

# INDOOR SOCCER RULES

## CHICO STATE INTRAMURAL SPORTS

In cases where a rule is not directly outlined in the following rules, the Intramural Sports Staff, Competitive Sports Coordinator, and/or the Assistant Director reserve the right to use common sense, fairness and the “Spirit of the Game” in providing interpretations on the rules, policies and procedures.

### **INCLUSION**

Intramural Sports values diversity and seeks to create a safe and fun environment that is accessible to the Chico State Community. Intramural Sports is committed to maintaining an environment without discrimination as to race, religion, national origin, gender identity/expression or sexual orientation.

### **CONDUCT**

The Chico State Intramural Sports program promotes good sportsmanship by staff, participants, and spectators. We request everyone’s cooperation by supporting the participants and staff in a positive manner. Profanity, racial or ethnic comments, anti-LGBTQ comments or other intimidating actions directed at staff, participants, or other spectators will not be tolerated and are grounds for removal from the site of competition and further disciplinary action.

### **ACCIDENT INSURANCE**

The State of California and Chico State cannot accept liability for injuries. Participants are encouraged to provide their own accident insurance. Participants are not insured by Chico State or the State of California. Insurance is available at the University Health Center.

### **GENERAL**

In order to participate a valid CSUC or photo ID is required for check-in at each game. Any problems with lost, stolen and/or misplaced IDs must be taken care of prior to game time.

### **BLOOD RULE**

A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered and/or the uniform is changed.

### **FORFEITS**

- A. Match time is forfeit time.
- B. No Show = No one shows up to a schedule game and the Intramurals Office was not contacted. A No Show can result in elimination from end of the season playoff participation.

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- C. Forfeit = The Rec. Sports Office is notified of a forfeit by 3pm on match day. One notification of a forfeit to Intramural Sports made by 3pm on match day will not result in removal from league or postseason.
- D. Multiple forfeits may result in elimination from the end of the season playoff participation.

### **THE FIELD**

- A. All matches will be played at Yolo Tennis Courts:
  - o No food, drinks, chewing tobacco, or chewing gum permitted in the player boxes or on the playing surface.

### **PLAYERS**

- A. Roster size is unlimited; please note that only double the amount of players on the field will be awarded Intramural Champion t-shirts.
- B. Six players on the floor at one time, including a goalie.
- C. It takes a minimum of five (four + goalie) players to start the game.
- D. Free substitutions will be in effect. A player must leave the court before a substitute player can come on.
- E. Coed teams must have 2 males and 3 females on the court at all times (minimum). However having more females on the floor than males is not penalized. In the situation that a team has only 5 players, then they are allowed to play with 2 males and 2 females on the court and the keeper may be either gender.
- F. Rosters are limited to 12 players. Players must have been on the roster for at least one regular season game in order to be eligible for the playoffs.
- G. Substitutions.
  - o During play.
    - Player must be within the touchline at his team box door before a substitute player can come on.
    - When entering a game on a substitution the player must enter using the door. Jumping over the wall to enter the game will result in blue card.
  - o When play has ceased
    - After a goal is scored.
    - After a time penalty is awarded.
    - On an injury time out.
    - When ball leaves the field of play.

### **EQUIPMENT**

- A. Team members must all wear the same colored jerseys and it is recommended that teams bring a second dark or light jersey.
- B. Indoor soccer balls must be used at all times.
- C. Shinguards are not required but highly recommended.

### **TIME**

- A. In coed play two 20-minute halves with running time will be used with a five minute intermission.
- B. In all men's (rec. and comp.) play four 10-minute quarters will be used.

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- C. Stoppage time = At the referees discretion during the last two minutes of a game the clock can be stopped for any incidents deemed necessary.
- D. In the case of a tie, a five-minute extra period with sudden death scoring will determine the winner.

### **GAME PLAY**

- A. Ball out of Play – The ball is out of play when it completely crosses the perimeter wall, makes contact with the safety netting or hits the wall above the dasher boards or hits the top of the handrail in the team bench area. All other balls are live and playable off barriers. Result of a ball out of play will be a free kick from the nearest spot.
- B. When the ball makes contact with the building's superstructure or lighting, a direct free kick from the nearest point closest to a wall.
- C. A player may not put their hands on the wall at any time while in possession and/or attempting to gain possession of the ball.
- D. Third Person Violation – There may only be two players jostling for a ball against the wall. Regardless of the team the moment a third player enters play along the wall, a direct kick will be awarded to the non-offending team.

### **DELAY OF GAME**

If a player or team intentionally delays the game with less than 2 minutes in each half or quarter of play, the official may stop the clock to award any necessary time penalties or to award a free kick or penalty kick. A delay of game violation will also result in a lowered Sportsmanship score.

### **MERCY RULE**

If a team is ahead by 8, or more, with five minutes remaining in the second half and or the 4<sup>th</sup> Quarter and the game is deemed dangerous or lackadaisical by the officials it may be called.

### **SUDDEN DEATH PENALTY KICK**

If a tie persists after sudden death overtime period the game will move into penalty kicks. Each team will receive 5 penalty kicks, and the team with the most goals wins.

- A. Any five (5) players are eligible to take the kicks. (Eligible = checked into the game, was not ejected, and not serving a penalty at the end of sudden death overtime)
- B. In coed games 3 of the kickers must be female.
- C. In the event of a tie after penalty kicks, sudden death penalty kicks will take place in the same player order as the shootout, until both teams have taken an equal number of kicks and one has scored one goal more than the other.

### **GOALKEEPER RESTRICTIONS**

- A. Once a goalkeeper has gained control of the ball he/she must release it into play within five seconds.
- B. After releasing the ball, the goalkeeper cannot play the ball again with their hands until the opposing team has touched the ball.
- C. "Goal kicks" are played from the keeper's hands, not feet.

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- D. Any violation of these restrictions will result in a direct free kick from the outside circle on top of the box.
- E. All goalkeeper infractions that occur in the goal box will result in a direct kick from the top of the goal box circle.
- F. The goalie may pick up the ball and/or receive a pass from their team member once before the ball has to be touched by an opposing player.
- G. The goalie may not throw the ball in the air without touching another player pass half court.
- H. The goalie can “slide” in the goal box to make a play on the ball. The intention of the slide must be to stop the ball and not to upend an opponent. If in the course of a play the goalie slides out of the goal box area they will be subject to a “sliding” penalty.

### **INFRACTIONS**

- A. All free kicks are direct except kickoffs. A direct kick can be taken at anytime once the ball is “set” by the official unless confirmation of 7 ft is asked for.
- B. There are no offsides.
- C. Opposing team is awarded a direct kick from the point of infraction when the ball is next played by the kicker following a kickoff or by the kicker on a kick-in.
- D. Player charges into an opponent when neither is within playing distance of the ball.
  - Player without the ball attempts to obstruct an opponent who is attempting to play the ball.
  - Ball touches ceiling or light fixtures. (Restart from the nearest touchline from where the ball was kicked.)
  - Dangerous play.
  - Sliding and dropping to the knee on either offense or defense.
  - Players opposing the kicker must be at least 7 feet from the ball until it is kicked.

### **TEAM FOUL COUNT**

- A. During each half or 1<sup>st</sup> two quarters of play the fourth foul on either team will result in the offending team having to play a person down for 2 minutes. The sixth foul, and all fouls thereafter, will result in a penalty kick. Foul totals do not carry over to the 2<sup>nd</sup> half or last 2 quarters. If a team is playing down a player and another teammate receives a two-minute penalty both players have to sit out and cannot be replaced until their specific penalty time has expired.

### **TWO-MINUTE PENALTY (BLUE CARD)**

- A. Player must spend two minutes off the floor and his/her team must play shorthanded. If determined to be a deliberate or major foul, may also be a yellow card infraction. Results in a direct kick for the opposition. After an opposition score or two minutes, whichever come first, the player receiving the two-minute penalty or another player can enter the game.
  - Examples for conduct receiving a Blue Card can consist of but are not limited to:
    - Attempting to kick, strike, trip, push, slide tackle, jump, or charge at an opponent.
    - Attempting to hold an opponent in an effort to reach the ball.
    - Attempting to deliberately strike ball with hand or arm.

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- Entering the goal area - If a defensive player goes into the goal area to deflect an obvious goal, a two-minute penalty will be assessed as well as a goal for the opposing team. All other instances where upon the official's judgment a player went into the box to gain an advantage a two-minute penalty will be assessed.
- Blue cards are generally given for persistent infringement but may also be used for serious fouls not worthy of a 4 minute penalty.
- Second Blue Card
  - Persistent infringement of any rules of the game.
  - Objecting by word of mouth to the actions of the official.
  - Persistent use of incidental use of vulgar language not directed at anyone.
  - Unnecessary delay.
  - Deliberate verbal tactics.
  - Deliberate tactical foul.

### **YELLOW CARD INFRACTION**

- A. Cautioned player must leave the floor for four minutes and his/her team must play shorthanded. Results in a direct kick for the opposition. The player receiving the penalty must sit out the entire four minutes. If the opposition scores a goal before four minutes is up **another player** can enter the game for the penalized player.

### **RED CARD INFRACTION**

- A. Red Card Infractions. Disqualification and number of players on the floor will be reduced for five minutes regardless if the opposition scores a goal in that time or not.
- Direct kick from the spot of the ball.
  - Second caution.
  - Violent conduct or serious foul play.
  - Spitting on another person.
  - Using foul or abusive language toward players or officials.
  - Leaving the team area to enter the field where a fight is taking place. A field player denying a goal scoring opportunity with the use of arms or hands.

### **PENALTY KICK**

- Awarded when a flagrant foul occurs within the offending team's penalty area.
- All players must be within the field of play but 7 feet from the penalty area and behind the penalty-kick line until the ball is kicked.
- Goalkeeper is to remain on the goal line. He/she may only move laterally until the ball is kicked.