

Sonoma State University
Campus Recreation
Intramural Sports
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INTRAMURAL INDOOR SOCCER

The official F.I.F.A Soccer Rule Book shall govern all rules not covered by this supplement.

FOR THE INDOOR SOCCER TOURNAMENT HALVES WILL BE 15 MINUTES INSTEAD of 20.

SECTION 1 THE GAME

1. The game will be played with five players on the field including the goalkeeper.
2. Each team must have at least four players to start the game
3. Roster must be filled out before the start of the game.
4. ALL COED TEAMS MUST HAVE TWO WOMEN ON THE FIELD AT ALL TIMES.
5. The offside rule does not apply indoor soccer.
6. Game ball provided, but not for warm-ups.

SECTION 2 SCORING & TIMING

1. A goal is made when the soccer ball completely crosses the goal line.
2. A goal made by a woman will count as TWO goals (Men count as one).
3. Two 20 - minute halves will be played in a match. If the score is tied after regulation:
 - During regular season if the score is still tied, the game is ended as a tie.
 - During Playoffs if the score is still tied, there will be a 5-minute sudden death where the first team to score is declared the winner. If there is no score in the sudden death period, there will be a 3-person shootout.
4. Teams will be awarded 1 time out per half. Time outs do not carry over.
5. Time will only be stopped for time outs, injuries, and at the referee's discretion.

SECTION 3 FOULS

A yellow or red card may be given to a player who repeats an offense or is endangering those around him/her.

1. A player receiving a yellow card must sit out for three minutes of playing time. The entire three minutes of playing time must be served regardless of the developments on the field. The player serving the penalty period cannot be substituted, therefore his/her team plays short handed. The official will note the time of the infraction and release the penalized player when the penalty period has expired. A player receiving two yellow cards in a game, which is equal to one red card, will have to sit out for the rest of the game. A player receiving a red card will be automatically sent out of the game and the team must play shorthanded the rest of the game. Two yellow cards will equal a red card and result in player suspension. Also there will be a limit on the number of yellow cards that a team can receive before becoming ineligible for playoffs.
2. A direct kick will be awarded if one of the following infractions occurs:
 - a. Playing in a manner considered dangerous by the referee.
 - b. Intentionally obstructing an opponent when not within playing distance from the ball.
 - c. Goalie holding onto the ball for more than 7 seconds.
 - d. Having too many players on the field at one time.
 - e. Being guilty of unsportsmanlike conduct (This includes shouting at players or referee to insult him/her or distract him/her)

- f. When the half court rule is violated.
- g. Kicks or attempts to kick an opponent.
- h. Trips an opponent.
- i. Jumps at an opponent.
- j. Charges an opponent in a violent or dangerous manner.
- k. Charge an opponent from behind.
- l. Holds or pushes an opponent with his/her hands or with any other parts of his/her body.
- m. Handles the ball intentionally (not including this goalie in their penalty box).
- n. Slides in any manner.

The direct kick is taken from the spot of the foul.

3. A drop ball will occur when the ball gets stuck in the team dugouts.
NOTE: A SERIOUS OFFENSE MAY RESULT IN EJECTION FROM THE GAME

SECTION 4 PENALTY KICKS

- 1. A penalty kick will be awarded when one of these fouls normally punished by a direct kick is committed in the penalty box.
- 2. Any member of the team that is out on the field when the foul was committed may take a penalty kick.
- 5. If the foul was committed on a woman:
 - a. If a woman takes the kick the goal counts as two
 - b. If a man takes the kick the goal counts as one
- 4. If the foul was committed on a man, all penalty kick goals count as one goal.
- 5. Penalty kick will be taken from about 20 feet (top of the key, or 3-point line). All players except the shooter and the goalie will stand outside the penalty box.
- 6. While taking a penalty kick a player may only take one step to kick the ball.

SECTION 5 GOALIES

- 1. Goalies are allowed to use their hands in the penalty box only.
- 2. Goalies leaving the penalty box will be treated like any other player.
- 3. Goalie has possession of the ball once he/she places ONE FINGER on the ball.
- 4. All players must back off once the goalie has established possession of the ball.
- 5. If the ball goes along side or behind the goals it is the goalies ball.
- 6. Obstructing the goalie's view will not be allowed at any time.
- 7. The goalie may not throw, kick, or punch the ball from the penalty area past the halfway line without touching another player. If violated will result in other team receiving a free kick from half court. When outside of the goalie box they are considered as any other player.
- 8. Goalies are allowed to dive or slide from side to side, not forwards.

SECTION 6 SUBSTITUTIONS

- 1. Let an official know when you are subbing a player. Especially when you are switching goalies.
- 2. Free substitution during the game will be allowed.

3. A substitute may not go on the field until a player comes completely off.

SECTION 7 EJECTIONS

- 1. A player will be ejected from the game for violent conduct (i.e. serious foul play, using abusive language, or persists in misconduct after receiving a caution).
- 2. Ejected player will be asked to leave the playing area.
- 3. Teams having an ejected player may not replace that player. The team must play a player short.

SECTION 8 FORFIET

GAME TIME IS FORFEIT TIME!

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