

University of Massachusetts Lowell
Campus Recreation Department



Intramural Indoor Soccer Rules

Current NFHS (National Federation of State High School Associations) shall govern all intramurals rules used for soccer unless modified by the University of Massachusetts Lowell Intramural department for program needs. Persons subject to the rules are team representatives, including players, substitutes, replaced players, coaches, trainers, spectators and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of officials assigned to the game.

EQUIPMENT

- 1) **Recommended equipment: Non-marking shoes & protective gear**
- 2) **Legal equipment:**
 - a. **Pants or shorts without pockets or exposed drawstrings (Exception: Shorts w/ pocket located posterior area)**
 - b. **Religious & medical alert bracelets or necklaces must be taped to the body for participation**
 - c. **Hair control devices & knee pads that are soft, pliable & non-abrasive**
- 3) **Illegal / Prohibited Equipment is as listed by not limited to the following:**
 - a. Any item containing exposed knots: Includes bandannas, do-rags & stocking caps
 - b. Headwear containing any hard & unyielding material
 - c. Pants, shorts or jerseys with any belt (s), belt loop (s), pocket (s), exposed drawstring or zippers
 - d. Tear-away pants, shorts or jerseys
 - e. Jewelry: Includes earring, rings, watches, bracelets, necklaces
 - f. Any exposed body or facial piercing must be taken out
 - g. Hooded coats & sweatshirts
 - h. Hard and unyielding leg & knee brace material

PLAYERS AND GAME TIMING

- 1) The game shall be played between 2 teams of 5 players each. 4 players are required to start the game to avoid a forfeit.
- 2) **It is highly recommend for teams / individuals to arrive 10 minutes early before the scheduled game time. At the scheduled game time, if a team does not have the required number of players a 10-minute grace period is in effect. If a team/individual does not appear within the grace period, a win by forfeit will be accredited to the opposing team.**
- 3) **The game shall consist of two 20-minute running halves.**
 - a. The clock will ONLY STOP for injuries and time-outs. Half-time is 3 minutes.
- 4) **If the game is tied @ end of regulation in regular season play then the game will end in a tie.**
- 5) **Overtime will occur in playoffs only: Procedures can be reviewed @ end of document**

PLAYING REGULATIONS

- 1) There are no offsides in Indoor Soccer.
- 2) Each team is allowed one time-out per half, which does not carry over.

SUBSTITUTIONS

- 1) Any numbers of players can be substituted ONLY during dead ball situations.
- 2) Players must notify the officials before entering the game.

STARTING PLAY

- 1) First half will begin with a coin toss.
- 2) The winning captain shall have a choice of the following:
 - a. Defend what goal
 - b. Kick off first
- 3) Teams shall exchange goal lines after each half & each overtime period
- 4) At the moment of kickoff, all players shall be in their teams' half of the field. Players opposing the kicker shall be at least 5 yards from the ball until it is kicked.
- 5) The game will start on the official's signal.
 - a. For the opening kick-off, the ball must be touched so that it completes one full rotation backwards.
 - If a team plays the ball forward, the official shall stop play and a re-kick will be taken.
 - b. No goals can be scored during opening kicks since they are indirect free kicks.

BALL IN & OUT OF PLAY

- 1) **Play is continuous unless ball leaves playing area:**
 - a. **Stuck under bleachers, hits the ceiling or travels higher than the bottom of the windows.**
 - The ball will be awarded to the opposite team in this situation.
- 2) **Dead ball on back of net = Restart: goal kick**
- 4) The ball is in play at all other times, including:
 - a. Rebounds from a goal post or crossbar
 - b. Touches an official in the field of play
 - c. Official sounds their whistle
 - d. After a free kick or kickoff
 - e. Drop ball touches the ground
- 5) Drop ball
 - a. The game is re-started with a drop ball
 - i. Ball is declared out of play by two opponents simultaneously
 - ii. Ball becomes deflated
 - iii. Following a temporary suspension of play for injury, unusual situation or no team has clear possession of the ball
 - iv. Simultaneous fouls of the same degree occur by opponents

6) Temporary Suspension

- a. Play is suspended due to injury or unusual situation
- b. One team is clearly in possession of the ball
- c. Game will be re-started by a direct kick by the team in possession of the ball @ point where ball was when play was suspended

HANDLING

- 1) A player shall be penalized for both deliberately and accidentally handling, carrying, striking or propelling the ball with hand or arm
 - a. Penalty = Direct free kick: Exception = goalkeeper

HOLDING, PUSHING, CHARGING, OBSTRUCTION & DANGEROUS PLAY

- 1) A player shall not hold or push an opponent with hand (s) or arm (s) extended from body
- 2) A player shall be penalized for charging an opponent in a dangerous or reckless manner, or using excessive force.
- 3) A player shall not, in any manner, charge into the goalkeeper in the penalty area unless the goalkeeper is obstructing the player of dribbling the ball with the feet
 - a. **Any player who flagrantly fouls the goalkeeper in possession of the ball (ball trapped by either or both hands, bouncing ball to ground or releasing the ball into play) shall be disqualified.**
 - i. **Penalty = Direct free kick**
 - ii. **Outside penalty area, goalkeeper has no more privileges than any other player**
- 4) Goalkeeper in possession of the ball shall not be interfered with or impeded in any manner by an opponent
 - a. Penalty = Direct free kick
- 5) A player shall not charge into an opponent when neither player is within playing distance of the ball
 - a. **Penalty = Direct free kick**
- 6) Obstruction is a deliberate act & applies to a player: **Penalty = Direct free kick**
 - a. Not in possession of the ball
 - b. Not attempting to play the ball
 - c. Running in between an opponent & the ball
 - d. Using the body as an obstacle
- 7) A player not attempting to play the ball but remains between the ball and an opponent may be legally challenged from behind provided the challenge is not violent or dangerous & ball is in playing distance
 - a. A player shall not participate in dangerous play (**Penalty = Direct free kick**)
 - b. **SLIDE-TACKLING is PROHIBITED: player will be issued a RED Card & Penalty kick will be awarded to opposing team.(See iv. Below for further details)**
 - i. **Includes the goalkeeper (see iii.)**
 - ii. **Goalkeepers are allowed to slide for a ball, KNEES first, with intent to attain ball WITHIN goal box. Outside of the box the goalie is treated as normal field player.**

iii. **RED card= EJECTION = Player leaving their feet, whether they make contact with the ball or not, or initiating contact will be issued a Red card.**

RESTRICTIONS ON THE GOALKEEPER

- 1) The penalty box shall be the area within the three point arc.
- 2) After taking control of the ball with hands in the penalty area the goalkeeper has:
 - a. Six seconds to release the ball into play
 - i. Hold, bounce, punt or throw in the air & catch the ball
 - b. After release, may not touch it again with the hands until the ball is touched by teammate or opposing outside the penalty area
 - c. May not throw the ball over the mid-court line without the ball touching the floor, wall, or a player from either team. **Penalty= direct free kick awarded to opponent from the spot it crossed half.**
- 3) **Goalkeeper MAY use their hands at any time within the penalty area.**
 - a. To handle an opposing team's shot on goal.
 - b. A goalkeeper may receive the ball with feet outside the box but must return into the penalty area in order to play it with hands.
- 4) A goalie may not play the ball with their hands if they are receiving a pass from a teammate.
- 5) A goalkeeper playing a ball with the hands outside of the penalty area is a hand ball.

Penalty = Direct free kick awarded to opponent at the spot of violation.

SCORING

- 1) Goal is scored when the entire ball passes beyond the goal line, between the goal posts & under the crossbar provided it has not been deliberately thrown, carried or propelled by the hand or arm of a player of the attacking team
- 2) A goal MAY be scored during play directly from
 - a. Kickoff
 - b. Direct free kick
 - c. Penalty Kick
 - d. Drop ball
- 3) **No goals can be scored from shots inside the paint!**

MISCONDUCT

- 1) A team representative shall be cautioned (yellow card)
 - a. Entering or leaving field of play without the permission of an official
 - b. Persistent infringement of any rules of the game
 - c. Objecting by word of mouth or action to any decision given by an officials
 - d. Any use of vulgar or profane language
 - e. Unsporting conduct
 - i. Unnecessary delay (Kicking or throwing the ball away on a free kick, etc)
 - ii. Holding a shirt, shorts, etc.
 - iii. Deliberate verbal tactics
 - iv. Encroachment
 - v. Deliberate handball to stop an attack
 - vi. Deliberate tactical foul
 - vii. Faking an injury

- viii. Simulating a foul
- f. A cautioned player shall leave the field & be replaced
 - i. Team may elect to play shorthanded, if so, cautioned player may not re-enter nor be replaced until next legal substitution opportunity
 - 1. Penalty = Direct kick shall be awarded to non-offending team from spot of ball, unless game stopped for other reasons calling for a re-start**
- g. Disqualification could result & player on field reduced for
 - i. Yellow or red card
 - ii. Taunting, excessive celebration & subsequent yellow caution card
 - 1. Penalty = Direct kick shall be awarded to non-offending team from spot of ball, unless game stopped for other reasons calling for a re-start**
- h. Disqualification (red card)
 - i. Exhibiting violent conduct
 - 1. Penalty = Player ejection & Penalty kick for non-offending team.**
 - ii. Committing serious foul play
 - 1. Player who deliberately handles the ball to prevent it from going into the goal
 - 2. Foul by a player against an opponent who is moving toward offensive goal with an obvious opportunity to score
 - 3. Penalty = Player ejection & Penalty kick for non-offending team.**
 - iii. Leaving the team area to enter the field where a fight or altercation is taking place unless summoned by an official
 - 1. Penalty = Player ejection & Penalty kick for non-offending team.**
- i. There shall be no substitution for a player who received a red card.
 - i. The team will play one player short for the remainder of the game
- j. If a team receives 2 ejections, the game is over, team receives a 0 for sportsmanship & the game is a forfeit.

OVERTIME PROCEDURES (Playoffs only)

- a. Shall be one five-minute sudden death overtime period.
- b. A coin toss shall be held as in regulation
- c. If the score remains tied after the two five-minute periods have been played, a five-minute sudden overtime shall be played.
- d. **The 5 minute sudden death period ends with the first goal scored OR the horn sounds at the end of that 5 minutes. (ball is dead at that moment, no continuation)**
- e. If the score still remains tied after the five-minute sudden death overtime, five members from each squad (goalkeeper or eligible bench personnel) will be selected to take a penalty shot.
- f. Paper, rock, scissors will be held & winner shall have the choice of kicking first or second.
- g. Teams will alternate kickers & there is no follow-up on the kick.
- h. The defending team may change goalkeepers prior to each penalty kick.
- i. Each penalty shot will be made from 12 yard-line or 3 point arc and must be kicked within 5 seconds of the starting of the whistle. The goalie shall stand on the goal line, between the goal posts until the ball is kicked. Lateral movement is allowed, but the goalie is NOT PERMITTED TO COME OFF THE LINE by stepping or lunging until the ball is in play.
- j. Following the five kicks for each team, the team scoring on the greatest number of these kicks shall be declared the winner.
- k. If a tie still remains, a single shooter from each squad will be selected. Both shooters have an opportunity to kick & score. If one scores & the other shooter does not, the team who scored will be declared the winner.

DESCRIPTION OF KICKS

FREE KICKS

1) Free kick description

- a. "Direct" = a goal may be scored against the offending team from the kick.
- b. Any player of the offended team may take a free kick
- c. Taken in any direction, except kickoffs & penalty kicks
- d. From spot of foul except misconduct fouls of the field = location of the ball. Ejections = penalty kick at non-offending team's goal.**
- e. Awarded to the defending team within its own goal area
- f. An indirect kick awarded to the attacking team within an opponent's goal area
 - i. From a goal area line which runs parallel to goal line @ point nearest where offense was committed

2) Free kick awarded

- a. Trips or attempts to trip an opponent
- b. Player other than goalkeeper deliberately handles the ball, or goalkeeper handles ball outside area
- c. Player pushes an opponent with the hand (s) or arm (s) extended from body
- d. Player holds an opponent or places a hand (s) on an opponent in an effort to reach ball
- e. Player charges an opponent in violent or dangerous manner
- f. Player charges into an opponent while opponent, in act of playing the ball has both feet off the ground
- g. Player charges into goalkeeper

3) Free kick taken

- a. Players opposing the kicker shall be @ least 10 yards from the ball until it is kicked, unless they are standing on their own goal line between goal posts
- b. Awarded to defending team in penalty area, players opposing kicker shall be outside the penalty area in addition to 10 yards from the ball & must remain there until the ball clears the penalty area.
- c. Ball shall be kicked while it is stationary on the ground @ the spot
 - i. To be in play, the ball shall be moved in any direction
 1. Awarded to defending team in penalty area
 - a. Ball not in play until beyond the penalty area & into field of play
 - b. Failure to kick the ball as specified shall result in a re-kick
- d. Kicker may not play ball until it has been touched or played by another player
 - i. Penalty = Indirect free kick awarded to opponent from the spot of foul

4) Indirect Free Kick

- a. After the ball is kicked, the ball must touch another player before a goal can be scored.
- b. If a shot is taken and the goalie touches the ball and a goal results, the goal will count.

PENALTY KICK

1) Penalty kick description

- a. Awarded when a foul is committed by a team in their own penalty area
- b. Awarded when an ejection occurs: Non-offending team receives penalty kick.

2) Penalty kick taken

- a. All players except kicker & opposing goalkeeper shall be within the field of play but outside the penalty area & at least 5 yards from & behind penalty mark until ball is kicked

- b. The opposing goalkeeper shall stand on the goal line, between the goal posts, until the ball is kicked.
 - i. Lateral movement is allowed but the goalkeeper is not permitted to come off the line by stepping or lunging forward until the ball is in play
 - 1. **Penalty = Encroachment by defending team**
 - a. Goal is scored = No Penalty
 - b. Goal not scored = Kick is re-taken
 - 2. If ball touches goalkeeper before passing between the goal posts, when a penalty kick is taken at or after the expiration of time, it does not nullify any goal.
 - a. If necessary play may be extended so that the penalty kick may be taken.
 - b. If taken, after expiration of time, only the kicker may play the ball (once) with goalkeeper in place
- c. Infringements
 - i. Infringement by attacking team
 - 1. Ball enters goal = Goal does not count & re-kick
 - 2. Ball does not enter goal = No re-kick
 - ii. Ball rebounds into play, game shall resume.
 - 1. Ball is saved & held by goalkeeper = Play shall continue
 - iii. Both team guilty of infringements = kick re-taken regardless of outcome of kick
- d. Ball shall be kicked while it is stationary on the ground from the spot or any place on the penalty mark
 - i. Ball must be moved forward
 - ii. Once kicker has begun approach toward ball, movement may not be interrupted
 - 1. Failure to kick ball as specified result in a re-kick
- e. After penalty kick is properly taken, the ball may be played by any player except the one who executed the penalty kick. The kicker may not play the ball until it has been touched or played by another player on either team.
 - i. **Penalty = Direct free kick awarded to the opponents from the spot of the foul**