

GRAND VALLEY STATE UNIVERSITY
RECREATION

**Intramural Sports
Indoor Soccer Rules**

NFHS rules apply to all games, except any of the following adaptations.

Players & Equipment:

1. A team shall consist of
 - a. Single gender and open: 5 players
 - b. Co-rec: 6 players
 - i. Line ups must be
 1. 3 females and 3 males
 2. 3 females and 2 males
 3. 3 males and 2 females
 4. 2 females and 2 males
 2. Acceptable soccer attire and shoes must be worn. **NO METAL CLEATS!**
 3. Jewelry shall not be worn except for religious or medical medals, which shall be taped to the body or covered with medical data visible. Tape will NOT be provided.
 4. Guards, casts, braces, and compression sleeves must be worn for medical reasons and must meet other specifications provided by the NFHS. Hats and all headwear with knots and/or containing "hard" or metal material are illegal. A player with a facial injury may wear a mask that is molded to the face without protrusions with the provision of a signature from a health care professional.
 5. Any item that, in the officials' judgment, constitutes a safety concern is not permitted.
 6. Game ball will be provided by the Intramural Sports Department.
 7. Water is the only beverage allowed on the turf.
 8. **NO SPITTING ON THE TURF**
 9. **NO GUM OR FOOD OF ANY KIND IS ALLOWED ON THE TURF.**
 10. If the game is stopped due to an injured player, then that player must leave the field and may not return until the next game stoppage.
 11. If the game is stopped due to discovery of illegal equipment, then the illegally equipped player(s) shall be instructed to leave the field and may not return until the next stoppage in play, provided the situation is rectified.

The game:

1. A game will consist of two- 18 minute halves.
2. Each team will be entitled to one time out per game.
3. The clock will not stop except for injury or time out.
4. Time will be extended to permit a penalty kick or at the discretion of the official.
5. If a team is leading by eight (8) or more goals after halftime, then the game shall be declared over.

Substitutions: Substitutions will be made on the fly and may occur on an unlimited basis provided the player leaving the field arrives at the bench before the replacement player enters the field. Substitutions are at the team's own risk at any time. Exception: Goalkeeper substitution must be done during stoppages in play with the referee's approval.

Miscellaneous:

1. The penalty kick is taken from the penalty spot, which is at 18 feet, and the ball is live on a missed kick.
2. There are no offsides.
3. No Slide Tackling -a yellow card and direct free kick shall result.

The Game (Procedures):

1. When a player is taking a direct or indirect free kick, all opposing players shall remain at least ten feet away until the ball is kicked.
2. Out of bounds will be taken by an indirect kick for the opposite team of the last touch from the spot it leaves the field of play.
3. Goalkeepers have six (6) seconds to release the ball after recovering from making a save with their hands. If the goalkeeper maintains possession of the ball longer than 6 seconds, an indirect free kick shall be awarded.
4. The goalkeeper **may** pick the ball up on a pass back by foot or throw-in from a teammate (This is opposite of outdoor rules).
5. The goalkeeper is no longer protected from an impeding player if the ball is put on the ground to be played.

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Fouls and Misconducts:

1. Direct free kick fouls include: slide tackling, kicking, tripping, jumping at, charging at, striking, holding, pushing, and handling. **RESULT: Direct Kick**
2. Indirect free kick fouls include: playing in a dangerous manner, obstruction (including the impeding of the goalkeeper), and unsportsmanlike conduct. **RESULT: Indirect Kick**

Yellow Card (caution) results from:

1. Is guilty of unsporting behavior
2. Shows dissent by word or action
3. Persistently infringes the rules of the game
4. Delays the restart of play
5. Fails to respect the required distance when play is restarted with a corner kick or free kick
6. Slide tackling
7. Any player who displays reckless play
8. Illegal equipment
9. Attempts to deny the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball AND goal is scored. (this does not apply to a goalkeeper within their own penalty area).
10. Attempts to deny the opposing team a goal or an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick AND goal is scored.

Any player who receives a Yellow Card will have to serve a two (2) minute penalty. The team will play shorthanded until a goal is scored, or the two minutes is up, whichever occurs first.

Red Card (sending off) results from:

1. Is guilty of serious foul play
2. Is guilty of violent conduct
3. Spits at an opponent or any other person
4. Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within their own penalty area).
5. Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick.
6. Uses offensive or insulting or abusive language and/or gestures
7. Receives a second caution in the same match

Any player receiving a red card in a game will result in an automatic ejection and suspension for the next game.

Additionally, the team shall play short-handed for the remainder of the match.

Ties:

1. During the regular season there will be no overtime period.
2. During the playoffs, ties will be broken by one, 5-minute overtime period that is Sudden Death/GOLDEN GOAL. If the tie is not broken during this period, a penalty shootout (5 shots) will occur. If still tied, it will go to a sudden death rotating shoot out. The 5 players on the field (6-co-rec) are the only ones eligible to take the first 5 shots. In the event that the shoot out is tied after the first five shots the original five shooters will continue in the same order until the tie is broken. NOTE: A penalty kick may be re-taken if the judgment of the official an extraneous circumstance arises that causes a distraction.