

INDOOR SOCCER RULES
LAW I
NUMBER OF PLAYERS AND PLAYER SUBSTITUTIONS



- 1.1 Maximum number of players will be six, one of which is the goalkeeper. In Co-rec play, three women and three men comprise a full team. Teams may play with one more of either sex (3 women and 2 men or 3 men and 2 women).
- 1.2 Minimum number of players needed to play the game will be four.
- 1.3 Substitutions – Unlimited on the fly provided the player(s) substituted for is within the touch line at their own bench area, or off the field of play, before the substitution is made.
- 1.4 Stopped play substitutions – Play will be held up to allow completion of substitutions on the following stoppages of play:
 - a) After a goal is scored
 - b) After a time penalty has been assessed
 - c) On an injury time out
 - d) When the ball is out of play
- 1.5 Substitution of the goal keeper – a change may be made at any time with any player as long as:
 - a) A referee is informed
 - b) A change is made during the stoppage of the play (1.4)
- 1.6 Forfeit – A forfeit shall be given to teams if:
 - a) They do not have the proper amount of players by five minutes after the scheduled start time of the game.
 - b) If the home team does not have the pinnies by five minutes after the schedule start time.

LAW II
PLAYERS EQUIPMENT

- 2.1 Shoes – must be flat soled (no molded spikes) and must be non-marking.
- 2.2 Players sent off for shoe change must report back to the referee before re-entering the game. And infraction of this rule will result in a two minute penalty.
- 2.3 Pinnies – Home team is responsible for pinnies. Home team is the first team listed on the schedule.

LAW III
DURATION OF THE GAME

- 3.1 Time of the game – The game shall be two (2) twenty two (22) minute halves. Time will be continuous except for:
 - a) An injury
 - b) When a time out is called by either team or the referee
- 3.2 Time outs – Each team will have one, one minute time out per half.
- 3.3 Penalty kick – Time shall be extended for allowance of a penalty kick if a call is made at the end of a period.
- 3.4 Half time – Half time shall be four (4) minutes.

LAW IV
START OF PLAY

- 4.1 Beginning of the game:
- a) Choice of ends is decided by the home team = a switch takes place at half time.
 - b) Visiting team starts with the ball in the first half, the home team starts with the ball in the second half.
 - c) Ball is put into play with a kick in any direction to another player. The player kicking off can not play the ball twice.
 - d) The defending team must be ten feet from the ball on all free kicks.
- 4.2 No goals direct from the kick off.
- 4.3 Drop ball shall be used:
- a) If the referee deems it necessary on an out of bound play
 - b) If the referee deems it necessary after an injury time out.

LAW V
BALL OUT OF PLAY

- 5.1 Ball out of play:
- a) When the ball wholly crossed the perimeter wall the ball will be played from the yellow dash at the point nearest the balls exit. If the ball crosses the back boards, a corner kick or a goal kick will be awarded.
 - b) When the ball hits the building structure above the field of play, an indirect will be awarded to the opposing team at the center nearest red or blue line.

LAW VI
SCORING

- 6.1 Scoring – A goal is scored when the whole of the ball has passed over the goal line.

LAW VII
OFFSIDES

- 7.1 Offsides – Three line violations – A player is guilty of a three line violation when they pass the ball across three lines (two blue and the red) in the air, toward the opponent's goal line without touching or having been played by another player, or without being played against the boards. An indirect kick shall be awarded in the case of a violation from the point where the ball passed the first red line.
- a) Any team playing with two players less then the opposing team shall not be penalized for this offense. However, at no time may a goal keeper propel the ball in any fashion over three lines.

LAW VIII
FOULS AND MISCONDUCT

- 8.1 Direct offenses – A player who intentionally commits any of the following penalty offenses:
- a) kicking or attempting to kick an opponent
 - b) tripping
 - c) jumping – jumps at an opponent
 - d) charging from behind
 - e) charging violently
 - f) striking – striking or attempts to strike an opponent
 - g) holding – holds an opponent
 - h) pushing
 - i) boarding – charging an opponent into the boards
 - j) dangerous play
shall be penalized by the award of a direct free-kick from the place where the offense occurred. In addition, a yellow card and two minute penalty will be assessed, if deemed necessary by the official.
- 8.2 Hand ball – A hand ball will be a direct kick with no time penalty assessed unless intentional.
- 8.3 Indirect offenses – A player committing any of the following offenses:
- a) Charging fairly, i.e. with one shoulder, when the ball is not within playing distance of the player concerned.
 - b) Obstruction – When not playing the ball, intentionally obstructing an opponent.
 - c) Charging the goal keeper
 - d) Delaying tactics:
 - 1) Goalie takes more than four steps while holding, bouncing, or throwing the ball in the air and catching it again without releasing it so that it is played by another player.
 - 2) Failure to distribute the ball having held it in their hands more than five seconds.
 - 3) A player puts the ball out of play (in the referees opinion) to delay the game.
 - e) A player places two hands on the board in order to gain advantage over another player. This shall be penalized by the award of an indirect free kick from the place where the infringement occurred. For each five (5) offenses called against a team, they will receive a two minute penalty to be served by a player the captain chooses.
- 8.4 Second (2nd) yellow card – Any player receiving two yellow cards in one game shall be ejected (red card) upon receipt of their second yellow card.
- 8.5 Ejection – When a player is ejected from a game, a five minute penalty shall be assessed against the player's team. The penalty shall expire upon the scoring of a goal by the opposing team, or the expiration of the penalty time. Another player will serve the penalty.

LAW IX
GOALKEEPER RESTRICTIONS

- 9.1 Five second rule – If the goal keeper has obtained full possession of the ball and delays the release of the ball from their hands by more than five seconds, a direct free kick shall be awarded from the point of infraction.
- 9.2 A two minute time penalty assessed against the goal keeper may be served by another player on the team
- 9.3 Passing back from the neutral zone – the goal keeper may not handle the ball when it is passed back to the goal keeper by a player on the goal keeper's team from beyond the first line (blue line). An indirect kick will be awarded at the point of the infraction. However, the goal keeper may play the ball in any other manner provided he does not handle the ball. If the ball is played back to the goalkeeper by using a player's head, the goalkeeper may play the ball with their hands.

LAW X
DELAY OF GAME PENALTY

- 10.1 If any player intentionally plays the ball outside the perimeter wall, and in the referee's opinion they did so to delay the game, play shall be stopped, an indirect free-kick awarded to the opposing team, and a two minute penalty shall be assessed to the offender. If the offense is committed by the goal keeper, a teammate may serve the time penalty. Goal keepers will not be considered to be in violation of this provision when they deflect the ball by hand over perimeter wall for a corner kick, provided the play is made from within the goal area.

LAW XI
PUNISHMENT

- 11.1 Termination of penalty after a goal – A team reduced to a lesser number of players than its opponent on the field of play, by virtue of a penalty, will return the player having served the longest of their unexpired penalty time.
- 11.2 Dual penalties – Only one player serving an unexpired time penalty may return after the opponent has scored.
- 11.3 Third penalized player – When a team has two players serving penalties, the penalty time of the third player will not commence until the penalty time of the first penalized player has elapsed (player must still sit in the box).
- 11.4 Returning third player – When any team has three players serving penalties at the same time for a delayed penalty, and a substitute for the third offender is on the field, the first player whose time penalty has expired may not return to the field until play has been stopped.

- 11.5 Delayed time penalties – If a team has two players serving time penalties and a third player of the team receives a time penalty, the third player must go to the penalty box. They must, however, be replaced by a substitute, since four players must be on the playing field at all times. If the team offended against scores, the first player penalized may return to the field with a teammate from the field returning to the bench. The player released from the penalty box may also return to their bench in which case the substitute will remain on the field. If the offended team does not score, the penalized team will still have four players on the field. They must also have three players in the penalty box.
- 11.6 Simultaneous major penalties – In situations involving three simultaneous major penalties (ejection and five minutes), two of the penalties (one from each team) will negate each other and the substitutes for those ejected players will be allowed to play, forcing one team to be short handed by a single player for a full five minute period. Simultaneous major penalties must be served by the substitutes of the ejected player in all other cases.
- 11.7 Simultaneous major and minor penalties – Irrespective of the number or nature of penalties assessed, no player or substitute for an ejected player shall serve more than the maximum of a five minute penalty unless the serving of a greater amount of penalty time shall not place their team in a numerical disadvantage for greater than five minutes.
- 11.8 Further disturbance – A substitute for an ejected player who commits further misconduct prior to leaving the field of play after having been ejected for a second caution in a game or a third appropriate time penalty in a game shall serve the full five minute time penalty regardless of the number of goals scored against their team during that period.

ADDENDUM

- 12.1 Protective casts of any kind are not allowed
- 12.2 Jewelry such as rings, dangling earrings, long necklaces, or any other that is deemed by the referee to be potentially dangerous shall be removed before a player can participate.

MERCY RULE : 8 goal or greater margin in the second half...game is over.

ZERO TOLERANCE:

VERBAL ABUSE OF INTRAMURAL OFFICIALS WILL RESULT IN THE TEAM BEING PLACED ON PROBATION. FURTHER ABUSE WILL RESULT IN THE TEAM BEING REMOVED FROM THE LEAGUE (NO REFUND).

Overtime Procedure – Play offs Only

1. Overtime periods in post-season competition will be 10 minutes running time in length. The last two minutes will be stop time. No overtime in regular season games.
2. A single, sudden death over-time will be played with teams defending the same net as during the last period of regulation time.
3. If the score remains tied following the overtime period, a shoot out will decide the outcome. A coin flip will take place to determine the following:

The team winning the toss will choose either:

- a) Shoot first or second in the first round...or...
 - b) Select the end the shot out will take place in. The end of the rink selected will remain the same for all shoot out rounds.
4. Each captain will select 5 players to participate in the shoot out. The penalty shot procedure will be used during the shoot out.
 5. If the score is still tied following the shoot out, each captain will again select 5 players to participate in the shoot out (these need not be 5 new players). Teams will alternate the order during each shoot out period (the team that goes first in the first round will shoot second during the entire second round).
 6. The game ends when a team outscores their opponent in a shoot out period, or when the score differential exceeds the number of players remaining in the round (ex. Team A scores a goal in the 4th round making the score Team A: 3, Team B: 0. The game is over as Team B can only score two [2] goals with the players they have remaining).

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