

# INDOOR SOCCER RULES

## GENERAL:

- Games are played in the Ranger Dome
- Games are played consecutively, full court. Indoor soccer is co-ed

## TIME:

- Games will consist of two 15minute half's
- Intermission will be 1 minutes in length
- Clock runs continuously
- There are no time-outs
- If score is tied at end of regulation, a three minute sudden-death overtime is played
- If score is tied at end of overtime a one-time three person rotational shoot-out is played

## SCORING:

- 1 point per goal

## PARTICIPANTS:

- Only full-time Regis students may participate.
- At least 2 women on the roster.
- 5 players on the field of play at one time, including the goalie.
- 2 women from each time must be on the field of play at all times.
- Teams must wear readily identifiable jerseys or wear intramural penny's.
- Goalies must wear a readily identifiable jersey that is different than that of their teammates.
- **PLAYERS ARE ADVISED TO BRING A MOUTHPIECE, SHIN GUARDS, KNEE PADS, ELBOW PADS, AND PROPER SHOES.**

## POSSESSION:

- Initial possession is determined by a coin toss.
- Initial second half possession goes to the team that was initially on defense.
- Possession changes when the ball goes out of bounds, hits the ceiling, or when a penalty is assessed.

## GAME PLAY:

- Game begins at center court with a kick-off into the offenses own zone. Players must be in their own zones, center that initiates the kick-off must pass the ball to a member of their own team before touching the ball again. Players may not hit the ball with any part of their arm or hands.
- Turnover of possession will take in the form of an indirect free kick. Goalies may not punt the ball; they must roll or throw it.
- There are no corner-kicks, goal kicks, off-sides, throw-in, or penalty kicks. Substitutions are done “on the fly.” Goals can only be scored from a team’s offensive territory, and must go completely over the goal line and into the net.

## INFRACTIONS:

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### INFRACTIONS THAT WILL RESULT IN AN INDIRECT FREE KICK:

- Charging.
- Tripping.
- Hand ball.
- Use of hands by goalie outside goal area.
- Tackles.
- Pushing or kicking.

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### INFRACTIONS THAT WILL RESULT IN EXPULSION FROM GAME:

- Verbal abuse.
- Flagrant misconduct.
- Unsportsmanlike conduct.