

East Carolina University  
Intramural Sports  
Indoor Soccer Rules

Current National Federation Soccer rules shall apply with modifications or exceptions as listed below.

I. **General Rules**

- A. All walls, overhead obstructions and the ceiling are in play.
- B. Teams shall consist of one goalie and five field players. **(May play with a minimum of 4 players)**
  - 1. The goalie shall wear a shirt, which is in contrast to uniforms worn by his/her team and the opposing team.
  - 2. The goalie may wear gloves and kneepads.
- C. Games shall consist of two fifteen-minute halves and a five-minute intermission. The clock shall run continuously.  
**The game shall be complete if one team holds a lead of four (4) or more goals at or any time after the two-minute mark of the second half.**

II. **Playing Rules**

- A. There is no offside rule.
- B. The goalie may not hold the ball for more than five seconds (Foul: Indirect free kick from mid-court line).
- C. The goalie may put the ball in play by either throwing or kicking it. If the ball is thrown it must touch a player or the floor before it reaches the mid-court line. (Foul: Indirect free kick from mid-court line). **NOTE: Federation parrying rule will be in effect.**
- D. The goalie can use his/her hands only within the penalty area (Foul will result in a direct kick).
- E. On any occasion when a player deliberately kicks the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch it with his/her hands. **Foul: Indirect free kick awarded to the opponents at the spot of the violation, unless in the goal area.**
- F. There will be **no** corner kicks.
- G. If the ball becomes caught in the bleachers or goes into the balcony, a drop ball will take place at the spot nearest the entanglement on the floor.
- H. A goal may not be scored directly from a kickoff, a drop ball, a goal kick, or if it bounces off the backboards.
- I. If the ball becomes lodged behind the goal, a goal kick will be awarded regardless of which team caused it to become lodged.
- J. **No offensive player may shoot the ball within the opposing team's goal circle.** If a goal is made when an offensive player is in the goal circle, the goal is nullified. The ball is put in play by the goalie.
- K. All substitutions must be made from the designated substitution area. Substitutions may be made when a goal is scored or there is a stoppage in play. Substitutes should stand outside the door if they wish to enter. All team players must stand in the hallway. The balcony area is closed to all players and spectators.
- L. There will be **NO SLIDE TACKLES ALLOWED!** A foul (yellow card) will be called immediately, regardless of whether or not contact occurs (See Section E., Rule Number 3).

III. **Tie Games**

- A. All regular season games will end in a tie
- B. In the event that PLAYOFF games ends in a tie score, the team captains should designate five players to alternate penalty kicks. A coin flip will determine who kicks first or last.
  - 1. They may not dribble the ball.
  - 2. They may not play the rebound.
- C. In the event the score is still tied at the conclusion of all penalty kicks. The same order will continue starting with the first kickers. Teams will kick until one team score and the other misses.

IV. **Unsportsmanlike Conduct**

- A. Unsportsmanlike conduct shall be penalized with a free kick. The referee may remove a player, coach, or spectator from the game and playing area if deemed necessary. **Any deliberate foul designed to prevent an obvious goal scoring opportunity will result in a disqualification (red card) being given to the offending player.**
- B. Any player removed from a contest for unsportsmanlike conduct will automatically be ineligible for the remainder of that contest as well as the next scheduled contest, and shall remain ineligible until he/she has met with the Indoor Soccer Sport Manager.

- C. If a player is ejected from the game for unsportsmanlike conduct, he/she may not be replaced by a substitute. The team must then play one player short. If the goalie is removed from the contest, another player may take the goalie position, including a substitute, but the team must still play one player short.
- D. **If a player is ejected from the game following a second yellow card, he/she may be replaced by a substitute. This player may not come back into the game.**
- E. Any players who run to or join in a fight/physical altercation will also be ejected from the game. Said players will be dealt with in the manner described in #2 above.
- F. A team that exceeds established limits for misconduct shall have the game immediately terminated and forfeited to the opponent. Teams will accumulate misconduct points for cautions (1/2 point/yellow card) and disqualifications (one point for red cards). A team will be forced to forfeit if they accumulate 2 or more misconduct points.

#### V. Free Kicks

- A. Indirect Free Kicks - Awarded for technical offenses. A goal cannot be scored directly from an indirect kick.
- B. Direct Free Kicks - Awarded for penal offenses (i.e.; where intentional acts are committed contrary to the spirit of the game or likely to cause injury to an opponent). A goal can be scored directly on this kick.
- C. The following are **direct kick offenses**: kicking, striking, tripping, jumping at an opponent (includes attempting these acts), handling (other than by goalie in Penalty area), holding, pushing, dangerous charging and slide tackling-defined as "**a maneuver in which one or both feet slide on the ground in an attempt to tackle the ball which is in the possession of an opponent.**" **THIS ALSO CARRIES A YELLOW CARD (non-flagrant) or RED CARD (flagrant). Enforcement of this act is by officials' discretion.**
- D. The following are **indirect kick offenses**: Kicker next playing ball following a kickoff, free kick, penalty kick or goal kick; fair charge on an opponent when neither is within playing distance of the ball; obstruction; dangerous play; violating goalkeeper restrictions; if stopped for player misconduct and no other restart takes precedence; entering or leaving court without permission of an official.
- E. **HOW TAKEN**: Players opposing the kicker of a free kick shall be at least 5 yards from the ball until it is kicked, unless they are standing on their own goal line between the goal posts. **AN OFFICIAL SHALL CAUTION A PLAYER WHO FAILS TO MOVE THE REQUIRED DISTANCE AWAY FROM THE BALL.** This is an encroachment and is an illegal action.

#### VI. Penalty Kicks

- A. Penalty kicks are awarded to the offensive team for direct kick offenses committed by the defending team within their own penalty area.
- B. Penalty kicks will be taken from a point twenty-five feet from the goal crease.
- C. The penalty kick shall be taken from the penalty spot and all players except the kicker and the opposing goalie shall be outside the penalty area. The ball shall be kicked forward.
- D. A player that takes a penalty kick may not play the ball a second time until another player touches the ball.
- E. A substitute entering the game may not take the penalty kick.

#### VII. Additional Co-Rec Rules

- A. A regulation Co-Rec team consists of 6 players (one of which is the goalkeeper). A team may play with a minimum of 4 players. A maximum of 3 players of either gender is allowed.
- B. In case of a penalty kick, the person taking the kick must be of the same gender as the person who was fouled.
- C. The goalkeeper can be of either gender and may be substituted for at any time
- D. If shootout overtime period is needed, teams must alternate shots on goal between males and females. Females must attempt at least 2 of the 5 shots.
- E. If a co-rec team is ahead by 4 or more goals with 2 minutes or less remaining in the second half, the mercy rule will be enforced.