

# INTRAMURAL INDOOR SOCCER RULES

Revised 1/25/08

## General

- 5 on 5 Indoor Soccer will feature men's, women's, and coed divisions. Coed teams must have at least 2 women on the field at all times. Indoor Soccer leagues will utilize a group play format for the regular season and a single elimination knockout tournament for all teams that qualify for the playoffs.
- Intramural Guidelines as set forth in the Intramural Handbook govern all participation.
- All participants must be currently enrolled as a student, faculty, or staff member of the University of Rhode Island and have paid the recreation fee in order to participate in the Intramural Program.
- All participants must present a current, valid URI ID Card upon checking in with the IM Staff. Participants who do not have their URI ID Card with them WILL NOT BE ALLOWED TO PARTICIPATE. No other form of identification will be accepted. There are no exceptions to this rule.
- Individuals may only play for one same gender team and one coed team per sport. The first team for which a participant plays is the team to which she/he is committed for the duration of that program.
- A player may not participate unless she/he is recorded on the scoresheet. Players may be added to a roster at any time during the regular season provided all other eligibility criteria are met (see Intramural Handbook). Rosters are frozen at the conclusion of the regular season and players may not be added to rosters at this time.
- **Game time is forfeit time. There is no grace period.** All players must be signed in and ready to play at the exact scheduled game time.

## Forfeits

Forfeited contests needlessly waste time and resources and detract from the overall satisfaction levels for all parties involved in the Intramural Sports Program. By registering for any Intramural Sports event, participants are making a commitment to attend all regularly scheduled contests. It is with this commitment in mind that the following policy regarding forfeits has been designed.

Any team or individual that fails to appear for any scheduled contest ***will be charged with a forfeit and is responsible for paying a forfeit fee of \$25.*** Similarly, a forfeit will result when a team does not have at least the minimum number of players needed to play the activity **signed in and ready to play** at the appointed playing area by the time of the game. **Game time is forfeit time. There is no grace period.** It is recommended that teams arrive 15-30 minutes prior to the start of each game in order to allow time to sign in and warm up. All forfeited games will be recorded as a loss. This policy will be strictly enforced.

Furthermore, any team that forfeits a game will be ineligible for league playoffs and will be eliminated from further play in all tournaments. A team may buy back into leagues/tournaments (unless the forfeited contest and corresponding loss results in elimination from the tournament) by paying a forfeit fee of \$25. All forfeit fees must be paid within **3 business days** or before the next scheduled game, whichever comes first. If the forfeit fee is not paid accordingly, the team will be eliminated from further competition in tournaments and will not be eligible for league playoffs. All forfeit fees must be paid in the Intramural Sports Office located in Keaney Gym. The Intramural Sports Office can be reached by calling 401.874.5972.

## Defaults

If a team knows in advance that it will not be able to make a scheduled contest, the manager should contact the Intramural Sports Office. A default will be granted to each team or individual that has notified the Intramural Department according to the following deadlines:

- Games scheduled Monday-Friday → notification must be received by 12pm on the day before the scheduled game
- Games scheduled Saturday/Sunday → notification must be received by 3pm on the Friday before the scheduled game

Captains may contact the Intramural Sports Office at 874.5972 or by email at [imsports@etal.uri.edu](mailto:imsports@etal.uri.edu). This notification must come from the team captain only. All defaulted contests will be counted as a loss. However, the team will not be charged with a forfeit and will otherwise remain eligible for league playoffs.

## Dropped from Play

Teams are allowed to default one game per season and still remain eligible for league playoffs. Teams that forfeit a game will not be eligible for league playoffs unless a re-entry fee is paid as outlined above. Teams that default or forfeit more than one game will be dropped from further competition and will not be allowed to pay a re-entry fee. Forfeited and defaulted contests will not be rescheduled and are counted as losses.

## FIELD OF PLAY

All games will be played in Tootell East Gym

- Boundaries: Near wall and sideline on far wall
- Penalty area: Inside the 3 point arc
- Goalie crease: Inside the 3 point arc
- Penalty Kick Spot: Free Throw Line

## EQUIPMENT

1. Shoes - players are allowed to wear turf shoes, indoor soccer shoes, or any kind of flat, non-marking athletic shoe. Cleats of any kind are prohibited. Players must wear athletic clothing/shoes to be eligible to participate. Sandals and flip flops are not allowed.
2. Jewelry and other items which may be considered dangerous will not be permitted. Players must remove all jewelry before participating including earrings, necklaces and bracelets. Taping over jewelry is not allowed. Lance Armstrong "Livestrong" or any similar bracelets are to be removed during play. All hats or any other headgear with knots are not permitted. Penalty for violations: Yellow Card.
3. Teams must wear numbered jerseys of the exact same color. Exception: the goalkeeper who must wear a jersey of a contrasting color. Teams that do not have matching numbered jerseys for all players must wear the jerseys provided by the Intramural Program at the sole discretion of the IM Staff.

## PLAYERS, ROSTERS, SUBSTITUTIONS, AND COED TEAMS

1. Five players per team including the goalkeeper. Teams may begin play with a minimum of 3 players.
2. Coed Teams:
  - Teams must have a minimum of 2 females on the field at all times (except during disciplined actions). If a team has 5 players and 3 are males, one male must be the goalkeeper.
  - Substitutions - Female players must be replaced with females, vice versa for males. See substitution rules.
  - Scoring - All goals are 1 point (male or female).
3. Substitutions:
  - A field player may change places with the goalie during the match only **after** the referee is notified of the requested change. Penalty: indirect free kick.
  - All substitutions must enter from the mid-court line and **need to be approved by an official**.
  - Unlimited substitutions can only be done during the following times:
    - Prior to a goal kick.
    - After a goal.
    - Prior to a throw in. **Note: Only team with possession of the ball may substitute players here.**
    - When play is officially stopped for injury, substitution may occur, including injured player.
  - Any infraction in substitution will result in an indirect kick against the offending team.
  - No substitution is permitted for a player ejected by the referee (i.e., red card). The team will play short for the remainder of the game.

## RESTRICTIONS ON THE GOALKEEPER

1. From the moment the goalkeeper takes control of the ball with the hands when playing as the goalkeeper within his/her own penalty area, he/she has **5** seconds in which to release the ball into play. During that interval, he/she may hold the ball, bounce it or throw it into the air and catch it. Once the ball has been released into play, the goalkeeper may not touch it again with the hands until it has been played or touched by another player of the same team outside of the penalty area, or by a player of the opposing team either inside or outside of the penalty area.
2. A goalkeeper shall not deliberately parry the ball and then touch it again with his/her hands before it has been played or touched by another player of the same team outside of the penalty area, or by a player of the opposing team either inside or outside of the penalty area.
3. On any occasion when a player **deliberately** kicks the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch the ball with his/her hands.
4. A goalkeeper may touch the ball with his/her hands when receiving the ball directly from a throw-in by a teammate. **NOTE:** Players may not use trickery to circumvent points 3 and 4. Example: Players may not flick the ball with their feet to their own head, chest, knee and then pass it to their own goalkeeper who touches it with the hands.
5. Goalkeeper may not throw the ball past the mid-line in the air without another player touching the ball.

**PENALTY: Indirect free kick awarded to the opponent at the spot of the violation, unless in the goal area.**

## THE GAME

1. Coin toss - home team (first on the schedule) calls toss. Winner shall receive the choice to kick-off or end to defend.

2. **Duration of the game:**
  - Two equal halves of 20 minutes will be played. The clock will be stopped only after a goal, player injury, disciplinary situations and for any other unusual situations resulting in unnecessary delays of the game.
  - Half time shall be 5 minutes and may be shortened at the discretion of the IM Staff.
  - Between each half teams shall exchange ends and alternate the kickoff.
3. One completed half will be considered an official game by Intramural standards. This will be used if inclement weather cuts a game short.
4. **Grace Period: Game time is forfeit time.** There is no grace period. If a team does not have 3 **players signed in and ready to play** at game time, the game is counted as a forfeit.
  - A player may not participate unless s/he is declared eligible. Late players may check-in and enter the game at any time, although he or she may have to wait for a stoppage in play. Late players may not check-in during overtime periods.
5. League games ending in a tie will be officially scored as a tie. Games ending in a tie in the playoffs will result in a sudden death/overtime; a new coin toss will be used with **the visiting team calling the toss. The sudden death will consist of a maximum of one five (5) minute overtime** (first goal scored will be used to determine the winner). If the game is still tied, a penalty kick tie-breaker will be used in the following manner:
  - The **home team will call the coin toss** to determine the first team to kick, with winners electing to go first or second.
  - Each team shall take an alternating series of **3 kicks** from the penalty mark. The penalty mark is at the free throw line. A different player shall take each kick. The team scoring the greater number of goals shall be declared the winner. If score still remains tied after each team has 3 kicks, they shall continue alternately until a team has one more goal in the same number of kicks. Players may not kick again until all players on the same team (including the goalkeeper) have attempted a kick.
6. A kick-off begins from the center of the field of play, on the referee's whistle. The game shall be started by a player kicking the ball into the opponents' half of the field (the ball must travel forward one full circumference of the ball). Every player shall be on his/her half of the field at the time of the kick-off. Players opposing the ball shall be at least 4 yards from the ball until it is kicked. A goal may be scored directly from the kick-off.
7. When a player is taking an indirect or direct free kick, all opposing players shall remain at least 4 yards away until the ball is kicked. **PENALTY: delay of game – yellow card.**
8. There is no offsides violation in intramural play.

## SCORING

A goal is scored when the whole ball has passed over the goal line between the goal post and between the crossbar and ground, provided the ball has not been intentionally thrown, carried or propelled, by hand or arm, by a player of the attacking side.

## PENALTY KICKS

1. Any infringement of rules which ordinarily requires the awarding of a direct free kick shall be penalized by a penalty kick if the foul is deliberate and committed by a defender within the penalty box.
2. A penalty kick can be awarded irrespective of the position of the ball, if in play at the time the defending team within the penalty area commits a deliberate offense.
3. A penalty kick shall be taken only from the penalty spot. The penalty spot is at the free throw line. All players except the kicker and opposing goalkeeper shall be outside the penalty area and at least 4 yards from the penalty spot. The goalkeeper must stand on his/her own goal line until the ball is kicked. The player kicking the ball must kick the ball forward. S/he is not allowed to play it a second time until another player has touched it.
4. If there is an infringement during a penalty kick:
  - By a member of the defending team, the kick is to be retaken if a goal has not resulted (The infringement is ignored if a goal is scored).
  - By a member of the attacking team other than the player taking the kick, the kick is not permitted if a goal resulted (The defending team is awarded an indirect free kick from the spot of the infringement).
  - By the player taking the kick, a goal may not be scored and the kicker's opponents are awarded an indirect free kick from the spot of the infringement.
5. If the ball touches the goalkeeper before going into the goal when a penalty kick is being taken at or after the expiration of time, it does not nullify the goal. If necessary, time of play is to be extended at the end of a period to allow a penalty kick to be taken. If a penalty kick is taken after the expiration of time, only the kicker may play the ball. If the ball caroms off the goalkeeper and goes directly into the goal, it should be counted as a goal.
6. Interrupting a penalty kick - Begins his/her approach toward the ball, s/he may not interrupt his/her movement. While the kicking player is approaching the ball, s/he may not: fake a kick, stop to hesitate, and then proceed to kick the ball. As with

the other situations addressed in this rule, failure to kick the ball as specified results in an indirect free kick by the opposing team.

## FOULS AND MISCONDUCT

The Intramural Program will employ a yellow/red card system for handling rules infractions. A cautioned player shall leave the field and may be replaced. Should the team with the cautioned player elect to play shorthanded, the cautioned player may not re-enter nor be replaced until the next legal substitution opportunity. Any player accumulating two yellow cards during the same match will be automatically disqualified (2 yellow cards = 1 red card) for the remainder of the match and may not be replaced on the field. Yellow and red cards will also accumulate throughout the course of the regular season and knockout tournament. Any player accumulating two yellow cards during the regular season or in the tournament will be automatically suspended for the next scheduled game. Any player accumulating two red cards during the regular season and knockout tournament combined will be automatically suspended for the next two tournament games. Any player accumulating three red cards during the tournament will be disqualified from the remainder of the Indoor Soccer season and must meet with the Disciplinary Action Committee to determine the length of suspension. In addition to the yellow/red card system, fouls and misconduct will be handled as noted below.

1. A player shall be penalized if s/he intentionally spits, kicks, strikes, pushes, trips, attempts to kick, strike, or jump at an opponent or official. **PENALTY:** red card with no replacement and award a direct free kick. Unsportsmanlike players will be ejected, suspended indefinitely and required to schedule an appointment with the Intramural Director prior to the next scheduled game to discuss the unsportsmanlike action and to determine the length of the subsequent suspension.
- 2.. Any player/goalie hanging on the goal supports before, during or after any match will be penalized with a yellow card.
3. Teams are responsible for the actions of their fans. Spectators may not act in such a manner to disrupt participants in other areas of the facility. Team captains are held accountable for the actions of its spectators.
4. Players may be ejected\* from a game for the following reasons:
  - Persistently disputing an official's decision, and/or failing to go directly to the penalty bench.
  - Involvement in a physical altercation or verbal harassment.
  - Upon receiving a second major violation.
  - Any verbal or physical action deemed to be unsportsmanlike or belligerent.
  - For any action deemed threatening to the physical well being of the officials, supervisors, players or spectators.
5. Slide tackling is not allowed and will result in a yellow card. If the slide tackle comes from behind the player or is deemed to be a flagrant foul, a red card will be administered. Players are not allowed to make a sliding play on the ball in any situation (i.e., to keep it from crossing the end lines or the touch lines). The goalkeeper is the only player allowed to make a sliding play on the ball. **PENALTY: Yellow Card.**
6. Grabbing the jersey of an opponent is strictly prohibited. **PENALTY: Yellow Card.**
7. Charging: **[Article I]** A player shall be penalized for charging an opponent in a dangerous or reckless manner or by using excessive force. An allowable fair charge is where players make shoulder-to-shoulder contact in an upright position, within playing distance of the ball, have at least one foot on the ground and their arms held close to their body.  
**[Article II]** A player shall not, in any manner, charge into the goalkeeper in the penalty area unless the goalkeeper is obstructing the player or dribbling the ball with the feet.
  - a. An official shall disqualify, without caution, any player who flagrantly fouls the goalkeeper in possession of the ball. Possession or control of the ball includes when the goalkeeper has the ball trapped by either or both hands or when bouncing it to the ground or when releasing the ball into play.
  - b. Outside the penalty area, the goalkeeper has no more privileges than any other player.

**PENALTY: Direct free kick.**

**NOTE:** When goalkeepers put the ball on the ground, they relinquish their rights as goalkeepers.

**[Article III]** The goalkeeper in possession of the ball shall not be interfered with or impeded in any manner by an opponent. This includes the act of bouncing the ball or dropping the ball for a kick or attempting to throw the ball or tossing the ball in the air to recatch.

**PENALTY: Indirect free kick.**

**[Article IV]** A player shall not charge into an opponent when neither player is within playing distance of the ball. **PENALTY: Indirect free kick and potential yellow/red card if deemed flagrant or unsportsmanlike.**

\* If any player is ejected from the game the team must play shorthanded for the remainder of the game. The player must leave the playing area immediately. This includes the entire outdoor area surrounding the URI Athletic Fields. If the game goes into overtime the team penalty will be carried over.

## MISCONDUCT

**[Article I]** A player (team captain in the event of coach or spectator interference) shall be cautioned (yellow card) for:

- a. entering or leaving the field of play (except through the normal course of play) without the permission of an official;

- b. persistent infringement of any of the rules of the game;
- c. objecting by word of mouth or action to any decision given by an official (dissent);
- d. any incidental use of vulgar or profane language
- e. unsporting conduct, including but not limited to:
  - 1. unnecessary delay (kicking, throwing the ball away on a free kick, etc.)
  - 2. **grabbing or holding the jersey, shorts, etc.**
  - 3. deliberate verbal tactics;
  - 4. deliberate handball to stop an attack;
  - 5. deliberate tactical foul;
  - 6. **faking an injury;**
  - 7. **simulating a foul.**

**[Article II]** A player (or team captain in the event of coach or spectator interference) shall be disqualified (yellow and red card) and the number of players on the field shall be reduced for:

- a. taunting;
- b. excessive celebration;
- c. subsequent caution.

**PENALTY: An indirect free kick shall be awarded to the non-offending team from the spot of the foul.**

**[Article III]** A player (or team captain in the event of coach or spectator interference) shall be disqualified (red card) for:

- a. exhibiting violent conduct;
- b. committing serious foul play;
  - 1. a player anywhere on the field (other than the goalkeeper within his/her own penalty area) who deliberately handles the ball to prevent it from going into the goal;
  - 2. a foul by a player against an opponent who is moving toward his/her offensive goal with an obvious opportunity to score.
- c. spitting at another person;
- d. using insulting, offensive or abusive language or gesture;
- e. leaving the team area to enter the field where a fight or altercation is taking place unless summoned by an official.

**PENALTY: Direct free kick from the spot of the infraction. A penalty kick can be awarded at the discretion of the officials in the case of an egregious offense.**

## DEFINITIONS

1. Direct Free Kick - A free kick from which a goal may be scored against an opponent without a second player touching the ball. See below.
2. Indirect Free Kick (or spot kick) - A free kick from which a goal may not be scored unless the ball is played or touched by another player of either team. See below.
3. Drop Ball - A method by which a dead ball becomes alive. An official drops the ball to the ground. When the ball strikes the ground, it becomes alive and may be played by anyone.
4. Penalty Kick - A kick awarded to a team because an opponent was charged with one of the major offenses, within his/her own penalty area, which requires a direct free kick.
5. Throw-In - A method by which a dead ball becomes alive. A player throws the ball using both hands with equal force. The ball must be delivered from behind and over the head in one continuous movement, while both feet are on the ground on or behind the touch line and the player must be facing the field.
6. Touch Line - Longer boundary lines. The entire line is within the field of play.
7. Goalie Throw - A goalie throw shall be awarded to the defending team when the entire ball hits above the light blue paint line on the end walls having last been touched or played by the attacking team. Opposing players remain outside the penalty area until the ball has cleared the penalty area. If the throw does not clear the penalty area, it shall be repeated. The ball may be played by anyone except the goalkeeper.
8. Corner Throw - A corner throw shall be awarded to the attacking team when the entire ball hits above the light blue paint line on the end walls having last been touched or played by the defending team. Players of the defending team shall be at least 4 yards from the ball until it has been thrown. The ball may be played by anyone except the person who threw it initially.
9. Advantage – A discretionary judgment which allows an official to permit play to continue rather than stopping play to administer the foul. This concept is based on the premise that the foul did not put the offended team at a disadvantage, or the foul, if called, may take away a favorable opportunity for the offended team. The foul may be subsequently called if the advantage does not materialize.

**Indirect free kick - from which a goal may not be scored unless a ball is touched or played by another player of either team**

Indirect free kicks are awarded and taken from the point of the infraction...

- If the ball is played next by the kicker following a kickoff, a free kick, or a penalty kick; or by the thrower following a goalie throw or a corner throw or by the thrower following a throw-in;
- If a player fairly charges into an opponent when neither is within playing distance of the ball;
- If a player who is not in possession of the ball obstructs an opponent who is attempting to play the ball;
- If a player kicks or attempts to kick the ball while it is in the possession of the goalkeeper;
- For dangerous play;
- If the goalkeeper takes more than five (5) seconds to release the ball for play;
- If the goalkeeper illegally handles the ball while in his/her own penalty area after once relinquishing possession of the ball;
- If the goalkeeper delays in relinquishing possession of the ball;
- If the game is stopped for misconduct of a player, coach or spectator and no other restart takes precedence;

***The following indirect free kicks are taken from where the ball was when the official stopped play:***

- If a player, coach or spectator enters the playing field without permission of the official;
- For temporary suspension of play for an injury or unusual situation and one team has clear possession of the ball;
- If the game is stopped because of misconduct by a person in the team and coaching area;
- If during a penalty kick, the player taking the kick interrupts his/her movement towards the goal.

**Direct free kick – *from which a goal may be scored against the offending team***

Direct free kicks are awarded if...

- a player spits at, kicks, strikes, attempts to kick or strike, or jumps at an opponent;
- a player trips or attempts to trip an opponent;
- a goalkeeper attempts to strike, strikes or pushes an opponent with the ball;
- a player, other than the goalkeeper in his/her own penalty area, ***deliberately*** handles the ball;
- a player pushes an opponent with the hand(s) or arm(s) extended from the body;
- a player holds an opponent or places a hand(s) on an opponent in an effort to reach the ball;
- a player charges an opponent in a violent or dangerous manner;
- a player charges into an opponent while the opponent, in the act of playing the ball, has both feet off the ground;
- a player charges into the goalkeeper;