

American University Intramurals

Indoor Soccer Rules

Rule changes are noted in italics.

All intramural indoor soccer matches will be governed by USA Soccer with the following intramural modifications:

General Information

1. All participants must have their current valid AU ID with them in order to participate. No player will be allowed to play without his or her own valid AU ID. Players must have also completed the waiver form on-line.
2. The players must check-in with the supervisor on duty, which will check their AU ID and verify completion of the waiver form.
3. A player may play for ONE men's or women's team, and ONE coed team. Any intercollegiate soccer player who participate in 2006 or 2007 at any collegiate institution is ineligible to participate in intramural soccer.
4. Teams may add players under the following circumstances:
 - a. The player must not have played for another team in their respective division.
 - b. The player must have a completed waiver on-file for that sport.
 - c. The player must show his/her valid AU ID to the supervisor to check-in prior to the game.
5. Any non-AU students who wish to watch an indoor soccer game must pay a \$10 guest fee to enter Jacobs Fitness Center and Bender Arena.

Protests: Protests are not allowed on judgment calls. Team managers are allowed to protest a misapplication of the rule **before the restart of play** to staff on duty. The supervisor and officials will make a decision before the restart. The team manager may protest the game at that point if they believe that the decision is still incorrect. Protest procedures are laid out in the Policy and Procedure manual. Protests regarding plays will not be heard at any other time. Eligibility protests may be made at any time to staff members on duty. The staff will then alert the opposing team of the eligibility issue. Any further eligibility protests must be made in the Intramural Office.

Playing field: All games will be played in Bender Arena.

Game Balls: Game balls will be provided. Teams must play with the ball provided.

Players

1. A team consists of 5 players and one goalkeeper (3 men and 3 women for co-rec with the goalkeeper of either sex is optimal).
2. The minimum requirement is 5 players to field a team.
3. If a team has only 5 players, then they must play with a vacant spot for the sixth player.
4. If the 6th player arrives late, they may enter the game when they are ready to play and have checked in with the supervisor on duty.
5. All coed teams must have at least one male player, but not more than 3, on the court.

No Show

1. If a team is not present and ready to play by (5) five minutes after scheduled game time, the team present will be awarded a goal, kickoff, and choice of direction for the first half.
2. If a team is not present and ready to play by (10) minutes after the original scheduled match time, the entire match will be a No Show. Teams No showing twice will not be eligible for the post-season and will be removed from league play.

Equipment

1. Shoes are required and must be non-marking court or tennis shoes. No sandals, street shoes, boots, or other hard soled shoes are permitted.
2. No jewelry is allowed during intramural contests. All jewelry must be removed prior to participation in intramural contests.
3. No baseball caps are permitted.
4. No casts or metal/hard plastic splints will be permitted.
5. The Intramural supervisor on duty will have final authority on all equipment issues.

Timing

1. All games shall consist of two twenty (20) minute halves, with a five (5) minute half time.
2. The clock will run continuously except for a team or a referee timeout.
3. No overtime will be played for games tied at the end of regulation in the regular season.
4. Each team will be allowed one 1-minute timeout per half.
5. A timeout can be called: after a goal has been scored, on your free kick after a penalty or on your free kick when the ball has struck an object out-of-bounds.
6. Any player on the court may call a timeout.
7. If a player calls a timeout after they have already used their timeout for the half, a two-minute penalty will be assessed to that player.

Starting the Game and Second Half

A coin toss will be held to determine who will kick-off in the first half. The captain of the Home team will call the toss to determine which team will have the option to kick-off first or defend a particular end. Prior to kick-off, all players should be in their half of the field and all players opposing the kicker must remain ten feet from the ball until it is kicked. Once the referee has given the signal, the game will begin with a player kicking the ball in any direction. The kicker cannot touch the ball again until it has been touched by another player, otherwise, a free kick will be awarded to the opposing team.

To begin the second half, teams will change ends. The team that did not kick-off in the first half will take the kick-off to begin the second half. The team's bench will be located on the outside of the court behind the curtain nearest the goal they are defending.

Substitutions

1. Free substitutions – During the game, players and goalies may be substituted on an unlimited basis. The player being substituted must be within six (6) feet of the bench before the substitute may enter the game. Neither the player entering the game nor the player exiting the game may participate while both are on the field. Otherwise, a **two (2) minute penalty** will be served by a member (chosen by the captain) of that team.
2. Guaranteed Substitution – the restart of play will be delayed to allow the completion of substitutions after the following occasions:
 - a. After a goal has been scored
 - b. After a penalty has been awarded
 - c. During an injury timeout
 - d. During a team timeout
 - e. When the ball goes over the bleachers at the end wall
 - f. At an unusual stoppage of play and acknowledgement of the referee.
3. No substitutions (free or guaranteed) will be allowed in overtime play, except in the event of an injury.
4. No guaranteed substitutions will be allowed in the final two (2) minutes of a half, except on a team or official time out, or in the event of an injury.
5. If the referee stops play for an injured player, he/she must be substituted.
6. Players sustaining injuries causing an open wound must leave the game, and may not re-enter until the flow of bodily fluids stops, is covered, and the referee and supervisor approve re-entry.

Scoring

A goal is scored when the entire ball has passed over the goal line, between the goal posts, and under the crossbar. All goals will count for one point.

Playing Field

Games will be played at Bender Arena on courts A and D. The playing field will be made up of the curtains on all sides. All boundaries are playable. Any object suspended above the playing field will be out of play.

Ball In and Out of Play

The ball will be out of play:

1. When the ball goes in to the bleachers.
2. When the ball strikes the side curtains above the second stitching line.
3. When the ball strikes any object above the playing field.
4. When the ball goes out of play beyond the divider net out of the playing area.
5. When the ball is trapped between the goal and the curtain.
6. On the referee's whistle.
7. When a goal is scored.

In condition #1, the ball will be put back in play by the opposing goalie, if kicked out-of-bounds by the offense. Or, the opposing team will be awarded a corner kick, if the ball is kicked out-of-bounds by the defense. In conditions #2, 3, 4 the ball will be awarded to the opposing team at the spot it went out-of-bounds.

Should the ball become trapped in any of the openings on the playing field that are IN PLAY, a drop ball will be performed at the top of the key.

The ball is considered in play at all other times.

Goalkeeper restrictions

1. The goalkeeper has five seconds to release the ball after each possession.
2. The goalkeeper may not punt or drop-kick the ball.
3. The goalkeeper may not bounce the ball after gaining possession.
4. The goalkeeper may not play the ball with his/her hands if the ball has been passed back by a teammate.
5. If the goalkeeper plays the ball outside the arc and brings it back into the arc, he/she may not pick it up.

Free Kick Penalties

Major Offenses – Penalized by awarding of a direct free kick to the opposing team. The offending team must give at least 5 yards between the kicker and the nearest player.

1. Kicking
2. Tripping
3. Charging
4. Striking
5. Holding with the intent to injure
6. Pushing
7. Handball
8. "Checking" a player in to the wall
9. Purposely kicking the ball at a player

In addition to the above offenses, the following infractions may result in a direct free kick and possible penalty time being charged to the guilty player:

1. Player positioned along the wall shall not be double teamed.
2. No slide tackles will be permitted.
3. Players may not place their hands on the wall to shield the ball from defenders.

Unsporting Conduct – Penalized by awarding a direct free kick to opposing team.

1. Dissent in word or action
2. Persistent violation of the rules of the game.
3. Dangerous play (i.e. sliding, high kick, etc.)
4. Unnecessary delay
5. Encroachment
6. Obstruction
7. Charging the goalkeeper
8. Interference by players on the bench.

Penalty Kicks

Major offenses by the defensive team, within their own goal arc, will result in a penalty shot being awarded to the offensive team as follows:

1. The fouled player will lineup at mid-field and take place in a “one-on-one shootout” with the goalie, similar to the format used in hockey.
2. Starting at mid-field, the offensive player will dribble towards the goal and make one attempt to score within 5 seconds. The clock will start when the referee blows his whistle. The ball does not have to score within 5 seconds, but the shot must be taken within 5 seconds.
3. If the shot is not taken within 5 seconds, missed, or the goalie blocks the ball, the ball is dead and will be put in play by the goalie as if it was out of play, last touched by the offense.

Free Kick Ball Placement

1. Enforcement of free kicks will be at the spot of the foul, unless the foul occurred inside the goal arc.
2. If the ball is kicked above the bleachers on the end walls, the ball will be put back into play by the goalkeeper of the defensive team.
3. If the ball strikes an object above the field of play, the ball will be put back into play by a free kick taken by the other team from the spot directly below where the ball struck the object.
4. A goal may be scored from any free kick.

Time Penalties

Two and Three-minute penalties

A penalty of two (2) minutes may be assessed by the referee, according to the severity of the action, for any of the above penalties. All intentional handballs will be assessed a two (2) minute penalty.

If any of the major offenses are deemed to be extremely dangerous by the referee, he/she shall caution the offender and assess a three (3) minute penalty to the offender. No substitution will be allowed for this player until the expiration of the three-minute penalty, regardless of whether a goal, or goals, is scored by the opponent.

The assessment of a second time penalty for a major offense will result in the issuance of a caution (yellow card) to the player. A third penalty will result in the ejection (red card) of the player from the game. In the event of an ejection, the player must serve a five (5) minute penalty for the red card and a two (2) minute penalty for the violation. The ejected player may not be substituted until the entire seven (7) minute penalty has expired, regardless of whether a goal has been scored by the opposing team. The ejected player may not return to the game.

Player Serving Time Penalties

Players serving time penalties must report directly to the penalty area. The penalty time will not begin until the player is in this area.

1. A player serving a time penalty may return to the game if the opposition scores and he/she is the only player serving time, except in the instances mentioned above.
2. If two players from the same team are serving time penalties and the opposing team scores, only the player served the longest time may return.
3. If a player from each team is serving a time penalty, neither may return after a goal. Each player must serve the full time penalty.
4. No more than two players from the same team may serve time penalties simultaneously. The time penalty for a third player will begin after the first player has returned to the game.
5. If a player is assessed a time penalty in the first half and time expires before the time penalty, the time penalty must be completed in the second half. This is also true if the time penalty begins in the second half and the game proceeds into overtime.
6. If a penalty is assessed against the goalkeeper, it can be served by another member of his/her team.

Cautions

A player will be cautioned (yellow carded) if he/she:

1. Persistently violates the rules.
2. Shows any type of dissent by words or actions.
3. Is guilty of unsporting conduct.

NOTE: A team receiving four (4) card offenses will forfeit the game and is ineligible for the playoffs.

Ejections

A player will be ejected (red carded) from the game for:

1. Violent conduct or dangerous play in the opinion of the referee.
2. Foul or Abusive language.
3. Persistent misconduct after having received a caution.

Playoffs and Tie Breaker Procedure

1. During the playoffs, one five-minute, golden goal overtime period will be played to determine the winner. A coin toss will be conducted using the same method as to start the regulation game.
2. If the score is tied after the overtime period, the winner will be determined by a "penalty shot tie-breaker" as follows:
 - a. The Home team will call the toss to determine which team will shoot first. The winner of the toss may elect to kick first or last.
 - b. Each team will select four players to take penalty shots. Only players playing the overtime period are eligible to take penalty shots in the tiebreaker. The goalie may be selected as one of the four kickers in the tiebreaker. In Co-Rec, teams will alternate male-female. All female goals will count as one point.
 - c. The team shooting first will select the first kicker. That player will line up at mid-field and take place in a "one-on-one shootout" with the goalie, similar to the format used in hockey. Starting at mid-field, the offensive player will dribble towards the goal and make one attempt to score.
 - d. Players will have 5 seconds to attempt a shot. If a player does not attempt a shot within 5 seconds, their attempt will not count. (See penalty kicks section above)
 - e. Each team will alternate through the first series of four kickers. The team scoring the most goals in the shootout will be declared the winner.
 - f. If the score is still tied after each team has taken four shots, the order will repeat from one through four in a sudden death format until a winner is declared.