



UNC

INTRAMURAL SPORTS

CAMPUS RECREATION INTRAMURAL SPORTS *2024-2025 INDOOR SOCCER RULES*

INDOOR SOCCER IS A CONTACT SPORT, AND INJURIES ARE A POSSIBILITY. THE INTRAMURAL SPORTS PROGRAM ASSUMES NO RESPONSIBILITY FOR INJURIES; HOWEVER, BASIC FIRST AID WILL BE AVAILABLE.

RULE CHANGES & POINTS OF EMPHISES ARE HIGHLIGHTED IN GRAY.

THE GAME WILL BE PLAYED ACCORDING TO THE NATIONAL FEDERATION HIGH SCHOOL RULES WITH THE FOLLOWING EXCEPTIONS AND CLARIFICATIONS:

MEN AND WOMEN

STARTING THE GAME

1. **START TIME:** Teams are to be at the court and signed in before the official game time. If a team is not at the court and ready to play at the scheduled game time, that game will be declared a forfeit. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start time.
2. **IDENTIFICATION:** All participants must bring their current valid UNC identification card to the court area in order to be checked in and ruled eligible to participate prior to the beginning of each game. Late arriving players must sign in with a supervisor before entering the game.
3. **SCORING:** An Intramural Game Manager will keep the official score and clock at the scorer's table.
4. **COURT RULES:** Only officials, players (including substitutes), and one (1) coach per team wearing proper shoes are permitted on the court. Failure to comply with all Intramural Sports rules for indoor soccer and the Campus Recreation Center policies by spectators will result in immediate expulsion of the spectators and possible forfeiture of the game.
5. **TEAMS:** Six (6) players constitute a team. A team may not start or play with fewer than four (4) players.
6. **GAME EQUIPMENT:** UNC Intramural Sports will provide a game ball.
7. **UNIFORMS:** Teams must wear contrasting color uniforms. If team does not have their own jerseys, they may be checked out from the Intramural Game Manager.

PLAYING THE GAME

8. **GAME TIME:** The game will consist of two (2) halves of twenty (20) minutes, running time, with a three (3) minute half time. **NO timeouts.** Time will be kept by a scorekeeper on a visible scoreboard.
9. **OVERTIME:** During the regular season there is no overtime, games will end in a tie. During the playoffs, the winner of a tie game will be determined by five (5) minute sudden death (Golden Goal) overtime. If neither team scores during the overtime, penalty kicks will determine a winner. Each team will have three (3) kicks

alternating gender. The team that had the ball first during the overtime period will shoot first. If the score remains tied, the process will continue with each team receiving one (1) kick until the tie is broken (the team that kicks second will have an opportunity to match a goal scored by the first team). Teams will use the same three (3) shooters and will shoot in the same order until a winner is declared.

10. **SUBSTITUTIONS:** Substitutions are unlimited, and may be made at any time there is a dead ball. The player leaving the floor must be completely off the court before the substitute enters. Additional substitutions may be made by requesting a substitute to an official during a dead ball.
11. **GOALKEEPER:** The goalkeeper may not throw the ball over mid-court unless a player makes contact with it or it bounces before half. A violation will result in a free kick from the point the ball crossed the mid-court line.
12. **GOALKEEPER DELAY:** The goalkeeper has five (5) seconds to put the ball back in play after he/she gains possession. If not, the opposing team will receive a free kick from the nearest "X."
13. **GOALKEEPER PASS BACKS:** The goalkeeper may not touch the ball with his/her hands when passed with the feet from a teammate.
14. **Goal Keeper Area:** If a defensive player touches the ball with the intent to defend a goal while inside the goal arc, a penalty kick will be awarded to the offensive team.
15. **OUT OF BOUNDS:** The ball will be considered out of bounds if it leaves the playing area, enters the designated out of bounds area behind or side of the goal, or contacts a ceiling obstruction. Play will be resumed at the nearest point on the court to where the violation occurred.
16. **SLIDE TACKLING:** No form of slide tackling is permitted. The penalty is a yellow card and free kick for the opposing team. If the act is deemed intentional and blatant, a red card may be issued.
17. **DELAY OF GAME:** Trapping the ball in a corner to consume time will be considered delay of game, and a free kick will be awarded to the opposing team.
18. **HIGH KICKS:** Raising the foot above the waist level is considered dangerous play and is not permitted in the proximity of another player. This includes scissor or bicycle kicks with another player within playing distance.
19. **YELLOW AND RED CARDS:** If a player is issued a yellow card, that player must serve a two (2) minute penalty. The penalty will end if the opposing team scores a goal during the penalty. Teams may replace a red carded (ejected) player, following a two (2) minute non-release penalty, with another player from their team.
20. **FREE KICKS:** Defensive walls must stand at least eight (8) feet from the ball during free kicks. On all restarts teams have five (5) seconds to place the ball in play. All free kicks must be kicked forward. A violation will result in a loss of possession. (This rule is consistent with kick off)
21. **PENALTY KICKS:** Awarded for a ball in the goal area, non-goalie stopping a shot with hands in the goal area or a foul in the goal area. PK's will be used for the overtime procedure. Any player can on the team can take the PK shot, all PK goals equals 1 point. Goalie at end of regulation is required to stay in goal for PKs.
22. **MERCY RULE:** A game will be ended if a team is ahead by ten (10) goals at or after halftime.

SPORTSMANSHIP

23. **UNSPORTSMANLIKE CONDUCT:** Any unsportsmanlike conduct including, but not limited to, arguments with officials by any coach, manager, or spectator, flagrant fouling, fighting, etc. will result in expulsion of that individual and/or team from further participation in that scheduled game. Officials/supervisors have the authority to impose penalties for teams behaving in an unsportsmanlike manner.

24. UNSPORTSMANLIKE CONDUCT FOUL LIMIT: If two (2) players are ejected from a game, that game will be ended and that team will receive a loss and a zero (0) sportsmanship rating, regardless of the score and the time remaining.
25. BENCH CONDUCT: All substitutes, coaches, and spectators must adhere to Intramural Sports and CRC rules, and are subject to the authority of the Intramural Sports Supervisor and all sportsmanship-related rules and policies.
26. DRUG, ALCOHOL & TOBACCO POLICY: Teams and fans are not permitted to bring alcohol and/or drugs, or come under the influence of alcohol and/or drugs. Teams and fans are also not permitted to use any tobacco products in CRC. Violators may be removed from the facilities with possible forfeiture of the game, at the discretion of the supervisor.
27. INTRAMURAL POLICIES: Team captains are responsible for making sure that all members of their teams are aware of all Intramural Sports policies and rules. Captains are responsible for their teams' sportsmanship, and may be held accountable for the actions of individuals on their team.
28. RATING: Sportsmanship Ratings are on a ranking from 0-3. The intramural supervisor will distribute sportsmanship for each team at the end of every game and will be noted on the score sheet. General description of each rating and the behavior that is expected of all participants, spectators, and bench personnel (including the coach):
- 3 – **Above Average:** High level of respect consistently shown to opponents, staff, officials. Conducts themselves in a calm respectful manner
 - 2 – **Average:** No incidents of poor conduct or one minor unsporting incident (ie: talking back to an official more than once during the game). Any team receiving one sportsmanship-related yellow card will receive a (2).
 - 1 – **Below Average:** frequent swearing, disrespect towards opponents, supervisors and officials. Consistent arguing with the officials' calls or a player is ejected.. Any team receiving two sportsmanship-related yellow cards or one red card will receive a (1).
 - 0 – **Unacceptable:** sportsmanship and conduct: The team is completely uncooperative, resulting in several yellow and/or red cards to be issued. Any team receiving three sportsmanship-related cards and/or causing the game to be ended early will receive a (0).

Teams who do not have a representative at the captains meeting must receive a 2.25 or higher in sportsmanship rating to be post-season eligible. For teams with representation at the meeting the sportsmanship score must be 2.0 or higher

CO-RECREATION

All of the above rules apply with the following exceptions:

29. TEAMS: Six (6) players constitute a team. There will be three (3) male players and three (3) female players. The goalkeeper can be either a male or a female. If a male goalkeeper is used, there will be two (2) male field players and three (3) female field players. If a female goalkeeper is used, there will be three (3) male field players and two (2) female field players. A team may play with as few as four (4) players; however, there may not be more than three (3) players of the same gender on the court at the same time.

30. FEMALE SCORING: In “A” LEAGUE a goal scored by a female will count as one (1) point. Penalty Kick goals will always count as one point.

In “B” LEAGUE a goal scored by a female will count as two (2) points. Penalty Kick goals will always count as one point.



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