



Full Court

Indoor Soccer Rules & Policies

These rules are representative of current Nation Intramural-Recreation Sports Association rules with the following UAF Intramural emphases and modifications.

Prior to Game Time:

- All players must have signed the Waiver of Consent for Emergency Treatment on the team entry form.
- All players must have paid their individual \$8.90 entry fee.
- All players must show their valid polar express card (with an active SRC membership) to the game supervisor. If players do not have their polar express card, they must show their state or government issued photo I.D.
- All players must be listed on the team roster – Team captains can make changes to team rosters, 24 hours in advance. Roster additions are allowed until the last week of play.
- Brimmed hats and jewelry cannot be worn.

Equipment and Player Attire:

- The playing field will consist of all three (3) courts in the SRC.
- The ball used will be a standard indoor soccer ball.
- Teams will wear light and dark jerseys; colors will be assigned by the game official.
- One piece rubber sole shoes or tennis shoes are legal.
- Shin guards for each player are recommended.

Players and Substitutions:

- A match is played with seven (7) players per team, one of whom shall be a goalkeeper. Teams may start with five (5).
 - A team must have at least five (5) players to begin or continue a soccer game.
- The number of "flying" substitutions made during a match is unlimited, except in the case of the goalkeeper, who can only be replaced when the ball is not in play. A player who has been replaced may return to the court as a substitute for another player.
- A *flying* substitution is one which is made when the ball is still in play, and for which the following conditions shall be observed:
 - The player leaving the court shall do so from the half court line, near the scorekeeper.
 - The player entering the court shall touch with the player leaving the court and shall not enter until the exiting player is entirely off the court.

- A substitute shall be subject to the authority and jurisdiction of the referees whether called upon to play or not.

Time Limitations:

- Game time is game time. If a team is not ready for play within ten (10) minutes the game is forfeited. One point will be given to the opposing team for every three (3) minutes your team does not meet the minimum requirement.
- Two (2) seventeen (17) minute running clock halves, with a three (3) minute half-time.

Kick-ins:

- When the ball crosses entirely over the touchlines it shall be kicked back into the game, in any direction, from the place where it crossed the touchline by a player of the opposing team to that of the player who last touched it. The ball must be stationary on the touchline, before being kicked in.
- The kicker cannot play the ball a second time until it has been touched by a player.
- The players of the opposing team must be at least five (5) meters away from the spot where the kick-in is being taken.

Free Kicks, Goalie Throws and Corner Kicks:

- A goal can be scored against the offending team on a direct free kick.
- A goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal on an indirect free kick.
- A shot on goal received saved by the goalkeeper can be thrown or rolled directly into play beyond the penalty area, from a point within the penalty area, by the goalkeeper. The throw must not go past half-court without first touching another player or the court on the goalkeeper's half of the field. A goal cannot be scored from this throw.
- When the ball crosses over the goal line, having been played last by the defending team, a member of the attacking team shall kick the ball at the nearest corner. A goal may be scored from such a kick.
- A goalkeeper has three (3) steps to put it back the ball in play, once they have picked up the ball. A keeper cannot bounce the ball or put it down and pick it up again - resulting in an indirect free kick.
- Goalies can take 3 steps with the ball and must release it within six (6) seconds.

Penal Offenses:

- The following will result in a direct free kick:
 - Charging an opponent violently or dangerously
 - Charging an opponent from behind
 - Handling the ball
 - Holding an opponent
 - Striking or attempting to strike an opponent
 - Pushing an opponent
 - Tripping an opponent
 - Kicking or attempting to kick an opponent
 - Jumping at an opponent

- Slides attempting to play the ball, touching an opponent or not (sliding tackle)
- A penal offense by the defense in their own penalty box will result in a penalty kick.
- Malicious penal offenses may result in a yellow card; repeated offenses may result in a red card which is an automatic ejection.
- Penalty kicks will be taken from the top of the penalty arc.
- **Penalty Kicks:**
 - After each half, the teams immediately go to penalty kicks. Penalty kicks are taken at the same goal toward which each team was attacking.
 - Both teams take their allotted penalty kicks at the same time.
 - One penalty shot will be awarded for each foul and/or infraction.
 - Penalty shots will take place immediately following the penalizing offense by a player designated by the team (usually the player on the receiving end of the penalizing offense).
 - Penalty shots are spot kicks and will be taken from a designated spot approximately 31 feet from each goal line.
 - The kicker has only one attempt to score.
 - The goalie may not move forward from the goal line until the ball has been kicked. The goalie may only move laterally prior to the ball being kicked. The goalie may also not leave the goal area during the penalty shots, unless he/she is taking the penalty kick or being substituted for a teammate.
 - Tiebreaker – If at the end of the game the score is tied, a sudden death shootout will occur. The shooting order begins from the first player listed on the roster. If the score is tied after the first player from each team shoots, the second player will shoot. This will continue until one team scores and the other team does not. Once again, all players must shoot before anyone shoots a second time.

Disciplinary Cards and Ejections:

- Yellow Caution Card – A player who receives a yellow caution card shall sit out the remainder of the half and cannot be replaced by a substitute. Two yellow cards for the same player equals an ejection from the game. If a team receives 3 cautions in one game, the game shall be ended and the opponent given the win by score or forfeit if the offending team is ahead.
- Red Card- A player who receives a red card at any point in the game will be immediately ejected and suspended until they have had a disciplinary meeting with the Wellness Coordinator.

If a player is ejected from a game, they must schedule and attend a disciplinary meeting before they can participate in **any intramural sport.

Tie Breaker:

- One five (5) minute sudden death overtime period is played.
- If the game is still tied after overtime, five (5) players from each team take a penalty kick.
- If the game is still tied after the above two events, then a sudden death shoot out will take place. Everyone, including the goalie, must take a shot before a player can kick a second time.

Protests:

Based on rule interpretations - must be made AT THE TIME OF THE INCIDENT and before action continues. The team representatives of their respective teams are responsible for notifying the game official/supervisor at the time of the dispute that a protest is being filed, and that all necessary information concerning the dispute be recorded by the official/supervisor on the official scorecard. It shall be announced that the game is being played under protest.

Based on eligibility - must be announced prior to the game or before the game ends. The team protesting must submit their protest in writing within 24 hours of the contest to the Intramural Office. This written document must include the name of the player whose eligibility is in question.