

# MIDDLE TENNESSEE STATE UNIVERSITY

## Campus Recreation

### Intramural Sports

#### Spring 2023

#### INDOOR SOCCER RULES

#### ELIGIBILITY RULES:

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1. You must have an MTSU ID or Get Mobile app to participate.
2. No Person shall play on more than one single gender and co-rec team per sport.

#### THE GAME:

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1. **The Field:** The playing field will be the Indoor Arena in the Campus Recreation Center.
2. **Teams:** Teams will consist of a maximum of 6 players on the field at once, but a team may begin with as few as 4 players, and a maximum of 15 players on the roster.
3. **Game:** The game shall be played in two 20 minute halves with a 5 minute half time. The clock will run continuously except during injuries.
4. **Time-Outs:** There will be no time-outs in Indoor Soccer.
5. **Substitutions:** Unlimited substitution is allowed during any moment of the game. Team “benches” will be behind your defending goal. Any person can sub as soon as the player leaving is off of the field. “Benches” will switch sides at halftime.
6. **Equipment:** Teams must wear proper clothing while playing and players must wear appropriate closed-toe footwear. Hats, bandanas, cleats, or jewelry MAY NOT be worn while playing. Any player found wearing any of the above during the game will be removed from the game and not allowed to re-enter.
7. **Mercy Rules:** 10 goals with 10 minutes left in the second half and 5 goals with 5 minutes left in the second half. When the status of the match reaches either of these, it will be ended.

#### PLAYING REGULATIONS:

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- **Rules:** NFHS rules govern all aspects of the match unless otherwise noted in these rules.
- **Shoes and Shin Guards:** Participants are required to wear gym shoes or indoor soccer shoes while participating in Intramural Soccer. Shin guards are not required to participate in Indoor Soccer but are highly recommended. Cleats are not allowed in the Indoor Soccer Arena.
- **Offside:** There is a **NO OFFSIDE** rule in effect.

- **Goalkeepers:** May only play the ball with his/her hands inside the penalty area. If a goalkeeper leaves the penalty area, he/she becomes another field player and can no longer play the ball with his/her hands (it'll then be considered a hand ball). The goalkeeper has a maximum of 6 (six) seconds to release the ball while it is in his/her possession. Possession includes holding, bouncing, or throwing the ball in the air and catching it again. After the goalkeeper releases the ball it must be played by another player before the goalkeeper can touch it again with their hands. Once another player has touched the ball, another six seconds may be allotted.

The goalkeeper may not touch the ball with the hands if it is passed to him/her by the foot of a teammate. Trickery used by a teammate in order to pass the ball to his/her goalkeeper will result in a yellow card and an indirect free kick will be given to the opposing team. However, a pass must be purposefully played by a teammate to pass the ball back to the goalkeeper, in order to award an indirect free kick.

- **Slide Tackling:** Slide tackling is **not** allowed under any circumstances. Neither goalkeepers nor field players are permitted to intentionally slide on the ground regardless of the distance between themselves and the ball or an opponent. A slide is considered a deliberate action where a player slides on the ground to stop or impede the progress of an opponent or to challenge or tackle the ball from an opponent with the feet or hands.
- **Three Line Rule:** The ball may not cross all three lines in the air. If the ball does cross all three lines in the air, then the team who did not kick the ball will receive a direct free kick from the center of the line closest to the opponent's goal.

### **START OF THE GAME:**

- A coin toss decides which team will kick off. Each team must stay on its own half of the field and the defending players must be outside the center circle until the ball is kicked and moves. The kickoff is on the mid-field line. After a goal has been scored, play will restart with a kickoff for the team that conceded the goal. After half-time, the teams change ends and the kickoff will be taken by the team opposite to that which started the game. **Note: A goal can be scored directly from a kickoff.**

### **PLAYING REGULATIONS:**

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- **Ball In & Out of Play:** The ball is dead when:
  - It hits the Indoor Arena netting, the ceiling, or light fixtures.
  - The game has been stopped by the referee.
  - When the ball touches the ceiling it is out of play. The match will be restarted by the appropriate team in the center of the closest of the three lines that cross the court.
- **The ball is in play at all times including:**
  - When it rebounds from a goal post or cross bar.
  - After a free kick and the ball is kicked and moves.
  - When a drop ball touches the ground.
- **When the ball goes out of bounds, play is restarted by:**
  - **Goal Kick:** When the ball hits the net above the goal after being struck by the attacking team, the ball will be put back in play by being placed anywhere inside the goal area sent out by the defending team. Opponents must retreat out of the penalty area until the ball has been kicked and moves.
  - **Corner Kick:** When the ball hits the net above the goal after being struck by a defender the ball will be put back in play on the dot closest to the side the ball hit the net. Defenders can be no closer than the penalty box. This is a direct kick.

- **Indirect Kicks:** When the ball hits the net on the touchlines, goes out of play on the sides of the arena, or hits the ceiling or lights; play will resume with an Indirect Kick closest to where it hit. The indirect free kick will be awarded to the team that did not touch the ball last before exiting the field of play or hitting an out-of-bounds object.

## **SCORING:**

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- A goal is scored when the whole ball has passed over the goal line between the goal post and under the cross bar.
  - A goal is worth 1 (one) point in all leagues.
- A goal may be scored during normal play directly from a:
  - Direct free kick
  - Penalty kick
  - Corner kick
  - A Kickoff
  - Free kick into a team's own goal (if untouched by another player on the kicking team)

## **PLAYER CONDUCT:**

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- **A direct free kick is awarded if a player commits any of the following offenses:**
  - Charges
  - Jumps at
  - Pushes
  - Tackles or challenges
  - Kicks or attempts to kick
  - Strikes or attempts to strike
  - Trips or attempts to trip
  - A handball offense
  - Holds an opponent
  - Impedes an opponent with contact
  - Bites or spits at an opponent or match official
  - Throws an object at the ball, opponent, or match official or makes contact with the ball with a held object.
  - Dissent by word or action
  - Slide tackles

**NOTE** - Any of the above offenses committed within the penalty box by the defending team will result in a penalty kick.
- **All Fouls will be penalized by an indirect free kick and include:**
  - Playing in a dangerous manner
  - Impeding the progress of an opponent without contact
  - Preventing the goalkeeper from releasing the ball
  - If a goalkeeper controls the ball for more than 6 seconds before releasing it
  - If a goalkeeper touches the ball with the hand or arm before it has been touched by another player
  - If the goalkeeper touches the ball with the hand or arm after it has been deliberately kicked to the goalkeeper by a teammate

## **PENALTY KICKS**

- Will be taken when a direct free kick is awarded to the offense within the defense's penalty area. The kick shall be taken 8 yards from the goal, measured by the officials. The goalkeeper is the only defender; all other players will remain outside the penalty box until the ball is kicked.

## **POINTS OF EMPHASIS:**

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- A "charge" is defined as shoulder to shoulder with at least one foot on the ground, attempting to knock a player with ball off balance in order to steal the ball. This charge becomes illegal when the ball is not within playing distance, when the charge comes from behind a player, or when the charge is done violently.
- Free kicks - all players of the opposing team will be the appropriate distance (7 yards) away from the ball until the ball is kicked. Any disobedience of this rule will result in a caution (yellow card).
- A caution shall be given and shown the yellow card for:
  - Delaying the restart
  - Dissent by word or action
  - Entering or exiting the field of play without the referee's permission
  - Unsporting behavior
  - Failure to respect the required distance for restarts
  - Persistent Infringement
  - Slide Tackling
- A player shall be sent off and shown the red card for:
  - Violent conduct
  - Serious foul play
  - Using foul or abusive language to either another player or the referee.
  - A second yellow card offense. **CANNOT** be replaced with a sub
  - Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick.
  - A player sent off and show the red card cannot be replaced by a substitute (team will play down one man for the remainder of the match).
  - Slide tackles that are malicious in nature

## **OVERTIME & TIES:**

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- There will be no overtime during regular season or post season games. Post season games will be decided with kicks from the mark.
- At the end of regulation, officials will conduct a coin toss to decide who will kick first. Kicks from the mark will consist of each team taking five penalty kicks with any player on the roster alternating between each team. Co-rec teams must alternate between male and female kickers. Goalkeeper may be substituted in the event of an injury. If the game remains tied, the teams will then alternate taking one penalty kick until a winner is determined.

## **CO-REC MODIFICATIONS:**

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- Co-Rec matches may be played with an uneven male/female or female/male ratio according to the following premise:  
Minus 1: 3/2 males/females or females/males
- During kicks from the mark: shooters must alternate male/female or female/male. Penalty kicks (during regulation) may be attempted by any member of the offended team.