

ACTIVITY RULEBOOK

Indoor Soccer

Indoor Soccer is a non-contact activity, however contact and injuries are a possibility. The Intramural Sports program assumes no responsibility for injuries and all participants must electronically acknowledge/consent to the online waiver in IMLeagues prior to participating. By agreeing to the online waiver, each participant agrees to rules and policies outlined in this and all other documents provided by Intramural Sports.

All information in this rule book pertains to the facilitation of Indoor Soccer contests and its season administration. For questions or concerns, please contact intramurals@uwlax.edu.

REMINDER: *all participants are encouraged to review the participant handbook and general rules overview prior to participating in each activity in which they are interested. View these documents by visiting the ["Rules" website](#).*

UWL Intramural Sports welcomes all students and faculty/staff members meeting eligibility guidelines. Participants may compete in the gender league with which they identify. For any eligibility concerns, please contact intramurals@uwlax.edu.

Section 1: Starting the Contest**Start (Game) Time**

Game time is forfeit time. It is recommended teams arrive at the contest site fifteen (15) minutes prior to the scheduled start.

Facility and Contest Set Up**a. Playing Location**

Indoor Soccer is played in the Mitchell Hall Fieldhouse. It is recommended teams review their schedules prior to each contest. Intramural Sports WILL NOT contact teams to remind them of contest dates/times/locations.

b. Fields

Fields are set up by Intramural Sports staff only. All playing equipment is property of Rec Sports.

c. Officiating

All contests will be officiated by at least two (2) trained officials. All decisions made by officials are final, except for those eligible for protests.

Intramural Sports is always looking for officials. To become an official, [click here](#).

d. Captains' Meeting

Captains will meet with the game official at midfield to review contest rules, participant eligibility, legal equipment and to determine possession/team sides.

Equipment

Shin guards must be worn and may be rented from the Intramural Supervisor prior to any contest.

Team jerseys are available for rent from the intramural Supervisor prior to any contest.

Team members must wear the same color shirts.

Goalies must have a different color jersey than both their team and the other team's uniform.

Game balls will be provided. Game balls will not be used for warm ups.

Balls for warm ups may be rented from the Rec Sports Office, 118 Mitchell Hall.

Participation

Teams will consist of six (6) players, including the goalkeeper.

Teams may start with as few as four (4) players.

If a team is reduced to less than four (4) players at any time during the contest, a forfeit will result.

Eligibility

a. Sport Club Athlete

- Only one (1) Soccer Club player may play on a team.
- Only one (1) male and one (1) female club player may play on the same team for Co-Rec.
- The current club rosters will be used for eligibility.
- There are no restrictions on the number of previous club players per team.

b. Intercollegiate Athlete (NCAA, NAIA, NJCAA, etc.)

- Current UWL Women's Soccer players may not participate in soccer or futsal intramurals during the current academic year.
- One (1) collegiate soccer player from the previous season (including transfer students from other institutions) may play on a team.
- A previous season collegiate soccer player and current club player may not be on the same team.

Section 2: Playing the Contest

General Game Play

Games will consist of two (2) 15-minute halves with running clock and a 3-minute halftime.

Penalty kicks will still be taken even if there is no time remaining on the clock, as long as they were awarded before time expires.

Each team will have one (1) 30-second timeout per match.

In the event of overtime, each team will receive one (1) 30-second timeout.

A timeout may be called on a dead ball controlled by their team and only by a player on the field.

Free substitution is allowed. A player must leave the field before the substitute enters the field. Both players must leave and enter in the substitution box on the sideline.

The ball going out of bounds will result in an indirect free kick from that spot, not a throw in.

If a team causes the ball to hit the ceiling or nets, the opposing team will restart with an indirect kick at mid-field.

There are no offside penalties.

Sliding or slide tackling is not allowed and is subject to a yellow/red card based on severity.

A goal kick may not be played past midfield without being touched by another player or the ground.

Teams kicking a ball out-of-bounds to intentionally delay a game are subject to a card (color at the discretion of officials) and the clock may be permitted to stop at the discretion of game staff.

Scoring

A team scores one (1) point for getting the ball completely across the goal line in any fashion deemed legal by this rule book.

Free Kicks

On any free kick, defending players must remain at least ten (10) feet away from the ball in all directions until it is played by the attacking team.

Players will be allowed five (5) seconds for any free kick. If the player fails to distribute the ball within five (5) seconds, the other team will receive the kick from that spot.

- If a team fails to kick a corner kick, the opposing team will receive a goal kick.

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A foul occurring within the penalty area, which would normally result in a direct kick, will be penalized with a penalty shot, taken from the penalty spot.

Indirect vs. Direct Free Kick

a. The following penalties result in an indirect free kick:

- Ball hitting the ceiling (restart from mid-field).
- Illegal Substitution (restart from mid-field).
- Goalkeeper illegally touching a teammate's kicked pass with their hands inside the penalty box (restart spot nearest the infraction parallel to the goal on the goal box).
- All out of bounds restarts (restart from spot ball went out).
- If a goal kick/throw goes past midfield without touching the ground or a player (restart from mid-field)

b. The following penalties result in a direct free kick from location of offense unless noted:

- Slide tackling, holding, pushing, kicking, striking or tripping an opponent
- Hand ball including the goalie outside of the penalty box
- Yellow or red card
- All other offenses not listed

Goalie Play

The goalkeeper may use their hands only within the penalty area.

The goalkeeper must play the ball out of the penalty area within five (5) seconds after a save.

A goal kick or a throw are the only plays that the ball needs to touch a player, or the ground, before passing midfield. This would result in an indirect free kick.

After a save, the goalkeeper may play the ball to their own feet. This ball can cross the midfield line via any means necessary and allowable by the spirit and intent of soccer rules. No punts or drop kicks are allowed.

Goalies are permitted to leave the penalty area and become an attacking/defending player on the team (i.e. empty net situation). Goalies doing this must abide by all playing regulations applied to other players and no other member of the team is permitted to take the goalie's place.

A goalkeeper may not play a ball with their hands if it has been passed back intentionally by a teammate. This will result in an indirect free kick from the spot nearest the infraction parallel to the goal on the goal box.

A goalie may dive for a ball as long as he/she is not diving at the feet of another participant. If the official determines he/she is diving at the feet or in an unsafe/unsporting manner, the play will be enforced like a slide tackle. A discretionary call regarding safety is not eligible for protest.

Mercy Rule

If a team is ahead by five (5) or more goals with two (2) minutes or less remaining, the game will be ruled a victory for the team in the lead.

Overtime

a. Regular Season

- In the event of a tie, a 1-minute rest period is followed by 5-minute golden goal overtime.
- Officials will perform a coin toss similar to the beginning of the contest to decide initial control.
- Teams remain on the side they finished the 2nd half on.
- Each team is awarded one (1) 30-second timeout for the overtime session. Unused timeouts from regulation may not be carried over.
- If the score is still tied after the overtime period, the game will end in a tie.

b. Playoffs

- In the event of a tie, a maximum of two (2) 5-minute golden goal overtime periods will be played.
- If the second ends in a tie, a shootout will occur.

- A coin flip will determine who kicks first, who defends first, or side of field.
- Four (4) players from each team will rotate kicking at the opponent's goalie at a designated net.
 - Co-Rec: Two (2) males and two (2) females must alternate their kicking order by gender.
- If the contest is still tied after four (4) rounds of the shootout, the shootout will continue head to head according to gender. This will occur until one team is leading at the end of the round.
- Any player on the team is eligible to kick once during shootout. All team members signed in for that contest must attempt before repeating shooters alternating gender as long as allowed.
- A team may use any player as the goalkeeper, regardless if they finished the game at that position.

Yellow and Red Cards

Any participant receiving a yellow card may be required to meet with the Intramural Coordinator and/or Graduate Assistant prior to their next contest, based on severity.

Any participant receiving a red card or two (2) yellow cards (in any amount of games) will be required to meet with the Intramural Coordinator and Graduate Assistant prior to their next contest and serve a mandatory one-game suspension.

Any participant receiving a third offense (red card then yellow card or three yellow cards) throughout the season will be suspended for the remainder of the season and possibly the following, based on the severity of the incidents.

Section 3: Co-Rec Specifications

Teams are permitted to play with the following male-to-female ratios:

- 4:2
- 3:3 (preferred)
- 2:4
- No other ratio is permitted and the goalie may be any gender

Section 4: Winning Specifications

Contest

Teams receive a win in standings by leading after the designated regulation time period or after applicable overtime period(s). Losses and ties are included in standings as well.

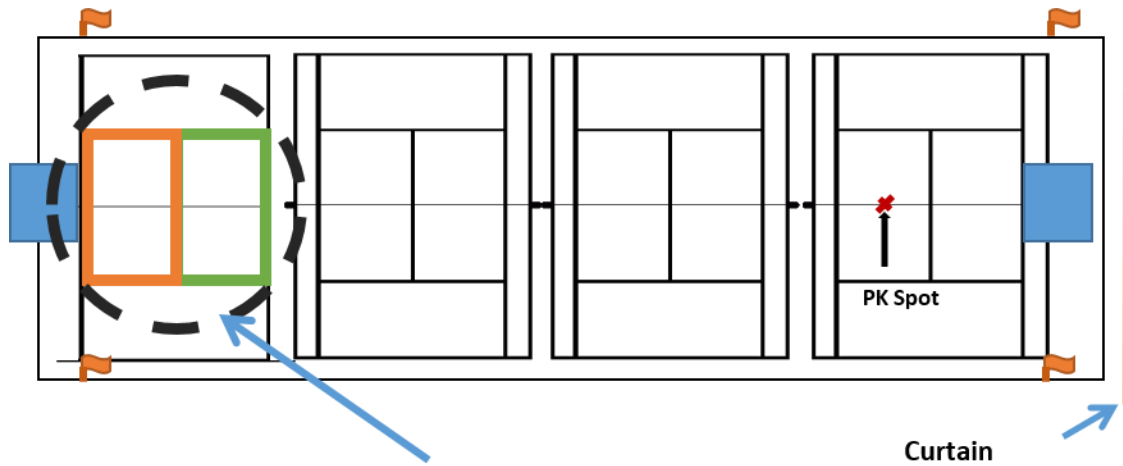
Playoffs

All rules apply to playoffs. To qualify, teams must win at least one (1) contest and maintain a sportsmanship average of 4.0 during the regular season in addition to following forfeit policies. Other scheduling differences may apply to certain playoff circumstances. Qualification is monitored at the discretion of Intramural Sports administration.

Protests

Teams are permitted to protest. If you wish to protest during a contest, notify the game official and find an Intramural Supervisor right away. To file a post-game protest, email the program at intramurals@uwlax.edu or visit the online protest form [here](#).

Section 5: The Playing Surface



The goalie box is defined by the inner box. On goalie kicks the goaltender is allowed to place the ball as far as the inner box extends. However the goalie may run and use his/her hands out to the boundaries of the far box. Meaning the goalie can use their hands anyway they would like inside this entire area.

Other than the specifications listed in this rulebook, official [WIAA](#) and [NFHS](#) rules will be followed.