

The University of Texas at Arlington
The Department of Campus Recreation
Indoor Soccer Rules

All rules adopted by the United States Indoor Soccer Association will be in effect except for modifications listed in rules by the University of Texas at Arlington Department of Campus Recreation.

1. **PLAYERS:** One goalie and four forwards. In Co-Rec, the goalie can be either male or female. Teams must have a minimum of four players to begin. In Co-Rec, a minimum of one player and maximum of three players of each gender may be on the court at one time.
2. **TIMING:** Two 20-minute halves, continuous clock. One 3 minute half-time. No time-outs. The clock will stop in the final minute of the 2nd half for all dead balls (whistles) and penalties. (The clock will not stop for the entire first half and the first 19 minutes of the 2nd half except for officials' timeouts.). **Game time is forfeit time! If a team does not have the minimum number of players to start the opposite team will have the choice of taking the forfeit win or waiting. If a team decides to wait, the team on time will have possession to begin both halves. The team will also earn 1 point for every 3 minutes the team is late. The clock will begin at game time and will run continuously. The clock will not stop when the team arrived. Forfeit score will be 3-0.**
3. **EQUIPMENT:** Tennis shoes and non-marking indoor soccer shoes (Court shoes) ONLY. Shin guards are strongly recommended. NO JEWELRY!! (Penalty: Blue card)
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 (outside the center circle) until it is kicked. The ball may be kicked in any direction.
5. **BALL IN AND OUT OF PLAY**
 - A. Out of Play:
The ball is out of play when:
 - 1) It has entirely crossed the goal line AND a goal is scored (Kickoff)
 - 2) It goes out of the playing field (Kick-in, Goal Kick, or Corner Kick)
 - 3) Superstructure violation: It hits the ceiling or lights (Free kick from the point of interruption)
 - B. In Play:
The ball is in play at all other times including:
 - 1) A rebound off a goalpost or crossbar.
 - 2) A rebound off the official.
 - 3) A drop ball touches the ground.
 - C. Drop Ball:
A drop ball occurs when:
 - 1) Opponents simultaneously strike the ball out of bounds.
 - 2) The ball is becoming deflated.
 - 3) Following temporary suspension of play for injury or unusual situations and no team has clear possession of the ball.

6. **SCORING:** A goal (1 point) 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. In Co-Rec a goal is worth 2 points if scored by a female.
- A. Legal Goal: A goal shall be legal, when the **WHOLE** of the ball has crossed the plane of the goal line, between the goalposts and the crossbar, provided it has not been thrown, carried, drop kicked by the goalkeeper, kicked directly into the goal on an **INDIRECT** free kick, or intentionally propelled by the hand or arm by a player of the attacking side.
- B. A goal may be scored:
- 1) During regular play
 - 2) Penalty kick
 - 3) Drop ball
 - 4) Direct free kick
 - 5) Kick-in
 - 6) Kickoff
 - 7) Corner kick
 - 8) Goalkeeper's throw
- C. A goal may not be scored from:
- 1) Indirect free kick.
 - 2) Goal kick
- D. Mercy rules: Game shall be ended when a team is ahead by:
- 1) 10 goals in the final five (5) minutes of the game
 - 2) 5 goals in the final two (2) minutes of the game
7. **SUBSTITUTIONS:** Unlimited substitutions will be allowed.
- A. During the game, **court players (excluding the goalkeeper)** may be substituted on an unlimited basis, provided the player substituted for is within the substitution area at his/her own bench area, or off the field of play within his/her own bench area before the substitution is made.
- B. The substitution area is defined as a 3-foot area from the entrance to the floor from the team bench area. Loosely, this is two steps onto the court.
- C. **PENALTY:** Violation of this substitution rule results in a member of the offended team serving a two-minute time penalty (blue card). The offending team's captain may choose which player must serve the penalty. This penalty is charged to the team as a whole, and will not count toward an individual player's accumulated penalties for purpose of disqualification.
- D. **Goalkeeper substitutions:** Goalkeepers may only be substituted during the following situations and with the approval of the official:
- 1) Ball goes over the glass and out of play
 - 2) After a goal
 - 3) Before a half begins
 - 4) Injury to any player that stops play
 - 5) A card is issued to any player
- E. If the referee stops play for an injured player, that player must be substituted, with the exception of goalkeepers. However, if the official stops play for a second time for a goalkeeper injury, a substitution for the goalkeeper is required. Officials reserve the right to require the substitution of a goalkeeper if this privilege is abused as a stalling technique.

8. VIOLATIONS:

- A. No slide tackling! Teams will be cautioned once (yellow card) and next offense will mean disqualification (red card) for the offending player.
- B. It is a violation to trip, push, or block an opposing player. The offended team will put the ball in play with a direct Free Kick from the spot of the violation (except Goalkeeper Violations). Players of the defending team shall be at least 10 feet from the ball until it has been kicked.
- C. In the goal area, an intentional foul or unnecessary roughness by a defensive player will result in a penalty kick on a goal from the red dot nearest to the goal. Only the goalie is allowed to defend the goal.
- D. 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.
- E. A Foul occurs if a player:
 - 1) Holds an opponent
 - 2) Handles the ball (except by the Goalkeepers within his/her Penalty Arch)
 - 3) Plays in a dangerous manner (e.g. commits boarding or a slide tackle)
 - 4) Impedes the progress of an opponent (“Obstruction”) or
 - 5) Prevents the Goalkeeper from releasing the ball from his/her hands;
 And when a player commits the following in a manner which the Referee considers careless, serious, reckless, or involving excessive force:
 - 6) Kicks an opponent
 - 7) Trips an opponent
 - 8) Jumps at an opponent
 - 9) Charges an opponent
 - 10) Strikes or elbows an opponent or
 - 11) Pushes an opponent
- F. Unsporting Behavior: A Free Kick (direct) results for the following offenses:
 - 1) Leverage: Using the body of a teammate or any part of the field to gain an advantage
 - 2) Encroachment: Entering the protected area of an opposing player taking a Free Kick (after initial warning)
 - 3) Dissent: a) Referee Abuse, b) Opponent Abuse, c) Breach of Penalty Area Decorum
 - 4) Other behavior within the Referee’s discretion, does not warrant another category of penalty (e.g. taunting, foul language)
- G. Goalkeeper Violations: The opposing team receives a Free Kick (indirect) from the top of the goal area (second red dot) for the following violations by a Goalkeeper:
 - 1) Illegal Handling: Bringing the ball from outside of the Penalty Arch to his hand within it, or receiving the ball again after a Goalkeeper Distribution without the ball’s having first touched another player (e.g. no drop-kicking/punting or bouncing the ball)
 - 2) Pass Back: Handling the ball, having been passed deliberately and directly to him by a teammate: except that he may handle a ball which a teammate passes to him by the head, chest, or knee and without “trickery” (the use of a wall or foot to flick the ball to a head, chest, or knee before making the pass)

- 3) 6-seconds: Controlling the ball with either his/her hand or foot inside of his/her Penalty Arch for over six (6) seconds.
 - 4) Slide tackling (feet first)
 - 5) No punting or drop kick. Goalkeeper MUST throw after he/she catches it or place the ball on the floor and kick it.
- H. Team Violations: The Referee issues a Team Penalty (yellow card to the team captain) for the following violations by a team or unidentified person:
- 1) Bench Dissent: After an initial “Warning” one or more unidentifiable players and non-players (fans) verbally abuse the Referee
 - 2) Other: Unsporting Behavior, which, in the Referee’s discretion, does not warrant another category of penalty (e.g. too many players on the field)
- I. Advantage Rule: The Referee allows play to continue, notwithstanding the commission of an offense, when the team against which it has been committed will benefit from an existing offensive advantage.
- J. Blue Card Offenses: Unless otherwise provided below, the Referee issues a Blue Card for serious fouls and unsporting behavior (by a player) and for:
- 1) Deliberate Handball or Handball by a Goalkeeper;
 - 2) Goalkeeper Endangerment
 - 3) Boarding (Double-teaming): When play is along an end or side wall, there can never be more than one player per team jostling for the ball.
 - 4) Any foul by the Goalkeeper during a Penalty Kick
 - 5) Illegal Substitution
 - 6) Illegal Equipment (Jewelry)
- K. Cautionable (Yellow Card) Offenses: The Referee issues a Yellow Card for reckless fouls and for:
- 1) Second Blue Card
 - 2) Unsporting Behavior by any non-player personnel (charged to the team captain)
 - 3) Provoking Altercation: Making physical contact with an opponent (e.g. pushing or poking), short of fighting, or using the ball in so doing
 - 4) Team Violations
 - 5) Disrespectful words or actions in dissent to a Game Official
- L. Ejectionable (Red Card) Offenses: A person receives a Red Card for fouls, which the Referee considers violent or committed with excessive force, and for:
- 1) Elbowing: Intentionally elbowing an opponent above the shoulder
 - 2) Slide tackling from the side or behind directly into one or both legs of an opponent, seriously endangering him/her
 - 3) Deliberately handling the ball to prevent a goal
 - 4) Fighting
 - 5) Leaving Team Bench or Penalty Box to engage in a fracas or confrontation of a Game Official
 - 6) Extreme Unsporting Behavior including
 - a) Spitting at an opponent or any other person
 - b) Persistent use of extremely abusive language or behavior toward a Game Official
 - c) Bodily contact with a Game Official in dissent

M. Time Penalties

- 1) Blue Card: 2-minute penalty in the Penalty Box
- 2) Yellow Card: 5-minute penalty in the Penalty Box
- 3) All Time Penalties carry over between periods and expire at the end of the regulation
- 4) A player who is serving Time Penalty cannot take a kick in the first five of the tiebreaker

N. Short-Handed Play: For each Time Penalty being served by a player, his/her team plays with one fewer field player until its expiration.

O. A team receives three Yellow Cards or two Red Cards will be disqualified from their current game.

9. PENALTY KICK:

- A. The Ball is placed at the red dot nearest to the goal
- B. The Goalkeeper has both feet on his/her Goal Line until the ball is in play
- C. The player taking the Penalty Kick may not touch the ball again until after it touches another player
- D. The player taking the Penalty Kick has 5 seconds to kick after the Referee's whistle
- E. All players except the kicker and the goalkeeper must stay behind the Yellow Line until the ball is kicked
- F. Faking a kick is NOT allowed.

10. There is no Off-Side rule in Indoor soccer.

11. TIE BREAKER (PLAYOFFS ONLY): Penalty Shootout - In the event of a tie at the end of regulation play, each team, in an alternating manner, will have 5 penalty kicks on the goal with the goalie defending.

- A. The penalty kicks are taken by the 5 players on the court at the end of regulation play including the goalie. The goalie may only be swapped amongst the players on the court at the end of regulation. No bench player may participate in the shootout unless an injury is sustained during the overtime period.
- B. If a team obtains a 3-goal advantage after the third kicks or 2-goal advantage after the fourth kicks, the Tiebreaker ceases and the winner is declared
- C. If a tie still exists after the penalty kick shootout, a sudden-death shootout will take place. No player may take a second kick until the remainder of their eligible teammates has taken a kick.
- D. A player must kick the ball from where it is spotted and has 5 seconds to attempt a goal.
- E. Players in the penalty box at the end of regulation will be considered the 5th eligible player and can only take their kick after all 4 players on the court have taken theirs.
- F. CoRec: Kicks must alternate between male and female players. The team chooses which gender kicks first, and they don't have to match (i.e. Team A can start with a female and Team B can start with a male). Female goals will still count as two points.

12. CoRec Modifications

- A. Each team will consist of 5 players, and may start with 4 players. At no point may a team play with more than three men or more than three women, and no less than one man or less than one woman.
- B. Scoring: A goal is worth 2 points if scored by a female (including Penalty Kicks)