

# Kettering University Intramural Sports Indoor Soccer Rules

Intramural Sports reserves the right to change or modify the rules at any time for safety or management of the sport.

National Federation of High School Associations rules apply to all play except those listed as follows:

## **PLAYERS, EQUIPMENT, AND SUBSTITUTIONS**

**Safety** and health: Kettering University does not assume any responsibility for payments of outside medical expenses (x-rays, emergency room, doctor's fees, etc.). Payments of such expenses are the responsibility of the student.

Shoes must be worn at all times. Only sneakers and indoor shoes that do not mark the floor may be used on the court. Shin guards are not required but are strongly recommended. No equipment with exposed sharp edges is permissible. No jewelry is allowed.

- a) Teams shall consist of five (5) players and one (1) goalkeeper on the court at any time.
- b) The minimum number of players required to start and continue a game is five (5) including the goalkeeper. If additional players arrive for a short-handed team, they may enter the court from their team bench after the officials beckon them in.
- c) The goalkeeper must wear a different colored jersey from all other players. Players must wear the designated jersey color according to the schedule.
- d) Substitutions are unlimited with regard to the number of times a player enters the court. Substitutions can be made on the fly with the understanding that the players being substituted for must be off the court at the player's bench before the substitution enters the court and the official allows it.
- e) If a player is ejected during a game, that player can not be replaced. If a player is ejected prior to the start of the game, they may be substituted for.

## **2) GAME LENGTH**

- a) Game time is forfeit time. However, teams will receive a 5-minute grace period.
- b) Regulation games will consist of: Two (2) twenty (20) minute halves running clock, with a five (5) minute half time.
- c) There will be no time-outs, except when an injury occurs.
- d) Stoppage of the clock for injury, unnecessary delay in retrieving of the game ball, or any other reason is under the discretion of the referee.
- e) If a team is winning by seven (7) points or more at any time in the last two minutes of the, then the game will be called and the team ahead will win by the score at that time.
- f) If a game is tied at the end of regulation time, there will be one (1) sudden death overtime period of five (5) minutes. If during this period, neither team scores, the game will end in a tie. In the playoffs, if the teams are still tied after the overtime period, the game will go into a shoot out. The goalkeeper and shooters for the shoot out must have been on the court at the end of the sudden death overtime period. Five (5) players from each team will shoot, alternating teams after each shot. If the score is tied after the first five (5) players from each team shoot, a sudden death shoot out will occur. No players on a team will shoot twice until all the players on the team have shot.

## **3) OFFSIDE**

- a) There is no offside violation.

## **4) GAME BALL**

- a) A size five indoor felt soccer ball shall be used.

## **5) BOUNDARIES**

- a) Games will be played on the hardwood floor of the main gym area of the Recreation Center.
- b) The field will be the size of two basketball courts, with the direction of play being perpendicular to that of basketball.
- c) Field boundaries will match those of the existing basketball boundaries (blue line).
- d) Protective nets around the perimeter of the field must be in place prior to the start of any game. A player may not grab the net or touch the end curtain in any way that could cause damage to them. This will result in a penalty of two (2) minutes.
- e) The boundary above the playing surface will extend to the height of the elevated running track.

## 6) BALL IN AND OUT OF PLAY

- a) The ball is out of play when it has completely crossed a goal line or touchline, whether on the ground or in the air.
  - i) If the ball crosses the touchline, the team with possession must put the ball into play on the throw in within five (5) seconds after having gained control of the ball (and within sufficient distance of field boundaries). A player may not score a goal on a throw in.
  - ii) If a goalkick is awarded, the goalkeeper may distribute the ball by any means from inside the penalty area within five (5) seconds after having gained control of the ball. A player can not score a goal on a goalkick. The ball must make contact with a player or the ground before it crosses the midfield zone. The midfield zone is determined by the two center blue basketball sidelines.
  - iii) If a corner kick is awarded, the ball is kicked from the corner nearest to the ball exiting the playing field.
  - iv) With all plays bringing the ball back into play, the opposing team must concede at least ten (10) feet in any direction from the ball.
- b) High ball will be ruled out of bounds when the ball is intentionally kicked higher than the running track.
  - i) If the ball is deflected or clearly mishit, a drop ball will occur at the last point of contact. If that point was within the penalty area, a drop-ball will occur just outside the penalty area.
  - ii) If the ball contacts the running track railing (and returns to the playing field) or travels above the running track without contacting anything above the playing field, an indirect kick will be awarded to the other team at the point of last contact. If that point was within the penalty area, the indirect kick will be awarded just outside the penalty area.
  - iii) If the ball clears the running track railing or contacts anything above the playing field, the player will be given a two (2) minute penalty in addition to an indirect kick awarded to the other team. If it is the goal keeper, the team may chooses another player to sit out.
- c) When restarting the game after a temporary suspension of play, except on a free kick or throw-in, the referee shall drop the ball at the place where it was when play was suspended. If the ball is touched before it hits the ground, the ball shall be dropped again. If play was suspended in the penalty area, the ball should be dropped at the nearest point outside the penalty area.
- d) Throw ins and balls played back to the keeper by teammate must be played upon by the feet, chest, or head of the keeper

## 7) DIRECT KICKS

- a) A player who intentionally commits any of the following ten offenses:
  - i) Kicks or attempts to kick an opponent.
  - ii) Trips an opponent.
  - iii) Jumps at an opponent.
  - iv) Charges an opponent in a violent or dangerous manner.
  - v) Charges an opponent from behind unless the latter is obstructing.
  - vi) Strikes or attempts to strike an opponent or spits at him.
  - vii) Holds an opponent.
  - viii) Pushes an opponent.
  - ix) Handles the ball, i.e., carries, strikes, or propels the ball with his hand or arm.
  - x) Slide tackles
- b) A team will be penalized for any of the above listed offenses by the award of a direct free-kick to be taken by the opposing team from the point of infraction, unless the offense is committed by a player in his opponents' goal area. In this case, the free-kick shall be taken from a point ten (10) yards from the center of the goal.
- c) On a team's seventh (7) foul of a half, a player of the teams choice will incur a two (2) minutes penalty for a violation which results in a direct kick and play short handed. A player is released from the penalty box if a goal is scored by the team with the advantage A team will only play short two (2) players. If further penalties occur the penalty time will be extended to include additional two (2) minute periods.

## 8) CAUTIONS AND EJECTIONS

- a) A player shall be cautioned (Yellow Card) if he/she:
  - i) Persistently infringes on the Laws of the Game.
  - ii) Show, by work or action, dissent from any decision given by the referee.
  - iii) Is guilty of unsportsmanlike conduct.

- iv) Note: A player receiving a caution must leave the field of play for two (2) minutes and can be substituted for.
- b) A player shall be ejected (Red Card) if he/she:
  - i) Is guilty of violent conduct of serious foul play.
  - ii) Uses foul or abusive language.
  - iii) Persists in misconduct after having received a caution.
  - iv) Intentionally hits the ball with his hands in a direct effort to prevent a goal. Intentionally handling the ball is determined by whether or not the player had to reach out away from his/her body to handle the ball.
  - v) Receives two (2) cautions in one game.
  - vi) Note: A red card offense constitutes ejection for the rest of the game and the next game, this includes play-off games. A red card can be awarded without prior caution offenses. An ejected player may not be substituted for.

**9) PENALTY KICKS**

- a) A penalty kick is awarded when an infraction resulting in a direct free kick occurs within the penalty box. The kick is to be taken from a point 10 yards from the center of the goal by any member of the opposing team.
- b) All other players (except the defending goalkeeper) must be outside the penalty box until after the ball is touched by the kicker.
- c) The defending goalkeeper may not move his/her feet before the ball is touched by the kicker. If he/she does and the kick is missed, the kick is retaken. If, on the kick, the ball goes in the goal, a goal is scored.
- d) If time runs out after a penalty kick has been awarded but before it is taken, play will be extended for the taking of the penalty kick. The extension shall last until the moment that the penalty kick has been completed, i.e., no rebounds, but retakes for goalie movement are allowed.

**10) KICK-OFF**

- a) At the referee's signal, the game shall commence by a player taking an indirect free kick into the opposing team's half of the field of play. Each team shall be on the proper half of the field.
- b) The ball must move forward its circumference before it can be played again. After the ball is played, another player must touch the ball before the original kicker may play the ball.
- c) The opposing team must concede at least ten (10) feet in any indirection from the ball.
- d) Any violation of these rules requires the kick-off to be retaken.

**11) DROP BALL**

- a) When restarting the game after a temporary suspension of play, except on a free kick or throw-in, the referee shall drop the ball at the place where it was when play was suspended. If the ball is touched before it hits the ground, the ball shall be dropped again. If play was stopped in the penalty area, the ball should be dropped at the nearest point outside the penalty area.

**12) GOAL KICK**

- a) When taken: A goal kick is taken by the opposing team's goalkeeper when the ball passes completely over the goal line, either in the air or on the ground having last been played by a member of the defending team.
- b) How taken: If a goalkick is rewarded, the goalkeeper may distribute the ball by any means from inside the penalty area within five (5) seconds after having gained control of the ball. A player can not score a goal on a goalkick. The ball must make contact with a player or the ground before it crosses the midfield zone.

**13) CORNER KICK**

- a) When taken: A corner kick is taken by a member of the opposing team when the ball passes completely over the goal line, either in the air or on the ground having last been played by a member of the defending team.

**14) THROW-IN**

- a) When taken: A throw-in is taken to put the ball back in play after it has passed completely over a touchline, from the point

where it crossed the line. The ball is thrown in any direction by a player of the team opposite to that of the player who last touched the ball.

- b) How taken: The thrower, at the moment of delivering the ball must face the field of play and part of each foot shall be either on the touchline or on the ground outside the touchline. The thrower shall use both hands equally and the ball shall be in play as soon as it enter the field of play, either on the ground or in the air.
- c) Throw in to the goalkeeper may only played with feet, chest, or head.

**15) SCORING**

- a) A goal has been scored when the whole ball has passed completely over the goal line, between the goal posts and under the crossbar, provided it has not been intentionally thrown, carried, or propelled by hand or arm.

**16) BLOOD RULE**

- a) Any player who is injured on their body must have all the blood removed, the wound fully covered, and all bloodied clothing removed and clean clothing put on before he/she is allowed to return to the game in play.

**17) MISCELLANEOUS**

- a) A game will be a forfeit if it does not start at its originally scheduled time.
- b) No person may enter the field of play when a game is in progress without the approval of the referee to do so.
- c) No dangerous play will be tolerated. Dangerous play shall be considered to be any play which will give any player an undue or unnecessary advantage over any other player shall be penalized in the appropriate manner by the referee.
- d) Absolutely no unsportsmanlike conduct toward the referee will be tolerated. This includes any foul or abusive language or gesturing toward the referee; any action intended to display disapproval with the referee's decision; and any other actions deemed by the referee as offensive or personally attacking.
- e) Disciplinary actions may be taken by the Assistant Director of Recreation Services towards players who commit flagrant violation or endanger the health of other players.
- f) Protest must be addressed at the time of the occurrence of the offense and before play continues. Protests will only be accepted for a rule misinterpretation and participant eligibility.
- g) All players are responsible for knowledge of this rules handout. They must abide by all rules and ensure that each participant is completely eligible. Ignorance is not an excuse for inappropriate activity.