

**Grand Valley State University**  
**Campus Recreation**  
**Intramural Sports**  
**Indoor Soccer Rules**

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

**ELIGIBILITY:** All currently enrolled Grand Valley State University students (undergraduate and graduate) and faculty/staff are eligible to participate in the intramural sports program. Current students are defined as taking one credit hour at the time of registration. GVSU men's and women's basketball players and professional and/or semi-professional players are ineligible for one year following the last day of their participation with the varsity or professional team.

**STUDENT ID'S:** ALL participants must present a GVSU identification card to participate in an intramural event. Please consult intramural rules and regulations at [www.gvsu.edu/rec](http://www.gvsu.edu/rec) for more information.

**TEAM ROSTERS:** It is each team captain's responsibility to ensure that all team members are listed on the team's IMLeagues roster. Each team's roster will be frozen following their last regular season game. During playoffs, a participant and their correct G-number MUST be listed on that team's IMLeagues roster to be eligible to participate. Individuals not listed on the roster may not participate in playoffs.

**PLAY ON ONE TEAM/ILLEGAL PLAYERS:** A participant may play on only one single gender team and only one co-rec team. Women may not play on men's teams and men may not participate on women's teams. Any participant playing on two teams within the same gender classification will automatically be disqualified from participating on the second team they played on, and are subject to further discipline. In addition, any games in which the participant played illegally will result in a forfeit. Players are also considered illegal if they violate eligibility procedures.

**BLOOD RULE:** If a player is found to be bleeding, they must immediately leave the game until the bleeding stops. Substitutions may occur at this time and the official may take a timeout. Blood soiled clothing must be removed before the player can re-enter the game.

**CONCUSSIONS:** Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

**RULE INTERPRETATIONS:** The officials and supervisor on duty will address questions and/or protests of rule interpretations on the court; a ruling will then be determined. The resulting decision is final. **A rule interpretation must be protested before the next live ball. No protests on judgement calls will be heard.**

**SCHEDULE CONFLICTS:** The division time a team signed up for is the time they will play. **If a team cannot make a game, please reference the default section below.** No playoff games will be rescheduled due to participant/team conflict.

**FORFEITS AND DEFAULTS:** A forfeit will be declared if at least 4 players are not present and ready to play within the 5-minute grace period from the scheduled game time. A team that forfeits a game must pay a non-refundable \$30 forfeit fee to be eligible for the playoffs. **If a team forfeits once and does not want to play in the playoffs, they do not have to pay the fee and can finish out the regular season.** A team that forfeits twice will not be eligible for the playoffs, but can finish out the regular season.

A default is recorded if the team captain provides written notice to the intramural sports office **before 3pm on the business day prior** to the game to avoid further penalty. If a team knows they will not have enough players to play, please default out of respect of the other team's time. Consult the intramural sportsmanship policy at [www.gvsu.edu/rec](http://www.gvsu.edu/rec) to view ratings that apply to forfeits and defaults.

**Players & Equipment:**

1. A team shall consist of 5 players (**6-co-rec**); a minimum of 4 is required to start a game (fewer may continue once the game has started).
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.

**Duration of 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.

**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.

**Co-Rec Rules:** The goalie may be either male or female. A team must have a minimum of two women and two men to start the game. No more than three of any gender may be on the field at any time during the game.

**Sportsmanship:**

1. The intent of GVSU Intramural Sports is to provide a sportsmanlike, safe, and fun environment.
2. The sportsmanship rating system is designed to rate team and not individual conduct, yet hold the team accountable for an individual's actions.
3. Being a good sport is a team captains, players and spectators responsibility. They will be held accountable for acts including abusive language, threatening remarks or abusive behavior before, during and after any intramural contest and throughout the intramural season.
4. Team captains are expected to be the team leader and exhibit full control over their team, thus setting an example by communicating and educating their team to be good sports. Further, the captain may address an official in a respectful manner concerning a rule interpretation, not questions of officials' judgment.
5. A player ejected during the game results in a one game suspension (if severe, additional restrictions may be imposed).
6. Team Sportsmanship Ratings apply to behavior before, during and after a contest. Teams are expected to receive a rating higher than a three (3) to be eligible for playoffs. Those teams that receive a rating of two (2) will be suspended for their next game. Any team receiving a season ending rating (1) will be dropped from the sport and may be subjected to additional disciplinary action.