



CAMPUS RECREATION

Illinois State University

Intramural Indoor Soccer RULES OF PLAY

Please consult the [Intramural Sports Participant Handbook](#) for the complete list of Intramural Sports rules.

United States Indoor Soccer Association (USI) rules will be in effect except for the following modifications:

General Information

- Prior to Game Time:
 - Players must check in at the court they are scheduled to play. Valid IDs must be presented at check-in. Acceptable forms of IDs are:
 - Current Illinois State University student ID.
 - Current faculty/staff ID with photo ID.
- The carrying, smoking, burning, inhaling, or exhaling of any kind of lighted pipe, cigar, cigarette, hookah, weed, herbs, or other lighted smoking equipment is prohibited. This also includes products containing or delivering nicotine intended or expected for human consumption. Smokeless tobacco and electronic cigarettes are prohibited. Anyone found consuming alcohol or using tobacco products will be asked to leave the facility and may face additional disciplinary action. Participants who appear to be under the influence will also be asked to leave.
- Location for all intramural sport activities can be found on IM Leagues. Please give yourself plenty of time to get to your games ahead of schedule. Remember that all team members must be signed in and ready to play at game time to avoid a forfeit.

Players

- A legal team consists of five (5) players (four plus a goalkeeper). A team may start a game with the minimum of three (3) players (two plus a goalkeeper).
- A speaking captain must be designated for each team. They alone may appeal to the official, and then only on interpretations of the rules. Judgment calls may not be protested. If a protest occurs, the game is to be stopped immediately and proper documentation must be filled out before play resumes.
- Please reference the [Intramural Sports Participant Handbook](#) for any eligibility or sportsmanship clarification.

Equipment

- **No jewelry is permitted during play**
- Intramural Sports will provide game balls and jerseys (if needed), but it is recommended that teams wear like colored shirts with numbers.
- All players must wear athletic shoes. Leather, rubber, nylon soled shoes are legal
 - Hard sole shoes or sandals of any kind will not be permitted.
 - Cleats (of any kind) and five finger shoes are not allowed.
 - The Official has the right to declare a shoe unsafe.
- Shin guards are not required but are strongly recommended.
- Head decorations, headwear, and bandanas are illegal. Only elastic headbands and hair control devices are permitted.

- **NOTE:** You must schedule an appointment with an Competitive Sports Professional Staff member prior to playing if you have a special equipment need (i.e. religious or medical). All equipment decisions made on site by the Competitive Sports Staff on duty shall be final.

Game Regulations

- Major Sports will be divided into competitive and recreational leagues.
 - Competitive Leagues – Designed for players that want a more competitive environment and want to compete for a championship.
 - Format: Four scheduled regular season games. The top two teams of each pool will advance to a single elimination playoff, dependent on number of teams registered.
 - Recreational Leagues – Designed for players that want to participate in sport with a more relaxed, recreational environment.
 - Format: Four scheduled regular season games. The top two teams of each pool will advance to a single elimination playoff, dependent on number of teams registered.
- Each half will be 18 minutes with a continuously running clock. Halftime will be three (3) minutes in length.
- There will be no offside rule in effect.
- The ball is out of play:
 - A ball that is kicked over the netting on either end line above the wall is put in play with a goal kick or corner kick, depending on deflection by offense or defense.
 - A goal kick is a free kick, taken by the goalie on his/her free throw line.
 - A corner kick is an indirect kick, taken by the offense from the yellow dot on either corner by goal
 - A ball that is kicked over the netting on either sideline above the wall is put in play with a kick in (indirect)
 - When the ball contacts affixed structures such as basketball goals, backboards, and their supports.
 - When the referee has stopped the game.
- The ball is in play at all other times including:
 - When it contacts a playable area such as dasher boards or plexiglass
 - When it rebounds from a crossbar, or post.
 - When it rebounds off the referee who is in the field of play.
- A goal shall be legal, when the whole ball has crossed the plane of the goal line, between the goalposts and the crossbar.
- A goal may be scored during regular play from:
 - Normal game play
 - Penalty kick
 - Drop ball
- A goal may not be scored from a:
 - Indirect free kick
 - Kick-in
 - Kickoff
 - Goalie throw-in
 - Corner Kick
- Goalkeepers may not use their hands to handle the ball when it has been deliberately kicked back by a teammate or use their hands outside of their box.
- The goalie may not punt or drop-kick the ball. Goalies may throw the ball (underhand and/or overhand) and the ball must be touched by a player prior to crossing half-court.
- Regular Season – no overtime will be played in the regular season. Games will end in a tie if necessary.

Grace Period

- If at game time a team is not ready for play, a 10 minute grace period will be automatically enacted.
 - Step 1 - 0 – 9:59 minutes, a team which is not ready to play will be penalized and start the game down 2 points with a 0-2 score and cannot receive more than a 3 sportsmanship rating.
 - Step 2 – Competitive Sports Supervisor will call forfeit at the 10 minutes if a team is not ready for play (dressed, on the court, signed in) mark and a forfeited team will receive a 0 sportsmanship rating.

Minutes Late	Penalty	Sportsmanship
0-9:59 minutes	Starting score 2-0	Max 3
10 minutes	Forfeit	Max 0

Mercy Rule

- If one team has at least a 5-goal lead with two (2) minutes left in the second half, the game will be over. If at any time during the last two (2) minutes a team reaches a five (5) goal margin, the game will be over. If one team has at least a 10-goal lead with five (5) minutes left in the second half, the game will be over. If at any time during the last five (5) minutes a team reaches a ten (10) goal margin, the game will be over.

Substitutions

- Substitutions may only occur at dead balls as listed below:
 - Ball out of bounds
 - Following a goal
 - Other dead balls at officials discretion

Fouls and Misconduct

- All fouls and misconduct except penalty kicks shall be INDIRECT kicks (a goal can be scored from an indirect kick only if the ball touches another player before it enters the goal). The following offenses shall be indirect free kicks.
 - Kicks or attempts to kick an opponent
 - Tripping an opponent
 - Jumping at an opponent
 - Charging at an opponent in a dangerous or violent manner
 - Striking or attempting to strike an opponent
 - Spitting at an opponent
 - Holding or pushing an opponent
 - Sliding
 - Handballs
 - Dangerous play
 - Obstruction
 - Charging at the Goalkeeper

Red and Yellow Cards

- Yellow card: Will be given to players that exhibit poor behavior and/or commit a hard foul.
 - Examples: Dissent towards an official, slide tackling, sliding, unsportsmanlike act to another player, etc.
- Soft Red card: This will be given to an individual player receiving two yellow cards. When a player receives the 2nd yellow card, show the yellow card, and then immediately show the red card to the individual.
 - When a team's player receives a soft red, the team may not substitute a person for the offending individual
- Red card: An immediate red card will be awarded for any player exhibiting extremely poor sportsmanship or a severe penalty.
 - Examples: Extreme dissent to an official, attempt at or actual act of fighting, etc. When a team's player receives a red card, the team may not substitute a person for the offending individual.

Playoffs

- In order to make the playoffs, teams must meet the following criteria:
 - The top two teams of each pool will advance to a single elimination playoff, unless otherwise specified by Competitive Sports Admin.

- The team must maintain at least a 3.5 team sportsmanship rating throughout the season.
- No team that forfeits any regular season game will be allowed to participate in the playoffs.
- Playoffs Only: A 3-minute sudden death overtime period (“golden goal”) will be played in the event of a tie. If a tie still occurs at the end of the overtime period then a penalty kick shootout will follow.
 - The penalty kick shootout will consist of three (3) players from each team being chosen to kick a penalty kick.
 - Only players on the court at the end of the overtime period are allowed to kick penalty kicks.
 - If the score remains tied after three penalty kicks, it will become a sudden death situation, in which each team will take one additional penalty kick until one team leads after both teams have taken the same amount of penalty kicks.
 - No player can shoot twice before all five that were on the court at the end of regulation have kicked once.
- Teams are able to add players to their roster at any point, including playoffs.