

Mankato Community Education and Recreation
Adult Recreation

ADULT INDOOR SOCCER RULES

All games will be played at Lincoln Community Center. Indoor soccer will be played by FIFA rules with the following modifications:

RULES

A. Players/Substitutes

1. Games will be played with five (5) players (4 plus 1 goalie). A team must begin with a minimum of four (4) players.
2. Substitutes **must report to and be recognized by the referee before entering the game.** Substitutions may be made on any dead ball situation.
3. Unlimited substitutions during a game.
5. The goalkeeper can switch positions with a player on the field at any time a substitute is allowed, provided the referee is informed before the change is made.
6. Goalkeeper must wear a different colored shirt other than their teammates.
7. **A team MUST substitute for a player who is bleeding. Officials can stop play immediately when there is an immediate dangerous situation/injury.**

B. Time/Periods

1. Games consist of two twenty (20) minute halves (continuous clock) with a five-minute half-time. ****Any delayed time during the game (injury, etc) may be added on to the 2nd half of the game.**
2. Teams are not allotted any time-outs. The referee may, however suspend time for injury, etc., if he/she deems it necessary.
3. Teams should report a minimum of 15 minutes prior to the scheduled game time to complete the scoresheet roster. A game may begin with four (4) players.

C. Scoring/Ties

1. A goal is scored when the whole of the ball has passed over the goal-line, between the goal posts and under the cross-bar, provided it has not been thrown, carried or intentionally propelled by hand or arm, by a player of the attacking team, except in the case of a goalkeeper, who is within his own penalty area.
2. A goal **may** be scored during play directly from a:
 - a. Direct free kick
 - b. Penalty kick
 - c. Drop ball
3. A goal **may not** be scored during play directly from a:

- a. Indirect free kick
 - b. Kick-Off
4. Games may end in a tie

D. Players/Equipment

1. No cleats, boots, steel-cleated or hard-toed shoes are allowed in Schellberg Gym. Non-marking tennis shoes are recommended.
2. No jewelry is allowed (watches, earrings, necklaces, etc.).
3. Sweatbands on head or wrist are allowed-elastic type. No hats, bandanas, or other headwear is allowed. Nothing is allowed which has a knot.
4. Injured players are allowed to wear braces, soft casts and protective coverings provided they are covered with 1/2 inch high density padding or wrapped with a similar material with the same minimum thickness. However, the referee shall not allow a player to wear anything which he/she deems dangerous (i.e. hard casts and splints are not allowed or anything the supervisor deems as unyielding material/no give).
5. Balls will be provided by Mankato CER. Unless teams agree on another ball.
6. Goalkeepers may wear knee pads and shin guards provided they cannot cause injury to another player.
7. Goalkeepers have 6 seconds to get rid of the ball after securing it.
8. **Point of Emphasis** - play in which players are shoulder to shoulder going for a ball will be allowed provided that both players are using the sides of their arm and not pushing or putting the other player at a disadvantage to make a play on the ball. It will be the official's discretion on penalty or indirect kick.

E. Starting the Game: After Goal/After Half-time

1. A coin toss shall occur before the game. The team winning the toss shall have the option to choose the kick-off or defend a goal.
2. The game shall be started by a player taking a place-kick (i.e., a kick at the ball while it is stationary on the ground in the center of the field of play) into his opponents half of the field of play. The ball must travel **forward** before it can be played by another player.
3. Every player shall be in his own half of the field and every player of the team opposing that of the kicker shall remain not less than 10 yards from the ball until it is kicked off.
4. The kicker shall not play the ball a second time until it has been touched or played by another player.
5. **A goal may not be scored directly from a kick-off. - Indirect Free Kick**
6. After a goal is scored, the game shall be restarted by a kick off by the opposing team.
7. When restarting after halftime, ends shall be changed and the kick-off shall be taken by a player of the team that did not kick off to start the game.
8. When restarting the game after a temporary suspension of play from any cause not mentioned elsewhere: the team with possession of the ball at the time the suspension of play was called shall be awarded an indirect kick at the point of possession, provided that immediately prior

- to the suspension the ball had not passed over the touch or goal lines. If neither team had possession of the ball, the referee shall perform a drop ball at the location of the ball when the suspension was called.
9. When any kick is used to begin play, opposing players must stand at least 10 yards (5-6steps) from the ball

F. Ball in/out of play

1. **The ball will be played off the walls. Exception - When the ball hits above the ceiling, then it is out-of-bounds and will result in an Indirect Free Kick from center court. A goal cannot be scored when the ball hits the wall and goes directly in the net without being touched.**

The ball is out of play:

- (a) When the ball hits the **ceiling**.
 - (b) When the ball becomes stuck in a side closet.
 - (c) When the game has been stopped by the referee.
2. The ball is in play at all other times from the start of the match to the finish including if it rebounds from a goalpost or crossbar into the field of play.
 3. On all out-of-bounds calls, the ball will be awarded to the non-offending team at center court for an indirect free kick.
 4. A free kick awarded to the defending team within its goal area may now be taken from any point within the goal area.
 5. A ball may not be dropped in the penalty area. A drop occurs when: 1) the ball goes out-of-bounds off of two players simultaneously and the referee does not know who touched it last, 2) the ball becomes deflated, and 3) there is no clear possession of the ball when an injury occurs. The official holds the ball at waist level and drops the ball between two opposing players and the ball must touch the ground before being played. If a player touches the ball before it hits the ground, the player is warned and if the same player does this twice, he/she receives a yellow card. A re-drop occurs in the above instances.

G. Offside - No offside will be called in indoor soccer.

FOULS/MISCONDUCT

A. Penalties - Indoor Soccer

An **Indirect free kick** shall be awarded to the offended team from the spot closest to the infraction for the following offenses:

1. Deliberately kicking or attempting to kick an opponent.
2. Deliberately tripping an opponent.
3. Deliberately jumping at an opponent.
4. Deliberately charging an opponent in a violent or dangerous manner.
5. Deliberately charging an opponent from behind.
6. Deliberately striking, attempting to strike, or spitting at an opponent.
7. Holding an opponent.
8. Pushing an opponent.

9. Deliberately handling the ball with hand or arm other than the goalkeeper within his/her own penalty area.
10. Charging the goalkeeper inside the penalty area unless the goalkeeper is obstructing the opponent or dribbling the ball with the feet. Outside the penalty area, the goalkeeper has no more privileges than any other player.

Indirect kick penalties called against the defensive team inside their own penalty area will result in a penalty kick.

B. An **indirect free kick** shall be awarded to the offended team from the spot nearest the infraction for the following offenses:

1. Playing in a manner considered dangerous by the referee, i.e. "dangerous play." (high kicks, playing the ball while prone on the ground).
2. When not playing the ball, intentionally obstructing an opponent, i.e. "obstruction."
3. Interfering with or impeding the progress of goalkeeper in possession of the ball. This includes the act of bouncing the ball or dropping the ball for a kick or attempting to throw the ball or tossing the ball in the air to re-catch.
4. When playing as goalkeeper, taking more than 6 seconds, bouncing, or throwing the ball in the air and catching it again without releasing it so that it is played or touched by another player of the same team outside of the penalty area or by a player of the opposing team either inside or outside of the penalty area.
5. A goalkeeper shall not intentionally parry the ball (a catch or controlled touch which is deflected down to the feet) and then touch it again with his/her hands before it has been played or touched by another player of the same team outside of the penalty area or by a player of the opposing team either inside or outside of the penalty area. 6-second rule in effect as above.
6. Indulging in tactics, which, in the opinion of the referee, are designed merely to hold up the game and thus waste time and so give an unfair advantage to a player's own team (4-5 seconds).
7. As the kicker on a kick-off or free kick, playing the ball again before it has been touched or played by another player.
8. In case of body contact in the goal area between an attacking player and the opposing goalkeeper not in possession of the ball, the referee, as judge of intention, shall stop the game if, in his or her opinion, the action of the attacking player was intentional.
9. Intentionally obstructing the opposing goalkeeper in an attempt to prevent him/her from putting the ball into play.
10. Any infringement by the attacking team during a penalty kick.
11. Delay tactics by the goalkeeper (in the referee's opinion), the goal-keeper in possession of the ball with hands or feet must not use delay tactics (waste time) and must play the ball within a reasonable time.
12. The goal-keeper may not slide tackle in an attempt to stop the ball even within the goal box.

C. A player shall be **cautioned (yellow card)** for the following offenses:

1. Leaving or entering the field of play without first getting the signal from the referee.
2. Persistently infringing the rules of the game.

3. Showing by word or action dissent from any decision given by the referee.
4. Being guilty of unsportsmanlike conduct (i.e. unnecessary delay of game, holding a shirt or shorts, intentional handball to stop an attack).
5. During a free kick, dancing or making gestures in a way to distract an opponent.
6. **Sliding or slide tackling in indoor soccer.** **Goalkeepers may slide to secure the ball if it is in their penalty area and if they do not make contact with other players. If contact is made, it will be a penalty.

PENALTY: A cautioned player shall be substituted for immediately and not return until the next legal substitution opportunity. The restart after a card has been issued shall be an "indirect free kick" awarded to the non-offending team from the spot of the ball when the referee stopped play, unless the game had been stopped for some other reason calling for a different restart.

D. A player shall be **ejected (red card)** for the following infractions:

1. Being guilty of violent or serious foul play.
2. Using foul or abusive language.
3. Being guilty of misconduct after having received a caution (referee shall show both a yellow and a red card).
4. A player anywhere on the field (other than a goalkeeper within his/her own penalty area) intentionally handling a ball to prevent it from going into the goal.
5. An intentional foul by a player against an opponent who is moving toward his/her offensive goal with an obvious opportunity to score.
6. Conduct which warrants ejection in the judgment of the referee.

PENALTY: A disqualified/ejected player (on the field/in the game) cannot be replaced (no substitution and team must play short for the remainder of the game). Ejected bench personnel or an ejected coach does not reduce the number of players on the field. The restart after a card has been issued shall be an "indirect free kick" awarded to the non-offending team from the spot of the ball when the referee stopped play, unless the game had been stopped for some other reason calling for a different restart.

E. Drop kicks and punts by the goalkeeper are not allowed in indoor soccer.

F. Advantage clause: The referee shall refrain from penalizing when it would be an advantage to the non-offending team. When this occurs, the referee will signal that advantage is being called, and give the verbal indication "play on."

G. As in all intramural sports contests, if a participant is ejected from a contest, he/she is immediately ineligible for further access or competition in any Campus Recreation program or facility until cleared by the Program Coordinator for Campus Recreation or his/her designate. It is the participant's responsibility to schedule an appointment with the Program Coordinator to review his/her behavior and subsequent eligibility to continue in the Intramural Sports Program. Any unsportsmanlike conduct by players or fans may cause a team to be disqualified from further competition. In addition, players, coaches, and spectators may not harass the officials (verbally or physically) after the contest has ended. Offender(s) are subject to the same penalties and procedures as players being ejected from the contest.

H. Participants should be aware that there is a risk of injury in participation of intramural sports due to the inherent nature of the activity. Individuals are encouraged to have a physical examination and to obtain adequate health and accident insurance prior to participation. Individuals participate in intramural activities at their own risk! **Participants who are bleeding must be removed immediately from the game and may not return until the wound is properly covered. All soiled clothing must be changed before being allowed again in the game. Officials can stop play immediately when there is an immediate dangerous situation/injury.**