

Indoor Soccer Rules

2/2011

Pre-Game:

All Players must present a valid SUNY Oswego ID to be eligible to play.

Teams:

1. Teams consist of 6 players on the floor at one time, 5 players and a goalie.
2. A minimum of 5 players are required to start and continue a game.
3. A forfeit is declared at game time unless a 10-minute grace period is granted by the opposing team captain.
4. In the co-rec league, each team must have a minimum of 3 women on the floor. i.e. 3 women and 3 men, 4 women and 2 men, or 3 women and 2 men. In the event a woman is injured after the start of the game the team will be permitted to finish the game with 5 players - 3 men and 2 women.

Length of the Game:

1. There will be (2) 20-minute halves, running-time, with a 5 minute halftime.
2. Time-outs will not be allowed.
3. Mercy Rule: If a team is winning by 8 goals or more with 3 minutes or less remaining, then the game will be called.

Overtime:

1. There will be no overtime periods during the regular season. Games may end in a tie.
2. If there is a tie during the playoffs, there will be (2) 5-minute sudden death periods for overtime. The first team to score wins. If neither team scores, then a shoot-out will occur. The player who finishes the second sudden death period as the goalie must goal tend during the shoot-out.
3. Shoot-out: A coin-toss will decide who has the option of shooting first. Each team must select five players to take one penalty kick each. *Co-Rec: five 5 players with a minimum of 2 females- must alternate gender when shooting.* If the score is still tied at the conclusion of the first shoot-out, then the five players (in the same order as the first shoot-out) will alternate one penalty kick at a time in a sudden death format until a one team scores unanswered.

Game Rules:

1. There are no offsides in indoor soccer, except on the kickoff.
2. The ball is out of play when it touches the ceiling, suspended lights, raised basket goals, or becomes unplayable due to the bleachers or wall. There will be no goal kicks or corner kicks. All balls returning into play after being ruled out of bounds shall be done so by an indirect kick at the spot that the ball left play.
3. A drop ball will be called when play is stopped due to an inadvertent whistle, or when it is not clear who the ball last touched before going out of bounds. A drop ball is when the referee drops the soccer ball between two players one from each team. The ball has to touch the ground before either player touches it.
4. Half-Court Rule: Any delivery (kick, throw, or punch) of the ball by the goaltender from inside the penalty area must be touched by a player or touch the ground on the goalie's half of the field, prior to crossing mid-court. An indirect free kick will be awarded to the opposing team at the point where the ball crossed the mid-field line if a rule violation occurs.
5. There are **NO** punts or drop kicks allowed for indoor soccer. Violation of this rule will be an indirect kick for the opposing team at mid-field.

Equipment:

1. Sneakers or tennis shoes must be worn in order to participate.
2. Pinnies will be provided for each team and must be used during play unless a team has matching jerseys, so the officials can differentiate between the teams.

3. Players are prohibited from wearing hats (stocking caps are acceptable), any form of jewelry, cast, wooden or metal splints or bracelets of any kind unless approved in writing by the Coordinator of Intramurals and Club Sports.

Substitutions:

1. Players: Teams may substitute at will behind the action of the ball. If a substitute, in any way, interferes with the play of the game, the interfering player will receive a yellow card.
2. Goalie: Goalie substitutions must be declared to an official and may only be made on dead balls. If a goalie change delays the play of the game, a yellow card may be given.

Handling:

1. A player (not serving as the legal goalie) shall be penalized for intentionally handling, carrying, striking or propelling the ball with a hand or arm. The result will be a direct kick for the opposing team.
2. Unintentional handling occurs when the ball strikes the hands or arms of a player who has not moved the hands or arms to play the ball. This shall not be penalized unless an advantage is gained.
3. Illegal handling by the goalie when outside the goalie box shall result in a direct kick for the opposing team.
4. Once the goalie leaves the goalie box with possession of the ball she/he may not use their hands to retain possession of the ball until the ball has been touched by an opponent. (Result: Indirect Free Kick)

Fouls:

1. The following yellow / red card system will be used:
 - a. A player receiving a yellow card must sit out for two minutes of playing time. The entire two 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.
 - b. A yellow card will be given to a player by the official or supervisor for misconduct; a second yellow card issued to the individual results in an ejection from the game. Two successive games with yellow cards will disqualify that player for the next game. Three yellow cards, one red card and two yellows, or two red cards will disqualify that player for the rest of the season.
 - c. A red card will be given to a player by the official or supervisor for severe misconduct (fighting, verbal or physical abuse of an official or supervisor) and results in an immediate ejection and his/her team plays short handed for the remainder of the game. Any player ejected must meet with the Director of Intramurals and Recreation or designee before being reinstated.
 - d. The team will be minus the player(s) ejected.
2. **THERE IS NO SLIDE TACKLING.** These fouls will result in a direct kick and a possible yellow/red card.
3. Penalty shots are unobstructed direct free kicks taken from the penalty line. All players other than the designated kicker must be behind the shooter. A missed penalty shot will be a dead ball and play is restarted from mid-court with an indirect free kick for the team that missed the penalty shot.
4. The defensive team needs to be 6 yards away from all indirect kicks. Any motion towards the ball by a defender before the offense puts the ball into play is considered encroachment. Failure to heed an official's warning will result in a yellow card for unsportsmanlike conduct.

Results of Fouls:

1. A direct free kick, or penalty kick (should the offense occur in the penalty area) shall be given to the opposing team if a player:
 - Kicks an opponent
 - Trips an opponent
 - Jumps into an opponent
 - Charges an opponent
 - Strikes, hits, elbows
 - Holds or pushes
 - Touches the ball with his hands
 - Unsportsmanlike Conduct
 - Slide tackling

-Ejection (Red Card)

2. An indirect free kick shall be awarded when an opponent:

- Plays in a dangerous manner
- Charges fairly, but when the ball is not in playing distance
- Obstruction
- Charges the goalkeeper
- A goalkeeper takes more than 4 steps
- Delay of game
- Illegal substitution
- Persistent infringing of the rules of the game
- Arguing with an official or opponent
- Foul / Abusive language
- Persistent misconduct after receiving warning