



INDOOR SOCCER RULES

Intramural Outdoor Soccer play shall be governed by the National Federation of State High School Association Soccer Rules. All rules in this packet are adaptations to the National Federation Soccer Rules. ***Participants must present a physical copy of their UGA ID card, a picture of their UGA ID card (front and back), or their Digital Student Profile from Athena before every game... NO EXCEPTIONS!***

A. FIELD

- a. The playing areas will be Gym East and Gym West in the Ramsey Student Center.
- b. The penalty area shall be an arc extending 10 yards from the goal line.
- c. The penalty spot shall be 30 feet (10 yards) from the center of the goal line (top of the arc).
- d. The goal area shall be 16 feet in width by 6 feet from the goal line.
- e. The goal will be 8 feet by 12 feet.

B. UNIFORMS AND EQUIPMENTS

- a. Teams are to wear light (Home) or dark (Away) shirts as designated on the schedules.
 - i. No grey shirts are permitted to be worn by any players (including the goalies).
 - ii. Goalies must wear a contrasting color to both teams.
- b. ALL players must wear canvas, tennis, or indoor soccer shoes (i.e. non-marking shoes).
 - i. **NO TURF SHOES WILL BE ALLOWED!**
- c. **ALL PLAYERS ARE REQUIRED TO WEAR SHINGUARDS.**
 - i. Any attempt to deceive the Intramural Sports Staff will result in a yellow card.
- d. No hats or head wear with exposed knots are permitted.
- e. NO JEWELRY is permitted to be worn by any player.
- f. Goalkeepers must wear the knee pads provided by the UGA Department of Recreational Sports.
 - i. Knee pads will be checked out in Gym East with the Site Manager, please bring your UGA ID.
- g. Improperly equipped players shall be instructed to leave the field of play when the ball next ceases to be in play. Play shall not be stopped for an infringement of this rule except that the referee may stop play immediately where there is a dangerous situation.
- h. The removed player may re-enter only after reporting to the supervisor and an official, who shall be satisfied the player's equipment and uniform are in order. The player may reenter when the official waves them on.
- i. The game ball will be provided by the Intramural Sports Department.
 - i. Any team wishing to sign out a ball must do so at the Equipment Checkout.

C. PLAYERS

- a. A team shall consist of no more than six players on the field.
- b. A team must have five players to avoid a default.
 - i. If a team begins with less than six players, additional late players may enter the game only as permitted by substitution rules.
- c. If a team does not present enough players at five minutes after scheduled game time, the game will be recorded and scored as a forfeit or a default.
 - i. 1 Minute Late = 1-0; 3 Minutes Late = 2-0; (After 5 Minutes, End the Game = 3-0)

D. SUBSTITUTIONS

- a. The substitutions will be a free-substitution format:
 - i. An incoming player may not enter the game until the player being replaced has completely left the court of play.
 - ii. Incoming players must check-in through the sideline official at the mid-court point.
- b. Goalkeeper Subs:
 - i. The goalkeeper may change places with a player on the field when play is stopped, and it is a substitution opportunity.
 - ii. Any time the goalkeeper is changed, a referee shall be notified.
 - iii. Goalkeepers must exchange knee pads and contrasting shirts in order to be properly equipped to make the change.

E. DURATION OF THE GAME

- a. The length of the game shall consist of two (2) twenty (20) minute halves – running clock. NO TIME OUTS.
- b. The official shall be the sole keeper of the time.
- c. The official shall allow for stoppages due to injuries or anything which, in the official's opinion, would seriously interfere with game play.
- d. Half-time shall be no more than five (5) minutes.

F. GAMEPLAY

- a. Kickoff and sides will be awarded by a coin toss.
- b. To begin – the ball is placed at midfield, and the ball is in play when it is kicked and moves.
 - i. Another player must touch the ball before the initial kicker touches it again (Penalty – Indirect free kick for opposing team at the spot of the infraction)
- c. After a goal, the ball will be placed at midfield and must be kicked as stated above.
- d. At the beginning of the second half, possession will be granted to the team who did not start the game with the ball. The team must follow the same mechanics as at the beginning of the game.
- e. There will be **NO OFFSIDES** enforced – players may go anywhere on the field of play.
- f. **SLIDE TACKLES ARE NOT PERMITTED UNDER ANY CIRCUMSTANCES** and will result in a minimum of a yellow card.
 - i. Any action that brings a field player's legs close to the ground (e.g. lunging) may be considered a slide tackle at the officials' discretion.

ii. **2 slide tackles involving NO contact with an opponent will result in a red card and a DQ.**

1. Teams will still play a player down but do not need to leave the field.

iii. Slide tackles that result in contact with an opponent will warrant a red card.

g. All fouls are **INDIRECT FREE KICKS.**

h. Fouls in the penalty box will result in a penalty kick except for infringements covered in rules H. d.-f.

i. The ball shall be in play continuously unless:

i. It should become lodged in the basket structures or ceiling.

ii. It should leave the court of play in any other manner.

iii. The referees stop play.

iv. If the ball unintentionally strikes any portion of the basketball goal structure and goes upward touching the ceiling, no penalty shall be awarded. An indirect kick for the opposing team will result. If the ball comes back down to the floor after touching the basket structure, play shall continue.

v. A goal is scored.

G. GOAL SCORING

a. A goal is awarded when the ball completely crosses the goal line and does so within the boundaries of the goal.

b. If the ball has been thrown, carried or propelled by hand or arm, no goal will be awarded.

c. The opposing goalkeeper cannot score by punt, drop kick, or throwing the ball.

H. GOAL KEEPING

a. The ball cannot be drop-kicked or punted by the goalkeeper.

b. The ball cannot be thrown across half-court in the air.

i. **An indirect kick will result at half court.**

c. Once the goalie has control of the ball with their hands, if the ball is set down to be played with their feet, it cannot be picked up again. **The result will be an indirect kick from the top of the penalty arc.**

d. **After the goalie puts the ball in play, the goalie cannot touch the ball with their hands after it is deliberately kicked back to them by a teammate. The result will be an indirect kick from the top of the penalty arc.**

e. Teams may change goalkeepers only after both officials have been properly notified.

f. No player except the goalie may kick or head the ball while the BALL and GOALIE are in the goal box.

i. If a second defender touches the ball in the goalie box, the play will result in an indirect kick from the top of the penalty arc.

ii. If an attacker brings the ball into the goal box, while the goalie is in the box, it will result in a goal kick.

I. DEFINITIONS

a. Indirect Kicks

- i. An indirect kick is when a player taking the kick cannot touch the ball again until it has touched another player.
 1. A goal cannot be scored from an indirect free kick until it is touched by another player.
- ii. All infractions occurring outside of the penalty area will result in an indirect kick for the opposing team at the spot of infraction. Fouls which occur in the penalty area will result in a penalty kick.
 1. When an indirect kick is taken, the offending team must stand no closer than four (4) yards.
- iii. An indirect kick shall be awarded if the referee should issue a card to a player for:
 1. Entering the court of play without the knowledge and consent of the referee.
 2. Persistently violating the rules of the game.
 3. Showing disgust for any decision by the referee – by action or word.
 4. Being guilty of unsportsmanlike conduct.
 5. Slide-tackling without contact.
- iv. An indirect kick shall be awarded if the referee shall eject a player for:
 1. In the opinion of the referee, being guilty of violent play.
 2. Using foul or abusive language.
 3. Persisting in misconduct after receiving a caution.
 4. Intentionally denying a player an obvious goal-scoring opportunity by violating the Laws of the game.
 5. Slide-tackling with contact.

b. Goal Kicks and Corners

- i. Only under the following circumstances shall there be a goal kick:
- ii. Ball travels into the goal from indirect kick without touching a second player. A goal kick will result.
- iii. A ball that strikes above the out-of-bounds line on the walls behind the goals, that is last touched by an offensive player will result in a corner kick.
- iv. Only under the following circumstances shall there be a corner kick:
 1. A ball that strikes above the out-of-bounds line on the walls behind the goals, that is last touched by a defensive player will result in a corner kick.

c. Penalties

- i. There will be a one (1) minute penalty assessed to a player if:
 1. A player kicks the ball and strikes the Challenge Course equipment in Gym East. There will be no card assessed. If the player deflects the ball, there will be no penalty.
 2. A ball is kicked purposely that strikes any portion of the lights, the scoreboard or higher up to and including the ceiling.
- ii. There will be a two (2) minute penalty assessed to a player if:

1. A foul is committed that is viewed as flagrant (yellow card) by game officials.
 2. A slide tackle without contact will be an automatic yellow card as well as a two (2) minute penalty.
 - iii. The penalized player will sit in the designated penalty box until the supervisor notifies them to enter the game or until the other team scores.
 1. During the penalty time, the team will be short-handed.
 - iv. Players who receive two (2) yellow cards for slide tackling without contact will be Disqualified from the game. If a player is ejected (red card), they will be ineligible to play in the remainder of that match and will need to meet with the Competitive Sports Staff before being eligible for the next game.
 1. The team will not be allowed to substitute for a disqualified or ejected player and must play the remainder of the game with one (1) player short.
- d. Penalty Kicks
- i. A penalty kick shall be awarded if a defensive player should commit one of the fouls listed in (Indirect Kicks) within their own penalty area.
 - ii. The penalty kick shall be taken by one (1) player from the opposing team from the penalty spot, which is the top of the penalty arc. All other players must remain outside the penalty area until the ball is kicked.
 - iii. The player who committed the foul will receive the penalty and will go to the designated penalty box.
 - iv. If a goal is scored, the penalized player is released. If no goal is scored, play continues immediately, and the penalty begins.
- e. Fouls
- i. An indirect free kick is awarded to the opposing team from the place the foul, **as well as the potential for a red or yellow card**, occurs if a player commits any of the following fouls:
 1. Charge an opponent
 2. Kick at 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 (wall pushes included)
 7. Handle the ball
 8. Slide-tackling
 - a. Slide tackle without contact = yellow card
 - b. Slide tackle with contact = red card/ejection
 9. Play dangerously in the opinion of the referee
 10. Obstruct an opponent
 11. Delay the play of the game
 12. Ball strikes the Challenge Course equipment in Gym East

J. OVERTIME

- a. During the **regular season**, there will be a 5-minute sudden victory overtime period. If still tied at the end of the overtime period, the game will end in a tie.
- b. During the **postseason tournament**, there will be two 5-minute overtime periods, which will not be sudden victory.
 - i. If it remains tied after the two periods, 5 v 5 penalty kicks will take place.
 - ii. Penalty kick takers must be selected from those on the field at the end of the second overtime period.
 1. In Co-Rec games, the order must alternate genders (M/F/M/F/M or F/M/F/M/F).
 - iii. If the score is tied after the five penalty kicks, sudden victory penalty kicks will take place.

K. CO-REC PLAYERS

- a. Each team will consist of seven players, one of whom shall be the goalkeeper.
- b. Teams may play with the following male/female combinations (NO EXCEPTIONS):
 - i. 3 males & 2 females
 - ii. 2 males & 3 females
 - iii. 2 males & 2 females
- c. Substitutions – must be male for male or female for female, except for the goalie.

L. CO-REC SCORING

- a. The last offensive person to touch the ball will be credited with the goal.
 - i. All goals = 1 point (Effective Date: 08/01/2022)
- b. **Penalty kicks will all count for 1 point, even in Overtime.**

M. CLUB PLAYERS

- a. A club sport member is defined as any individual who is on the club sport's roster and participates in practices and/or plays in games.
- b. Once an individual is on a club team roster, these restrictions apply for the entire school year, which runs from the fall, spring and through the summer respectively.
- c. Club sports members shall be eligible for intramural participation in the sport of their specialty, but a team is restricted to having only TWO such participants on its roster.
 - i. All co-rec teams can have one female club player and one male club player.
 - ii. No co-rec teams can have multiple same sex club players on their roster.
- d. Any team found violating this rule will risk forfeiting its season.
- e. Any player who violates this rule will be suspended for one calendar year from the date of infraction and may be subject to further penalty as deemed appropriate by the specialist for Intramural Sports and/or the Club Sports Executive Committee.

The Department of Recreational Sports
A Division of Student Affairs
Intramural Sports

Email: compsports@uga.edu
Phone: 706-542-5060
Website: <https://recsports.uga.edu/>