INTRAMURAL SPORTS

INDOOR SOCCER RULES

PLAYERS & EQUIPMENT
1. Each participant must present a current JSU student or faculty/staff ID card in order to be eligible to participate.
2. Court: Walter Payton Center – Court 3
3. Each team shall consist of six (6) players. Each team must have a minimum of three (3) players in order to begin game.
   a. Rosters will be frozen after all weeks of league play. Only players listed on at that time and who have played in one regular season game will be eligible for playoffs.
   b. Roster additions must be made by 12pm the day of your game in order for the new players to eligible to play.
4. Shoes: Tennis or indoor soccer shoes are the recommended footwear. No black-soled shoes that may mark the floor are permitted. Sandals, street shoes, or boots are not allowed. No player will be allowed to participate in bare feet.
5. Jewelry: No jewelry or any other item deemed dangerous by the intramural staff may be worn during play. Any player wearing exposed permanent jewelry (i.e. body piercing) will not be permitted to play.
6. There will be no hats, bandanas, or hard barrettes worn during play. Cloth (elastic) bands may be used to control the hair.
7. Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces may not have any exposed metal and/or screws. Braces made of any hard material (including plastic) must be covered with a padded sleeve or at least one-half inch padding for safety reasons. Under no circumstances will a player wearing a cast or splint be permitted to play.
8. Eyeglasses: If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.
9. Jerseys: Each team will be required to wear matching shirts or jerseys of the same color, with the goalie being in a different color.
10. A player with blood on his/her clothing or body must leave the game immediately. The bleeding must be stopped and the open wound covered. If there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate any further.
11. Shin guards are optional, but strongly recommended.

GAME FORMAT
1. Game time is forfeit time.
   a. Two forfeits will result in a team being dropped from their league. The team will also lose their forfeit fee.
2. Each game will consist of two 18-minute halves. (Time is kept by the officials.)
3. There is no overtime in the regular season.
4. The clock will only stop for injuries and officials’ timeouts.
5. Goals will count as 1 point each.
6. There are no off-sides.

PLAYING THE BALL
1. All kicks are direct. Teams can score off a goal kick or kickoff.
2. No throw-ins; all restarts will be initiated by a foot pass only.
3. All fouls/restarts will result in a direct kick. The defense must be 5 yards away from the free kick spot if asked by the offense.
4. The keeper can only use his/her hands in the goal box; if the ball was played by the defense or headed back to the keeper by an offensive teammate.

OUT OF BOUNDS
1. The ball is only out of play if it goes into the blue flooring or hits the ceiling/basketball goal.
SUBSTITUTIONS
1. Teams can substitute while the ball is in play. But after a substitution is made, a team can’t have more than 4 players on the court. (The player exiting the field can’t participate in play while exiting the court.)

FOULS
1. No slide tackling to stop a player of the ball.
   a. A player can slide only to shoot, pass, or defeat a shot/pass.
2. Any excessive contact in or around the walls/boards will result in a foul and most likely a yellow card.
   a. Players can be sent to the penalty box for 2 or 5 minutes, depending on the severity of the foul and the team would be required to play shorthanded for the 2 or 5 minute timeframe.
3. Yellow and red cards will be issued for inappropriate conduct or excessive fouling. Any ejection will result in at least a 1-game suspension.