
UTC Campus Recreation

INTRAMURALS

INDOOR SOCCER RULES

Fall 2022

Section 1: Players and Equipment

1. Each participant must present a current, valid UTC student or faculty/staff ID card and be a member of the ARC in order to be eligible to participate.
2. The game shall be played between two teams of 5 players each (including 1 goalkeeper). Each team must have a minimum of 4 players in order to begin a game. In Co-Rec play, each team will consist of a maximum of 3 of any one gender. At no time may the difference between males and females on a team be greater than one.
3. Due to injury, a team may continue with less than the minimum number of required players (4). An ejection that leaves a team with less than the minimum number of required players will result in a forfeit by that team.
4. A game ball will be provided for each game.
5. Each team is required to wear matching shirts of one distinguishable color. Any team not dressed in like-colored shirts may wear the colored intramural jerseys provided by Intramural Sports. **Each goalie should wear a shirt which contrasts in color to that of the other players.** Teams that do not have the same color shirt will forfeit the match.
6. **Shoes:** Tennis shoes are required for play. Players may not play barefooted. No combat, cowboy or hiking boots may be worn. No steel cleats or shoes with steel detachable cleats that screw onto the shoes may be worn.
7. **Shin guards are recommended during play for personal safety.**
8. Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces made of any hard material must be covered with at least one-half inch of padding for safety reasons. Under no circumstances will a player wearing a cast or splint be permitted to play.
9. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own eyeglasses.
10. **Jewelry:** No jewelry or any other item deemed dangerous by the official may be worn. Any player wearing exposed permanent jewelry (i.e. body piercing) will not be permitted to play. Religious & Medical emblems are permitted, pending that they are taped and secured to the players' body.
11. **Headwear:** Players may wear a knit or stocking cap (no caps with bills) during play. Bandanas which are tied with a knot are not permitted.
12. For specific rules concerning the eligibility of players, such as current or former club sport or varsity team members, refer to the Intramural Handbook.

Section 2: Game Format

1. Each game will consist of two 20-minute halves with a running clock. The clock will only stop for injuries. The scorekeepers will be responsible for keeping the game clock.
2. **Game time is forfeit time.** A team must have the minimum number of players to start a game. If there are an insufficient number of players, the opposing captain has the option of taking the win or waiting for the minimum number of players to show. In the event that he/she decides to wait, that decision is irreversible and game clocks will be adjusted accordingly. If a team decides to wait, it will be required to wait a maximum of 10 minutes and play will start as soon as the opposing team has the minimum number of players present. The minimum number of players for Men's, Women's, and Co-Rec play is four (4).
3. A coin toss at the beginning of the game shall determine which team has the choice of a goal to defend or kicking off first. The loser of the toss shall have the remaining option. Between halves, each team shall exchange ends and alternate the kickoff.
4. **Mercy Rule:** A game shall be called if a team is ahead by ten (10) goals at any point in the second half.
5. **Overtime: In the event that a score remains tied at the end of regulation during the regular season, the game will end in a tie.** If the game ends in a tie during the playoffs, then the winner will be decided by shootout. Teams will select any 5 players from their team. If it remains tied after 5 shots have been taken, teams will continue to shoot until there is a winner.

Section 3: Start of Play

1. At the referee's signal, the game shall be started by a player taking a place kick. The only requirement is that the ball has to move. It may be forward or backward. All players shall be in their team's half of the field and all players of the team opposing that of the kicker shall be at least 5 yards from the ball until it is kicked.
2. The kicker may not play the ball again on the kickoff until it has been touched or played by another player on either team. **Penalty:** Indirect free kick at the spot of the foul.
3. After a goal is scored, the team scored against shall restart play by a kickoff.
4. Between halves, teams will exchange goals to defend and the team who did not kick off the first half will kick off the second half.

Section 4: Substitutions

1. Substitution are only allowed during dead balls.
2. Team substituting must notify official while ball is dead, once ball is put back in play by the official there are no more subs until the next dead ball.
3. The substitute must wait to enter the game until the player coming off the court has left the playing area.

3. If a substitute enters the game before the player they are replacing comes off the court and the ball is put in play, then they will lose possession of the ball and the other team will be awarded an indirect free kick at the spot of the ball when the infraction occurred.
4. The goalkeeper may come out of the goal area at any point in time. They must return to the goal area before using their hands. They are treated as a regular player once they leave the goal area.

Section 5: Scoring

1. A goal is scored when the entire ball passes legally beyond the goal line between the goal posts and under the cross bar, provided that it has not been carried, thrown, or propelled by the hand or arm. A ball on the goal line is not considered to have crossed the goal line.
2. **In Co-Rec play, a goal scored by a female counts for 2 points. There must be intent to score (shooting motion or purposeful deflection) in order to count as 2 points.**
3. If a defending player other than the goalkeeper intentionally stops the ball with his/her hands or arms to prevent a goal from scoring, then a goal is awarded and no penalty kick is awarded.
4. A goal MAY be scored during play directly from a:
 - A. Penalty Kick
 - B. Corner Kick
 - C. Drop Ball/Direct Kick
5. A goal MAY NOT be scored during play directly from a:
 7. The goalkeepers thrown ball, kick, or header inside his/her goal area
 8. Kick-in
 9. Free kick into a team's own goal
 10. Indirect Free Kick

Section 6: Offsides

1. **There is no offside in UTC Intramural Soccer.**

Section 7: Goalkeeper Play

1. The goalkeeper is the only player allowed in the goal area. Any player who enters the goal area and plays the ball will be called for a foul. If offense- Goal Kick/Possible Card, If Defense, Free kick 5 yards from goal area.
2. The goalkeeper may not take more than six seconds while in clear possession of the ball with the hands. Possession includes holding, bouncing, or throwing the ball in the air and catching it again. After the goalkeeper gains possession and prior to using the 6th second, the ball shall be played or touched by another player. Once the ball has been touched by another player, another six seconds may be allotted.
3. The goalkeeper in possession of the ball must not be interfered with or impeded in any manner by an opponent.
4. The goalkeeper is permitted to touch the ball with his/her hands when a player heads or controls the ball to his/her own goal without the use of his/her feet.

5. The goalkeeper is not allowed to punt the ball. They must throw the ball or place it on the ground and kick it.
6. **Any ball put back in play by the goalkeeper must land on their side of the court. If this does not happen, then that team will lose possession of the ball.**

Section 8: Fouls and Misconducts

1. A player shall be penalized if he/she:
 - A. Handles the ball with his/her hands or arms. This does not apply to the goalkeeper within his/her own goal area, provided he/she releases the ball within the prescribed six seconds.
 - B. Trips an opponent, including throwing or attempting to throw an opponent by the use of the legs. **NO SLIDE TACKLING WILL BE PERMITTED. SLIDE TACKLING WILL RESULT IN AN AUTOMATIC RED CARD.**
 - C. Pushes or holds an opponent with the hand or with any part of the arm or body.
 - D. Plays dangerously (kicks, strikes, attempts to kick or strike, jumps at an opponent, charges in a violent or dangerous manner, kicks dangerously high in front of opponent).
 - E. Illegally obstructs an opponent by interfering with an opponent's movement without the ball.
2. A penalty shall also be assessed should two or more defensive players simultaneously make contact with the player who has control of the ball.
3. A player or coach will be disqualified (red card) for the following:
 - A. Exhibiting violent conduct or committing serious foul play including, but not limited to, deliberately handling a ball to prevent it from going into the goal or committing a foul against an opponent who is moving toward his/her goal with an obvious opportunity to score.
 - B. Using foul or abusive language.
 - C. Fighting
 - D. Slide Tackles- No Sliding in general
4. A disqualified player cannot be replaced.
5. **Two red cards on the same team in the same game will result in an automatic forfeit of the game.**

Section 9: Free Kicks

1. **All free kicks shall be classified as either indirect or direct.**

All free kicks may be kicked in any direction from the point where the infraction occurred, except the penalty kick, which must be taken from the penalty spot and kicked forward.

2. Offenses for which an **indirect** free kick may be awarded include the following violations:

- A. Tripping an opponent, including throwing or attempting to throw an opponent by the use of the legs and slide tackling.
- B. Pushing and opponent with the hand or with any part of the arm or body.
- C. Holding an opponent.
- D. Playing dangerously (kicks, strikes, attempts to kick or strike, jumps at an opponent, charges in a violent or dangerous manner, kicking dangerously high in front of opponent).

Offenses that result in a direct free kick include the following violations:

- E. Handling the ball with hands or arms.
- F. Charging an opponent in a dangerous manner.
- G. A player playing the ball a second time before it has been played by another player at the kickoff, a free kick, a penalty kick, a corner kick, a goal kick, or by the thrower following a throw-in.
- H. To resume play after a player is ordered off the field for persistent misconduct or violent conduct.
- I. Illegal obstruction (interfering with an opponent's movement without the ball).
- J. The goalie taking more than 6 seconds during any one possession.
- K. Charging the goalie or not allowing him /her to move with the ball.

4. When a free kick is being taken, a player of the opposite team shall not approach within 5 yards

of the ball until it is in play. A violation of this may cause player removal from the game. The ball must be stationary when kicked, and after being kicked, the kicker shall not play the ball a second time until it has been touched by another player. Must be requested by the kicking team.

Section 10: Penalty Kicks

1. A penalty kick shall be awarded when a foul occurs within the offending team's penalty area. This will mainly include fouls made by the Goalkeeper (6 second violation, illegal play, etc.)
2. All players except the kicker and the opposing goalkeeper shall be within the field of play but outside the penalty area.

Section 11: Ball in Play

1. The ball always remains in play unless it goes into one of the designated out of play areas.
2. The out of play areas are:
 - A. Over the net, banister, or wall
 - B. In the corners by the curtain
3. The ball will be put back in play with a kick in at the spot nearest to where the ball went out of play. The team that did not touch it prior to it going out of play will be entitled to the kick in.
4. A corner kick will be awarded if, and only if, the ball goes out of bounds over the goal after being touched by a member of the defending team.

Section 12: Restricted Play Areas- Goalcrease

1. Only the goalkeeper is allowed inside the goalcrease.
2. At no point in time will an offensive or defensive player be allowed to play the ball in the restricted area in front of the opponents' goal (The red goal box is the restricted area).
3. The purpose of the restricted area is to protect the goalkeeper.
4. Players must kick the ball while outside of the restricted area. Once the ball is kicked, the player's momentum may take them into the restricted area. However, they still can not interfere with the play. They must "give themselves up."
5. If an offensive team member kicks the ball or interferes with the play while in the restricted area, the ball will become dead immediately and the other team will have an indirect free kick at the spot of the infraction.
6. If a defensive player plays the ball in the crease the result is a direct free kick 5 yards outside the crease.

Section 13: Stoppage of Play Due to Injury

1. Play will stop when the ball is out of play or at a time deemed suitable by the referee.
2. If the referee stops play, the game will re-start with a drop ball.
3. Injured players must stay on the field and on the ground.
4. Time will be stopped for medical attention, and play will resume as soon as the player is off the field.

Section 15: Awards

1. The winner of each league will receive an Intramural Championship t-shirt.
2. Each member of the team's official roster will receive a shirt. However, the number of shirts will be limited to no more than 12 per team. For example, if a team had only 10 players on its roster, then they would receive 10 t-shirts.