



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 policies.

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

Location

- Games will be played at the Student Fitness Center (SFC) on Court C.
- 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.

Schedule

- Major Sports will be divided into competitive and recreational leagues.
 - Competitive Leagues – Designed for players that want a competitive environment and want to compete for a championship.
 - Format: Four scheduled regular season games. Top ½ of each division will advance to a single elimination playoff.
 - Recreational Leagues – Designed for players that want to participate in sport with friends in a recreational environment.
 - Format: Six scheduled regular season games. No playoff will follow the regular season.
- If your team is unable to make it to your game, be sure to contact the Intramural Sports Office at intramuralsports@ilstu.edu by 2:00pm the day of your game (if your game is scheduled during the weekend, you must contact the Intramural Sports Office by 2:00pm the Friday before your game). This will enable your team to be credited with a default rather than a forfeit.
- Unfortunately, Intramural Sports games can be impacted by the weather. We reserve the right to cancel, postpone, or reschedule games due to inclement weather. When inclement weather arises, Intramural Sports staff will send out cancelations via IMLeagues.
- Regular season games canceled due to inclement weather may not be rescheduled due to the limited amount of time and space to play. When playoff games are postponed due to weather, the Intramural Sports Staff will make every effort to make up all remaining games in the playoff tournament. Playoff brackets will be updated on IMLeagues to reflect the updated dates and times.

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).
- Coed teams may play with any combination of the following:
 - 2 males & 2 females + Goalkeeper of either gender
 - 2 males & 1 female + Goalkeeper of either gender
 - 1 male & 2 females + Goalkeeper of either gender
 - 1 male & 1 female + Goalkeeper of either gender
- A speaking captain must be designated for each team. S/he 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.

Eligibility

- Please reference the [Intramural Sports Participant Handbook](#) for any eligibility clarification.

Playoffs

- In order to make the playoffs, teams must meet the following criteria:
 - Finish in the top ½ of their division.
 - The team must maintain at least a 3.0 team sportsmanship rating throughout the season.
 - No team that forfeits any regular season game will be allowed to participate in the playoffs.
- Teams are able to add players to their roster at any point, including playoffs.

Equipment

- **No jewelry is permitted during play**
- Intramural Sports will provide game balls and jerseys (if needed).
- 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.
- It is recommended that teams wear like colored shirts with numbers.
- Head decorations, headwear, and bandanas are illegal. Only elastic headbands and hair control devices are permitted.
- **NOTE:** You must schedule an appointment with an Intramural 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 Intramural Sports Staff on duty shall be final.

Game Regulations

- 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.
- Ball in and out of play
 - 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
 - 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, plexiglass, or netting.
 - When it rebounds from a cross-bar, 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.
- 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.
 - For Coed Leagues, teams must alternate genders of the kicking player.
 - 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.
 - Players must continue to alternate genders for Coed during the sudden death kicks
 - No player can shoot twice before all five that were on the court at the end of regulation have kicked once.

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 three (3) minutes left in the second half, the game will be over. If at any time during the last three (3) minutes a team reaches a five (5) goal margin, the game will be over.

Substitutions

- Substitutions may occur at any time
 - The player leaves the pitch (the playing surface) via his own team’s substitution zone.
 - The substitute only enters the pitch after the player being replaced has left.
 - The substitute enters the pitch via the substitution zone.
 - The goalkeeper must wait for dead ball to be substituted.

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.

General Information

- Prior to Game Time:
 - Players must check in at the field 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.
- NO ALCOHOL OR TOBACCO is allowed at any Intramural Sports venue. 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.

Sportsmanship

Intramural Sports has developed a sportsmanship rating system that is intended to be an objective scale utilized by the Intramural Sports team members to evaluate attitude and behavior throughout each Intramural Sports contest. After each game, the Officials will rate each team on their sportsmanship before, during, and after each Intramural Sports game. To be eligible for the playoffs each team must average a 3.0 or better throughout the regular season.

A sportsmanship rating below 3 is considered to be 'unacceptable'. Any team receiving an unacceptable rating will be notified via email. Any team receiving a sportsmanship rating of 1 will be required to set up a meeting with the Intramural Sports Office prior to their next scheduled contest. Failure to do so will result in the forfeiture of any subsequent games.

Teams receiving an unacceptable sportsmanship rating in the playoffs will be eliminated regardless of the outcome of the game. An unacceptable rating in the playoffs may subject the offending team to further consequences as determined by the Intramural Sport Office for other Intramural Sports activities or seasons.

<u>Scale</u>	<u>Description</u>
5	Excellent Conduct and Sportsmanship - Captain, players, and fans all display an excellent attitude. Conduct is positive and respectful at all times, even if the opponent does not display a high level of sportsmanship. If necessary the captain calmly converses with the Intramural Sports Officials regarding rule interpretations and calls. The team has winning and losing in perspective such that their conduct in all ways provides an example for the league and the program.
4	Good Conduct and Sportsmanship - The team shows good sportsmanship and cooperates with the opposing team, Officials, and Competitive Sports Supervisor. Opponents are treated with respect and there are no warnings, yellow cards, or unsporting technical fouls.
3	Average Conduct and Sportsmanship - The team still shows cooperation with officials and opponents but may have some complaints and grumbling. Good attitude is missing on occasion but there are no blatant displays of bad attitude. The captain is in control of the team.

- 2 **This is an unacceptable rating.** Below Average Conduct and Sportsmanship - Team constantly comments to the Officials, Supervisor, and/or opposing team from the field and/or sidelines. Poor sportsmanship may include non-verbal and disrespectful attitude toward the officials or opponents. Team captain exhibits little or no control over teammates or himself/herself.
- 1 **This is an unacceptable rating.** Poor Conduct and Sportsmanship - Captain has no control over teammates and/or himself/herself. Team is completely uncooperative and poorly represents themselves and the Illinois State Intramural Sports Program. Player ejections, malicious intent, and cheating could all be behaviors displayed by a team receiving a 1.

If a team feels they have been rated unfairly by the Officials during the game, there is a section on the sportsmanship evaluation form that allows Captains to appeal the rating and provide personal input.

******The Intramural Sports Office reserves the right to put into effect any new ruling regarding Intramural Sports policies, procedures and unsportsmanlike conduct******