

University of Illinois  
Division of Campus Recreation  
Intramural Sports Program

## **Indoor Soccer Rules**

Men, Women, Co-Rec

### **I. Players/Equipment**

1. Men's and Women's: Each team shall consist of 6 players on a side, one being a designated goalkeeper. Four players are required to start a game.
2. Co-Rec: Each team shall consist of 6 players. 3 must be males and 3 must be females. The goalie can be male or female. Four players are required to start a game. There must be a minimum of 2 males and 2 females at all times. A team may play with 5 members as long as they have the minimum of 2 males and 2 females on the court.
3. All players must be current U of I students or Campus Recreation members in good standing.
4. Players may not wear jewelry unless it is a medical bracelet.
5. Players may not wear shorts or pants with pockets or belt loops.
6. All players must wear non-marking shoes. No boots, sandals, open toe shoes, or cleats will be allowed.
7. Shin guards are highly recommended.

### **II. Substitutions**

1. Substituting may occur at any time that a team has possession, during your team's kick-in, your team's goal kick/corner kick, and any time that the opposing team is substituting a player.
2. Substitutions may also occur after a goal.
3. Substitutes shall go to their team entry position and cannot enter the game until the player they are replacing is completely off of the field. Substituting players must wait until they are on their half of the court and the ball has been played by another player before they can participate in the play.
4. A player who receives a yellow card must be substituted.
5. During an injury, both teams may substitute only if the injured player is substituted. A player that is bleeding must be substituted from the game.
6. Any player may change places with the goalkeeper, provided that the Official is informed before the change is made and the change is made during a stoppage in play. Penalty: Yellow card

### **III. Duration of the Game**

1. The duration of the game shall be two (2) equal halves of fifteen (15) minutes each. Halftime shall not exceed three (3) minutes. This may be shortened if both teams agree and are ready to play. The clock will be a running clock and will only stop for injuries and the LAST MINUTE of each half on dead ball situations.
2. Time shall be extended to permit the taking of a penalty kick awarded before the sounding of the final whistle to end each half.
3. Each team will be granted one (1) time-out per game. Time-out may only be called during a stoppage of play.
4. Overtime: If a game is tied at the end of regulation time the following will happen. Each team alternates taking five penalty shots. Players may not dribble the ball or play the rebound. If after five penalty shots the game is still tied, one penalty kick will be taken on an alternating basis until

and advantage is achieved. Each penalty shot in a shoot out must be taken by a different individual. If a team is short players they will be allowed to choose a player to take the fifth shot as long as that player is of the same gender they are short compared to the other team. The goalies must take shots during the overtime. A shooter has ten seconds in which to shoot the ball after it is put in play by the official. No faking will be allowed. Once the shooter starts a motion towards the ball a shot must be attempted.

#### **IV. Playing Rules**

1. There is no offside rule
2. The goalie may not hold the ball for more than five seconds (Foul: indirect free kick from top of circle)
3. The goalie may put the ball in play by either throwing or kicking it. The goalie may not score a goal on a throw or punt (foul: Indirect free kick from top of the circle.)
4. The goalie can use his/her hands only within the penalty area. (foul will result in a direct kick)
5. On any occasion when a player deliberately kicks the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch it with his/her hands. (foul: Indirect free kick awarded to the opponents at the spot of the violation, unless in the goal area).
5. Absolutely no slide tackling allowed (Foul: Red card ejection)
6. Walls-If play becomes potentially dangerous along the dasher boards, the official will stop play, move the ball away from the wall and restart the game with a drop ball.

##### **Legal:**

- i. Players may only use their hands on the wall to slow down their momentum

##### **Illegal:**

- i. A player may not use two hands on the walls to gain advantage (aside from standing up).
- ii. A player may not use two hands on the walls to shield an opposing defender, (obstruction indirect kick) will be called.
- iii. If player has two hands on the wall because he/she is forced to by the defender, charging will be called.
- iv. A dangerous charge along the wall (boarding) will result in an automatic (yellow card).
- v. A violent charge along the wall will result in an ejection (red card).

#### **V. Start and Restart of Play**

1. Before play begins, a coin is tossed and the team that wins the toss will have the choice of kicking off or deciding which goal to defend. The second half play will begin with a kickoff by the team that did not kickoff to start the game.
2. After the Referee has given a signal, the game shall be started. The ball is in play when it is kicked. (doesn't have to move forward) If the ball is not properly touched, the ball will again be placed on the kickoff mark the kickoff retaken.
3. The kicker may not touch the ball again until it has been touched by another player. Penalty: Indirect free kick
4. A dropped ball is a way of restarting the match after a temporary stoppage. Play may also be restarted with an indirect free kick if in the opinion of the Officials one team had clear possession of the ball when the stoppage occurred.

#### **VI. Ball In And Out Of Play**

1. The ball is out of play when:
  - a. It has completely crossed the goal line whether on the ground or in the air

- b. The ball goes over the dasher board
  - c. The official sounds his/her whistle
  - d. When the ball hits the ceiling, lights, air ducts, etc (indirect kick will result).
  - e. The ball will be placed at the top of the circle when kicked out of play by the goalie.
2. The ball is in play at all other times, including when:
- a. It rebounds from a goalpost, or crossbar and remains in the field of play
  - b. It rebounds off of the official when he/she is on the field of play
3. There will be no whistle to restart play except:
- a. When a team asks the official for 5 yards
  - b. When the ball goes over the dasher board
  - c. When play has been stopped to caution or eject a player
  - d. For a penalty kick
  - e. When a goal is scored

## **VII. Method of Scoring**

1. A goal is scored when the whole ball has passed over the goal line, between the goal posts and under the crossbar, provided that no infringement of the rules has been committed previously by the team scoring the goal. If the Official's whistle sounds before the ball passes fully into the goal, the goal shall not be allowed.
- a. A goal may be scored directly from a goal kick, but only against the opposing team
  - b. A goal may be scored directly from a corner kick, but only against the opposing team
  - c. A goal may be scored if a goalkeeper throws, punts, or dropkicks a ball into either goal
2. A goal CANNOT be scored directly from a kick-in. It must touch a member of either team before crossing the goal line to be counted as a goal.
3. Mercy Rule – If a team is up by 7 or more goals at anytime in the second half. If a team is ahead by 3 or more goals with 2 minutes remaining in the second half, the game shall be over. If a team takes the lead by 3 goals during the final two minutes of the game, the game shall be over.

## **VIII. Fouls and Misconduct - Free Kicks**

1. Free kicks shall be classified under two types:
- a. DIRECT-- from which a goal can be scored directly against the offending side. All direct kicks awarded in the penalty area shall merit a penalty kick.
  - b. INDIRECT -- from which a goal cannot be scored unless the ball has been touched by a player other than the kicker before passing into the goal.
2. Offenses for which a DIRECT kick shall be given are:
- a. Kicking or attempting to kick an opponent
  - b. Tripping or attempting to trip an opponent
  - c. Jumping at an opponent
  - d. Charging an opponent (A fair charge is one in which a player makes non-violent shoulder-to-shoulder contact with an opponent, with the arms and elbows close to his/her own body, at least one foot on the ground, and the ball within playing distance)
  - e. Striking or attempting to strike an opponent
  - f. Pushing an opponent
  - g. Holding an opponent
  - h. Spitting at an opponent
  - i. Slide tackling an opponent

- j. Intentionally handling, carrying, striking, or propelling the ball with a hand or arm
  - k. Using foul or abusive language directed towards a player or official
  - l. Handling by the goalkeeper outside the penalty area
  - m. Kicking the ball so that it hits the ceiling will result in a direct kick for the opposing team from the location WHERE THE BALL WAS ORIGINALLY KICKED.
3. Offenses for which an INDIRECT free kick shall be given are:
    - a. Playing the ball a second time before it has been touched by another player at the kickoff, a throw-in/kick-in, a drop kick, a free kick, a corner kick, or a goal kick
    - b. Obstructing the progress of an opponent Playing in a dangerous manner (i.e. high kick, playing on the ground)
    - d. If the goalkeeper takes more than 5 seconds while controlling the ball with their hands before releasing it into play
    - e. If the goalkeeper touches the ball with their hands after it has been deliberately kicked to him/her by a teammate.
    - f. If the goalkeeper touches the ball with their hands after receiving it directly from a throw-in/kick-in taken by a teammate.
    - g. A player prevents the goalkeeper from releasing the ball from his hands
    - h. A player commits any offense for which play is stopped to caution or dismiss a player
  4. When a DIRECT or INDIRECT free kick is being taken, all opposing players shall be at least 5 yards from the ball until it is kicked unless they are standing on their own goal line.
  5. If a DIRECT or INDIRECT free kick is kicked directly into a team's own goal, a corner kick is awarded to the opposing team.
  6. Treat all free kicks to be taken in the goal area by the defense as a goal kick.
  7. An INDIRECT kick to be taken in the goal area by the offense shall be taken from the top of the goal area line.

## **IX. Fouls and Misconduct - Disciplinary Sanctions**

1. Yellow card offenses:
  - a. Unsporting behavior
  - b. Dissent by word or action
  - c. Persistent infringement of the rules of the game
  - d. Delaying the restart of play
  - e. Failing to respect the required distance when play is restarted with a corner or free kick
  - f. Entering the field of play without the Official's permission
  - g. Deliberately leaving the field of play without the Official's permission
2. Red card offenses: (Which are also automatic ejections)
  - a. Serious foul play
  - b. Violent conduct
  - c. Spitting on opponent or any other person
  - d. Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball
  - e. Denies an obvious goal-scoring opportunity to an opponent moving towards the goal by an offense Punishable by a free kick or penalty kick
  - f. Using offensive, insulting, or abusive language and/or gestures
  - g. Receiving a second yellow card caution in the same match
3. Yellow/Red cards can be given at the officials discretion when warranted.

## **X. Penalty Kick**

1. Awarded for any infringement of the rules, within the penalty area, that would require a direct free kick (including kicking the ball so that it touches the ceiling).
2. A penalty kick shall be taken from the penalty mark. While the kick is being taken, all players with the exception of the player taking the kick and the opposing goalkeeper, shall be outside the penalty area and at least 5 yards from the penalty mark.
3. The opposing goalkeeper may ONLY move laterally on his/her own goal line between the goalposts, until the ball is kicked.
4. The player taking the kick must kick the ball forward.
5. Should the ball hit the goalposts or crossbar and rebound into play, the player who kicked the ball must not play it again until it has been touched by another player. Penalty: Indirect free kick
6. The ball shall be deemed in play directly after it is kicked.

## **XI. The Kick-In/Throw-In**

1. When the ball passes COMPLETELY over a dasher board, it shall be kicked in from the point where went over by a player of the team opposite to that of the player who it last touched.
2. A player shall:
  - a. Place the ball on the ground and proceed to take the kick following the rules of an indirect free kick. The ball shall be in play immediately after it has been kicked and may be played by any player except the one who executes the kick-in. Five yards shall be given, the same as all free kick situations.
3. If the ball is improperly kicked into play, the restart shall be taken by a player of the opposing team.
4. If an opponent interferes with or in any way impedes the actions of the thrower/kicker while the kick-in is being taken, the official will administer a yellow card for unsportsmanlike conduct.
5. Goalkeepers cannot handle a ball that is kicked-in directly to them by their own team.
6. A goal CANNOT be scored directly from a kick-in. It must touch a member of either team before crossing the goal line to be counted as a goal.

## **XII. Drop Ball**

1. Drop ball occurs:
  - a. When the ball is caused to go out-of-bounds by two opponents simultaneously.
  - b. Following a suspension of play for an injury or other situation in which no team has clear possession of the ball.
  - c. A foul by both teams occurring simultaneously.
2. The spot of the drop ball is where the ball becomes dead unless this is in the goal area, in which case the spot is the nearest point on the goal line in the field of play.

### **XIII. Goal Kick**

1. A goal kick shall be awarded to the defending team when the ball crosses the goal line, having last been touched by the attacking team.
2. Players opposing the kicker shall remain outside the penalty area until the ball moves out of the penalty area.
3. A player of the defending team shall kick the ball from the ground at any point within the goal area. A goal kick must clear the penalty area and enter the field of play or the goal kick will be retaken.
4. After the goal kick leaves the penalty area, any player except the one who executed the goal kick may play the ball.
5. Goal kicks are direct free kicks.

### **XIV. Corner Kick**

1. When the ball is last touched by the defending team and goes over the goal line, a member of the attacking team shall take a kick from within the quarter-circle at the nearest corner flag (white dots).
2. Players of the team opposing that of the player taking the corner kick shall not approach within 5 yards of the ball until it is in play.
3. After the corner kick is first touched, any player except the one who executes the corner kick may play the ball.
4. Corner kicks are direct free kick.