

TROY University
Intramural Sports Department
Indoor Soccer Rules

1. PLAYERS: One goalie and four forwards. Teams must have a minimum of four players to begin a contest.
2. TIMING: Two 12-minute halves, continuous clock. One 3 minute half-time. Teams are allowed 1 time-out per game.
3. EQUIPMENT: Tennis shoes (Court shoes) ONLY. Shin guards are strongly recommended.
4. START OF GAME: A coin toss will determine the possession of the ball. The team not in possession shall have the ball for the start of the second half. Each half shall begin with the ball at mid-field with both teams on their half of the field. When the referee signals with the whistle, all players shall be in their teams half of the field. Players opposing the kicker shall be at least 10 feet from the ball until it is kicked. The ball may be kicked in any direction.
5. SCORING: A goal is made when the ball passes completely beyond the goal line inside the goal. The opposing team will put the ball in play at mid-field after a goal has been scored.
6. SUBSTITUTIONS: Free player substitution during any dead ball. Each player must report to the official as he/she enters the game. Players found in violation of the substitution rule will receive a yellow card. (This can be called by officials or supervisors.)
7. VIOLATIONS: No slide tackling! A team will be cautioned once (yellow card) and next offense will mean disqualification for the offending player. It is a violation to trip, push or block an opposing player. The offended team will put the ball in play with a direct kick from the spot of the violation. Players of the defending team shall be at least 10 feet from the ball until it has been kicked.

In the goal area, an intentional foul or unnecessary roughness will result in a free kick on a goal from the top of the goal area. Only the goalie is allowed to defend the goal. If a goal is not scored, the goalie throws the ball into play.

The referee at his/her discretion may eject a player from the game for repeated violations, unnecessary roughness or unsportsmanlike conduct. If a player is ejected, no substitute may enter the game.

8. Cautioned players (players receiving a yellow card) must be substituted for by another teammate and cannot re-enter the game until the next dead ball situation. Any player issued two (2) yellow cards will be disqualified from the current game

- and be required to meet with the Intramural Coordinator or his designee. A team that receives a total of 5 “penalty” points (yellow worth 1 point, red card worth 2 points) will be disqualified from their current game. A team that receives a total of 10 “penalty” points will be eliminated from further competition.
9. The goalie may only possess the ball with his/her hands for six seconds. After the goalie has released the ball from his/her hands, they may not pick the ball back up.
 10. There is no Off-Side rule in Indoor soccer.
 11. **PLAYERS SHALL NOT YELL AT SOCCER OFFICIALS.** Players may receive a yellow or red card if this occurs.
 12. All violations will result in a direct kick.
 13. All balls out of play will result in a throw-in (including corner kicks).
 14. TIE BREAKER: In the event of a tie at the end of regulation play, each team, in an alternating manner, will have 5 free kicks on the goal with the goalie defending. The free kicks are taken by the 5 players on the court at the end of regulation play. The ball will be put in play from the top of the goal area. A player must kick the ball from where it is spotted and has 5 seconds to attempt a goal. The goalie may not move his/her feet until the ball has been kicked. The team with the greater number of goals wins. If a tie still exists after the shootout, a sudden-death shootout will take place. The same five players used in the original shootout are eligible, and may shoot in any order. This will continue until a winner is decided.
 15. All other rules will be determined by the IM staff and handled accordingly.