

Intramural Indoor Soccer League Rules

Equipment

1. Each player is responsible to wear closed toed athletic shoes. Steel toed boots will not be permitted. No black soled shoes.
2. Shin guards can be worn but are not mandatory.

General Play Rules

3. Teams must have one female and one male on the floor at all times. If not the team will PLAY down one player, unless the team is the individual registration team having no females register.
4. Team must wear same color shirt for official identification – pinnies are available.
5. Referee has the final word and cannot change his/her decision.

Specific Sport Rules

6. A maximum of five players on the playing field at one time. Any more than five players on the playing field will result in a two-minute penalty to the team.
7. All games will be 40 minutes long, two 20-minute halves.
8. Players must change on the go. There is no stoppage of play while making substitutions.
9. Players must give five feet for a free kick.
10. If the ball hits the sides of the building or goes out of bounds, a free kick is rewarded to the other team, where it went out, including side-outs. No throw-ins. Green lines are boundary lines.
11. The goalie may distribute the ball in any manner (i.e. overhand throw, kick or under hand).
12. Penalties; 2 minutes for tripping, arguing with the referee, diving for the ball, or for rough play. Continued rough play, 2-legged side tackling will result in a game misconduct.
13. There is no offside rule. "Cherry picking is allowed".
14. A handball in the team's crease will result in a penalty shot for the other team.
15. A shot from the face off must touch another member of your team before going in the net. Same for goalies.
16. The goalies can only pick up the ball inside his/her crease. If the goalie touches the ball outside the crease then a free kick will be given to the other team at the spot of infraction.
17. There is no overtime during regular season games, games may result in a tie.

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18. During playoffs games a winner must be determined. If after the two periods of play a winner has not been decided, then a sudden death shoot out will occur until a winner is decided. Shots must be taken from 12 feet out.