

# Indoor Soccer Rules

updated 8/10/23  
Indicates updated rule or Point of Emphasis.

## GENERAL INFORMATION

1. All participants must meet the eligibility requirements listed in the Intramural Sports Participant Handbook. **Each participant must be a current UVA student or UVA Rec member, and must purchase an Intramural Sports Pass for the semester in which the activity is taking place.** All expired memberships must be updated before the individual may play in any game. Each player must present a valid UVA Student ID or current UVA Rec Membership Card before each contest in order to be eligible to participate. Any games in which an ineligible player signs in will be considered a forfeit.
2. **Teams are responsible for keeping their players and spectators under control.** Misconduct of players, coaches, managers or spectators can result in penalty, ejection or forfeiture of the game. Spectators must also remain within the area designated by the IM Sports staff.
3. Alcoholic beverages, smoking, and pets are prohibited from all intramural contests.
4. IM Sports Officials/Supervisors will have absolute authority during the contest and can make decisions on any matter or question not specifically covered in the rules.
5. Official NFHS (National Federation of State High School Associations) rules will be observed with the following Intramural Sports modifications.

## EQUIPMENT

1. Players must wear **similarly colored team jerseys**. If teams do not have team jerseys, mesh pullovers will be issued.
2. All jewelry must be removed before participating. If jewelry is discovered during a match, the offending team will be given a warning. If jewelry is discovered a second time, the offending player will be removed and may not reenter until the next game, provided that the jewelry has been removed.
3. Appropriate gym footwear must be worn.
4. Hats and any other headwear that has a hard bill or creates a knot-like protrusion are not permitted.
5. Soccer balls will be provided by Intramural Sports.
6. Shin guards are highly recommended.

## PLAYING AREA

1. The playing area shall be the indoor sport court. Out of play areas also include anything outside the sport court. A ball that hits an out of play area is immediately dead.
2. Active players must remain within the playing area.

## PLAYERS/SUBSTITUTES

1. Teams will consist of five (5) players (one of which will be the goalkeeper). A team may play with a minimum of 3 players. If a player has been disqualified, then they will not be allowed a replacement.
2. In Co-Rec games, **no more than 3 players on the court may self-identify as the same gender (Men, Women, or Another Non-Binary). If a team is playing with less than 5 players, we will follow a +/-1 rule.**
3. Substitutions occur "on the fly". An unlimited amount of substitutions may be used. Players (including the goalkeeper) may be changed at any time from the substitution area, provided that the player(s) leaving the court are within 5 feet of the substitution area and are not involved in the play before the change is made. Substitutions may also be made during a dead ball.

- a. If, in the course of making a substitution, either player deliberately plays the ball while the retiring player is still on the court, or if a player accidentally makes contact with the ball, the infraction "Too Many Players" shall be assessed. *Penalty - Indirect kick.*

## LENGTH OF GAME & TIMING

1. The game will be one continuous 25-minute period with no halftime.
2. The clock will stop for all injuries.
3. Time outs will not be allowed.
4. A coin-flip will determine who gets the choice of ball or side of the court.
5. *Mercy rule*--if a team is winning by **10 goals or more during the final five minutes**, or **5 goals** or more during the final two minutes, the game will be over.
6. In the event of a tie score at the end of regulation during the regular season **or pool play games (tournaments)**, the game will be recorded as a tie

## PLAYOFFS & SHOOTOUTS

1. **In the event of a tie score at the end of regulation during a playoff game, there will be a 5-minute golden goal overtime period with teams shooting at the same goal as they were at the conclusion of regulation.** In the event that the score is still tied, a shootout will be conducted.
2. A coin flip will decide which team has the option of shooting first or last. Each team has a total of 5 penalty kicks and will alternate each shot.
3. **Five** players from each team will be selected by the team to shoot (goalkeepers may be one of the shooters). Shooters *do not* have to have been on the court at the end of regulation. However, the goalkeepers *will be* the same as the goalkeepers from the end of regulation.
4. The shootout occurs with the offense putting the ball into play from half court and going "1-on-1" with the goalkeeper.
5. The offensive player will have 5 seconds to shoot, but must wait for the Official to start the play on each kick.
6. The goalkeeper must start on the goal line and may not move until the ball has been put into play.
7. The goalkeeper may then use their hands anywhere on the court.
8. Any foul by the goalkeeper during the shootout will result in an automatic goal. Any foul by the shooter will negate a goal that was scored.
9. Once a shot is taken, no rebounds will be allowed.
10. If the score is tied at the end of the shootout, sudden death penalty kicks will be taken (i.e., 1 kick for each team at a time) to determine the winner. All team members are eligible to take the penalty kicks. No team member may take a second kick until all members have taken a first kick.

## GAME PLAY

1. **Free Kicks**
  - a. Description of a free kick:
    - i. Direct - a goal may be scored against the offending team
    - ii. Indirect - a goal may not be scored unless the ball is played by another player from either team.
  - b. Rules for a free kick:
    - i. Opposition players must be at least 5 feet from the ball until it is kicked.
    - ii. Any player of the offended team may take a free kick (in any direction).
2. **Penalty Kick**
  - a. A penalty kick is awarded for any direct-kick offense of the rules by the defending team within the penalty area.

## FOULS AND MISCONDUCT

1. Kicking, striking, and tripping are illegal. *Penalty - Direct kick.*
2. A player shall be penalized for intentionally handling, carrying, striking, or propelling the ball with a hand or arm.
  - a. *Unintentional handball- indirect kick*
  - b. *Intentional handball- direct kick*
  - c. Handball will be deemed intentional or unintentional at the discretion of the officials.
3. Charging
  - a. A player shall not intentionally charge an opponent unfairly. An unfair charge is one in which a player does not use shoulder-to-shoulder contact with an opponent or does not have arms and elbows close to the body. *Penalty - Direct kick.*
  - b. Any player who intentionally charges an opponent into a wall shall be ejected without question.
4. Misconduct
  - a. A player or spectator shall be given a yellow card for persistent infringement of the rules of the game, acting in an unsportsmanlike manner, and/or objecting by word of mouth or action to the decisions given by an Official.
  - b. A player or spectator shall be given a red card for persistent misconduct, exhibiting violent conduct, and/or using violent or abusive language. A red card, or a second yellow card, will result in an automatic ejection from the game.

## RULES CLARIFICATIONS

1. Goalkeepers
  - a. The goalkeeper must have some part of their body touching inside the goal box in order to handle the ball.
  - b. The goalkeeper may not punt or drop-kick the ball. Any pass *thrown* by the goalkeeper must be touched by another player before it crosses mid-court. *Penalty - Indirect kick from mid-court.*
  - c. The goalkeeper may not handle the ball if it has been intentionally kicked to them by a teammate. *Penalty - Indirect kick.*
  - d. The goalkeeper has six seconds to release the ball from their hands.
2. The kickoff is not required to roll forward. However, the player who kicked off may not touch the ball until another player touches the ball. *Penalty – Indirect Kick from the spot of infraction*
3. Slide tackles are illegal! *Penalty - Direct kick.*
4. If a player falls to the floor, they may not play the ball until they are again standing. *Penalty - Dangerous play, indirect kick.*
5. There is no offside.
6. The ball will be out of play if it hits anything above the height of the plexiglass or if the ball gets stuck behind the goal. If the ball comes to rest by getting stuck inside the side netting it will also be deemed out-of-bounds. An indirect free kick will be awarded to the opposing team from the nearest point. The Official will blow their whistle to signify when the ball is out of play.
7. If a member of the defending team touches the ball last and it goes out of play behind the goal, a corner kick will be awarded. The kick will be taken within 2 yards of the corner of the court.
8. If a member of the attacking team touches the ball last and it lands out of play behind the goal, a goal kick will be awarded. The kick will be taken anywhere within the goal box.