

University of Nebraska
Office of Campus Recreation

INDOOR SOCCER RULES Men's, Women's, and Co-Rec

All games will be played in Cook Pavilion. Intramural soccer will be played by National Federation High School rules with the following modifications:

RULES

A. Players/Substitutes

1. Games will be played with six (6) players. A team must begin and/or end play with a minimum of four (4) players, and at least one of each gender for co-rec.
2. Substitutes must report to and be recognized by the referee before entering the game. Unlimited substitutions may be made during any goal kick, when a goal is scored, when an injured player is being attended to on the field, and when a player is cautioned. The team in possession of the ball for a throw-in may substitute. **If the team in possession of the ball chooses to substitute, the opposing team may substitute at that time. Only the team gaining possession of the ball may substitute on a corner kick.**
3. There is no limit to the number of substitutions during a game.
4. **Substitutes cannot take penalty kicks. Only a player on the field at the time of the foul may take the penalty kick.**
5. The goalkeeper can switch positions with a player on the field at any time a substitute is allowed, provided the referee is informed before the change is made.
6. **A team MUST substitute for a player who is bleeding. Officials can stop play immediately when there is an immediate dangerous situation/injury.**

B. Time/Periods

1. Games consist of two twenty (20) minute halves with a five-minute half time. The clock is continuous and will not stop for a ball going out of play.
2. Teams are not allotted any time-outs. The referee may, however suspend time for injury, etc., if he/she deems it necessary.
3. **GAME TIME IS FORFEIT TIME.** Teams should report to the Intramural Staff Assistant a minimum of 15 minutes prior to the scheduled game time to complete the scorecard and checkout jerseys, etc. **Legal team may give short team 10 minutes from game time to field a legal team or take the win by forfeit. Game clock starts at game time if the 10 minutes is awarded.**

C. Scoring/Ties

1. A goal is scored when the whole of the ball has passed over the goal-line, between the goal posts and under the cross-bar, provided it has not been thrown, carried or intentionally propelled by hand or arm, by a player of the attacking team, except in the case of a goalkeeper, who is within his own penalty area.
2. A goal **may** be scored during play directly from a:
 - a. Direct free kick
 - b. Penalty kick
 - c. Corner kick
 - d. Drop ball
 - e. Goalkeeper's throw (No punts or dropkicks in indoor soccer)
 - f. **Kickoff**
 - g. **Goal kick**
3. A goal **may not** be scored during play directly from a:
 - a. Indirect free kick
 - b. Throw-in
 - c. Free kick into a team's own goal
4. **Shootouts:** During playoffs, a game ending in a tie will be decided by an overtime shootout/penalty kicks. Each team shall select five shooters for each round of the shootout. Each team alternates kicks, with **only the six players from each team who were on the field at the end of regulation being eligible to participate as kicker or keeper**. Every player on the field must attempt a penalty kick before any player can shoot a second time. If the game is still tied after the first five shooters from each team have kicked, another shootout will take place. The shootout will begin with the player on the field that did not shoot in the first shoot-out and then continue in the same order as before. Goalkeepers WILL shoot penalty kicks. If a team was playing shorthanded, that position in the shooting order will remain empty and will be counted as a miss. **If, after the first round of the shootout, the score is still tied, the shootout will continue. Sudden victory begins with the second set of kicks, wherein if one team scores and the other team does not score, the game is ended without more kicks being taken.** In the event that a player who finished the game on the field becomes injured and cannot participate, substitutions will not be allowed and the shot will automatically be counted as a missed attempt. This also applies to players that received a caution to end regulation. Substitutions for the goalkeeper (not as a shooter) may be made at any time during the shootout so long as the substitute is eligible to participate.
5. Once a player who is taking a penalty kick begins his/her approach to the ball, they may not interrupt their movement by faking a kick, stopping or hesitating, then proceeding to kick the ball. Failure to kick the ball as stated in this rule results in a rekick. **The goalkeeper may move laterally on the goal line.** If the goalkeeper violates the provisions of the penalty kick such as moving off the goal line before the kicker contacts the ball, a rekick will be awarded if the shot is missed, but the goal will count if made. During regulation, all players other than the goalkeeper and the kicker must be at least **6 yards** from the ball and behind the ball until the kick is

taken. Once kicked, it may be played by anyone other than the kicker. The ball must be played by another player before being played again by the penalty kicker.

D. **Players/Equipment**

1. No boots, steel-cleated or hard-toed shoes are allowed in Cook Pavilion. Molded cleats and turf shoes are allowed.
2. No jewelry is allowed (watches, earrings, necklaces, etc.).
3. Sweatbands on head or wrist are allowed-elastic type. No hats, bandanas, or other headwear is allowed. Nothing is allowed which has a knot.
4. Injured players are allowed to wear braces, soft casts and protective coverings provided they are covered with 1/2 inch high density padding or wrapped with a similar material with the same minimum thickness. However, the referee shall not allow a player to wear anything which he/she deems dangerous (i.e. hard casts and splints are not allowed or anything the supervisor deems as unyielding material/no give).
5. Game balls will be provided by the Office of Campus Recreation. No other balls will be allowed to be used in games. **In addition, game balls will not be provided to participants to warm up.**
6. **Shin guards are required by ALL participants. Shin guards may be checked out on-site.**

E. **Starting the Game: After Goal/After Half-time**

1. A coin toss shall occur before the game. The team winning the toss shall have the option to choose the kick-off or defend a goal.
2. The game shall be started by a player taking a place-kick (i.e., a kick at the ball while it is stationary on the ground in the center of the field of play) into his opponents half of the field of play. The ball must be kicked forward at least one full rotation (about two feet) before being contacted by another teammate.
3. Every player shall be in his own half of the field and every player of the team opposing that of the kicker shall remain not less than **6 yards** from the ball until it is kicked off.
4. The kicker shall not play the ball a second time until it has been touched or played by another player. In the event that a player plays the ball twice before it has been touched or played by another player, an indirect kick is awarded to the opposing team.
5. **A goal may be scored directly from a kick-off.**
6. After a goal is scored, the game shall be restarted by the opposing team with a kickoff.
7. When restarting after halftime, ends shall be changed and the kick-off shall be taken by the team that did not kick off to start the game.
8. When restarting the game after a temporary suspension of play from any cause not mentioned elsewhere: the team with possession of the ball at the time the suspension of play was called shall be awarded an indirect kick at the point of possession,

provided that immediately prior to the suspension the ball had not passed over the touch or goal lines. If neither team had clear possession of the ball, the referee shall perform a drop ball at the location of the ball when the suspension was called.

9. When any kick is used to begin play, opposing players must stand at least **6 yards** from the ball. During a goal kick the ball is not regarded as in play until it leaves the penalty area.

F. **Ball in/out of play**

1. **The ball will not be played off the walls in Cook Pavilion.**

The ball is out of play:

- (a) When it has wholly crossed the goal line or touchline (sideline), whether on the ground or in the air.
 - (b) When the game has been stopped by the referee.
2. The ball is in play at all other times from the start of the match to the finish including if it rebounds from a goalpost or crossbar into the field of play.
 3. If the defending team has touched the ball last when it crosses the end line, then the attacking team is awarded a corner kick. The ball is placed in the corner of the field (placement on the lines is legal) and kicked into play. If the attacking team touched the ball last when it crossed the end line, then the defending team is awarded a goal kick. The ball is placed anywhere in the goal box and kicked by any defending player.
 4. **Both corner kicks and goal kicks are direct kicks.**
 5. When the ball passes over the touchline (sideline), the team that didn't touch it last will be awarded a throw-in at the spot the ball went out of bounds. The ball is put into play by using both hands simultaneously and with equal force. The ball shall be delivered from behind and over his/her head, while keeping both feet on or behind the touchline and in contact with the ground. **If the ball fails to enter play, the opponent shall receive the throw at the spot of the infraction.**
 6. A ball may be dropped in the penalty area, but not in the goal area. A drop occurs when: 1) the ball goes out-of-bounds off of two players simultaneously and the referee does not know who touched it last, 2) the ball becomes deflated, and 3) there is no clear possession of the ball when an injury occurs. A drop ball is administered 5 yards from the sideline when it goes out-of-bounds on the sideline, 5 yards from the endline outside of the goal area when it goes out-of-bounds on the endline, and at the spot it was blown dead when an injury occurs or when the ball becomes deflated or a player is injured. The official holds the ball at waist level and drops the ball between two opposing players and the ball must touch the ground before being played. If a player touches the ball before it hits the ground, the player is warned and if the same player does this twice, he/she receives a yellow card. A redrop occurs in the above instances.

G. **Offside - No offside will be called in indoor soccer.**

FOULS/MISCONDUCT

A. Penalties

A **direct free kick** shall be awarded to the offended team from the spot closest to the infraction for the following offenses:

1. Deliberately kicking or attempting to kick an opponent.
2. Deliberately tripping an opponent.
3. Deliberately jumping at an opponent.
4. Deliberately charging an opponent in a violent or dangerous manner.
5. Deliberately charging an opponent from behind.
6. Deliberately striking, attempting to strike, or spitting at an opponent.
7. Holding an opponent.
8. Pushing an opponent.
9. Slide tackling an opponent (with or without contact).
10. Deliberately handling the ball with hand or arm other than the goalkeeper within his/her own penalty area.
11. Charging the goalkeeper inside the penalty area unless the goalkeeper is obstructing the opponent or dribbling the ball with the feet. Outside the penalty area, the goalkeeper has no more privileges than any other player.

Direct kick penalties called against the defensive team inside their own penalty area will result in a penalty kick.

B. An **indirect free kick** shall be awarded to the offended team from the spot nearest the infraction for the following offenses:

1. Playing in a manner considered dangerous by the referee, i.e. "dangerous play." (high kicks, playing the ball while prone on the ground).
2. When not playing the ball, intentionally obstructing an opponent, i.e. "obstruction."
3. Interfering with or impeding the progress of the goalkeeper in possession of the ball.
4. From the moment the goalkeeper takes control of the ball with the hands when playing as a goalkeeper within his/her own penalty area, he/she has six seconds in which to release the ball into play. During that interval, he/she may hold the ball, bounce it, or throw it into the air and catch it. Once the ball has been released into play, the goalkeeper may not touch it again with the hands until it has been played or touched by another player of the same team outside of the penalty area, or by a player of the opposing team either inside or outside of the penalty area.
5. A goalkeeper shall not deliberately parry the ball and then touch it again with his/her hands before it has been played or touched by another player of the same team outside of the penalty area, or by a player of the opposing team either inside or outside of the penalty area.

6. Indulging in tactics, which, in the opinion of the referee, are designed merely to hold up the game and thus waste time and so give an unfair advantage to a player's own team (4-5 seconds).
7. As the kicker on a kick-off, free kick, corner kick, or goal kick, playing the ball again before it has been touched or played by another player.
8. Intentionally obstructing the opposing goalkeeper in an attempt to prevent him/her from putting the ball into play.
9. Any infringement by the attacking team during a penalty kick.
10. If during a throw-in, the thrower plays the ball a second time before it has been touched or played by another player.
11. Goalkeeper touches the ball with his/her hands if it has been deliberately kicked to him/her by a teammate.
12. Goalkeeper touches the ball with his/her hands if it has been "passed to" the goalkeeper by a teammate using trickery (i.e. played from the feet to the head and then headed back to the goalkeeper).
- 13. Goalkeeper touches the ball with his/her hands after receiving it directly from a throw-in by a teammate.**

C. A player shall be **cautioned (yellow card)** for the following offenses:

1. Leaving or entering the field of play without first getting the signal from the referee.
2. Persistently infringing the rules of the game.
3. Showing by word or action dissent from any decision given by the referee.
4. Being guilty of unsportsmanlike conduct (i.e. unnecessary delay of game, holding a shirt or shorts, unsporting behavior toward an opponent, etc).
5. During a free kick, attempting to distract an opponent.
6. An unsuccessful attempt to deny an opponent an obvious goal-scoring opportunity by a foul (goal is scored anyway) is unsporting conduct and shall result in a caution.
7. **Slide tackling in indoor soccer.** The goalkeeper is allowed to slide and dive to make saves within his or her own penalty area. The official has the discretion to make decisions regarding what is and what is not an attempt at a save. The official SHALL yellow card the goalkeeper if, in his or her discretion, the right to make sliding and diving saves is being abused. Slide tackles will always result in a direct kick.

PENALTY: A cautioned player shall be substituted for immediately and not return until the next legal substitution opportunity. The restart after a card has been issued shall be dependent on the previous play (direct or indirect) and awarded to the non-offending team from the spot of the ball when the referee stopped play, unless the game had been stopped for some other reason calling for a different restart. The Intramural Sports Program shall keep a record of yellow cards given in all games. Once a player has earned 2 behavior related yellow cards in the league, he/she will be referred to as ejected and must meet with an Intramural Sports Staff member prior to his/her next game. The player WILL be allowed to finish the game in which the second yellow card was received. The duration of the player suspension shall be determined by the Intramural Sports Staff member according to existing ejection procedures. In the event that a player receives 2 behavior related yellow cards in the same game, the player will

be ejected and the team WILL play shorthanded for the remainder of the game. NOTE: The exception to the cumulative yellow cards rule shall be non-sportsmanship related offenses such as wearing jewelry. Final decisions concerning sportsmanship issues shall be made on site according to the officials and Intramural Staff Assistant.

Cumulative yellow cards do not reset at the start of playoffs. A player that has been cautioned once during the season will have the caution for the remainder of the season.

- D. A player shall be **ejected (red card)** for the following infractions:
1. Being guilty of violent or malicious foul play.
 2. Using foul or abusive language.
 3. Being guilty of misconduct after having received a caution (referee shall show both a yellow and a red card).
 4. A player anywhere on the field (other than a goalkeeper within his/her own penalty area) intentionally handling a ball to prevent it from going into the goal.
 5. A successful attempt to deny an opponent an obvious goal-scoring opportunity by a foul (goal is not scored).
 6. Conduct which warrants ejection in the judgment of the referee.
 7. In the event of a fight, any bench personnel that enters the field of play.

PENALTY: A disqualified/ejected player (on the field/in the game) cannot be replaced (no substitution and team must play short for the remainder of the game). Ejected bench personnel or an ejected coach does not reduce the number of players on the field. The restart after a card has been issued shall be dependent on the previous play and awarded to the non-offending team from the spot of the ball when the referee stopped play, unless the game had been stopped for some other reason calling for a different restart.

- E. Drop kicks and punts by the goalkeeper are not allowed in indoor soccer. Drop kicks and punts shall be penalized by an indirect free kick at the spot of the infraction
- F. Advantage clause: The referee shall refrain from penalizing when it would be an advantage to the offending team. When this occurs, the referee will signal that advantage is being called, and give the verbal indication "play on." If advantage fails to develop the official will bring play back to the spot of the infraction and will restart play with the appropriate penalty kick.
- G. As in all intramural sports contests, if a participant is ejected from a contest, he/she is immediately ineligible for further access or competition in any Campus Recreation program or facility until cleared by the Assistant Director for Intramural Sports or his/her designate. It is the participant's responsibility to schedule an appointment with the Assistant Director for Intramural Sports to review his/her behavior and subsequent eligibility to continue in the Intramural Sports Program. Any unsportsmanlike conduct by players or fans may cause a team to be disqualified from further competition. In addition, players, coaches, and spectators may not harass the officials (verbally or physically) after the contest has ended. Offender(s) are subject to the same penalties and procedures as players being ejected from the contest.

- H. Participants should be aware that there is a risk of injury in participation of intramural sports due to the inherent nature of the activity. Individuals are encouraged to have a physical examination and to obtain adequate health and accident insurance prior to participation. Individuals participate in intramural activities at their own risk! Participants who are bleeding must be removed immediately from the game and may not return until the wound is properly covered. All soiled clothing must be changed before being allowed again in the game. Officials can stop play immediately when there is an immediate dangerous situation/injury.
- I. No more than two (2) members of the UNL Soccer Club are allowed to be on the field for the same team at the same time. (This rule applies to men's, women's, and co-rec teams-A total of two club players, men or women are allowed on a team). The list of team players is available for review at the Campus Recreation Center.

CO-REC SOCCER MODIFICATIONS

Intramural Soccer Rules will apply to Co-Rec Soccer with the following modifications:

RULES

A. Players

1. Games will be played with six (6) players - 3 men and 3 women. A team must begin and end with a minimum of four (4) players (at least one of each gender).
2. Any player may play any position.

B. Scoring/Ties

1. All goals count as 1 point, including tie-breaker and penalty kicks. All own goals count as one point. A goal last touched by a defender during an attack is not considered an own goal (for example: deflections).
2. Penalty kicks will be used for all games ending with a tie score. The penalty kick procedures are the same as in men's and women's soccer, except out of the five players shooting, two must be of one gender and three must be of the other.

C. Handling the ball

1. Throw-ins may be made by any player on the team in possession of the ball.
2. Penalty kick, direct and indirect, may be made by players of either gender.

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