



Bloomsburg University Intramural Sports Program

IM Sports – CO-ED INDOOR SOCCER RULES

PIAA rules with these IM modifications & the IM General Rules will govern play.

Players, Substitutes, and Roster Size

- A. Eligibility: MUST SHOW BU ID for every competition. Currently enrolled BU undergraduate students, graduate students, and BU Faculty/Staff personnel are eligible for intramural competition.
 - i. A player is ineligible for any further activity as of the date he or she withdraws from school.
- B. There will be four weeks of regular season play and one week of playoffs.
- C. Roster
 - Co-Ed 6 v 6; three (3) men and three (3) females
 - Teams may play with five (5) players:
 - The ratio of men to women may not exceed plus one (1) on the field at any time.
 - Must have a minimum of 2 females on the field at all times
 - If playing with one more guy than girl (3 guys and 2 girls) the goal keeper MUST be a guy
 - Teams may play with four (4) players.
 - A team must have at least 4 players (minimum 2 females) to start the game or it is a forfeit.
 - New players may be added to a roster at any time during the "Regular Season". **Players must be added by 12 noon on game day AND be on the printed roster.** If a player's name is NOT on the roster they can NOT play. *See Intramural General Rules*
 - Players may only play for ONE TEAM within a sport. Playing in ONE game "declares player's team" for the remainder of that league.
 - Players cannot switch teams after they have played in a game.
 - Violation will result in suspension of the player and team captain along with forfeiture of the game/s in question.
 - All current **Club Soccer Members** are eligible to participate.
 - Club Members will be limited to four (4) players per roster.
 - Two (2) club players are allowed on the field at a time. Must be one of each gender.
 - **Former Varsity Soccer Players** are eligible to participate. *See Intramural General Rules for definition.*
 - Former Varsity Players will be limited to two (2) per roster.

THE GAME: will consist of two 20-minute halves with a running clock.

- No time-outs permitted.
- The only time the clock will be stopped is for injury, penalty kick, disqualification or protest.

MERCY RULE: At anytime during the last 5 minutes of the second half, "when one team has a lead of 7 goals or more, the game will be called.

START OF THE GAME

- 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 the following, either; To kick off or which side of the field they wish to defend.
- At kick-off, all players must be on their respective halves of the field.
- All opposing players must be a minimum of ten yards away at kickoff.
- At the start of the second half, the team, which did not kickoff to start the game, will receive the kickoff.

TIES: During the regular season there will be no overtime period.

- During the playoffs, ties will be broken by 2 five minute Sudden Death overtime periods.
- If the tie is not broken during those periods, a penalty shootout (5 shots) will occur.
- If still tied, it will go to a sudden death rotating shoot out. The 6 players on the field are the only ones eligible to take the first 5 shots.

"GLUED" HANDS: Women may use their hands and arms in a protective manner above the waist by "gluing" their hands to an area of the torso about to be contacted by the ball. The hands may not be used to control the ball under any circumstances, but only to protect. Such a play will not result in a foul.

GOALS:

- Male goals will be worth 1pt
- Female goals will be worth 2pts.

GOALKEEPER: will be designated and will wear an off-color shirt to indicate his/her position.

- This player only will be permitted to use hands to play the ball within the penalty area.
- Once the ball is handled, the keeper may take no more than 6 seconds before putting the ball in play.
- The no-pass back rule (re: handling) is in effect.
- Opponents are prohibited from charging into the goalkeeper when he/she has possession of the ball.

FIELD: The playing area will be played across two courts in the Student Recreation Center.

- The green section of the curtain will be in play.
- Any part of the ball that touches above the green section of the curtain will be declared out.
- Any ball that leaves the goes beyond the curtains will be declared out.
- The referee is part of the field of play

SUBSTITUTES: Free substitution rules apply.

- All subs must enter and leave at midfield.
- A player must fully exit the court via the side curtain closest to the Intramural Office, before his/her substitute may enter the field of play.
- Players may not switch positions with the goalkeeper while the ball is in play.

EQUIPMENT: Appropriate shoes must be worn at all times.

- ***Shin guards are strongly recommended.***
- Baseball caps and jewelry are prohibited.
- **BALLS:** Warm-up balls will not be provided. Game ball will be provided, but both teams may agree on a personal ball to be used during the game.

GENERAL RULES

- There will be **NO off-sides** in intramural soccer.
- 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.
- **Slide tackling is strictly prohibited.** Slide tackling will be called when a player slides feet first or head first into the ball or a player whether on offense or defense 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. Penalty:
 1. 1st violation – yellow card and a direct kick, unless it occurs inside the goal box then a penalty kick will result. 2nd team violation – yellow card to offending player and a penalty kick.
 2. 2nd violation for a player will result in a red card and a penalty kick.
 3. Exception: If flagrant contact is made during a slide tackle, an ejection will result immediately.

FOULS AND MISCONDUCT

- **Major Fouls:** slide tackling, kicking, tripping, jumping at, charging at, striking, holding, pushing, and intentional hand ball. RESULT: Direct Kick.
- **Minor Fouls:** playing in a dangerous manner, intentional obstruction, unsportsmanlike conduct and unintentional hand balls. RESULT: Indirect Kick

Yellow Card and Two-Minute Penalties (caution) results from:

1. Is guilty of unsporting behavior
2. Shows dissent by word or action
3. Persistently infringes the rules of the game
4. Fails to respect the required distance when play is restarted with a corner kick or free kick
5. Ball strikes beams, supports, lights, backboards or supports, basketball hoops or any other structure in the ceiling. (only excluding silver chains)

Exception: If the ball is deflected off an opposing player no penalty will be called, play will not stop.

6. Vulgar or profane language
7. Arguing with official
8. Taunting
9. Holding a shirt, shorts, etc.
10. Deliberate handball to stop an attack

11. Deliberate tactical or hard foul
12. Simulating an injury
13. Excessive celebration
14. Delay of game (after a warning is issued)
15. Too many players on the floor

NOTE: Any player receiving two yellow cards in a game will result in an automatic ejection and suspension for the next game.

Red Card and Disqualification (sending off): Any time a player may be disqualified for the following offenses. If an ejected player does not leave the premises immediately the game will be stopped and the opposing team declared the winner.

1. Is guilty of serious foul play
2. Is guilty of violent conduct
3. Spits at an opponent or any other person
4. Denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within their own penalty area).
5. Denies an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick.
6. Uses offensive or insulting or abusive language and/or gestures towards another player or official.
7. Receives a second caution in the same match
8. Deliberate hand ball to stop a goal (by player other than the goalie). Result is a PK, and a 2 min penalty
9. Extreme and hard foul
10. Using insulting, offensive or abusive language towards an official
11. Leaving the bench when a fight or altercations is taking place (unless player is team manager or is summoned by the referee).

NOTE: Any player receiving a red card in a game will result in an automatic ejection and suspension for the next game.

- After a player has been ejected a team must play a player down
- Any disqualification will result in a suspension for the following game
- Any player ejected from two games in one season will be removed from the league.
- **Direct Kick**
 1. A player shall not spit, kick, strike, or attempt to do the proceeding.
 2. A player shall not attempt to trip an opponent by the use any part of their body.
 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.
 4. An opponent shall not push or hold an opponent with the arms or extended body.
 5. An opponent may not put their hands on a player in order to reach for the ball. .
 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.
 7. A player shall not recklessly charge or flagrantly foul the goalkeeper in possession of the ball.
 8. No player may interfere with the goalkeeper in the process of kicking or throwing the ball.
 9. A player shall not charge into an opponent when neither player is within playing distance of the ball. The deliberate act of a player, not in possession of the ball, shielding an opponent from the ball is not permitted.
 10. Tackling or pushing while playing the ball, or any attempt to do so
 11. Following a red card
 12. Hand balls
 13. Charging the goalkeeper or another player
- **Indirect kick**
 1. **DANGEROUS PLAY:** A player shall not participate in play which an official considers likely to cause injury to self or another player (opponent or teammate).
- **Penalty kick**
 1. Slide tackling (second team offense or first offense inside the goal box)
 2. Any direct kick foul that occurs within the offending teams goal area.
- **Goalkeeper:**
 1. A goalkeeper, inside their own penalty box takes more than six seconds while controlling the ball with their hands before releasing it from their possession. **RESULT:** Indirect Kick

2. Goalkeepers are not allowed to play the ball with their hands when the ball is served back to them by foot or throw in from their teammates. **RESULT:** Indirect Kick
3. A goalkeeper can play the ball with their hands when the ball is served back to them via header from a teammate.
4. Goalkeepers cannot play the ball in the air past half court. **RESULT:** Indirect Kick at half line

KICKS

- **Free kicks**
 1. All free kicks, with the exception of kickoff and penalty kick may go in any direction.
 2. Any free kick awarded to the defending team within its own goal area may be taken from anywhere in the goal area.
 3. Any indirect free kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal area line which runs parallel to the goal line at the point nearest to where the offense was committed.
 4. Any player of the offended team may take a free kick.
 5. The ball must touch at least one player before entering the goal.
 6. Players opposing the kick shall be at least ten yards away.
- **Corner kicks**
 1. A corner kick is awarded to the attacking team if the ball is last touched by the defending team before going out of play over the goal line.
 2. The ball shall be kicked from the ground in the corner arc nearest the spot where the ball went out of play.
- **Goal kicks**
 1. A goal kick is awarded when the ball goes out of play over the goal line and was last touched by the attacking team.
 2. Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area.
 3. The goal kick must clear the penalty area before it is put in play. If it does not, a re-kick shall occur.
- **Penalty Kicks**
 1. 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.
 2. All players are to be out of the penalty box and at least 10 yards behind the penalty mark. (Exception: Kicker and Goalie)
 3. The goalkeeper's heels are required to stay on the line until the ball is kicked, goalkeeper may move laterally along the line prior to the kick.
 4. 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.
 5. After kick any player may make a play on the ball, except the kicker in which it must be touched by another player first.

PLAYOFF ELIGIBILITY: Team must be in good standing with no unsportsmanlike conduct issues.

- Players must be on official team roster
- Players must have played in at least 2 regular season games.

Participant Conduct and Fair Play – “SPORTSMANSHIP”

- All players, captains, and spectators will be held to a reasonable standard of conduct and fair play. Violators of this standard will be subject to sport-specific penalties, and/or possible removal from the building and future Intramural sports.
- **SPORTSMANSHIP RATING:** Behavior before, during, and after an intramural contest is included in each rating.
 - **Teams must maintain a 3.0 average in order to qualify for playoff play. Teams must also maintain a 3.0 average during playoffs in order to advance.**
- **EJECTIONS:** All ejections will result in at least a one game suspension and scheduled meeting with the Director of Intramurals and that sports coordinator.
 - The player that is ejected will be given 2 minutes to leave the playing area and facility. If the player does not leave within 2 minutes their team will be penalized a bench technical foul. If the player has still not left the playing area and facility the game will be called a loss to the team the player was a member of.
- See Intramural General Rules for Rating Scale and Consequences.

Playoffs

- **Playoff Eligibility:** Team must be in good standing with no unsportsmanlike conduct issues.
 - Players must be on official team roster
 - Players must have played in at least 2 regular season games.
- The number of teams who qualify, plus the number, length, and playing rules for playoff games may be altered as time, weather, facility, and equipment conditions require. A variety of options will be considered before altering the preferred playoff format.
- Teams must be able to play any day during playoffs. Championship games maybe be scheduled on Fridays or Sundays. Make sure you have enough players on your roster so you do not have to forfeit during playoffs.
- The IM Office does not personally notify teams regarding playoff schedules.
- Teams need to familiarize themselves with the Team Sportsmanship Rating System located in the Intramural General Rules Handbook as this will affect their eligibility for playoffs at the end of league play.

Officials and Manager Duties

- The Intramural scorekeeper at each court will be responsible for scoring the game and checking ID's and rosters.
- Teams should verify the score at the end of each half, and after the game. Captains must sign the score sheet to verify the game winner.
- Coordinators/Officials have the power to enforce all Intramural rules as they apply to players, coaches and spectators.

Safety and Prevention

- A player who has any visible amount of blood on their uniform shall be considered an injured player and must leave the game immediately for appropriate treatment and/or changing of clothes.
 - All blood soiled clothing must be removed before the player can reenter the game.
- Players wearing glasses should have shatter proof lenses and straps.
- Absolutely no jewelry shall be worn. A warning will be issued to a team for an infraction of this policy. If a 2nd infraction arises in a given contest a technical foul will be assessed the team in question. ** Exception - medical ID tags which must be taped to the body.
- No braces or hard casts are allowed on the wrist or arms. Leg/knee braces with exposed hard materials will only be allowed if they are sufficiently covered with soft padding (i.e. an ace bandage).