



West Chester University Department of Campus Recreation Intramural Indoor Soccer Rules

West Chester University Intramural Indoor Soccer will follow the current rules of NFHS (National Federation of State High School Associations) and NIRSA (National Intramural and Recreational Association) unless modified to accommodate facility or program needs. Those who are subject to the rules are: team representatives (players, substitutes, coaches and spectators) and other persons affiliated with the team are subject to the rules of the game and shall be governed by the decisions of the Intramural Staff assigned to the game.

Player Eligibility

1. Participation is limited to all currently enrolled, fee-paying WCU undergraduate and graduate students. Faculty, staff and alumni are not eligible to participate and no exceptions will be made.
2. In order to be eligible to participate, each eligible player MUST present his/her current, valid RAMCard. Check-in takes place at designated sign-in locations at the facility, field or court (usually at the Scorekeeper's table). Individuals who are unable to provide a current, valid RAMCard will not be permitted to participate. No other forms of identification will be accepted (email, class schedule, Driver's License, etc).
3. For additional information regarding player eligibility, team rosters and participant check-in refer to the WCU Intramural Handbook available online at the WCU Intramural Sports website and in the Intramural Sports office in the Student Recreation Center.

Team Composition and Substitutions

1. Players can compete on only one team regardless of league classification. In addition, a player may compete for one Co-Rec team during the same season.
2. A minimum of six (6) players are required to register a team. All players must show their current, valid WCU RAMCard at the game site in order to be eligible to participate.
3. A team must have four (4) players to start a game. (2 Male & 2 Female for Co-Rec) Players who arrive late must check-in with the scorekeeper/s and must wait for a dead-ball situation in order to enter the game.
4. Team rosters will be formed based on the players who compete in the team's first regular season game and every subsequent regular season game. No new player's can be added after a team's last regular season game.
5. In order for a player to be eligible for playoffs, he/she must participate in at least one regular season game for that team. *No player may participate on more than one team*
6. Substitutions are unlimited and can be made during the game while the ball is in play. The player being substituted for must be within three (3) feet of his/her team bench before the new player may enter the field of play. Neither the player entering the field nor the player exiting may participate in play during the period of time when they are simultaneously on the field.
7. Goalie substitutions are permitted only when the play has been declared dead. The team captain must make the official aware of goalie substitutions.
8. Any player who is injured or bleeding, has an open wound, or has an excessive amount of blood on the uniform must leave the game.

Equipment and Playing Field

1. Indoor Soccer balls are available for check-out at the Student Recreation Center. **The Campus Recreation Staff will provide game balls only;** teams must furnish their own practice Indoor Soccer balls.

2. Teams are encouraged to wear their own like-colored jerseys. Scrimmage vests (pinnies) are available for checkout at the courts.
3. Individual Player Equipment must meet the following requirements:
 - a. Shirts: Shirts must be worn throughout the game. **Since Fall 2016, Campus Recreation will require that patrons participating in any program in the Student Recreation Center to wear a t-shirt or cap sleeved shirt and appropriate lower body apparel. Our definition of a t-shirt or cap sleeved shirt does not include cut off sleeves, tank top, crop-top shirt or a sports bra. If you wear any apparel other than what is required, you will be asked to change your apparel.**
 - b. Pants: Players may not wear pants or shorts that have belt loops, metal, cargo pockets or exposed drawstrings. Players may not wear towels that hang from the waist.
 - c. Headgear: Baseball caps or other rigid headwear is not permitted. Players may wear rubber or cloth elastic headbands that are used to control hair. Bandanas with knots are prohibited.
 - d. Pads or Braces: No pads or braces may be worn above the waist. Leg and knee braces made of hard, unyielding material must be covered on both sides and all edges with slow-recovery padding.
 - e. Shoes: All players must wear shoes. Athletic/Tennis shoes are permitted. Any other type of shoe that the official deem unsafe is prohibited.
4. Jewelry is NOT allowed to be worn by any participant during the game. Jewelry consists of visible rings (wedding bands), watches, necklaces, earrings, studs (including tongue or lip rings), bracelets (metal or cloth) and any other such similar jewelry. Medical alert bracelets must be taped to the body or secured under clothing such as a sock to be worn during play. Taping of any other forms of jewelry, other than a medical bracelet, is prohibited. Players are subject to ejection for failure to remove jewelry.

Game Timing

1. Game time is forfeit time. Any team that forfeits a game can jeopardize any playoff potential due to a low sportsmanship rating. Teams who forfeit more than once will be dropped from the league.
2. Games will consist of two 20-minutes halves with a 3-minute halftime. Teams will switch sides after each half.
3. During the game, there will be a running clock which means the clock will not stop during play, except for timeouts and injuries. After a timeout, the clock will start when the official signals the play to re-start. There will be no stoppage time added to the end of either half.
4. Teams will receive one (1) time-out per game. Teams will receive only one additional time-out if overtime occurs regardless of how many overtime periods are played. All time-outs will be one (1) minute in length. Time-outs can be called during dead ball situations, except when the opposing team has been awarded a free kick.
5. Regular season games can end in a tie. Overtime will only occur during the playoffs. The rules for overtime are as follows:
 - a. Overtime will consist of one five (5) minute "golden goal" period with a running clock.
 - b. A coin toss will determine the choice of ends and kickoff.
 - c. If the game remains tied at the end of the overtime period, the game will proceed into a 3-person shootout.
 - d. Each team captain shall designate three (3) players to shoot for his/her team. The designated players must have been on the field of play (in the game) at the end of the overtime period. The goalkeeper may be one of the shooters.
 - e. Each penalty shot will be taken from one yard behind the top of the red goal box. Only one step is permitted in the approach to shoot the ball.
 - f. Goalkeeper changes may occur only at the beginning of the shootout and as long as the new goalkeeper was a player on the field at the end of the overtime period.
 - g. Each team has a total of three (3) shots. Teams will alternate after each shot. Each shot shall follow the procedure for a penalty kick as outlined above. In co-rec play, the order of the shooters for each team must alternate gender. Either a male or female may kick first.
 - h. If the score remains tied following the first three (3) shots by each team, a sudden victory shootout will occur in which the game is won if, after an equal number of shots, the tie is broken.

- i. During the sudden victory shootout, teams must supply shooters different from their first three shooters. All eligible players --those on the field at the end of the overtime period -- must be a shooter in the shootout before any player may shoot again. In co-rec play, the alternating of genders must continue with the 4th shooter being the same gender as the 2nd shooter, and so on. Teams will continue to alternate shots as initially determined.
- j. If a player is ejected during the game, they cannot play in overtime. The team with the ejected player must still play with a player down as that follows the ejection rules.

Scoring

- 1. A goal will be awarded when the entirety of the ball crosses the goal line.
- 2. All goals will count as one point.
- 3. (Mercy Rule) If a team is leading by at least 5 goals in the last five (5) minutes, the game will end (5-at-5).

Playing Rules

- 1. A coin toss before the beginning of the game will determine which team kicks off and which has the choice of ends. The team not receiving the ball first will have possession to begin the second half.
- 2. Kickoffs:
 - a. On the referee's signal, the game shall start or resume following a goal with a kick from the center of the field.
 - b. All players shall be within his/her half of the field. Opponents of the kicking team must be outside of the 5-yard center circle until the ball is kicked. A teammate of the kicker may be anywhere within his/her half of the field.
 - c. The ball must be kicked in any direction, one revolution, for the ball to be in play. If the ball does not complete one revolution, the same team will rekick.
 - d. The kicker shall not play the ball a second time until another player (of either team) has touched the ball. The penalty for this violation is an indirect free kick.
 - e. All kickoffs are indirect kicks.
- 3. Out of Bounds, Restarts and Offsides:
 - a. The ball is considered to be out of bounds anytime it strikes an object, other than a participant, above the dash/glass boards.
 - b. When a ball is declared out of bounds. The team who last touched the ball will lose possession and the opposing team will be awarded an indirect kick at the spot closest where the ball went out of bounds.
 - c. A goal kick will be awarded if a ball was last touch by the offense and traveled over the boards parallel to their opposing goal.
 - i. Goal kicks will be taken anywhere inside the goal box
 - ii. Goal kicks are indirect kicks
 - d. A corner kick is awarded if a ball was last touched by the defense and traveled over the boards parallel to their own goal.
 - i. Corner kicks will be taken from the corner closest to where the ball traveled out of bounds.
 - ii. Corner kicks are direct kicks
 - iii. The ball must be placed no further than one (1) yard away from the corner boards.
 - iv. The kicker is allowed one step before touching the ball to put it in play.
 - e. Any ball striking a referee, goal post, or corner post and remaining on the field is in play.
 - f. There is no offsides in Intramural Indoor Soccer
- 4. Goalkeeping:
 - a. The goalkeeper has possession of the ball when he/she has control of the ball.
 - b. From the moment, the keeper takes control of the ball with his/her hands within his own penalty area, he/she is to be penalized if he/she takes more than five seconds without releasing the ball into play.
 - c. A keeper may not, after releasing the ball into play, touch the ball again with his hands before it has been touched by another player of the same team outside the penalty area or by an opposing player

either inside or outside the penalty area. If the goalkeeper plays the ball to a teammate and the teammate passes the ball back to the goalkeeper, he/she may not use his/her hands to play the pass. Penalty for violation of this rule is an indirect free kick.

- d. The goalkeeper shall not touch the ball with his/her hands via a deliberate kick by a teammate. Penalty is an indirect free kick. The ball will be placed outside of the goalie box on the indirect kick.
- e. A goalkeeper may not throw the ball over the mid-court line without the ball contacting the ground, boards or a player from either team. Penalty is an indirect kick from the spot the ball crossed the mid-line.
- f. A goalie slide occurs when the goalie leads with their feet/knees.

5. Slide Tackling:

- a. A slide tackle occurs when a player leaves his/her feet and leads with his/her feet to play the ball while the ball is in the proximity of another player. A slide tackle does not require that any contact occur between players.
- b. There is no slide tackling in Intramural Indoor Soccer. This rule applies to all players including the goalkeeper. Goalkeepers must lead with their knees and not feet if attempting to slide for a loose ball.
- c. All slide tackles will result in an immediate ejection from the game and automatic card to be determined by the official.

Free Kicks

1. Free kicks awarded will be either an indirect or direct kick

- a. An indirect kick is a free kick from which a goal may not be scored unless the ball is touched by another player from either team.
- b. A direct kick is a free kick from which a goal may be scored against the offending team.
- c. The free kick may be taken by any player of the offended team on the field of play at the time of the offense.
- d. When a direct or indirect free kick is awarded, all opposing players must be at least five yards away from the spot where the free kick is to be taken, unless they are standing on their goal line between the goal posts.
- e. When a player is taking a free kick from within his goalkeeper's box, the ball must be kicked beyond the box and all opponents must be outside the goalkeeper's box.
- f. The ball must be stationary when a free kick is taken. The kicker shall not play the ball again until it has been touched by another player (either team).
- g. The ball may be kicked in any direction.
- h. All free kicks (other than a penalty kick) is eligible for a quick restart. If a restart is delayed and cannot resume play until official blows whistle.

2. A penalty kick is a direct kick awarded after a serious or intentional rule infraction takes place in the goalkeeper's box by the defensive team. A penalty kick can be awarded regardless of the position of the ball, if the infraction by the defending team is committed in the goalkeeper's box. It is not awarded for infractions that call for an indirect free kick.

- a. The penalty kick shall be taken from the top of the goalkeeper's box.
- b. The penalty kick may be taken by any player of the offended team on the field of play at the time of the offense.
(Co-Rec) The person taking the penalty kick must be of the same gender as the person who was fouled originally.
- c. All players except the goalie must stay outside the penalty area and at least 5 yards from the penalty mark
- d. The goalkeeper must stand on the goal line and may not move forward until the ball is kicked. The goalkeeper may move laterally.

- e. The kicker must wait for the official to start the play. The kicker must kick the ball forward. If the ball is not put into play properly, the kick will be retaken. Any action to deceive the goalkeeper by the kicker is illegal.
- f. Following the kick, the ball shall be deemed in play if it remains on the field of play; however, the kicker shall not play the ball a second time until it has touched another player from either team.
- g. For any infringement by the defending team, the kick shall be retaken if a goal has not resulted. For any infringement by the attacking team other than by the kicker, the kick shall be retaken if a goal has resulted.

Penalties

1. A player who commits any of the following offenses shall be penalized by the award of an indirect free kick or direct free kick to be taken by the opposing team from the spot where the infraction occurred:
2. Indirect Kicks:
 - a. Dangerous play - In the opinion of the official, all high kicks above the waist or any attempt to make a play on the ball while kneeling or laying on the ground in a dangerous manner shall be prohibited.
 - b. Charging a player not in possession of the ball - A player shall not intentionally charge an opponent unfairly. A player shall not charge into the goalkeeper who is not in possession of the ball.
 - c. Obstruction - Obstruction is the intentional act by a player, not in possession of the ball or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle.
 - d. Goalkeeper holding the ball longer than five (5) seconds after he/she receives it. Goalkeeper touching the ball with his/her hand when received by deliberate kick from a teammate.
 - e. Interfering with the goalkeeper - No player of the opposing team shall interfere with a goalkeeper in possession of the ball.
 - f. Delay of game - No player or team shall unnecessarily delay the playing of the game.
3. Direct Kicks:
 - a. Kicking or striking an opponent - A player shall not intentionally attempt to kick or strike an opponent. The goalkeeper may not intentionally strike or attempt to strike an opponent by throwing the ball at the opponent. May also result in a card.
 - b. Jumping at or tripping an opponent - A player shall not intentionally jump at nor intentionally trip an opponent.
 - c. Charging a player in possession of the ball - A player shall not intentionally charge an opponent unfairly. Offenses include violently and/or dangerously charging a player or charging from behind.
 - d. Holding, pushing, or impeding an opponent - A player shall not use his/her hands or arms to hold, push, or impede an opponent.
 - e. Hand ball - A player shall be penalized for intentionally handling, carrying, striking, or propelling the ball with a hand or arm. Unintentional handling occurs when the ball strikes the hands or arms of a player who has not moved the hands or arms to play the ball; this unintentional handling shall not be penalized.
4. Yellow, Red and Blue Cards:
 - a. Yellow cards are considered a final warning by an official. A yellow card awards the non-offending team the ball and the player receiving the yellow card will receive a two (2) minute penalty. During this time, his/her team will be down a player until the penalty expires or the opposing team scores a goal. The following will result in a yellow card:
 - i. Leaving the field or coming onto the field without a referee's permission.
 - ii. Unsportsmanlike conduct.
 - iii. Persistent infringement of the rules of the game.
 - iv. Showing dissent (disagreement) toward a referee's call, including objecting by word of mouth or action.
 - b. A team caution, a disciplinary action facing an entire team as a result of a violation by a player of that team, may be assessed by the official in the following instances: encroachment on free kicks, intentional hand balls by the defense, and unnecessary delay. Once a team caution has been issued, if any player

from that team commits the same foul, that player will be ejected. All team cautions will be issued to that team's captain.

- c. If a player receives two yellow cards in the same game which results in a red card, that player will automatically be ejected from the game.
- d. Any player who receives three yellow cards in one season will immediately be suspended from the league upon the third yellow card and must meet with the Assistant Director of Intramural Sports in order to be reinstated.
- e. Red cards result in an automatic ejection from the game. The player cannot be replaced and that team will continue with one less player on the field. The following will result in a red card:
 - i. Slide tackling.
 - ii. Intentionally handling the ball within his/her own penalty area during an obvious goal-scoring opportunity. If, in the opinion of the official, a player, other than the goalkeeper within his/her own goal box, denies his/her opponents a goal, or an obvious goal-scoring opportunity by intentionally handling the ball, he/she shall be sent off the field of play for serious foul play. A penalty shot or automatic goal may be awarded.
 - iii. Excessive foul or abusive language.
 - iv. Persistent misconduct after receiving a caution.
 - v. Violent or serious foul play.
 - vi. Intentionally impeding an opponent through unlawful means during an obvious goal-scoring opportunity. If a player who is moving toward his opponents' goal with an obvious opportunity to score a goal is intentionally impeded by an opponent through unlawful means. A penalty shot or automatic goal may be awarded.
- f. Blue cards result in an automatic ejection from the game but the player can be replaced & the team will continue with the same number of players on the court. (1) Blue card will be assessed per game regardless of the team. The following will result in a blue card.
 - i. Slide tackle with no aggressive intention
 - ii. Goalie attempts to block leading with their feet or knees.

Sportsmanship

1. **Team Names** - The Assistant Director of Intramural Sports reserves the right to change names of teams deemed offensive, profane, and/or inappropriate.
2. **Ejected Participant** - Any participant who is ejected must exit the playing court/field immediately. Intramural supervisors will address the situation with the ejected individual(s) and also communicate what the required process is for reinstatement. Even after an ejection, players will still be held accountable for their actions and behavior which may be noted by the Intramural supervisor. Once a participant is ejected from an intramural activity, he/she is ineligible until the reinstatement process has been complete and all suspensions (if sanctioned) are served.
3. **Ejected Participant Reinstatement** – Any ejected participant seeking reinstatement must petition via the reinstatement form on the campus recreation website. Upon receiving the petition, a hearing will be arranged between the ejected participant, the GA and/or Assistant Director of Intramural Sports where a decision will be made regarding reinstatement.

Team Sportsmanship Ratings Intramural staff and game officials will evaluate teams and assign a sportsmanship grade following each game. Ratings are given based on the following criteria:

- 4: Excellent Sportsmanship - Outstanding sportsmanship and conduct: All players cooperate fully with staff and officials and the captain controls his/her team
- 3: Acceptable Sportsmanship - Team members and spectators are respectful of opponents and officials except for one or two minor incidents which may or may not merit a warning from the game officials or supervisor.
- 2: Sportsmanship Needs Improvement - Verbal disagreement with the officials and/or conflict with the opposing team. Any team receiving one sportsmanship-related yellow card, technical foul, or unsportsmanlike conduct penalty will receive a 2.

- 1: Unacceptable Sportsmanship – Team members continually show disrespect for the opposing team and officials. The team captain shows little or no control over the team. Any team receiving two sportsmanship-related yellow cards or one red card, two technical fouls, or two unsportsmanlike conduct penalties will receive a 1.
 - 0: The team is completely uncooperative, resulting in multiple ejections or blatant unsportsmanlike conduct. Any team receiving three sportsmanship-related cards, technical fouls, or unsportsmanlike conduct penalties and/or causing the game to be ended early will receive a 0.
Teams which receive a “0” rating are subject to immediate dismissal from league or tournament play.
- a. **Forfeits** – Any team receiving a win by forfeit or default will receive a 4 sportsmanship rating for that game, and any team receiving a loss by forfeit will receive a 0 sportsmanship grade.