

Truman State University

Intramural Recreational Sports Indoor Soccer



Truman State University Intramural Indoor Soccer will follow National Federation High School Soccer Rules. The following is a listing of the more common rules applying to Intramural play along with Intramural Recreational Sports Modifications. The complete National Federation High School Soccer rulebook is available for viewing online at NFHS.org. All Participants must follow guidelines stated in the Intramural Recreational Sport Handbook.

SECTION 1: GENERAL RULES & REGULATIONS

TEAM REQUIREMENTS

1. A team shall consist of five (5) players. A team can play with a minimum of four (4) players. A team must have at least three (3) attackers and one (1) goalie to start the game.
 - a. Co-Rec Modification: A team must have 4 players present on the court (2 male and 2 female) or 5 players present (2 male and 2 female and a goalkeeper of either gender).
2. The maximum roster size is ten (10) players, twelve (12) for Co-Rec.
3. All players must have checked in with the scorekeeper and be listed on IMLeagues before they are allowed to participate.

EQUIPMENT & FACILITIES

1. The game ball will be provided by Intramural Recreational Sports. No other ball shall be used.
2. Players must remove all exposed jewelry. This includes, but is not limited to, rings, necklaces, watches, fitness trackers, and bracelets. No headgear other than soft headbands is allowed.
3. All players must wear court shoes with non-marking soles. No sandals, open toed shoes, open foot shoes, or slip on shoes will be allowed. Shoes are subject to the approval of the intramural employee.
4. The playing area shall consist of the entire length and width of the Multipurpose Gymnasium in the Student Recreation Center.
5. The goals shall consist of the two recessed 10 ft. by 8 ft. areas in the east and west walls.
6. The inside of the bench area and the area above and including the blue line around the wall are out of play.
7. A 20 ft. by 10 ft. goal box shall be marked in front of both goals.

PLAYERS & SUBSTITUTIONS:

1. Players must wear matching color jerseys or IM pinnies (except goalkeepers, who will wear a neutral color).
2. All substitutes must be located in the team box area. Only participants that are checked in for the game are allowed to be in the team box area.
3. Substitutions may occur with the referee's permission:
 - a. On dead ball situations
 - b. When the goalkeeper, while in control of the ball, requests substitutions. In this situation, the ball will be awarded to the team not requesting the substitution at midcourt.

SECTION 2: GAMEPLAY & PLAYER MOVEMENT

START OF GAME & TIMING

1. The game itself will consist of two 15 minute continuous clock periods with a 1 minute half time.
2. Each team may have one 30-second timeout in each half. Timeouts are not cumulative (Do not carry over), and may not be used during overtime periods.
3. For preseason games, in the case of a tie at the end of regulation the game will end as a tie.
4. On any kickoff, the ball can roll any direction (does not have to roll forward).
5. On any kickoff, all defenders must be behind the red 10' foot volleyball attacking line (extended) on their side of midcourt.

THE GAME:

1. Play at the beginning of the period or after any other stoppage of play, including injuries and scored goals, shall be started by an indirect kick. There are no throw-ins.
2. No offensive player can score a goal in any manner while in the goal box in front of their opponent's goal. No goal may be scored if the ball was wholly in the box when contacted by the offensive player, even if that player was outside the box. It is legal for an offensive player to contact the ball in the goal box, dribble the ball to outside the box and then score.
3. A player may not use two hands to brace themselves against the wall. One hand braces are legal.
4. No slide tackling, boarding, or any other strong physical contact (determined by the official) shall be permitted. These infractions will be handled on a situational basis by the referee and could result in ejection from the game.
5. Any ball that makes contact with the blue line (on the wall), or any ceiling or wall equipment above the blue line, is considered out of bounds and the defense will receive an indirect kick from the nearest spot. If the ball struck the wall out of bounds on either end of the court, the spot for the indirect kick will be from either corner to the side of the goal.
6. The game will be suspended if a team is ahead by 7 goals at any point in the second half of the game. (Mercy Rule)

CHAMPIONSHIP OVERTIME

1. During the Playoffs, there will be a 5 minute Golden Goal overtime period. This period will start after a 1 minute intermission upon conclusion of the 2nd half.
2. Teams will not change ends for the overtime period.
3. If the score is still tied after the first 5 minute overtime period, there will be a four (4) person shootout (penalty kicks) utilizing the players on the court for each team at the conclusion of overtime.
4. If the game is still tied upon conclusion of the 4-person shootout, a sudden death shootout will occur. All players (goalkeepers and substitutes included) from the team must shoot before any player may take an additional shot.
5. Division Championships & All Campus Championships: No shootouts. Overtime periods will continue in the 'golden goal' format until a winner has been declared.

GOALKEEPER RESTRICTIONS

1. The goalkeeper may play the ball with his hands only in the goal box. When the goalkeeper contacts the ball with his/her hands he/she may not propel, either by throw or kick, the ball past the midcourt line without it first touching the court or another player. An infraction results in an indirect kick for the opponent at the midcourt point nearest the infraction.
2. A goalkeeper may only handle the ball a maximum of 6 seconds before the ball must be released into play.
3. If a team acquires possession of the ball *on their side of midcourt* and they pass the ball back to the goalkeeper, the keeper *MAY* use his or her hands to pick up the ball. Once he or she has done this and subsequently released the ball to a teammate, the keeper *CANNOT* use his or her hands again until the opposing team gains possession of the ball first. If a team violates this rule in any manner, the opposing team shall receive an indirect kick from the free throw line in front of the goalkeeper.
4. A goalkeeper may participate in the penalty kicks in an overtime situation.

GOAL BOX

1. The goalkeeper shall have unrestricted movement in the goal box. Any obstruction of a goalkeeper by an opponent in the goal box, intentional or not, shall result in a goal kick. A penalty kick will be awarded if a foul occurs within the offending team's goal box.

FREE KICKS

1. All free kicks will be indirect.

SECTION 3: FOULS, INFRACTIONS, AND CARDS

HANDLING OF FOULS & INFRACTIONS:

1. An indirect kick shall be awarded at the spot nearest the infraction for all common fouls and infractions. If the nearest spot is within a goal box, the ball shall be placed at the free throw line in front of the goal.
2. During an indirect kick opponents must not be within 10 feet of the ball (players may be on the goal line if it is less than 10 feet away) until the ball has been played by another player.
3. A foul that takes away a scoring opportunity or a foul that is flagrant in nature will result in a penalty kick for the offended team. The foul does not have to occur within the goal box for a penalty kick to be awarded.

FOULS

1. Fouls will be called by the game referee and administered by the referee. The referee will handle fouls in any of three ways:
 - a. Free indirect kick
 - b. Penalty kick
 - c. Yellow/Red card plus free indirect kick or penalty kick. The handling of the infraction is to be assessed in accordance with the nature of the foul.
2. The following are fouls/infractions that will result in a whistle and dead ball:
 - a. Handling the ball with the hands or the arms; this includes directing the ball in a given direction with any part of your hands/arms.
 - b. Tripping an opponent
 - c. Pushing the opponent with the hand or any part of the body
 - d. Playing dangerously (kicks, strikes, attempts to kick or strike, jumps at an opponent, charges at an opponent, kicking dangerously high in the direction of an opponent, slide tackling)
 - e. Charging an opponent in a dangerous manner
 - f. A player playing the ball a second time before it has been played by another player on the kickoff, a free indirect kick, or penalty kick
 - g. Improper substitution
 - h. Dissention towards an official's decision
 - i. Unsportsmanlike conduct
 - j. Illegal obstruction (interfering with an opponent without the ball)
3. There will be no slide tackling permitted-Slide tackling will result in an automatic YELLOW CARD and a two minute penalty.

YELLOW CARDS AND RED CARDS

1. Yellow Card
 - a. Two (2) minute penalty, team must play down one player. Offending player must serve the full two minutes (can't return after score). Offending player must wait for a dead ball to return to the court, meaning the penalty time may last longer than two (2) minutes. Any player who receives two yellow cards in a game will automatically receive a red card and be ejected from the game. Any player who receives four (4) yellow cards in the season will be ineligible for the remainder of the season.
2. Red Card
 - a. Game length penalty. Team must play down a player and that player is ejected from the game. That player's position cannot be filled. Any player receiving two (2) red cards in a season will be ineligible for the remainder of the season.

PENALTY KICKS

1. A penalty kick shall begin at the midcourt line and involve any offensive team player and the opposing goalkeeper. The shooter has five seconds to approach the goal and shoot. The player must shoot from behind the red service volleyball line. The ball is dead after the shot goes in the goal or does not enter the goal. If a goal is scored, play will be restarted by the offending team at the center of the midcourt line. If a goal is not scored, play will be restarted with an indirect kick from the midcourt line by the offended team.

UNSPORTSMANLIKE CONDUCT

1. Any unsportsmanlike conduct (verbal abuse to officials or players, unnecessary roughness, etc.) will result in a penalty being assessed and possible ejection from the contest and/or forfeiture.
2. Any individual ejected from a contest will be ineligible for further participation in any IM activity until the incident is reviewed with the Director of Intramural Recreational Sports. Any player who is ejected must leave the Student Recreation Center.

SECTION 4: MISCELLANEOUS INFORMATION

PROTESTS

1. Protests shall not be received or considered if they are based solely on a decision involving the accuracy of a judgment call. Only rule interpretations may be protested.
2. A protest must be made with the Supervisor immediately following the call in question or at the end of the half/game.
3. Protests involving ineligible players may be made any time before the game or following the conclusion of the half or game. All eligibility protests will be marked by Supervisor as being played under protest, but the game will be completed. A written protest must be submitted to the Director by noon the following day in order for the protest to be heard. Protests that do not follow these guidelines will not be heard.

PLAYER/PARTICIPANT CONDUCT

1. We will hold all participants and spectators to a high degree of sportsmanship. This includes respect to authority, other participants and other spectators. Intramural officials may cite any participant or spectator with acts of non-sportsman-like conduct, and we may link spectators to participants for the purposes of assessing penalties.
2. Intramural staff may eject participants and spectators from any contest and/or event facility for acts of non-sportsman-like conduct. Those ejected for any reason may not participate in any further intramural activities until arranging a meeting with the Director of Intramurals to discuss reinstatement.
3. The Intramural Department, in coordination with the Office of Citizenship and Community Standards, will potentially suspend any person ejected from competition two times during the academic year (in any sport or combination thereof) for the remainder of the academic year. If the ejection occurs in the last game of a school year, the penalty will carry over to the next school year, if warranted. These cases are reviewed before a suspension is assessed and handed down.
4. Fighting and malicious contact are strictly prohibited at intramural contests. Those who threaten or physically abuse intramural officials or other applicable authority will potentially be removed from Intramural participation permanently. These cases are reviewed on a situational basis in cooperation with the Office of Citizenship and Community Standards.
5. Participants are responsible for intentional or negligent damage to personal and public property, and the Intramural Department may penalize those involved in such acts as well.

ALL Intramural rules posted in the handbook are applicable with this sport. Each participant is responsible for reviewing Student Recreation Center guidelines and Intramural guidelines available on the website before participating in any event.

<http://www.truman.edu/recreation/intramural-sports/>