



NORTHERN ILLINOIS UNIVERSITY

Campus Recreation

Division of Student Affairs & Enrollment Management

Intramural Sports Indoor Soccer Rules

GENERAL RULES:

1. All participants must meet the eligibility requirements listed in the Intramural Sports Participant Handbook. **Each player must be an NIU student or current NIU Recreation Member (faculty/staff).** All expired memberships must be updated before the individual may play in any game.
2. Participants must have their *NIU OneCard* at every game. Any games in which an ineligible player signs in will be considered a forfeit.
3. All intramural participants must personally sign the **Waiver Release** and are responsible for their own medical expenses.
4. **Teams are responsible for keeping their players and spectators under control.** Misconduct of players, coaches, managers or spectators can result in penalty, ejection or forfeiture of the game. Spectators must also remain within the area designated by the IM Sports staff.
5. Alcoholic beverages, smoking, and pets are prohibited from all intramural contests.
6. IM Sports Officials/Supervisors will have absolute authority during the contest and can make decisions on any matter or question not specifically covered in the rules.
7. National Federation of State High School Association rules apply except where NIU Intramural Sports has made adaptations.

The Game

1. All games shall be played on the date and hour scheduled.
2. **If all team members (to make the minimum number required) are not signed in and ready to play by game time, the opposing captain has the option to give them a five (5) minute GRACE PERIOD. However, the five (5) minute grace period will be deducted off of the game clock. If the team does not have the minimum amount of players signed in and ready to play by the end of the 5 minute grace period, a forfeit will be called.**
3. The game shall be played between two teams of **five (5)** players, which includes a goalie. A team can play with a minimum of four (4) players. A team's roster shall have a maximum of 10 players.
4. Players can compete on one men's/women's team, and one co-rec team, regardless of division (A, B).
5. All players must have checked in with the official and be recorded on the game sheet before they are allowed to participate.

The Court

1. All games will be held in the Chick Evans Field House on the North and South Soccer Courts. *NIU OneCard* must be presented to gain access to the facility.
2. Limited space for spectators.

The Players

1. A team shall consist of five (5) players (four (4) field players and a goalkeeper). Teams must have a minimum of three (3) field players and a goalkeeper (four players all together) for the start and duration of the game.
2. All teams must have a designated goalie
3. **Captain** - A speaking captain must be designated for each team. He/she alone may appeal to the official, and then only on interpretations of the rules and player eligibility. Judgment calls may not be protested. Protests must be filled immediately with the on duty supervisor.

Game Equipment

1. Intramural Sports will provide a game ball for each game. The game ball will not be used for warm ups. If teams want to use a warm up ball, they can check one out from the equipment desk!
2. Indoor Soccer "fuzzie" will be used as the game balls. Outdoor Composite balls will not be allowed for use as a game ball, however teams may use them as a warm up ball.

Player Equipment

1. A player is required to wear a shirt with sleeves, shorts/pants, and footwear (athletic attire). Footwear that is permitted must be made of canvas or soft-leather training or gymnastic shoes with rubber soles. SHIN GUARDS ARE STRONGLY RECOMMENDED.
2. Each player must also have a permanent number on their shirt (no tape). Failure to wear the similar color shirt or to have a number on the shirt will result in a player being ineligible to play.
3. All jewelry must be removed before participating, including the livestrong bracelets.
4. Players may not wear headwear containing any hard, unyielding material, or items containing exposed knots.
5. Players may not wear pads or braces above the waist, and may not wear casts anywhere on the body.
6. Players may wear soft headbands, and knit or stocking caps, provided that the cap does not have a bill or a knit ball on top.
7. Players may wear soft, pliable kneepads. Players may wear leg or knee braces only if the brace is covered with at least ½" of closed cell, slow recovery rubber, or a material of similar thickness and physical properties.
8. Players may wear soft headbands, and knit or stocking caps, provided that the cap does not have a bill or a knit ball on top.
9. Players may wear soft, pliable kneepads. Players may wear leg or knee braces only if the brace is covered with at least ½" of closed cell, slow recovery rubber, or a material of similar thickness and physical properties.

Coin Toss

1. Toss of the Coin - Before the start of the game, the referee will conduct a captain's meeting **during which Team A will call the toss of the coin**. The captain winning the toss shall have choice of:
 - Choosing Kick Off or receive
 - Choosing which goal to defend.
2. The captain not having the first choice of options for a half shall exercise the remaining option(s).

Game Time

1. Games will consist of two 15-minute halves with a 3 minute halftime.
2. The clock will run continuously unless stopped by an official
3. No timeouts are permitted
4. No overtime/shootout during the regular season. In the regular season we will be accepting ties

Substitutions

1. A legal "flying" substitution shall consist of the following:
2. The player entering the game shall only do so **AFTER** the player leaving the field is off and has entered their respective substitution zone.
3. The player entering the field of play **CANNOT** touch the ball before the departed player has entered their substitution zone.
4. The substitution is authorized by the official, i.e. injuries, blood, etc.

Violation of Rule: Yellow Card and Two minute penalty on player entering the game.

1. **Illegal Player Change** - When a team repeatedly substitutes to consume time, the official shall order that such substitutions may be construed as unsportsmanlike conduct. The official will stop the game, issue a yellow card, give a verbal warning and remove the substitute for unsportsmanlike conduct.
2. **Too Many Players** - If a team has more than the designated number of players on the floor a yellow card will be issued to the captain who will serve a two minute penalty.
3. **Goalkeeper Change** - The goalkeeper may change with anyone, but proper authorization from the official must be given prior to the next live ball.

Start of Play

1. The official will place the ball at the midfield mark of the field of play. The defending team must be at outside of the center circle from the midfield mark and the attacking team must be behind the black midfield line before play can start. The official will blow the whistle for play to start.

NOTE: KICKOFF IS A DIRECT KICK AND CAN BE PLAYED BACKWARDS.

Ball in Play

The ball is in play at all other times including:

1. A rebound off a goalpost or crossbar.
2. A rebound off the official.
3. A drop ball touches the ground.

Drop Ball

1. When opponents simultaneously strike the ball out of bounds.
2. When the ball is becoming deflated.
3. Following temporary suspension of play for injury or unusual situations and no team has clear possession of the ball.

Goalie Restrictions

1. The goalie is allowed to touch the ball with his/her hands only when inside the goal box. When outside of the goal box the goalie is not allowed to touch the ball with hands. If the goalie does pick the ball up outside the goal box it results in a hand ball at the spot of the penalty.
2. If the defense passes the ball back to the goalie using their foot, he/she cannot pick it up with their hands. The goalie is allowed to pick up the ball if the defense passes it back with their body or if the ball is deflected by a defender.
3. The goalie may slide to block the ball, however, a player (defense or offense), can not be within 3 feet of the slide.
4. The goalie may slide to block the ball laterally, but not forward at player advancing the ball.
5. During a penalty kick, the goalie must stay on the goal line. The goalie can move laterally but may not move forward off of the line until the ball is kicked.

The below offenses will result in a direct penalty kick for the opposing team. The team kicking will have the choice to kick with the ball placed on the taped line or to dribble the ball from mid-court and shoot before crossing the taped line (Officials decision is final).

- Goalkeeper handling the ball when it has been deliberately kicked back by a teammate.
- Goalkeeper throwing the ball overhand, (sidearm and underhand are acceptable)
- Goalkeeper taking more than five seconds.

Dead Ball

1. **Third Person Violation** - When play is along an end or side wall, there can never be more than one player per team jostling for the ball. As soon as a third player gets involved, regardless of from what team, a direct free kick will be awarded to the non-offending team.
2. **Three Line Rule**- the ball cannot cross all three midlines on the court in the air. If said situation occurs, a direct free kick will be awarded to the non-offending team.
3. The ball is out of play when:
 - It has wholly crossed the goal-line AND a goal is scored. (Kickoff)
 - It is touched or interfered by a fan or player on the sidelines. (Kick-in)
 - The ball is stuck behind the goal and netting. (Goal-kick)

- The ball hits the roof, lighting, or any hanging object. (Kick-in at midfield)
- The game is stopped by the official. (Official's discretion)

Scoring

Legal Goal

1. A goal shall be legal, when the **WHOLE** of the ball has crossed the plane of the goal-line, between the goalposts and the crossbar, provided it has not been thrown, carried, drop-kicked by the goalkeeper, kicked directly into the goal on an **INDIRECT** free kick, or intentionally propelled by the hand or arm by a player of the attacking side.

Mercy Rule

2. At any time in the second half at the ten (10) minute mark or thereafter, if a team is ahead by **ten (10) goals**, then the game shall be stopped due to mercy rule.

Free Kick

1. The player taking the free kick, after kicking the ball, **CANNOT** play it a second time until it has been touched or played by another player. If this occurs, the opposing team will receive a direct kick from the spot of the infraction.
2. The ball must be stationary before kicked.
3. The team taking the free kick has five seconds to play the ball. If time expires, the opposing team will receive a direct kick from that spot.
4. No second whistle is needed for play to resume after a direct free kick. However, if an offensive player **REQUESTS** three yards they must **WAIT** for a second whistle from the official.
5. The ball should be placed one (1) yard (3 steps) from the **wall** and will be a direct free kick.
6. Defenders must be one (1) yard (3 steps) from any direct free kick.

Goal Kick

1. When the whole of the ball gets stuck behind the goal and netting and was last touched by an attacking player, the ball shall be placed in the penalty area and be declared a goal kick.

Corner Kick

1. When the whole of the ball gets stuck behind the goal and netting and was last touched by a defending player, the ball shall be placed at the corner kick spot.
2. A goal can be directly scored from a corner kick.

Penalty Kick

1. Any foul committed in the goalie box will result in a Penalty Kick.
2. The Goalkeeper and the penalty taker should identify themselves to the official. The remaining players from both sides shall remain at midcourt.
3. The goalkeeper has to stand on the line but may laterally move/shuffle his feet until the ball is in play.
4. The ball must travel forward, without hesitation, and may not be contacted a second time by the penalty taker unless touched by another player.
5. If time expires in either half, all players except the goalkeeper and penalty taker will leave the field of play. The penalty will then take place and then the half will be concluded.
6. Infringement by either team on a penalty kick that is scored will result in a re-kick. If the attacking team infringes and a goal is not scored the defending team will receive a direct free kick in their own penalty area.

Shootout

1. The referee shall choose the end at which the penalty kicks shall be taken.
2. A coin toss shall take place to decide who kicks first.
3. Three kicks shall be taken alternately by three different players.
4. The three players on the field at the end of overtime must shoot.
5. After the three penalty kicks have been completed the team with the most goals wins. In the event of a tie, sudden death penalties will take place in the same player order as the shootout, until both teams have taken an equal number of kicks and one has scored one goal more than the other.
6. While the shootout is in progress, all other players should be in the opposite half of the field to where the kicks are taking place. **Exception:** If no substitutes are available then only the player in the penalty zone would be readmitted to penalty contest. The red carded player would be replaced by the first penalty taker of the remaining three.

Fouls/Misconducts

1. All fouls and misconduct shall be DIRECT kicks.
2. If the defending team intentionally commits one of the above offenses within the penalty area, he/she shall be penalized by a PENALTY KICK (located at the top of the penalty area), regardless of the position of the ball as long as it is in play.
3. The following offenses shall be direct free kicks:
 - a. Kicks or attempts to kick an opponent
 - b. Tripping an opponent
 - c. Jumping at an opponent
 - d. Charging at an opponent in a dangerous or violent manner or from behind
 - e. Striking or attempting to strike an opponent
 - f. Spitting at an opponent
 - g. Holding or pushing an opponent
 - h. Slide tackling an opponent
 - i. Handling the ball
 - j. Third person violation against the walls
 - k. Contacting an opponent against the walls

- l. Dangerous play
- m. Obstruction
- n. Charging at the Goalkeeper

Yellow Cards

1. The presentation of a yellow card by an official will result in that player entering the penalty box for two minutes. His/her team will be required to play a man short for the duration of the penalty or until the OPPOSING team scores a goal. The penalty time will be kept by the supervisor and will ONLY start when play is resumed after the foul or misconduct.
2. If a team commits a second yellow card offense within the time frame of the first penalty, a substitute will be permitted for this second violation. When the penalty time for the first player elapses (Officials Indication), he/she will return to the substitution zone. The second penalized player will serve out his penalty time.
3. If a PLAYER receives two yellow cards during the course of game, the said player will be shown a red card and removed from the facility. However, the team will be permitted a substitute for this player.
4. If a TEAM receives two yellow cards and a red card within two minutes the official has the discretion to declare the game a FORFEIT and the opposing team will receive a win.

Yellow Card Fouls

- Offenses for which the official feels a yellow card is warranted.
- Too many players on the floor.
- Entering or leaving the arena without the permission of the official.
- Fans that disrupt play. (Assessed against captain)
- Hands on opponents back when near the wall.
- Use of vulgar or profane language.
- Excessive substitutions for time-wasting purposes.
- Trickery i.e. flicking the ball up to the head to pass it back to the goalkeeper.
- Taunting.
- Deliberate handball to stop an attack.
- Slide Tackling
- Playing the ball while not standing

Red Cards

1. If a red card is issued by an official the game shall be stopped and a report written. The player must also leave the facility and CANNOT BE REPLACED. The player ejected will be immediately suspended from all Intramural Sport activities until he/she sets up an appointment and meets with the Assistant Director of Intramural Sports and Sport Clubs.

Yellow Card Fouls

- Violent Conduct
- Committing serious foul play

- Deliberately handling a ball to prevent a goal
- A foul on an opponent who has an obvious opportunity to score
- Spitting at another person
- Using foul or abusive language
- Leaving the team area to enter the field of play where a fight or altercation is taking place unless summoned by the referee.

***Contact of any kind will be penalized as to the severity of the contact.

Unintentional/Unavoidable contact will result in a foul and an indirect kick by the opposing team. A deliberate intent to tackle or check an individual will result in a yellow card or red card depending on the severity of the foul. All malicious contact with intent to injure will result in a red card and automatic ejection. ***

Sportsmanship

1. Sportsmanship is an important part of intramural sports. Teams receive sportsmanship ratings at the conclusion of each game on a scale of 1 to 5 with 5 as an excellent rating. Teams must average a 3.0 during the regular season to qualify for the playoffs.
2. Teams are responsible for keeping their spectators under control. Misconduct of spectators and players may result in ejection and/or forfeiture of the game. Spectators must remain in the out-of-play areas. Only players are permitted in the playing area.
3. Any player who uses foul language, violently protests a call, or curses an official or supervisor, will be removed from the game and will automatically be suspended from his/her team's next game. Any player who touches an official or supervisor will be placed on suspension from all Intramural activities for a minimum period of one calendar year from the time of the incident.
4. If at any time a team has 2 players or spectators ejected from the game, the offending team will immediately forfeit the game.
5. Teams shall assist in removing trash and equipment from their game area at the conclusion of their game, if the area is determined to be not picked up by the team, the team will face a deduction of sportsmanship rating.
6. Officials and supervisors are college students employed by Campus Recreation to provide a service to the participants of Intramural Sports. Officials are employed regardless of experience to fulfill a need for a large number of officials to cover all the games being played. Officials undergo clinics and evaluations to help them to constantly improve in their abilities. Supervisors are trained to handle conflicts that occur during games and are there to answer questions that participants may have regarding Intramurals. The supervisors can be identified by the IM polo they will be wearing. IM supervisors are veteran officials or trained tournament personnel who have complete authority to make decisions regarding problems or special situations. Supervisors have been selected for their knowledge of intramural sports regulations and rules, maturity, professionalism and a sincere interest in intramural sports.

5 - Excellent - Players and spectators were positive throughout the game and completely respectful towards the supervisors officials, and opposing team. If the captain converses with the officials about rule interpretations and calls he/she does so respectfully and calmly. No verbal warnings. No instances of unsportsmanlike physical contact. The team captain has full control of his/her teammates/fans. Players and spectators show appreciation toward Intramural Staff and opponents at

the end of the game.

4 - Good - Players and spectators cooperate with the supervisors and officials and show respect for opposing team members most of the game. Emotions were kept under control. No instances of excessive physical contact. Team members respectfully disagree about some decisions made by Intramural Staff or show minor dissension which may not receive an unsportsmanlike penalty (technical foul, yellow card). Shows respect toward opponents throughout game and pre game captains meetings. All complaints or concerns are filtered through captain to voice to Intramural Staff.

3 - Average – Team/spectators show minor verbal dissent toward Intramural Staff or opposing team, which may or may not merit an unsportsmanlike penalty. Most complaints or concerns are filtered through captain to voice to Intramural Staff. A few instances of physical contact. A few instances of vulgar language and/or profanity are displayed by members of the team. Captain exhibits control over team and spectators. Teams receiving one unsportsmanlike penalty and/or warning will receive no higher than a “3” rating.

2 - Poor – Teams/spectator constantly commenting disrespectful verbiage to Intramural Staff or opposing team. Captain exhibits minor control over team and spectators. Vulgar language and/or profanity are displayed by members of the team. Players/Team/Spectators use racial insults, anger motivated outburst, demeaning, degrading and derogatory statements or homophobic comments before, during or after a game. Teams receiving three unsportsmanlike penalties and/or warning or one player ejection will receive no higher than a “2” rating.

1 - Extremely Poor – Team is completely uncooperative toward Intramural Staff. Captain has absolutely no control over team, spectators, and/or his/herself. Team, player or spectator makes intimidating physical contact with a staff and/or opposing team. A team, player or spectator threatens harm or violence toward the staff. Any team causing a game to be forfeited by result of unsportsmanlike behavior or have multiple unsportsmanlike penalties and or having more than one player ejected will receive no higher than a “1”