



Vanderbilt University Intramural Sports 5v5 Indoor Soccer Rules

I. GENERAL RULES

- A. Registration fee is \$60 per team.
- B. Each participant must present a valid Commodore card and be on the IMleagues.com roster in order to participate.
- C. Intramural sports with varsity or club sports counterparts are limited to either one former varsity athlete or two club sport members. Teams will forfeit all games in which they are found to be in violation of this rule.
- D. Teams should arrive 15 minutes before the scheduled start time of their game. Teams will be given a 10 minute grace period after their posted start time to have the minimum number of players required to begin. Once the grace period expires, the game will be declared a forfeit. Game clocks will be adjusted to account for late starts.
- E. Attire
 1. Uniforms – Teams are required to wear matching colored shirts. Teams will wear their respective color selected during registration. Goalkeepers for indoor and outdoor soccer must wear a different color jersey than their team.
 2. Shoes – all players must wear shoes (except those participating in sand volleyball). Tennis and running shoes are acceptable for all sports. No player will be allowed to wear metal cleats, play in sandals or play barefoot.
 3. Pads and Braces – No pads or braces may be worn above the waist. Leg and knee braces made of hard, unyielding material must be covered on both sides and all edges must be lined with appropriate slow-recovery padding. Jewelry - No jewelry or any other item deemed dangerous by the Intramural Staff may be worn. Any player wearing exposed permanent jewelry (e.g. body piercings) will not be permitted to play unless the exposed jewelry is completely covered.
- F. Forfeit Policy
 1. Teams have a 10 minute grace period before games are declared a forfeit
 1. First offense = warning
 2. Second offense = ejection from the league without refund
 2. Captains must notify the Competitive Sports staff (Wade) via email of a forfeit **no later** than 2pm on game day to avoid penalty. Emails should be sent to wade.e.evans@vanderbilt.edu
 3. An attempt to reschedule the game will made by pro staff if ample notice is given and the opposing team is available

II. TEAM COMPOSITION

- A. An official team consists of five (5) players on the court, including the choice of having a goalie. Teams can elect to not have a goalie, which means the team can have a rover player around the goal that cannot use their hands. Teams select whether to have a goalie or rover at the start of each game and must continue this way for the duration of that game.
 - 1. Co-Rec teams must consist of a minimum of three (3) males and 2 (2) females or two (2) males and three (3) females.
 - 2. Players can compete on only one Open team, regardless of league classification. In addition, players may compete for one Co-Rec team during the same season.
- B. Four (4) players are required to start the game and rosters are limited to 12 players.
 - 1. Co-Rec teams are required to have a minimum of two (2) females to start a game.
 - 2. Players who arrive late may enter the game during a substitution.

III. EQUIPMENT

- A. Regulation soccer balls will be provided.
- B. Players may use their own equipment as long as both captains and the Intramural Supervisor agree prior to the start of play.
- C. All players must wear shoes. Tennis/running shoes, soft-soled shoes are ideal. Flip flops are not permitted.

IV. THE GAME

A. LENGTH OF PLAY

- 1. Games will consist of two 20-minute halves with a 5-minute halftime.
- 2. The clock will run continuously with no stoppage time, except for injuries.
- 3. There are no timeouts.
- 4. There will be no overtime during regular season games.
 - a. During the playoffs, there will be overtime if the game is tied at the end of regulation time.
 - b. Overtime will be a 5 minute, golden goal period that begins immediately after regulation time ends.
 - c. A coin toss will determine possession.
 - d. If this overtime period results in a tie still, the teams will alternate taking five penalty kicks with the same players who were on the field at the end of regulation.
 - e. A goalkeeper will be chosen for the duration of the penalty shootout.
- 5. Mercy rule:
 - a. 12 goals with 10 minutes left in the second half.
 - b. Seven (7) goals with 5 minutes left in the second half.
 - c. Five (5) goals with 2 minutes left in the second half.

B. START OF THE GAME

- 1. A coin toss will determine which team will kick off.
 - a. The kickoff takes place on the half-court line and each team must stay on its own half of the court. The defending players must be at least 10 feet from the ball until it is kicked.
 - b. After halftime, teams change ends and the kickoff will be taken by the team that did not kickoff at the start of the game.
 - c. After a goal, the team scored upon will kick off.
 - 1. A goal **can** be scored directly from a kickoff.

C. **SUBSTITUTIONS**

1. Unlimited substitutions are allowed during games, pending substitutions are made only when the game is stopped and with the consent of the referee.
 - a. Substitutions will be allowed for either team on a goal kicks, kickin-ins, corner kicks, and/or kickoffs.
 - b. Do not enter the field until beckoned by the referee.
 - c. Substitutions for co-rec teams must be made on a male-for-male or female-for-females basis.

V. RULES OF PLAY

A. GOAL KICKS AND CORNER KICKS

1. In the event a goal kick is taken, it cannot be kicked across half-court in the air. An indirect kick will result at mid-court.
2. A ball that travels into the goal from indirect kick will result in a goal kick.
3. A ball that strikes above the out-of-bounds line on the walls, that is last touched by a defensive player will result in a corner kick.

B. DIRECT/INDIRECT KICKS

1. All infractions occurring outside of the penalty area will result in an indirect kick for the opposing team at the spot of the infraction. Fouls, which occur in the penalty area, will result in a direct kick. On a direct kick you can score by kicking the ball directly into the goal. On an indirect kick you cannot score. An indirect kick must be touched by another player before it can go into the goal.
2. When an indirect kick is taken, the offending team must stand no closer than four (4) yards.
3. All penalties may result in a yellow or red card depending on the severity of the infraction.

C. FOULS

1. There will be a two (2) minute penalty assessed to a player for the following:
 - a. A foul is committed that is viewed as flagrant by officials.
 - b. A slide tackle will be an automatic yellow card as well as a two (2) minute penalty.
2. All yellow cards result in a two (2) minute penalty.
3. All red cards result in ejection from the game. If a player is ejected, he/she will be ineligible to play in the remainder of the game and the next scheduled game.
 - a. The team will not be allowed to substitute for the ejected player and must play the remainder of the match one (1) player short.

D. COMMON FOULS

1. Charge an opponent
2. Kick or attempt to kick an opponent
3. Trip an opponent
4. Jump at an opponent
5. Strike or attempt to strike an opponent
6. Hold or Push an opponent
7. Handle the ball
8. Slide Tackling. Officials will strictly enforce this rule!
9. Play dangerously in the opinion of the referee
10. Obstruct an opponent
11. Delay of the game
12. There is no offsides rule in indoor soccer

VI. FOULS & MISCONDUCTS

- A. A player who commits any of the following offenses shall be penalized by the award of an indirect free kick or direct free kick (as noted) to be taken by the opposing team from the spot where the infraction occurred. In addition, a referee may issue a yellow card (verbal

- warning) for unsportsmanlike conduct, handballs, slide tackling, use of foul language. A red card will result in an automatic ejection for extreme unsportsmanlike conduct (i.e. abusive language or gesture, serious foul play) or a foul by a player against an opponent who is moving towards his/her offensive goal with an obvious opportunity to score. The ejected player must leave the playing site immediately. Suspensions may follow. An ejected player may not be replaced; the team must play with one less player during the game. Also, two yellow cards given to the same player equals a red card. Ejected participants are immediately suspended from all IM play and must complete the reinstatement procedure to participate in future contests.
- B. (Indirect) Dangerous play - In the opinion of the official, all high kicks above the waist or any attempt to make a play on the ball while kneeling or laying on the ground in a dangerous manner shall be prohibited.
 - C. (Indirect) Charging a player not in possession of the ball - A player shall not intentionally charge an opponent unfairly. A player shall not charge into the goalkeeper who is not in possession of the ball
 - D. (Indirect) Obstruction - Obstruction is the intentional act by a player, not in possession of the ball or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle.
 - E. (Indirect) Delay of game - No player or team shall unnecessarily delay the playing of the game.
 - F. (Direct) Kicking or striking an opponent - A player shall not intentionally attempt to kick or strike an opponent.
 - G. (Direct) Jumping at or tripping an opponent - A player shall not intentionally jump at nor intentionally trip an opponent.
 - H. (Direct) Charging a player in possession of the ball - A player shall not intentionally charge an opponent unfairly. Offenses include violently and/or dangerously charging a player or charging from behind.
 - I. (Direct) Holding, pushing, or impeding an opponent - A player shall not use his/her hands or arms to hold, push, or impede an opponent.
 - J. (Direct) Hand ball (Handling) - A player shall be penalized for intentionally handling, carrying, striking, or propelling the ball with a hand or arm. 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 unintentional handling shall not be penalized.
 - K. (Yellow) Leaving the field or coming onto the field without a referee's permission.
 - L. (Yellow) Unsportsmanlike conduct.
 - M. (Yellow) Persistent infringement of the rules of the game.
 - N. (Yellow) Showing dissent (disagreement) toward a referee's call, including objecting by word of mouth or action.
 - O. (Yellow) Slide tackling not involving contact either on the player in possession or the ball.
 - P. (Red) Slide tackling involving contact either on the player in possession or the ball.
 - Q. (Red) Intentionally handling the ball within his own penalty area during an obvious goal scoring.
 - R. (Red) Excessive foul or abusive language.
 - S. (Red) Persistent misconduct after receiving a caution.
 - T. (Red) Violent or serious foul play.
 - U. (Red) Intentionally impeding an opponent through unlawful means during an obvious goal scoring opportunity - If a player who is moving toward his opponents' goal with an obvious opportunity to score a goal is intentionally impeded by an opponent through unlawful means (an offense punishable by a free kick or penalty kick), thus denying the attacking

player's team the goal-scoring opportunity, the offending player shall be sent off the field for serious foul play.