

INDOOR SOCCER Rules & Regulations

The University of Akron Student Recreation & Wellness Services Intramural Sports

Participation in any and all activities within this facility and/or sponsored by The University of Akron is voluntary. All participants understand and agree that use of this facility and/or participation in an activity sponsored by the university is at their own risk and that the university is not responsible for any incidents, injuries or loss of property that may occur.

All team representatives, including players, substitutes, replaced players, coaches, trainers, spectators and/or other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of Officials assigned to the game as well as the Site Supervisor.

Any policy not covered in this sport's specific rules can be found in the participant handbook

Current National Federation of State High Schools Association rules shall apply, with the following clarifications and modifications in effect:

GENERAL INFORMATION:

- All students, faculty or staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Participants Handbook. All participants must present a valid, physical copy, University of Akron ZipCard. **NO ID, NO PLAY!**
- Intentional destruction of Intramural Equipment will result in an ejection.
- All games will be played in the Stiles Fieldhouse.
- Following regular season play, all eligible teams will advance to a playoff bracket, provided their sportsmanship rating maintains a minimum average of 9.
- Each team will consist of five (5) players (including goalkeeper); a minimum of four (4) is required to avoid a forfeit.
 - Open League: All teams playing in the open division must have at least one player of each gender on the field at all times.
- A player may only play on one (1) team in any given league (i.e.: one single-gender team, greek team and one co-rec team).
- Each team shall designate to the Officials a player as the captain. This person is the only player who may communicate with the Officials.

EQUIPMENT:

- Intramural Sports will provide a game ball, to be used during game play ONLY. **Teams are responsible for providing their own balls for warm-up.**
- Shin guards are recommended but are not provided.
- Players must wear athletic shoes; either soft soled soccer/football cleats (**non-metal tipped**), tennis shoes or Astroturf (indoor) shoes are allowed. No sandals, boots or non-athletic shoes will be allowed.
- Players may wear a headband made of soft pliable material. No other headwear will be allowed.
- The goalkeeper must wear a different color shirt than the rest of their teammates.
- Teams shall wear jerseys that are of like color with numbers on the back. Team jerseys must contrast with the jerseys of the opposing team. If teams are wearing the same color jersey, the **Visiting Team** on the game sheet will wear the provided scrimmage jerseys. Jerseys may not be tied in a manner that creates any type of knot. A team member shall not remove the jersey and/or pants/shirt within the visual confines of the playing area during the game.
- **All jewelry must be removed, and can NOT be taped over.**

- Only Medical Alert bracelets and/or necklaces will be permitted, and must be taped to the body, leaving vital information visible.

GAME FORMAT:

- A coin toss, called by the Visiting Captain, at the beginning of the match will determine the choice of kickoff or side. The winning Captain will have the choice of kick off or side choice.

TIMING:

- All games will consist of one (1) 20-minute period.
 - The clock will run continuously, with the exception of injuries and Officials' stoppage of time.
- **Overtime only applies during bracket play, NOT in the regular season.**
- In the event of a tie, one (1) five (5) minute Golden Goal overtime period will occur. A coin toss called by the Home Captain will be given the same options as the beginning coin toss procedure.
- If there is still a tie after the Golden Goal period, a penalty shootout will occur with the following procedures:
 - Teams will designate three (3) players (in a predetermined order) to kick. These players must have been on the field playing when the end game whistle was blown.
 - Goalkeepers will remain the same as who was in goal when the end game whistle was blown.
 - A coin toss called by the Home Captain, similar to the beginning coin toss procedure, will determine the choice of kicking first or second, or choice of which goal. The winning captain will have the following options:
 - Kick first or second, OR
 - Choice of goal to shoot at.

SUBSTITUTIONS:

- Substitutions will be unlimited.
- A substitute that desires to enter the game must report to the midfield touchline where they will remain until they are beckoned by the official. All substitutions occur during dead ball situations such as, throw-in, goal kicks, corner kicks, etc.
 - A goalkeeper must notify the Official before being substituted since equipment changes will be needed.
- If a player enters the field of play without notifying the official, an indirect kick will be taken at the point where the ball lies at the time of the infraction and a yellow card will be issued to that player.

BOUNDARIES:

- The ball will be considered in play:
 - When it rebounds off a crossbar, post or cone.
 - If it rebounds off the referee or line judge within the boundary lines.
 - When a drop ball hits the ground.
- The ball will be considered out of play:
 - When the whole ball crosses the touch line or goal line, whether on the ground or in the air.
 - If it rebounds off the referee or line judge outside the boundary lines.
 - When the referee has stopped the game.

KICKOFF:

- **The ball must begin stationary and can travel in any direction before being touched by another player.**

- All players, offense or defense, must stand 5 yards from the ball on their half until the ball is kicked. One offensive player is an exception to this rule to take the kick off.
- A goal CANNOT be scored directly from a kickoff.

THROW-IN:

- The thrower must have both feet on the ground, behind the touchline, and use both hands in one continual motion to deliver the ball from behind and over the head.

FREE KICKS:

- Free kicks will be classified as either direct or indirect.
 - An indirect kick (arm straight up until ball is kicked) is one that a goal cannot be scored unless the ball is touched by another player on either team before entering the goal.
 - A direct kick (arm is pointed straight out in the direction of the kick) is one a goal can be scored without any other player touching the ball prior to entering the goal.
- During a free kick, opposing players must be at least 5 yards from the ball until it is kicked, unless they are standing on their own goal line between the goal posts.
- Free kicks can be taken in any direction.
- A direct free kick and red card will be awarded for:
 - Kicking, striking, jumping at, tripping, pushing, holding, or charging an opponent or the goalkeeper.
 - Handing the ball in one's own penalty area.
 - Others as deemed by officials.

PENALTY KICKS:

- ***There will be no penalty kicks.***

CORNER KICKS:

- Players from the defending team must be at least five yards from the ball until it has been kicked.
- The ball must be kicked from within the quarter circle nearest where the ball left the field of play.

GOAL KICKS:

- Any player of the kicking team may execute the goal kick.
- Players opposing the goal kick shall remain outside the penalty area until the ball has cleared the penalty area.

GOALKEEPER PRIVILEGES/RESTRICTIONS:

- A goalkeeper must distribute the ball within six (6) seconds after gaining control.
- The ball may not be passed directly to the keeper's hands from the neutral zone by a member of their own team.
 - If a goalkeeper handles the ball outside of their designated area a direct kick will be rewarded to the opposing team.
- Outside the penalty area, the goalkeeper becomes a regular field player and all rules that previously would apply to them no longer do.

SLIDE TACKLING AND BICYCLE KICKS:

- Slide tackling and bicycle kicks are not permitted under any circumstances.
- Any attempt to slide tackle (playing the ball or otherwise) or bicycle kick will result in **automatic yellow card**.

OFFSIDE:

- There will be no offside infractions in intramural soccer.

UNSPORTSMANLIKE CONDUCT:

- An Official may issue a yellow or red card for disciplinary reasons.
- This system will be similar to that of soccer:
 - A player receiving two (2) yellow cards in a match will be ejected.
 - A player receiving one (1) red card is automatically ejected.
- If a player receives a yellow card, he/she must substitute out of the game, and may not return to play until the next deal ball (whistle).
- If a player is ejected (from either 2 yellows, or a straight red) they may be replaced with an eligible player. The ejected player must meet with the Manager of Intramural Sports before he/she is allowed to participate in any intramural contest moving forward.
- Yellow cards are valued at one (1) point, and red cards are valued at two (2) points. If a team accumulates four (4) points in cards during a match, it will result in forfeiture.

AWARDS:

- The winning team in each division will receive Intramural Sports Champion Award.

Updated 1/3/2024