

CU • STUDENT REC CENTER INTRAMURALS  
INDOOR SOCCER • RULES

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**ROSTER SIZE IS LIMITED TO 14 PLAYERS**

**Teams winning a championship will receive a maximum of 9 t-shirts.**

Games will be governed by the current rules of the National Intramural and Recreational Sports Association (NIRSA), with the following modifications and points of emphasis:

**GENERAL**

- Participants should have adequate health insurance to cover any injury which may occur.
- Alcoholic beverages and drugs are prohibited in the Student Recreation Center, on any recreation center property and at all Intramural Sports sanctioned events. Participation while under the influence of these substances is also prohibited in these areas. Any violation of this policy will be grounds for immediate ejection, forfeiture and possible suspension.
- NO JEWELRY is allowed in any intramural competition.
- **Game time is forfeit time! Players should check in with the Intramural Supervisor at least 15 minutes before their scheduled game time. If you do not have enough players to field a team at game time, your team will receive a Forfeit. NO EXCEPTIONS!**
- **No Buff OneCard = No Play! All intramural participants are required to have either their Buff OneCard or Rec Center membership card with them at EVERY intramural event. Failure to do so will result in ineligibility. NO EXCEPTIONS!**
- The following are situations in which your team WILL NOT be allowed to advance to the post-season tournament and may be removed from the league:
  - If you forfeit one regular season game.
  - If you accumulate two or more Honest Effort Forfeits (HEF), described below.
  - If your team fails to average a 3.00 or better sportsmanship rating.
- The Intramural Sports Office **DOES NOT** reschedule games once the schedule has been posted. If your team is unable to make a game, **your team captain must** email the intramural office no later than 12:00pm the day of your game for a weekday game or by 12:00pm Friday for a weekend game. The intramural office will then be responsible for offering out your game. If your game is picked up by another team, your team will not be credited with a Forfeit. However, if your game is not picked up by another team, your team is still responsible for playing that game. Failure to notify the intramural office by the deadline stated will result in a Forfeit. Failure to show up to a game where no replacement team was found will result in an Honest Effort Forfeit (HEF).
- All games picked up by a team count as a real game and will count towards your record and sportsmanship rating.

**FORFEIT POLICY**

- **GAME TIME IS FORFEIT TIME!** All teams should arrive **15 minutes prior** to the scheduled start of the game to check in and get the necessary equipment for the game. Any team failing to report ready-to-play at the scheduled starting time shall forfeit to their opponent. Any team that forfeits will be removed from the league for the remainder of the season.
- **Honest Effort Forfeit (HEF):** If you notify the intramural office by 12:00pm the day of a weekday game and by 12:00pm the Friday before a weekend game, **and** your game does not get picked up by another team, your team will receive an Honest Effort Forfeit (HEF).

- If you are not playing at least 50% of your scheduled games due to other teams forfeiting, please contact the intramural office to see if we can schedule more games for your team.

## **ELIGIBILITY**

- Every intramural participant must be a full fee paying University of Colorado student or recreation center member.
- Every intramural participant must present their Buff OneCard or Student Recreation Center Membership Card in order to check in before every game. If a player fails to have one of these two proofs of identification, they will not be allowed to participate. **NO EXCEPTIONS!**
- Players may play on no more than one team in an Equal Opportunity division and one in a Co-Rec division per sport per session.
- A player must have played in at least one of the first four regular season games in order to be eligible to play in the post-season tournament.
- **Intercollegiate Athletes:** Current intercollegiate athletes are not eligible to participate in their sport or any related sport. An intercollegiate athlete is any individual participating in intercollegiate contests attending regular practice, whose name appears on the official squad list, or who has won a letter at a recognized senior college. Varsity, red shirts, junior varsity players and freshman are all considered intercollegiate athletes. You are considered an intercollegiate athlete for one entire academic year unless you have been dropped from the squad before the first intercollegiate contest and are no longer playing or practicing with the team.
- **Club Players:** A member of a club sport is defined as a student who participated or practiced with the club during the current academic year. Intramural teams are limited to three club players per team in their specific sport or any related sport, and athletes must play on a team in the most competitive league offered.

## **TEAMS/SUBSTITUTIONS**

- A team consists of six players on the field with at least two players of a different gender for the Co-Rec Division and six total players of any gender for the Equal Opportunity Division.
  - A minimum of five players must be present for both divisions at all times. Co-Rec requires at least one player of a different gender.
- An Honest Effort Forfeit (HEF) will be given to teams that have only two players at game time. Any team receiving an HEF will be given 3.0 points towards their sportsmanship rating. If a team receives two or more HEFs in a single season, they will be removed from the league and not allowed to advance to the post-season tournament.
- Teams with any less than two players will be given a standard Forfeit and will be dropped from the league.
- Players may substitute at any time, but they must inform officials of intent to substitute.
- Substituting cannot be used as a delay tactic and will result in a yellow card.

## **UNIFORM/EQUIPMENT**

- Players must wear athletic-style clothing. Some examples of inappropriate clothing would be such items as jeans, button-down shirts, sandals, dress shoes, etc. The Intramural Staff has the final discretion on what is deemed appropriate and inappropriate.
- Players must wear athletic footwear (tennis shoes, cross trainers, indoor court shoes). No Crocs, flip-flops, toe shoes, sandals, boots, dress shoes or shoes of the like are allowed during play.
- Players may not wear hard-billed hats, watches, headphones or any sort of jewelry.
- Teams are required to wear shirts of the same color, which is chosen by their captain at the time of registration.

- If both teams are wearing the same color jersey, scrimmage vests will be given to the away team.
- Only futsal indoor balls will be allowed in Intramural Indoor Soccer.

## THE COURT

- All games will be played in the Turf Gym of the Recreation Center. The penalty area is defined by the lines on the field.
- **Goal Box:** There will be a goal/penalty area marked and the goalkeeper can use his/her hands in this area. Other players may be in the goal area but cannot interfere with the goalkeeper.
  - Upon a violation by an offensive player in this area, the ball goes to the defense at the side.
    - If the goalkeeper touches the ball with his/her hands outside of the goal box, the ball goes to the other team at the side line.
    - If a defensive player commits a hand ball violation in this area, it will result in a penalty shot.
- A ball is out of bounds if it hits the ceiling and wall areas.
- **Field Lines:** There are five lines designated on both playing areas: the midline, a goal area for either team and the attacking third line for either team (penalty line).

## THE GAME

### LENGTH

- The game will consist of two 20 minute halves, with a running clock, with a 3 minute halftime.

### TIMEOUTS

- There are no timeouts in Intramural Indoor Soccer.

### CAPTAIN'S MEETING

- At the beginning of each game there will be a captain's meeting. Officials will go over any questions or rule changes, as well as point out out-of-bound areas, with captains at this time.

### THE GAME

- An unintentional handball is play on.
- There are no offsides.
- A ball hit into the side of the net by the offense goes to the goalkeeper.
- A ball hit into the side of the net by the defense goes to the offense in the corner of the field.
- **No slide tackles allowed.** You can't play the ball while on the ground. A knee touching on the ground may be interpreted as being "on the ground". The penalty for a slide tackle is a direct kick at the point of infraction for the non-offending team. Violent or persistent slide tackles will result in a yellow card. Goalies may dive, hands first, or move laterally directly in front of the goal to save a shot, but may not slide tackle.
- **No headers are allowed.**
- There are no throw-ins. All violations result in a kick from the sideline. Set the ball on the floor and kick after the official has blown the whistle.

### MERCY RULE

- If a team is winning by six goals they must take a player off the court.
- If a team is winning by eight goals they must take an additional player off the court.
- If a team is winning by ten goals with ten minutes or less remaining in the second half, the game will be called.

### OVERTIME

- There is no overtime in regular season games.
- **In the event that there is a tie at the end of a post-season tournament game, sudden death will commence:**
  - A coin flip determines who shoots first.

- Each team is allowed one penalty shot in turn. In the event that multiple shots must be taken, a different player must take each shot.
- The first unanswered goal will end the game.
- Any member of the team may be the goalkeeper during the shoot-off, but that person must stay in the goal for all penalty shots unless he/she is injured.
- Penalty shots (Hockey Style) will be explained by the officials at the game.

### **GOALKEEPER**

- Goalies may throw, but cannot kick, the ball further than three lines.
- Goalkeeper possession is limited to five seconds.
- **A goalie may not pick up a ball that is passed to them from their own team with their hands.**

### **FOULS/PENALTIES**

- **Penalty: kick going to the offended team at the point where the infraction occurred.**
- Before any free kick, defending players must be at least five yards away from the ball. Kicker should kick immediately following the whistle.
- Rough play against the wall (called at the official's discretion).
- Most other fouls (e.g. hand ball, tripping, etc).
- An indirect foul committed in the penalty area results in a direct kick taken from the edge of the penalty area.
- All other fouls whether direct or indirect will result in a direct kick.
- A player may not kick the ball in the air over three lines. A violation of this rule will result in a direct kick above the opposing attack line.
- **Penalty Kick:** Fouls/violations in the goal/penalty box may result in a penalty kick.
- Penalty kick may be awarded if the goalie throws the ball at a player.
- In a penalty shot situation, the player gets the ball at the top of the attacking third line (designated in both the Turf Gym and Carlson Gym by the officials). Teams will be lined up near midfield as designated by the officials. Once the ball is touched by the designated kicker, normal play will resume.
- **PENALTY BOX PROCEDURE:**
- Player is detained by supervisor for:
  - 2-4 Minutes
  - Time it takes for the other team to score.

### **YELLOW CARD OFFENSES = hard four minutes in penalty box**

- Persistent infringement of "Laws of the Game"
- Dissent
- Unsportsmanlike conduct
- Slide-tackle where contact is made between players
- Wreckless fouls against or near the walls

### **RED CARD OFFENSES = Ejection from game and five minutes penalty for replacement player**

- Two yellow cards = a red card
- An intentional handball that prevents a goal
- Violent or unsportsmanlike conduct
- Serious foul play with excessive force
- Using abusive language, or if he/she persists in misconduct

### **CONDUCT/SPORTSMANSHIP**

- Fighting and unsportsmanlike conduct will not be tolerated and are grounds for the team and its members being dropped from the league and/or suspended from Intramural Sports. Any team whose members leave the bench will result in the entire team being suspended for at least the semester.

- Any abusive language, physical gestures and untimely or inappropriate questioning of calls directed at intramural staff, participant or spectator is grounds for ejection. Team cards may be given and team captains are therefore responsible for controlling their respective benches.
- Pre and post-game harassing of intramural staff, participant or spectator, as well as any unsportsmanlike conduct or lack of cooperation, is grounds for suspension or expulsion.
- The Intramural Supervisor has the ability to award penalties and/or ejections to any intramural participant or spectator at any point in time.
- Only captains may address the intramural staff on matters of interpretation and discussion.
- Teams are required to clean up after themselves and keep the intramural playing area clean. Failure to do so can impact sportsmanship rating.
- **Teams must average no less than a 3.0 sportsmanship rating. Failure to do so will result in expulsion from the post-season tournament.**

### **EJECTIONS**

- If a player is ejected, he/she must leave the facility immediately. Teams may continue with a replacement player, but he/she will start in the penalty box for five minutes.
- The ejected player is automatically suspended from all Intramural Sports until he/she speaks directly to the Intramural Coordinator. Indoor soccer is not a game of physical contact, and the only contact between two players should be when the ball is within one yard, and then only shoulder to shoulder. These rules are to encourage you to play the ball and not the opposing player.
- Any unsportsmanlike comments from the players or spectators will result in a yellow card. Teams are responsible for their spectators. A spectator yellow card is awarded to the captain. Three red cards on the same team will result in the game being terminated, and that team losing the contest. Questions may be directed to the Intramural Supervisor, during half time or after the game.

### **TOURNAMENT SCHEDULES**

- Teams are considered ineligible for the post-season tournament for the following reasons:
  - Accruing one Forfeit.
  - Accruing two Honest Effort Forfeits (HEF).
  - Receiving less than a 3.0 sportsmanship rating average.
- Post-season tournament schedules will be posted the last week of the regular season.

**Forfeit Score: 5-0**

**Needed to Start: 6 players (2 of a different gender for Co-Rec)**

**Minimum to Start: 4 players (1 of a different gender for Co-Rec)**

**HEF: 2 players**