kicks. Penalty kicks: each team will select three players from their roster to take a penalty kick.

**Mercy rule, scoring, kick-offs and ball play:**

1. Mercy rule: If at any time a team is up by 10 points the game shall be called. If a team is up by 5 points or more in the second half the clock will not stop.
2. Scoring: A goal is scored when the whole ball has passed completely over the goal line. A goal cannot be scored if it has been intentionally thrown, carried or propelled by hand or arm.
3. Kick-off: All players must be in their respective half of the field. No defenders are allowed into the center circle. After the referee’s whistle the ball must be touched (indirect free kick). A goal cannot be scored from the kick-off. The kicker may not touch the ball until another player touches the ball.
4. Ball in and out: The ball is out of play in the following situations:
   1. Ball has gone into and has stopped in the staff or team area
   2. Ball goes above the barrier

**Penalty kicks:**

1. When is one awarded: A penalty kick is awarded when an infraction of the rules occurs by the defense and happens in the penalty area. In addition, a 2 or 3 minute penalty against the offending player could be assessed pending on the severity.
2. Where is it kicked from: The ball is placed at mid-court and all players must be behind the mid-line. At the referee’s whistle, the designated attacker will have 5 seconds to dribble the ball and attack the goal. Once the ball has been attacked all players may encroach.

**Goal keeper play and crease:**

1. Goalie scoring: The only way a goalie can score is by roaming. When in the crease the goalie cannot send the ball two court lengths.
2. Goalie crease: When the ball is in their half of the gym no one is allowed in the crease but the goalie.
3. Offense in the crease-results in a goal kick
4. Forward momentum rule: We do allow attackers to enter the crease if the attack occurs outside the crease before entering in. Otherwise known as the **forward momentum rule.**
5. Repossession rule: Unlike outdoor soccer, the goalie has the right to pick the ball up from a direct kick from his/her own defender.
6. Goalie in possession: A goalie in possession of the ball must either throw the ball or place the ball on the floor in order to advance the ball by a kick. The goalkeeper shall have 5 seconds to release the ball into play after having gained possession by hand. If the goalie takes longer than 5 seconds an indirect free kick will take place from the penalty mark.
7. Delay of game: If a defender intentionally uses any part of the body to delay the release of the ball from the goalie it is a yellow card offense.

**Penalties and violations:**

1. Dangerous play: No dangerous play will be tolerated. Dangerous play is any play that can cause harm to any player or spectator. If need be the dangerous play shall be penalized in the appropriate manner by the referee on the field. Each player is responsible for knowledge of the rules. Ignorance is no excuse for inappropriate activity. No slide tackling allowed in intramurals.
2. Indirect kicks: All restarts, except kicks from the mark, will result in an indirect free kick. Indirect free kicks are usually awarded after a team breaks a rule. In order for a goal to be scored off an indirect free kick it must be played by at least two players before crossing the goal line. If a player takes an indirect free kick and it deflects off of the goalie and goes into the goal it is allowed. An indirect kick that occurs in the penalty box will result in an indirect free kick.
3. Two line pass: The ball cannot be passed from one half of the court to the other until it has touched another person in their own half. If the ball passes the second line it is a 2 line violation. An indirect kick will be given to the opposing team.
4. Penalty time served: A player committing 2 personal fouls shall serve a max of 2 minutes in the penalty box. A player receiving a yellow card will be sent to serve a max or 3 minutes in the penalty box. A team receiving 6 personal fouls in a single half or overtime period, a player from the offending team must serve a max of 2 minutes in the penalty box. A team receiving a red card will result in an ejection and that team must play short-handed the entire game. Any game in progress that is called due to players getting ejected will not result in a paying forfeit.
5. During a player’s penalty, his/her team must play at a player disadvantage. If the teams are at equal strength, with the same amount of people in the penalty box and a goal is scored, no players shall be released. If a team has more than one player in the box and the opposing team scores, the player who has the least amount of time is allowed back into the game.
6. Personal Fouls:
   1. Unsporting behavior that is not serious enough to warrant a yellow/red card
   2. Will be at the discretion of the official
7. Red Cards: A player is sent off and shown the red card if he/she commits the following:
   1. Guilty of serious foul play-this includes slide tackling
   2. Guilty of violent conduct
   3. Spits at opponent or referee
   4. Other than the goalie, denies the opposing team a goal by handling
   5. Uses offensive, insulting, or abusive language or gestures
   6. Receives second caution in the same match
   7. **A team receiving a red card will result in an ejection and that team must play short-handed the entire game.**
8. Yellow cards: A player is cautioned and shown the yellow card if:
   1. Guilty of unsporting behavior
   2. Shows disrespect by words or action
   3. Persistently infringes the laws of the game
   4. Delays the restart of the game
   5. Fails to respect the required distance when play is restarted with a free kick
   6. Enters the field of play without the referees permission
   7. Leaves the field of play without the referees permission
   8. **A player receiving a yellow card will be sent to serve a max of 3 minutes in the penalty box.**