

University of Miami
Intramural Sports
5-v-5 Indoor Soccer Rules

The Game, Field, Players, and Equipment

A. The Game

1. Each team consists of five (5) players, with a minimum of three (3). Once the game begins, teams may continue with less than 3 players if there are injuries, ejections, etc.
2. Each captain may address the referee for matters of rule interpretation.

B. Start of the Game

1. Before the start of the game, the referee will conduct a captain's meeting in which he/she will designate which captain shall call the toss of the coin. The captain winning the toss will opt to do one of the following:
 - a. To kick off
 - b. Which side of the field they wish to defend
2. At kick-off, all players must be on their respective halves of the field.
3. The referee will whistle the ball into play. This kick will be an **indirect free kick**.
3. All opposing players must be outside of the center circle
4. At the start of the second half, the team which did not kick off to start the game will receive the kickoff.

C. The Field

1. Games will be played in Centre Court (downstairs court next to the Fitness Floor)
2. Players can play the ball off of the wall. Out of bounds will be if the ball hits the ceiling, goes into the bench area or if one of the green doors open and the ball goes out of the play surface.
 - And indirect free kick will be taken at the spot closest to the out of bounds

D. Restrictions on Goalies

1. Goalkeepers may not roll the ball and then pick it up. Upon gaining possession of the ball, goalies have 6 seconds to kick or throw the ball. Penalty: Indirect kick
2. Goalkeepers may not partake in activities, which are intended to delay the game. Penalty: Indirect kick.
3. Goalkeeper may not use his/her hands to receive a kicked pass from his/her teammate.
4. Goalkeepers cannot throw or kick a ball in the air, beyond halfcourt. (the ball can roll past half court)

E. Equipment

1. An official soccer ball approved by the IM Department will be used.
 - Teams are encouraged to bring their own balls to warm up with
2. No jewelry, hard or sharp objects may be worn.
3. Only non-marking athletic footwear is permitted.
4. No hats are allowed.
5. Team uniforms are required. Teams will assign themselves a different color when they sign-up. These colored shirts will be required before the regular season begins. If a team shows up without enough players with the same colored shirts, they will receive a forfeit. Teams are also to bring an alternate colored shirt for

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playoffs. Note: All goalkeepers must have a different color than their team and their opponents. They are also not allowed to wear yellow due to the officials wearing that color.

6. All questions or equipment eligibility should be directed to the IM Supervisor.
7. All cautions (yellow cards) for illegally equipped player(s) shall be issued directly to the player(s).

2. Timing and Substitutions

A. Timing

1. Games will consist of two fifteen-minute halves, and a three-minute halftime.
2. When the referee signals, the game shall begin with a kickoff.
3. There are NO time-outs permitted in soccer.
4. The clock will run continuously for both halves except for injury, penalty kick, after the scoring of a goal, disqualification, or protest.
5. If a game ends in a tie, there will be a three-minute golden goal (first team to score wins)
5. If the game is still tied after three-minutes, the game will go to a penalty kick shootout.
6. The shootout will be done by 5 players that are on the field at the end of the overtime (unless the team has less than 5, then the first player will kick again). Players will alternate with the opposing team until a winner. If the game is still not decided after the 5th player, the team may choose any other player on the field to kick. This will continue until everyone has kicked at least once (then it will start over from the 1st kicker and in order from the previous round) or until a winner is decided.

B. Substitutions

1. Unlimited substitutions may enter the game
2. Substitutions are done on the fly, like in hockey. But the player coming out of the game cannot affect the play. If they do, it will result in a yellow card and that player coming out of the game for 2 minutes or until the opposing team scores.

3. Scoring

- A. One point is awarded when the ball crosses the goal line beneath the goal bar and between the goal posts.
- B. A goal may be scored from a direct kick, penalty kick, corner kick, drop ball, goalkeeper's throw/punt, and during regular play.
- C. The game will be called mercy rule when a team is winning by 10 or more points at/or after halftime OR 5 goals with 2-minutes remaining.

4. General Game Rules

A. General Rules

1. No player (except the goalie) will be permitted to intentionally use hands at any time. Self-protection is excluded from this rule. Penalty: Direct kick.
2. Slide tackling is strictly prohibited. Slide tackling will be called when a player (whether on offense or defense) slides feet first or head first into the ball or a player, unless it occurs where no one is within playable distance. Goalies may not come out to stop a ball feet first, but may slide headfirst.
 - a. Penalty: 1st violation – yellow card and a direct kick, unless it occurs inside

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the goal box then a penalty kick will result. The player who receives the yellow, will be removed from the game (no one will replace them) for two minutes OR until the opposing team scores

- b. Red Card- will result in the removal of that player, for the duration of the game.
- 3. Offensive players cannot shoot within the penalty box and defenders cannot defend, inside the goal box.

B. Clarifications

- 1. Red and yellow cards will be used during matches
- 2. Yellow cards are a warning on an illegal play and the player will be temporarily removed from the game.
- 3. Red cards are an ejection.
- 4. If a player receives two yellow cards they are ejected. A player needs not receive two yellow cards in order to be ejected. Upon discretion of the officials, a player may receive only a red card.
- 5. For every red card (ejection), the team must play a player down for the rest of the game.
- 6. All cards issued to a team, including those for sideline misconduct will be assessed to the team captain.
- 7. Each team may receive the equivalent of 2 yellow cards and on the 3rd, the team will be forfeited. Also, 1 direct red card = 2 yellow cards.
- 8. Direct kicks: a free kick in which a goal can be scored directly.
- 9. Indirect kicks: a free kick in which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker.

C. Kicks

- 1. Free kicks
 - a. All free kicks, with the exception of kickoff and penalty kick, may go in any direction.
 - b. Any free kick awarded to the defending team within its own goal area must be taken outside of the box, closest to the foul.
 - c. Any player of the offended team may take a free kick
 - d. The player taking the free kick may not touch the ball until another player has.
 - e. Players opposing the kick shall be at least ten yards away.
- 2. Goal kicks
 - a. A goal kick is awarded when the ball goes out of play over the goal line and was last touched by the attacking team.
 - b. Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area.
 - c. The goal kick must clear the penalty area before it is put in play. If it does not, a re-kick shall occur.
 - d. Ball cannot be kicked in the air, further than half court (can be kicked on the ground and roll past half court)

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4. Penalty kicks
 - a. A penalty kick is awarded for slide tackling and any foul resulting in a direct kick which occurs within the offending team's goal area.
 - b. All players are to be out of the penalty box and at least 10 yards behind the penalty mark. (Exception: Kicker and Goalie)
 - c. The goalkeeper's heels are required to stay on the line until the ball is kicked, and the goalkeeper may move laterally along the line prior to the kick.
 - d. Ball shall be kicked with the ball stationary at the penalty mark. Shot must be taken without any broken strides/hesitations while moving towards the ball, if violation, a re-kick is taken.
 - e. After a kick any player may make a play on the ball, except the kicker in which it must be touched by another player first.
5. Fouls, Misconduct, and Penalties
 - A. Fouls and Misconduct
 1. A player shall not spit, kick, strike, or attempt to do the proceeding. Penalty: Direct kick.
 2. A player shall not attempt to trip an opponent by the use of any part of their body. Penalty: Direct kick.
 3. A goalkeeper shall not strike or attempt to strike an opponent by pushing or kicking the ball at the opponent or by pushing an opponent while holding the ball. Penalty: Direct kick.
 4. An opponent shall not push or hold an opponent with the arms or extended body. Penalty: Direct kick.
 5. An opponent may not put their hands on a player in order to reach for the ball. Penalty: Direct kick.
 6. A player shall not charge an opponent in a reckless and careless manner. An allowable charge is when both players make shoulder to shoulder contact in an upright position, with the ball in playing distance, having one foot on the ground and their arms held close to their bodies. Penalty: Direct kick.
 7. A player shall not recklessly charge or flagrant foul the goalkeeper in possession of the ball. Penalty: Direct kick.
 8. No player may interfere with the goalkeeper in the process of kicking or throwing the ball. Penalty: Direct kick.
 9. A player shall not charge into an opponent when neither player is within playing distance of the ball. Penalty: Direct kick.
 10. The deliberate act of a player, not in possession of the ball, shielding an opponent from the ball is not permitted. Penalty: Direct kick.
 11. A player with the ball cannot trap the ball between themselves and the wall for longer than 3 seconds. Officials will tell the player to get off of the wall, if the player does not move. Penalty: Direct kick
 - B. Dangerous Play
 1. A player shall not participate in play which an official considers likely to cause injury to self or another player (opponent or teammate). Penalty: Indirect kick.
 2. A player, coach or bench personnel shall be cautioned (yellow card) for:
 - a. Entering or leaving the field of play (except through the normal course of play) without the permission of an official

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- b. Persistent infringement of any of the rules of the game
 - c. Objecting by word of mouth or action to any decision given by an official (dissent)
 - d. Any incidental use of vulgar or profane language
 - e. Unsporting conduct, including, but not limited to:
 - 1. Unnecessary delay (kicking, throwing the ball away on a free kick, etc.
 - 2. Holding a shirt, short, etc
 - 3. Deliberate verbal tactics
 - 4. Encroachment
 - 5. Deliberate handball to stop an attack
 - 6. Deliberate tactical foul
 - 7. Faking an injury
 - 8. Simulating a foul
 - 9. Player who displays reckless play
 - 10. Illegally equipped player
 - 11. Any delayed, excessive or prolonged act(s) by which a player(s) attempts to focus attention upon himself/herself and/or prohibits a timely restart of the game.
3. RECKLESS PLAY – A player has acted with complete disregard of the danger to, or consequences for, the opponent. A player who displays reckless play shall be cautioned.