



INDOOR SOCCER RULES

Warning: Your participation in this sport could result in physical injury, which could be serious or fatal!! The University of North Carolina at Wilmington assumes no responsibility for injuries and related medical expenses received during Intramural sports activities. Students, Faculty and staff are reminded that Intramural participation is completely voluntary. It is strongly recommended that all participants have a physical examination and secure adequate medical insurance prior to participation.

The following is a list of requirements and recommendations for each participant that enters this activity.

Required of all participants:

1. No jewelry
2. No hard-billed hats
3. No hard/unyielding hair control devices

Recommended of all participants:

1. Mouthpiece
2. Shin guards
3. Knee pads, elbow pads for goalkeeper
4. Proper attire (shoes, long pants) - no flip flops or street shoes
5. Padded support braces if result of previous injury or required by doctor.

1. A student, faculty or staff I.D. will be required and checked at all games. NO I.D. - NO PLAY!!
2. Indoor soccer will be governed by F.I.F.A. Soccer rules, except rules on this sheet.
3. Game time is forfeit time. 1 forfeit will result in a team being dropped from the league. A team can remain in the league if they pay the \$20.00 forfeit charge as described in the IM Sports Handbook. A second forfeit will result in the team being dropped from the league. Four (4) players are required to avoid a forfeit. Co-rec: A team must have 4 players with the gender ration being 2 males and 2 females or 3 females and 1 male.
4. All games consist of 2 - 20 minute halves. Halftime will be 5 minutes. There will be no timeouts. Ties will be broken with one 3-minute sudden death overtime period; if the game is still tied, it will be broken with a shootout.
5. Suspended players may not be replaced. Roster additions must be made in the office 24 hours before participation of new players. Only the persons highlighted on the roster sheet will be permitted to play.
6. Teams will have until the captain's meeting to get at least 5 players on the roster in the computer or else that team will be dropped from the league.
7. Players ejected will be suspended from the league indefinitely until meeting with IM Sports staff. Any player addressing an official with profanity will be ejected and must meet with the Associate Director of designee.
8. A team shall consist of four players and a designated goalie. A team may start with 4 players, one of which is the designated goalie. If team drops below four players the game is over and a win goes to the opposing team.
9. No player will be allowed to play in more than one league.
10. A mercy rule will be used when a team is leading by 20 or more goals at or inside 5 minutes remaining in the 2nd half or 10 or more goals at or inside 2 minutes remaining in the 2nd half.
11. The indoor soccer area will be in Hanover Gym. Goals will be set up against the wall under the main baskets. The walls on the sideline of the gym will be in play. All walls are in play. Balls kicked out of playing area will be put in play by an indirect kick where the ball left the playing area, depending upon the judgement of the official. The ceiling, lights and backboards will be out.

12. The goalie cannot clear the ball (by throw) past mid-court without the ball contacting another player, the floor, or a wall first. There is no double control by the goalie. They may not touch the ball with their hands if it has been deliberately kicked to them by a teammate.
13. The goalkeeper may use his/her hands to handle the ball as long as the totality (one foot) of the goalkeeper's body and legs is in the confines of the vertical plane of the goal area. The penalty for a goalkeeper handball infraction is two minutes in the penalty area. A field player may be substituted in the penalty box for the goalkeeper for a goalkeeper handball infraction.
14. All free kicks will be indirect, with the opposing team at a distance of 10 feet from the ball. Any penalty occurring in the penalty box area (inside three point arc) will result in a penalty kick (from free throw line), with all participants removed from the area (outside three point arc) except a goalie and a person taking the kick. Once the kick is made regular play begins.
15. Substitutions will be made by means of the "on the fly rule". All substitutions will be on the fly, including the goalkeeper. The substituting player must remain on the bottom step of stairs leading to North Balcony until the other member of his/her team is completely off the floor. The remaining team members must remain on the stairs. One team at west end and other at east end. Failure to do so will result in an indirect kick for the opposite team. This includes goalies, however, they need to notify the official before substituting.
16. No slide tackling!! Slide tackling will result in an automatic ejection.
17. Any team member ejected from a Campus Recreation indoor soccer game will result in his/her team playing in a man-down situation for a two (2) minute time period. The time on the penalty will carry over from the first half to the second half. Officials will use yellow and red penalty cards. Yellow cards are official warnings for first offenses. Red cards are used for ejection purposes.
18. Pennies or designated jerseys must be worn by both teams. T-shirts with sleeves must be worn under UNCW jerseys.
19. No alcohol or tobacco is allowed in Hanover Gym. Additionally, no food or beverages, including water, are allowed inside the gym. Please keep all containers outside the court area. All fans and spectators must be upstairs on the North balcony of Hanover Gym.
20. Overall winners will receive championship apparel. Championship apparel must be picked up at the Department of Campus Recreation in the Student Recreation Center within thirty (30) days of the championship match.

Indoor Soccer Rules

* Penalty box area: The penalty box area will be located on the steps leading up to the equipment room used by the Department of Campus Recreation.

Each team must have all the same colored jerseys with numbers. If both teams have the same colored jerseys, the official will flip a coin to decide which team changes jerseys. If the Intramural sports program provided jerseys are worn, a shirt with sleeves must be worn underneath. If this is not adhered to, the player will not be allowed to play.

Playing Rules:

1. The game/second half/overtime will begin in the middle of gym floor with a kickoff.
2. For the kickoff, the ball is placed in a stationary position on the center spot. The referee gives a signal for the kickoff and a player of the team kicking off then takes a place kick. (This is the only place kick in the game). Every player must remain in his/her own half of the field until the ball has been played, and players of the team opposing the kicking off must be at least 10 feet from the ball until it has been kicked off. The ball must be kicked into the opponent's half of the field during the kickoff.
 - During the kickoff the ball must travel the distance of its circumference to be in play. The kicker must not play a ball a second time on the kickoff until it has been played and/or touched by another player.
3. In order to be a goal:
 - A - the entire ball must pass beyond the line between the posts and under the crossbar.
 - B - the ball must not be thrown, carried or propelled by the hand or arm.

4. A goal kick must be taken by a player of the defending team from within half of the goal area corresponding to the side of the field in which the ball passed over the goal line, including the crossbar. * During the goal kick, the ball is not in play until it has passed beyond the limits of the goal area. The opposing team players must remain outside the goal area during the goal kick.
5. There will be no: off sides, throw-ins.
6. There will be corner kicks, drop balls, penalty kicks.
7. Goals can be scored only from inside the offensive territory.
8. The legal maximum height for a lofted/kicked ball shall be no more than fifteen (15) feet. The ball is not allowed to go above fifteen (15) feet. Balls deflected above fifteen feet will be at the referee's discretion. The top of the basketball goals is fifteen (15) feet high.
9. All free kicks are indirect.
10. For all kicks, the players of the opposing team must be at least 10 feet from the ball and shall not approach within 10 feet until the kick has been taken.
11. A player may change roles with the goalkeeper during the match provided the referee is notified. If this change is made without notification and the player who has made the change handles the ball in the penalty area, then a two-minute penalty is awarded.
12. Goalkeepers will not be allowed to punt or drop kick the ball. The ball must be thrown or rolled at all times, but may not be thrown past mid-court in the air. It may cross mid-court if:
 - A - it touches wall or floor on the goalkeepers side of mid-court first or,
 - B - it touches another player on the goalkeeper's side of midcourt first.
 - C - if there is an infraction, the opposing team will get the ball at the mid/halfway court.

Penalty Offenses:

- A - charging an opponent violently or dangerously
 - B - charging an opponent from behind
 - C - holding an opponent
 - D - striking or attempting to strike an opponent
 - E - pushing an opponent
 - F - tripping an opponent
 - G - Kicking or attempting to kick an opponent
 - H - jumping at an opponent
 - I - verbal abuse, unsportsmanlike and flagrant misconduct (bait and taunt)
 - J - blocks/tackles and other such contact at the nets shall be an automatic two-minute penalty
1. An intentional act to obstruct the path of an opponent to the ball when a player does not attempt to play the ball is an offense, which is penalized by an indirect free kick.
 2. The goalkeeper may use his/her hands to handle the ball as long as the totality (one foot) of the goalkeeper's body and legs is in/over the confines of the vertical plane of the goal area. The penalty for a goalkeeper handball infraction is two minutes in the penalty area. A field player may be substituted in the penalty box for the goalkeeper for a goalkeeper handball infraction.
 3. Any ball that is purposely kicked and strikes the ceiling fixtures results in two minutes in the penalty box, excluding a deflected ball.
 4. The official may deem the action of the goalkeeper inappropriate and may demand the goalkeeper serve time in the penalty box.
 5. A caution by the referee may also result in two-minute penalty at the discretion of the referee. Such a penalty must be served in its entirety and will not be ended even if the other team scores a goal. If a referee issues a yellow card, the next action by the referee is a red card and the player is ejected from the game and gym immediately.

Penalty Box

1. All two-minute penalties begin when the offending player reaches the penalty area. If he/she takes their time around the court, he/she only wastes his/her team's time.
2. The official scorer/timer will keep time on penalties and will hand wave the penalized player onto the court when the penalty time has expired. The penalized player/team is responsible for watching the scorer/timer's re-entry signal. It is not the scorer/timer's responsibility to get the attention of the player.
3. If the first half ends before a two minute penalty has been completed, the balance of the time remaining will be served at the beginning of the second half, or until a goal is scored by the opponents.
4. All goals scored to release players in the penalty box must be scored against the short-handed team or the team who has a player in the penalty box.

5. No more than two players from one team may be in the penalty box at one time. If a goal is scored before the two minutes are elapsed, the first player in the box is released to continue to play. The second player must remain in the penalty box until his/her two minutes are up or another goal is scored. If more players are penalized during the occupation of the penalty box by two players, the additional players will serve their times in the penalty box concurrently each time one of the two fellow players in the penalty box is released.

SPECIAL RULES - CO-REC INDOOR SOCCER

1. Each team will consist of five (5) players, one of whom shall be the goalkeeper. The team consists of two (2) men and two (2) women and a goalkeeper, who may be of either sex. A team must have at least four players to begin or continue a game, one of which is the goalkeeper. At any time during a contest the number of men may exceed the number of women by only one and the number of women may exceed the number of men by only two (including the goalkeeper).
2. Substitutions must be male for male and female for female (exception: goalkeeper). If a team begins with fewer than five (5) players but members arrive late who can bring the team to its full complement, the additional player(s) may enter the game only as permitted by substitution rules.