5v5 Indoor Soccer Rules

Any rule and situation not specifically covered are subject to the current version of the National Federation of High Schools (NFHS) Soccer rules and the judgement of the intramural officials.

All rules are subject to change at the discretion of the Intramural Sports Office, and the Intramural Sports Office has the final decision on all situations covered and not covered by the rules.

Rule 1: Player Eligibility & Registration

Player Eligibility

- ✓ Currently enrolled (at least half-time), fee-paying Tennessee Tech University students as well as faculty and staff of the University with a current, active membership to the fitness center may participate in intramural leagues, tournaments, and contests.
- ✓ Prior to each contest and event, participants must check in with a member of the IM staff.
- ✓ **Players can compete for only one (1) team in each single-gendered league** and, if applicable, **one (1) co-rec league.** Once he or she checks-in for one (1) team, that player **CANNOT** transfer to another team in that league for the duration of the season.
- ✓ **For postseason eligibility, a player must have participated in at least one (1) regular season game.**
- ✓ Current varsity athletes cannot participate in their sport or related sport. Former varsity athletes cannot participate in their sport or related sport for one calendar year (365 days) after their official affiliation with a college or university team has ended.
- ✓ Current professional athletes cannot participate in their sport or related sport. Former professional athletes cannot participate in their sport or related sport for five (5) years after their official affiliation with a professional team has ended.
- ✓ Intramural Sports Professional staff shall make the final decision on eligibility issues.

Registration

- ✓ Teams should register by the deadline by registering on the Fusion Play App!

Rule 2: League Format & Team Composition

Leagues (Subject to Change Due to Number of Registered Teams)

- ✓ Men's
  - Elite
  - Recreational
- ✓ Women's
  - Recreational

Team Composition

- ✓ Each team will have five (5) players on the field at one (1) time, and a minimum of four (4) players are required to start the game.
- ✓ The roster limit will be eight (8) players.
- ✓ Each team shall designate a captain to serve as the point of contact between the team and IM staff.
- ✓ **A team with any Soccer Club (Indoor or Outdoor) must play in the highest league offered.**

Rule 3: Defaults, Forfeits, Grace Periods, & Protests

Defaults

- ✓ A default is a game not played without penalty (e.g. dropped from the league).
- ✓ To receive a default, the team captain or representative must notify the Intramural Sports Office by **2:00 PM on the day of the contest.**
- ✓ Sportsmanship Rating will be as followed:
  - Winning Team = 8
  - Defaulting Team = 5
- ✓ To verify that the request is legitimate, the team captain or representative must notify the Intramural Sports Office via e-mail or in person. Phone calls are not accepted.

Forfeits

- ✓ A forfeit is defined as one of the following:
  - Failing to field a team for an intramural contest without contacting the Intramural Sports Office before 2:00pm on the day of contest.
    - The final score shall be 5-0.
  - Receiving three (3) or more conduct warnings before, during, and after an Intramural contest.
    - If the forfeiting team is ahead, the final score shall be 5-0 in favor of the opposing team.
    - If the non-forfeiting team has the higher score, the game shall end with the existing score.
  - Defaulting two (2) games during pool play.
- ✓ If a team forfeits its first (1st) game of the season, that team may be dropped from the league and replaced with a team on the waiting list.
- ✓ Sportsmanship Rating will be as followed:
  - Winning Team = 8
  - Forfeiting Team = 2
- ✓ A second (2nd) forfeiture may result in removal from the league.

Grace Period

- ✓ If at least **one (1)** team member is **checked-in** at game time, the team will be granted a **five-minute (5:00)** grace period.
- ✓ Once a team reaches the minimum number of players to start the game, the team must start when directed by IM staff.
- ✓ A team may not wait for additional players once the minimum number of players have arrived.
- ✓ If the team has not reached the minimum number of players required to play at the end of the grace period, a forfeit will be declared.

Protests

- ✓ Intramural Sports Graduate Assistants and Professional Staff will consider protests.
- ✓ During the contest, teams may protest (a) the misinterpretation or the misapplication of a rule or (b) a scoring error. The protest must be submitted immediately, and, if the protest is denied, a timeout will be charged to the protesting team.
- ✓ **Protests regarding the judgement of the game officials will not be recognized.**
- ✓ When protesting player eligibility:
  - *Regular season*: The eligibility of any player may be protested at any point during the regular season (e.g. before, during, and after the contest; anytime during office hours)
  - *Postseason Tournament:* Player eligibility must be protested before the end of the contest. **Protests made after the end of the game will be not recognized**

Rule 4: Playing Area & Equipment

Playing Area

- ✓ All games will be played in the Mac Gym at the Marc Burnett Recreation Center.

Game Ball

- ✓ Each team may use the provided IM soccer ball or use one of their own soccer balls if approved by IM staff and both team captains.
- ✓ Intramural sports staff reserves the right to declare any ball legal or illegal for play and request that a team use a legal ball.

Clothing & Equipment

- ✓ Footwear
  - No cleats are allowed.
  - Footwear including but not limited to boots, open-toed shoes, crocks, and sandals is strictly **PROHIBITED.**
- ✓ Shin Guards
  - Shin guards are strongly **RECOMMENDED.**

Jewelry

Participants must remove all watches and necklaces prior to each contest, and Intramural staff reserve the right to disallow anyone with jewelry that may pose an injury risk. For their safety and the safety of others, Intramural staff will not allow individuals with permanent or non-removable jewelry to participate. However, Intramural staff reserves the right to make the final decision on whether or not jewelry worn could be taped or must be removed prior to play.

- ✓ **All Air Pods/Ear Buds/Headphones are PROHIBITED during IM Contests.**
- ✓ Blood
  - Participants that are bleeding, have an open wound, and/or have an excessive amount of blood on the uniform will be directed to leave the game.
  - The bleeding must be stopped, the open wound must be covered, and/or the bloody uniform must be changed/cleaned before the player can return to the game

Rule 5: Timing & Scoring

Timing

- ✓ The game will consist of two (2) ten-minute (10:00) halves with a three-minute (3:00) halftime.
- ✓ The clock will run continuously unless there is an official's timeout, injury, or unexpected interruptions.

Scoring

- ✓ Goals
  - All goals will be worth one (1) point.
  - A goal is scored when a team member legally propels a ball that completely crosses the goal line or the plane of the goal line.
  - A player may score a goal directly during the following:
    - Free Kick
    - During Regular Play

Overtime

- ✓ Regular season games may end in a tie.
- ✓ During the postseason, the following procedure shall determine the winner:
  - First (1st) Overtime:
    - A two-minute (2:00) overtime will be played with any amount of goals allowed during the two minutes (2:00).
  - "Golden Goal"

- If game is still tied after the two-minute (2:00) overtime, then we will start the "golden goal" overtime period. The first (1st) team to score is declared the winner.

Mercy Rule

Point Differential	Time Remaining	Result
Ten (10) or more points	Five minutes (5:00) or less in 2nd half	End of game
Five (5) or more points	Two minutes (2:00) or less in 2nd half	End of game

Rule 6: Playing Rules

Coin Toss

- ✓ Each game shall begin with a coin flip or a single game of rock/paper/scissors. The winner of the coin flip has two (2) choices: (1) kick off or (2) side of court.

Kickoff Procedures

- ✓ A kickoff will be taken to begin a match, the second (2nd) half and after a goal.
- ✓ The kickoff will be taken from the midcourt line with the opposing team at least five (5) yards off the ball.
- ✓ To begin play, the ball must be played with a kicking motion and passed to a teammate
- ✓ The kicker shall not play the ball a second (2nd) time until another player (of either team) has touched the ball.

Out of Bounds

- ✓ The ball is out of bounds when:
  - It goes into the bench area,
  - Hits the net above the field of play, **OR**
  - Hits above the brick line

Goalkeeper Violations

- ✓ Goalkeeper cannot kick the ball off the wall or other surface and return it to himself without the ball touching another player.
- ✓ Goalkeeper cannot control the ball for more than six seconds (0:06) while inside the arc.
- ✓ **Goalkeepers must not drop kick or punt the ball. (They must throw the ball or set it on the ground and kick it.)**
- ✓ Goalkeepers cannot pick the ball up when passed back from a teammate unless from a header or the chest.

Substitutions

- ✓ Substitutions may be completed by either team during goal kicks, kickoffs, or the issuing of a yellow or red card.
- ✓ During a kick-in or corner kick, substitutions are limited to the players of the offensive team.
  - Exception: Opponents that reported prior to the offensive team substitution may enter as well.
- ✓ No substitutions may occur during the administration of a direct or indirect free kick.

Three-Line Violation

- ✓ A three-line violation occurs when a player propels the ball in the air across the two (2) yellow Lines and the Halfway Line toward the opponent's Goal without touching the Perimeter wall, another player or a referee on the field of play.

Goal Kick

- ✓ The kick may be taken from anywhere on the goalbox line.
- ✓ The defending team receives a goal kick when ball goes out of bounds above the goal after the offensive team last played or touched the ball.

- ✓ Opposing players must remain five (5) yards away from the ball.

Corner Kick

- ✓ A corner kick shall be awarded to the attacking team when the ball goes out of bounds above the goal line (outside the goal) after the defending team last played or touched the ball.
- ✓ The corner kick will occur from the ground and within the corner arc nearest where the ball left the field of play.
- ✓ Defending players should be at least five (5) yards from the ball until the ball moves.
- ✓ After the corner kick, with exception of the kicker, any player may receive the ball.

Kick-In

- ✓ When the ball goes beyond the touch line instead of a throw-in, the team that didn't touch the ball last will kick the ball in to a teammate similar to an indirect kick. The defense must allow space for the kick.

Free-Kicks

Direct and in-direct free kicks will be rewarded during this league. Defensive players must be at least five (5) feet away from the ball before the ball is kicked.

Offsides – OFFSIDES WILL NOT BE ENFORCED

Slide Tackling

- ✓ **Slide tackling within playing distance (5 feet) of the ball and a player is not allowed**.
- ✓ Players that perform a legal slide tackle (an attempt to play the ball and avoiding contact with the opponent) shall be assessed a yellow card.
- ✓ Slide tackles that are malicious in nature (a non-attempt to play the ball and contact occurs with the opponent) will result in a red card and disqualification.

Fouls

- ✓ Fouls can result in a direct free kick or an indirect free kick.
- ✓ Direct Kicks
  - For direct kicks, a goal can be scored without the ball touching or being touched by another player.
  - The offensive player may request that defensive players are positioned ten (10) feet away.
  - The following is a non-exhaustive list of direct free kick fouls:
    - Any red card
    - Violent or malicious tackles (illegal slide tackles)
    - A player holds an opponent
    - A player charges an opposing player or the goalkeeper
    - Attempting to or succeeding in an attempt to kick, strike, spit on, push, or trip another player, official, or an IM Staff member
- ✓ Indirect Kicks
  - For indirect kicks, a goal can only be scored if the ball touches or is touched by another player.
  - The offensive player may request that defensive players are positioned ten (10) feet away.
  - The following is a list of indirect free kick fouls:
    - Specified yellow card penalties
    - The ball is played twice by the original player who put the ball into play following a kickoff, free kick, penalty shot, goal kick, corner kick, or kick-in
    - Obstructing an opponent while not attempting to play the ball
    - Dangerous play (e.g. high kicks, non-vertical headers, playing the ball on the ground etc.)

Cards & Penalties

- ✓ Yellow Card
  - A player receiving a yellow card must exit the field for one (1) live ball period. He or she may be replaced with an eligible substitute.
  - Three (3) yellow cards issued to a single team will result in forfeiture of the contest.

- A single participant can only earn two (2) **yellow** cards towards the team's totals.
- A **yellow** card shall be issued for behavior including but not limited to the following:
  - Entering or leaving the field without permission from the officials
  - Persistent Infringement
    - The opponent **repeatedly** and **intentionally** does not give the thrower two (2) yards.
  - Encroachment
  - Persistently committing fouls
  - Unsportsmanlike conduct
  - Slide tackling (legal slide tackle)
  - Delay of game
  - Persistent "flopping" (i.e. faking an injury to elicit a call from the referees)

✓ **Red Card**

- A player receiving a **red** card shall be sent off and must exit the Intramural Fields immediately.
- A substitute is not allowed to take that player's place, creating a one (1) player advantage.
- A **red** card shall be issued for behavior including but not limited to the following:
  - Two (2) **yellow** cards
  - Violent conduct or serious foul play
  - Foul or abusive language directed at another player, an official, or IM staff
  - If a player pushes an opponent with the hand(s) or arm(s) extended from the body
  - Spitting at an opponent, teammate, or game official
  - A slide tackle judged to malicious and dangerous (illegal slide tackle)
  - Attempting to kick or strike an opponent, official, or IM staff
  - Committing a handball violation to deny an obvious goal scoring opportunity
  - A player commits a direct kick foul to deny an obvious goal scoring opportunity.

Ejections

- ✓ When two (2) members of a team is ejected, that team shall forfeit the contest.
- ✓ Ejected players must leave the Fitness Center and/or Intramural Fields immediately and cannot return to play **ANY** sport until he/she has been cleared for participation by a professional staff member of the Intramural Sports Office.