

Wake Forest University

Intramural Indoor Soccer Rules

Rule 1: Participation guidelines

1. All games will consist of 5 players on each team, one of whom shall be the goalkeeper. A team may carry any number on their roster. If a team has fewer than three eligible players due to injury or ejection, that team shall be required to forfeit.
2. CoRec Teams consist of 5 players:
 1. A coin flip will take place at the beginning of each game. The winning captain will choose to play with 3 men or 3 women in the first half. The opposite will determine the ratio for the second half.
 2. If a team plays with 4 players at any point during the game, the ratio of men to women must be equal.
 3. Throughout the game, both teams must always abide by the legal gender ratios. Therefore, the team awarded the ratio choice will determine the gender ratio (3 males to 2 females or 3 females to 2 males), and the opposing team must abide by the same ratio throughout the entire half.
3. Forfeit time is the scheduled game time. A team needs four players minimum to avoid a forfeit.
4. Eligibility: Current students, faculty and staff of WFU with a valid I.D. from the present semester are the only persons eligible to participate in the league.
5. Men/women may play on one men's/women's team and one CoRec team.
6. Responsibilities of the team captains:
 - a. Make sure all of your players and the opposing team's players are eligible.
 - b. Maintain control of the behavior and sportsmanship of your players.
 - c. Maintain control of the behavior and sportsmanship of your crowd and fans.
 - d. Only the captain may address an official on matters of rule interpretations and game information.
 - e. **Keep your team's belongings out of the way, either in the hallway or in the gym.**
7. Protests concerning the eligibility of a player must be made prior to the start of the second half of each game. Players must have played in at least one regular season game to be eligible for the tournament games.

Rule 2: Players Equipment

1. The use of any hard or dangerous head, face, or body protection equipment is illegal.
2. Hard casts of any material, even if padded, are illegal. Knee braces must have exposed metal and hard plastic covered by a neoprene sleeve (minimum ¼" thick) to participate. No jewelry is allowed.
3. Intramurals will not provide goalkeeper apparel and equipment. However, teams may bring acceptable goalkeeper materials to games.
4. Jerseys can be checked out on a per game basis from Reynolds Gym Rm. 204.
5. It is illegal to wear shoes with spikes, screw-in cleats with metal studs, or molded shoe with cleat on toe. Dress shoes or any other type of footwear that may mark the floor is also illegal. Players are recommended to wear tennis shoes or other footwear that would be appropriate for a basketball surface.

Rule 3: Officials

1. Powers and Jurisdiction: The officials shall enforce the rules and decide any disputed point. Officials' judgment calls are final and cannot be protested.

2. The officials may caution any player guilty of misconduct or unsportsmanlike conduct (yellow card), and if the player persists, suspend him/her from the game (red card). **THE SUSPENDED PLAYER MAY NOT BE REPLACED.**
3. Only designated captains, in a sportsmanlike manner, may approach the officials and question a call, which should only be done during a stoppage of play. Other players may not. A captain is also responsible for the team's spectators situated in the hallways of the gym.
4. The officials are student employees of the university. Any verbal or physical abuse will bring about indefinite suspensions and may result in further disciplinary actions.

Rule 4: Substitutions

1. Substitutions are prohibited during penalty kicks, but players are allowed to switch positions.
2. Substitutes shall go to the midfield line and notify the nearest official before entering the field of play (Penalty: Indirect free kick and yellow card).
3. **Substitutions will only be allowed when the official calls the players on during a stoppage of play.**
4. Any player receiving a yellow card must be substituted for immediately. They may re-enter on the next available substitution opportunity.
5. If a player is bleeding, has an open wound, or has an excessive amount of blood on his or her uniform, he or she must leave the game, and may not return until a game official permits him or her to do so.
6. A verbal warning shall be given to both players at the next stoppage of play for failing to notify the referee of a goalkeeper change. The penalty for an illegal substitution is a yellow card charged to the team captain.

Rule 5: Timing Regulations

1. The game will consist of two 20-minute halves with a continuously running clock. The clock will only stop for the treatment of serious injuries.
2. There is no stoppage/injury time. Halves end exactly twenty minutes after the period begins. Exception: Time shall be extended to permit penalty kicks awarded just prior to the end of either half.
3. A game becomes official after the kickoff that starts the second half.

Rule 6: Start of Play

1. The team that wins the coin toss will have the choice of kicking off or deciding what goal to defend. During the second half, play will start with a kickoff by the team that did not kickoff to start the game (sides switched).
2. After the referee has given a signal, a player taking a free kick shall start the game. A goal shall not be scored directly from a kickoff. If the ball is not properly kicked forward, the ball will again be placed on the kickoff mark and properly kicked forward.
3. The kicker may not play the ball again on the kickoff until it has been touched or played by another player. Penalty: indirect free kick for the opposing team.
4. When restarting the game after a temporary suspension of play or misconduct by a non-player, the ball shall be played from its location upon the game stoppage.

Rule 7: Out-of-Bounds

- A. The ball is out of play when:
1. It has completely crossed the goal line whether on the ground or in the air.
 2. It hits an area higher than the white wall surrounding the court.
 3. It hits any backboard, basketball goals, basketball nets, or basketball equipment not fixed to the floor.
 4. It hits the ceiling or any fixtures aligned on the ceiling, including floor divisions, lights, etc.

5. It is lodged in parts of the net or between the goal and the back wall.
 6. It hits the brick lined on the northern ellipse of the court.
 7. The official sounds his/her whistle.
- B. The ball is in play when:
1. It is bouncing off the white walls,
 2. It is in the corner of the court, playable to either team and free from danger.
 3. The ball makes contact with the official, spectators, or players on the sideline.

There will be no second whistle to restart play except: (1) when a team asks the official for 10 yards, (2) when play has been stopped to caution or eject a player, (3) for a penalty kick.

Rule 8: Scoring

1. A goal is scored when the whole ball has passed over the goal line, between the goal posts and under the crossbar, provided it has not been thrown, carried, or propelled by hand or arm. If the half ends before the ball falls completely into the goal, the goal will not be counted.
2. If the defending team deliberately stops or deflects the ball with hands or arm to stop a goal, a penalty kick will be awarded and a red card will be issued to the offender (automatic disqualification).
3. If during a breakaway a player is deliberately taken down and there is a potential goal scoring opportunity, a red card will be issued to the offender and a direct free kick will be given. The offender will be automatically disqualified from match.
4. Mercy Rule: If a team is ahead by 4 or more goals with less than two (2) minutes to play, the game can be ended at the official's discretion. If a team takes the lead by 4 goals during the final two (2) minutes of the game, the game can also be ended at the discretion of the officials.

Rule 9: Free Kicks and Fouls

Free kicks shall be classified under two types: DIRECT (from which a goal can be scored directly against the offending side), and INDIRECT (from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing into the goal)

- A. Offenses for which a DIRECT kick can be given are:
1. Intentionally handling, carrying, striking, or propelling the ball with a hand or arm. Note: moving the hands or arms to protect one's self is considered intentional handling.
 2. Directing foul or abusive language towards another player or official. A yellow card or red card will be issued at the official's discretion in such circumstances.
 3. Placing hands or arms on an opponent in an effort to reach the ball or hold an opponent.
 4. Pushing, striking or attempting to strike, jumping at, kicking or attempting to kick, tripping or attempting to trip, using the knee on an opponent; charging an opponent from behind. At the official's discretion, cards can also be handed out for these offenses
 5. **Any player who slide tackles will be carded automatically.**
 6. Charging an opponent violently or dangerously. A player who leaves the ground with both feet or throws his/her weight against an opponent is guilty of charging. A fair charge is one in which a player makes non-violent shoulder to shoulder contact with an opponent, with his or her arms and elbows close to the body, standing with at least one foot on the ground with the ball within playing distance.
 7. Charging into a goalkeeper in the penalty area or when the goalie has control of the ball. The official will automatically remove (administer a red card to) the offending player in these circumstances. The only exception to this rule is when the goalkeeper is in some way clearly obstructing an opponent. The goalkeeper is considered to be in possession of the ball when he has it trapped in either or both of his hands, when he bounces it on the ground, or when he throws the ball into the air.

8. Climbing the back of an opponent, in order to gain an advantage on heading opportunity.
 9. Handling by the goalkeeper outside the penalty area.
- B. Offenses for which an INDIRECT free kick can be given are:
1. A player playing the ball a second time before it has been played by another player at the kickoff, a throw in, a drop kick, a free kick, a corner kick, a goal kick, if the ball has passes outside the penalty area.
 2. Ball not kicked forward from a penalty kick (retake the kick).
 3. If the goalie takes more than 6 seconds (silent count) in any direction while holding, bouncing, or throwing the ball in the air and catching it again without releasing the ball into play.
 4. If the goalie, after having released the ball into play before, during, or after the 6 seconds, touches the ball again with the hands before it has been played by another player of the same team outside of the penalty area or by a player of the opposing team either inside or outside the penalty area.
 5. If the goalkeeper, after intentionally parrying the ball, handles the ball again before it has left the penalty box or been touched by a player of the opposing team. Parrying is defined as a clear attempt by the goalkeeper to intentionally control and/or deflect a catchable ball down or out with the hands.
 6. A substitution or resubstitution being made improperly.
 7. Persons other than the players entering the field of play without the referee's permission.
 8. Arguing with the referee's decision (additional penalties for this offense include possible yellow card or game suspension).
 9. Unsportsmanlike conduct. A player shall be penalized for charging when the ball is not in playing distance and they are not attempting to play the ball (additional penalty: possible yellow card).
 10. To resume play after a player has been ordered off the field for persistent misconduct or violent conduct.
 11. Interfering with the goalie or impeding in any manner while the goalie has possession of the ball.
 12. A player shall be penalized if he or she obstructs an opponent when not playing the ball.
 13. Playing the ball in a manner dangerous to an opponent or oneself (i.e. high kick, playing on the ground, etc.).
 14. ON ANY OCCASION WHEN A PLAYER DELIBERATELY KICKS THE BALL TO HIS OWN GOALKEEPER, THE GOALKEEPER IS NOT PERMITTED TO TOUCH IT WITH HIS HANDS. Indirect free kick to be taken from where goalkeeper makes contact with their hands.
- C. Other Free Kick Guidelines include:
1. When a direct or indirect free kick is being taken all opposing players must be roughly 10 yards (official's discretion considering size of the court) from the ball until it is kicked, unless they are standing on their own goal line.
 2. All defensive free kicks in goal area will be played at goal kick spot.

Rule 10: Penalty Kicks

A. Penalty Kick Situations

1. All direct kicks awarded in the penalty area are penalty kicks.
2. Penalty Kicks will be awarded for an infringement of the rules in the penalty area
3. A penalty kick can be awarded irrespective of the position of the ball within the goal box.

B. Penalty Kick Procedure

1. A penalty kick shall be taken from the penalty mark, which is approximately 12 yards from the goal line (the foul line of the basketball court). The player taking the penalty kick may not start the kick outside the top of the arch of the basketball court.

2. When it is being taken, all players with the exception of the player taking the kick and the opposing goalkeeper shall be within the field of play, but outside the penalty area, and at least 10 yards from the penalty mark.
 3. It is the responsibility of the official to ask the goalkeeper if they are ready to defend their goal in that situation, before the opposing player takes the kick.
 4. The kick is taken upon official's whistle. The penalty kick will be ruled invalid if the kicking player advances before the whistle, no matter what its result. In such an event, the kick will be replayed.
- C. General Guidelines for Penalty Kicks
1. The opposing goalkeeper must stand, without moving his/her feet, on his/her own goal line between the goalposts, until the ball is kicked.
 2. The goalkeeper may not jump off his line until the kicker makes contact with the ball.
 3. The player taking the kick must kick the ball forward.
 4. Should the ball hit the goalposts or crossbar and rebound into play, the player who shot the ball may not touch the ball until it comes in contact with another player. The penalty for such an offense is the awarding of an indirect free kick to the opposing team.
 5. The ball shall be deemed in play directly after it is kicked, and a goal may be scored by any player after the initial shot.

Rule 11: Out of Bounds Restart

When the ball is deemed out of play (see above), it shall be restarted by means of an indirect free kick from the point where it was deemed out of play, by a player of the team opposite to that of the player who has last touched it. The ball must remain stationary upon restart and it may be played by any player except the one who executes the restart. The penalty for such an infraction is the awarding of an indirect free kick to opposing team.

1. If the ball fails to enter the field of play, it shall be re-kicked.
2. If an opponent interferes with or in any way impedes the actions of the kicker while the restart is being taken, the official will administer a yellow card for an unsportsmanlike conduct violation.

Rule 12: Drop Ball

A. A drop ball occurs under the following circumstances:

1. When the ball is caused to go out-of-bounds by two opponents simultaneously.
2. The ball is stuck in the corner of the court, with or without being played by the players on the court.
3. Following a temporary suspension of play for an injury or other situation in which no team has clear possession of the ball.
4. A simultaneous foul by both teams.
5. When the ball becomes deflated.

The position of the drop ball is where the ball becomes dead unless this is in the goal area, in which case, the spot is the nearest point on the goal line in the field of play.

Rule 13: Goal Kick

A. Goal Kick Situations

1. A goal kick shall be awarded to the defending team when the ball goes out of play (see above), in an area behind the goal, having last been played by the attacking team.
2. Players opposing the kicker shall remain outside the penalty area until the ball moves out of the penalty area.

B. Goal Kick Procedure

1. The ball shall be kicked from the ground (having been in a stationary position) at any point within the goal area by a player of the defending team. A goal kick must clear the penalty area and enter the field of play.
 2. After the goal kick leaves the penalty area, the ball may be played by any player except the one who executes the goal kick (Penalty-Indirect free kick).
- C. General Guidelines for Goal Kicks
1. The goalkeeper shall not pick up the ball and play it.
 2. A goal may be scored off a goal kick.

Rule 14: Corner Kick

1. When the defending team last touches the ball and it is deemed to be out of play, a member of the attacking team shall take a kick from within the quarter-circle at the nearest corner flag.
2. The ball must be placed in a position in the corner, where it is down the line from the goal line.
3. Players of the team opposing that of the player taking the corner kick shall not approach within ten (10) yards of the ball until it is in play.
4. A goal may be scored off a corner.

Rule 15: Goalkeeper Rights and Responsibilities

1. A goalkeeper may not throw or drop kick the ball into the opposing goalkeeper's box..
2. Punts are illegal.
3. A goalkeeper may use his hands on any ball that is played by the opponent towards his goal, with the condition that his or her entire body remains within the confines of the goal box.
3. A goalkeeper may not pick up a ball with their hands that is deliberately passed to them by a fellow team member. The official will utilize his discretion to decide what is a deliberate pass and what is a deflection.
4. The lines around his goal on the court define the goalkeeper's box. The official will explain to the keeper the boundaries of this box prior to the beginning of the first game of the season.

Rule 16: Regular Season and Postseason Specifications

A. Regular Season Guidelines

1. Any game that ends in a tie during the regular season will officially be declared and recorded as a draw.
2. There is no Golden Goal or penalty kicks in the regular season.

B. Postseason Guidelines

1. During playoffs, if a game ends in a draw, a five (5) minute extra session will be played. A GOLDEN GOAL format will be used, where the first team to score in overtime will be declared the winner.
2. During playoffs, if the game remains in a draw, after the five (5) minute Golden Goal session, then a Penalty Kick tiebreaker will determine the victor. Teams will choose five of their six players (that were on the court at the end of the session), including goalkeeper, to take a one-on-one shot with the goalkeeper, from the penalty kick position, approximately 12 yards from the goal line. Kicks will be awarded in an alternate position format.
3. Teams are allowed to change goalkeepers in the Penalty Kick tiebreaker, as long as the new keeper was on the court at the end of the Golden Goal session.
4. Penalty kicks will be given on a best-of-5 format. If still tied, then a sudden death penalty kick tiebreaker will begin. The 6th kicker must be the remaining player on the court, who did not take a shot during the first set of 5. After that, the order recycles back to the beginning until a winner can be declared.

Revised: 12/20/09