

CU • STUDENT REC. CENTER INTRAMURALS
INDOOR SOCCER • RULES

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Website: www.colorado.edu/rec-center/intramurals

GENERAL

- Participants should have adequate health & insurance accident insurance to cover any injury which may occur.

THE GAME

- The game will consist of two 20 minute halves, with a running clock.
- Half time is 5 minutes.
- No time outs.
- An unintentional handball is play on.
- There are no offsides.
- A ball hit into the side of the net by the offense goes to the goal keeper.
- A ball hit into the side of the net by the defense goes to the offense at the side (like a corner kick).
- **No slide tackles allowed.** You can't play the ball while on the ground. A knee touching on the ground will be interpreted as being "on the ground". The penalty for a slide tackle is a direct kick at the point of infraction for the non-offending team. Violent or persistent slide tackles will result in a yellow card. Goalies may dive, hands first, or move laterally directly in front of the goal to save a shot, but may not slide tackle.
- There are no throw-ins. All violations result in a kick from the sideline. Set the ball on the floor and kick after the official has blown the whistle. All these kicks are indirect.
- There are no offsides.
- **TOURNAMENT TIE BREAKERS:** Each team takes 1 penalty shot. Coin flip determines who shoots first. It is sudden death penalty shots. A different player must take each shot. The first unanswered goal will end the game in sudden death. Anyone from the team can be the goal keeper during the shoot-off, but that person must stay in the goal for all penalty shots unless he/she is injured. Penalty shots (Hockey Style) will be explained by the officials at the game.

FOULS/PENALTIES

- **Penalty: kick going to the offended team at the point where the infraction occurred**
- Before any free kick, defending players must be at least 5 yards away from the ball. Kicker should kick immediately following the whistle.
- Rough play against the wall (called at the official's discretion) - indirect
- Most other fouls (e.g. hand ball, tripping, etc). - indirect
- An indirect foul committed in the penalty area results in a direct kick taken from the edge of the penalty area. All other fouls whether direct or indirect will result in a direct kick.
- A player may not kick the ball in the air over 3-lines. A violation of this rule will result in a direct kick above the 3 - pt line.
- **Penalty Kick:** Violations in the goal/penalty box result in a penalty kick.
- Penalty kick is awarded if the goalie throws the ball at a player.
- In a penalty shot situation, the player gets the ball at center court & has 10 sec. to score. The play is dead when the goalie touches the ball without it going into the net or 10 seconds expires.
- **PENALTY BOX PROCEDURE:**
- Player is detained by supervisor for:
 - 2 Minutes

- Time it takes for the other team to score.
- **FOULS LEADING TO 2 MINUTES “IN THE BOX”:**
 - Yellow card offenses including:
 - Persistent infringement of “Laws of the Game” (Tripping, pushing, handballs)
 - Dissent
 - Unsportsmanlike conduct
 - Slide-tackle where contact is made between players
 - “Hard” fouls against or near the walls.
 - An intentional handball in the goal will result in a 5 minute penalty.
 - Two yellow cards (depending on the circumstances) will result in a red card 5 min. penalty.
 - Any player who fails to cooperate with the Penalty Box Procedure shall be given a second caution for unsportsmanlike conduct and shall be sent off the court.
- Two yellow cards = a red card = ejection from that game and the next game
- **EJECTIONS:** A player will be ejected from a game for violent conduct, serious foul play, using abusive language, or if he/she persists in misconduct. If a player is ejected, he/she cannot be replaced by another player. This means that the team must continue and finish the game with one less player.
- The ejected player is automatically suspended from all Intramural Activity until he/she speaks directly to the Intramural Coordinator. Indoor soccer is not a game of physical strength, and the only contact between two players should be when the ball is within one yard, and then only shoulder to shoulder. These rules are to encourage you to play the ball and not the opposing player.
- **Conversing with the officials:** No one, not even the captains may talk to the officials. Any comments from the players or spectators will result in a yellow card. Teams are responsible for spectators. A spectator yellow card is awarded to the captain. Two yellow cards for misconduct or talking to the official will result in the game being terminated, and that team losing the contest. Questions may be directed to the Soccer Supervisor in a sporting manner, during half time or after the game.

TEAMS

- Maximum of (6) players on the court at one time. Need at least 5 players to start a game. CO-REC Indoor soccer must be played with at least 2 women or 2 men on the playing surface at all times.

PLAYERS/SUBSTITUTIONS

- May substitute at any time.
- Must inform officials of intent to substitute.
- Substituting cannot be used as a delay tactic.
- Goalies can throw but cannot kick the ball further than 3 lines.
- Goal keeper possession is limited to 5 seconds.

THE COURT

- All games will be played on the Carlson Gym basketball courts. The penalty area is about 30 ft x 20 ft. and will be defined by the officials
- **Goal Box:** There will be a goal/penalty area marked and the goal keeper can use his/her hands in this area. Other players may be in the goal area but cannot obstruct or interfere with the goal keeper.
 - On a violation by an offensive player in this area, the ball goes to the defense at the side.

- If the goal keeper touches the ball with his/her hands outside of the goal box, the ball goes to the other team at the side line.
- If a defensive player commits a hand ball violation in this area it will result in a penalty shot.
- A ball is out of bounds if it hits the ceiling.

UNIFORMS/EQUIPMENT

- All players must wear tennis or indoor court shoes with NON MARKING SOLES.
- No spikes, cleats or hiking boots.
- The IM-REC Sports office will supply the indoor soccer ball, jerseys, and goals. Players must wear a shirt under the IM jersey.