



MIDDLE TENNESSEE STATE UNIVERSITY

Campus Recreation

Intramural Sports

INDOOR SOCCER RULES HANDOUT

ELIGIBILITY RULES:

1. You must have an MTSU ID to participate. NO ID, NO PLAY...NO EXCEPTIONS!
2. No Person shall play on more than one single sex and co-rec team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
3. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly Campus Recreation activities for a period of time determined by the Intramural Coordinator.

THE GAME:

1. **The Field:** The playing field will be the Indoor Arena in the Campus Recreation Center.
2. **Teams:** Teams will consist of 6 players, but a team may begin with as few as 5 players, and a maximum of 12 players on the roster.
3. **Game:** The game shall be played in two 15 minute halves with a three minute half time. The clock will run continuously except during injuries.
4. **Time-Outs:** There will be no time-outs in Indoor Soccer.
5. **Substitutions:** Unlimited substitution is allowed during any moment of the game. Team "benches" will behind your defending goal. Any person can sub as soon as the player leaving is off of the field. "Benches" will switch sides at halftime.
6. **Equipment:** Teams must wear proper clothing while playing and players must wear appropriate closed-toe footwear. Hats, bandanas, metal cleats or spikes, or jewelry MAY NOT be worn while playing. Any player found wearing any of the above during the game will be removed from the game and not allowed to re-enter. **Shin guards and socks that completely cover the shin guards are a requirement and individuals not wearing them will not be allowed to play, NO EXCEPTIONS.**



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7. Mercy Rules: 12 goals with 10 minutes left in the second half and 7 goals with 5 minutes left in the second half.

8. Sport Clubs: A team can consist of all Sport Club members. However the team shall only be able to have 5 players on the roster who are on the Sport Club roster.

PLAYING REGULATIONS:

- **Rules:** NFHS rules govern all aspects of the match unless otherwise noted on this form.
- **Captains:** Teams are reminded that the only spokesman for the team is the captain. Any other player speaking without an official's permission will be penalized.
- **Shoes and Shin Guards:** Participants are required to wear gym shoes or indoor soccer shoes while participating in Intramural Soccer. Shin guards are **required** for all players.
- **Offsides:** There is **NO OFFSIDES** rule in effect.
- **Goal Keepers:** The goalkeeper has a maximum of 5 (five) seconds to handle the ball while it is in his/her possession. Possession includes holding, bouncing, or throwing the ball in the air and catching it again. After the goalkeeper releases the ball it must be played by another player before the goalkeeper can touch it again with the hands. Once another player has touched the ball, another five seconds may be allotted.
The goalkeeper may not touch the ball with the hands if it is passed to him/her by the foot of a teammate. Trickery used by a teammate in order to pass the ball to his/her goalkeeper will result in a yellow card and a direct free kick will be given to the opposing team. However, there must be clear intent to pass the ball back to the keeper, in order to award a free kick.
- **Slide Tackling:** Slide tackling is **not** allowed. Any slide tackle with a player within five yards will result in a yellow card and a direct kick. Slide tackles from behind that are malicious in nature may result in a red card and player ejection.
- **Three Line Rule:** The ball may not cross all three lines crossing the court in the air. If the ball does cross all three lines in the air, then the team who did not kick the ball will receive a direct free kick from the center of the line closest to the opponents' goal.



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START OF THE GAME:

- “Even and Odds” decides which team will kick off. Each team must stay on its own half of the court and the defending players must be at least 10 feet from the ball until it is kicked. The kickoff is on the half-court line. After a goal the team scored upon will kick off. After half time the teams change ends and the kickoff will be taken by the team opposite to that which started the game. **Note: A goal can be scored directly from a kickoff.**

PLAYING REGULATIONS:

- **Ball In & Out of Play:**

The ball is dead when:

- Balls hitting the Indoor Arena netting, the ceiling, or light fixtures will be blown dead. **When the ball is ruled out, it must be put back into play 1 yard away from the perimeter wall/curtain nearest to where it went out of play.**
- The game has been stopped by the referee.
- When the ball touches the ceiling it is out of play. The match will be restarted by the appropriate team in the center of the closest of the three lines that cross the court.

- **The ball is in play at all times including:**

- When it rebounds from a goal post or cross bar.
- When it touches any official in the court of play.
- After a free kick and the ball travels at least one revolution.
- When a drop ball touches the ground.

- **When the ball goes out of bounds, play is restarted by:**

- **Goal Kick:** When the ball hits the net above the goal after being struck by the attacking team, the ball will be put back in play by being placed anywhere inside the small box sent out by the defending team. Opponents must be out of the penalty area until the ball comes out. If after the kick is taken, the ball does not leave the box or the ball is touched by any other player before it leaves the penalty box, then the kick is to be retaken.
- **Corner Kick:** When the ball hits the net above the goal after being struck by a defender the ball will be put back in play on the dot closest to the side the ball hit the net. Defenders can be no closer than the goal box. This is a direct kick.
- **Indirect Kicks:** When the ball hits the net, goes out of play on the sides of the arena, or hits the ceiling or lights; play will resume with an Indirect Kick closest to where it hit.



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SCORING:

- A goal is scored when the whole ball has passed over the goal line between the goal post and under the cross bar. A goal is worth 1(one) point in men's and women's play.
**In Co-Rec play, goals scored by women are worth 2(two) points.
Own/Self goals are worth 1(one) point.**

- **A goal may be scored during normal play directly from a:**
 - Direct free kick
 - Penalty kick
 - Corner kick
 - A kickoff
 - Goal kick
 - Free kick into a team's own goal (if untouched by goalie)

PLAYER CONDUCT:

- **Fouls which will be penalized by a direct free kick include:**
 - Attempting to and/or kicking, striking, tripping, or jumping at another player
 - Any red card
 - Dangerous Play
 - Intentionally handling the ball (except goalkeeper in his/her penalty area)
 - Charging violently and charging from behind
 - Holding, pushing or spitting
 - Foul or abusive language

NOTE - Any of the above offenses committed within the penalty box by the defending team will result in a penalty kick.

- **All Fouls will be penalized by an indirect free kick and include:**
 - Kicks above the waist near another player
 - Any yellow card
 - Obstruction – (ball will be placed to a spot nearest to the outside of the penalty area.)
 - Unsporting-like conduct by players on the bench
 - If the goalkeeper holds the ball in possession for longer than 5(five) seconds
 - If the goalkeeper touches the ball with his/her hands after it has left his/her possession and has not been touched by any other player
 - If the goalkeeper touches the ball with his/her hands after he/she has received the ball after it has been directly kicked to him/her by a teammate



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SPECIAL POINTS OF EMPHASIS:

- Free kicks - all players of the opposing team will be the appropriate distance (7 yards) away from the ball until the ball is kicked. Any disobedience of this rule will result in a caution (yellow card).
- A **caution shall be given and shown the yellow card** for:
 - Persistently committing fouls.
 - Entering or Leaving the field without Officials' permission
 - Showing dissent from a decision of the referee.
 - Unsportsmanlike behavior.
 - Intentional handball inside goalie box
 - Slide Tackling
 - Being closer than 7 yards on free kick
- A player shall be **sent off and shown the red card** for:
 - Violent conduct or serious foul play.
 - Using foul or abusive language to either another player or the referee.
 - A second yellow card offense. **CANNOT** be replaced with a sub
 - Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick.
 - A player sent off and show the red card **cannot** be replaced by a substitute (team will play down one man for the remainder of the match).
 - Slide tackles that are malicious in nature

OVERTIME & TIES:

- There will be no overtime during regular season games.
- The overtime period will begin with a coin toss immediately after the end of regulation. In this overtime period the teams will alternate taking five penalty kicks **with the players who were on the field at the end of regulation. Goalkeeper at the end of regulation is the goalkeeper for the shootouts.** If the game remains tied, the teams will then alternate taking one penalty kick until a winner is determined.

CO-REC MODIFICATIONS:

- The match is played between two teams of 6 players each. Teams must begin and end each match with a minimum of 4 players.
- Co-Rec matches may be played with an uneven male/female or female/male ratio according to the following premise:
Minus 1: 3/2 males/females or females/males
- During the shoot out of an overtime game: shooters **must alternate** male/female or female/male.
Penalty shots (during regulation) may be attempted by any member of the offended team.