INTRAMURAL INDOOR SOCCER RULES (5v5)
San Francisco State University
Campus Recreation Department
Intramural Sports
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The team captain is expected to read and familiarize themselves with the SF State Intramural Sports Handbook and is responsible to inform their team of all rules listed here and within the handbook.

The SF State Campus Recreation Department/Intramural Sports Program reserves the right to implement and/or revise any rules without prior notice to protect the integrity of the leagues, ensure fairness of competition, and for the safety of participants.

GAME AND PLAYER EQUIPMENT
1. The IM Program will furnish the game ball, but not for warm ups
2. Only court or tennis shoes are allowed.
3. Goalies on the court must wear the provided goalie shirts.
4. A player may not wear anything which could be dangerous to another player (e.g. jewelry, rings, watches, etc.) Only stud earrings are permitted. Knee braces are permissible provided all metal is covered by protective padding.
5. Hard casts of any kind are not allowed.

TEAM COMPOSITION
1. Teams may carry a maximum of 10 players on their roster.
2. You have up to the fourth week of league games to finalize your official team roster.
3. Each indoor soccer participant may compete for only one team in the sport.
4. Current SF State Intercollegiate soccer players, listed on the team roster for that current academic year, are not permitted to play in the intramural indoor soccer league.
5. Sport Club players must play in Division A Leagues if a similar sport club exists on campus.

THE GAME
1. The game will be played with five players on the court per side including the goalkeepers.
2. Each team must have no less than four players to officially start the game.
3. Teams listed first on the schedule will be considered the HOME team. Teams listed second will be considered the VISITORS.
4. A five minute grace period will be given for late arriving teams. After 5 min. the game will be considered a forfeit, 0.0 sportsmanship points will be given to that team.
5. **SF State ID cards** are REQUIRED at the beginning of every game prior to a participant playing on the field. You must have your SF State ID card to play. NO EXCEPTIONS!
6. ALL COED TEAMS MUST HAVE TWO WOMEN ON THE COURT AT ALL TIMES.
7. The offside rule does not apply to indoor soccer.
8. After the half time period teams will trade sides with each other.

SCORING & TIMING
1. A goal is made when the soccer ball completely crosses the goal line.
2. ALL goals scored are worth one point each.
3. Two 15-minute halves will be played in a game with a running clock.
4. If the score is tied after regulation play, the game will go on the record as a tie during regular season play.
5. During Playoffs if the score is tied after regulation play, 1 five-minute overtime period will be played. If a winner has not been determined after overtime play, any 3 players from each team that were on the court in overtime may participate in a penalty kick shoot-out. If still no winner is determined, the remaining players on the court during overtime will alternate penalty kick shots one at a time, until a winner is determined.
6. Time will only be stopped for injuries and at the referee’s discretion.
7. There will be a maximum of a 2-minute halftime.

FOULS AND PENALTIES
A yellow or red card may be given to a player who repeats an offense or is endangering those around him/her.

1. A one minute penalty will be given to any player that kicks a ball into the ceiling fixtures or hits the ceiling. A sub may enter the game in their place. If the goalkeeper kicks the ball up and hits the ceiling, another player may substitute out for them.
2. Any foul committed inside the penalty area will result in a direct kick taken at the top of the 3 point key.
3. Foul or direct kicks will be awarded if one of the following infractions occurs:
   a. Playing in a manner considered dangerous by the referee. For example: scissor kicks, acrobatics
   b. Goalie holding onto the ball for more than 6 seconds.
   c. Having too many players on the field at one time.
   d. Being guilty of unsportsmanlike conduct (This includes shouting at players or referee to insult him/her or distract him/her).
   e. Kicks or attempts to kick an opponent.
   f. Trips an opponent.
   g. Jumps at an opponent.
   h. Charges an opponent in a violent or dangerous manner.
   i. Charges an opponent from behind.
   j. Holds or pushes an opponent with his/her hands or with any other parts of his/her body.
   k. Handles the ball intentionally (not including this goalie in their penalty box).
   l. Sliding in any manner, except by the goalie.

   NOTE: A SERIOUS OFFENSE MAY RESULT IN EJECTION FROM THE GAME

5. A player receiving a yellow card must sit out for two minutes of playing time. The entire one minute of playing time must be served by the carded player regardless of the developments on the field. The player serving the penalty period cannot be substituted for until a goal is scored against his/her team, then a substitute may enter for the penalized player. The official will note the time of the infraction and release the penalized player when the penalty period has expired.

6. A player receiving two yellow cards in a game, which is equal to one red card, will have to sit out for the rest of the game. After the second one minute of penalty, the player may be substituted for. A player receiving a red card will be automatically sent out of the game and the team must play shorthanded the rest of the game.

7. Any player that receives two yellow cards in one game OR one red card in a game will be required to discontinue playing in the game and must leave the facility. He/She will be suspended from playing in the team's next scheduled game, including playoffs. At that time, the suspended player is banned indefinitely from participation in all further IM competitions pending a meeting with the Intramural Coordinator, who will determine the appropriate period of suspension. Any team with two players receiving red cards within a single game will result in an automatic forfeit by the team.

8. The IM staff has the authority, at any time, to recommend that a player/team not be allowed to continue participating within a game or league.

DEAD BALLS
1. When the ball hits the ceiling, or objects in the ceiling. For example: lights, score clock, basketball hoops, nets, or backboards. The other team takes possession of the ball at the point where the ball became dead.
2. When the ball goes beyond designated sidelines and end lines. The playing area is the designated basketball court.
3. No hands. A hand ball, other than by the goalie inside the 3-point arch, will result in a dead ball with the other team taking over possession at the point of contact.
4. No sliding. Sliding of any kind, other than by the goalie in the 3 point area, will result in a dead ball with the other team taking over possession at the spot the slide took place.

KICKS AND KICKOFF
1. The kickoff must be indirect. (An indirect kick is one in which a goal cannot be scored directly from the kick, but first must touch another player, other than the goalie.)
2. All kicks are indirect, except for a penalty kick which is direct. (A direct kick is one on which a goal can be scored directly from the kick against the offending team.)
3. 10 feet must be given on any kick. It is mandatory the defense stay stationary.
4. After each goal, a kickoff by the non-scoring team will resume game play.
5. Player initiating the kick-off must wait for the official’s whistle to begin play.
6. No leaving the ground. I.E.: scissors kick, diving kick, or bicycle kicks.
7. Corner Kicks: If the ball is struck out of bounds by the defensive team on their base line, a corner kick is awarded to the offensive team. The ball is placed in the corner of the court nearest the baseline where the ball went out.
8. Goal Kicks: If the ball is struck out of bounds along the baseline by the offensive team, a kick-in will take place from the base line where the ball went out of bounds by the defensive team on that side. Goal kicks taken from the baseline are indirect and must first touch another player before a goal can be scored. The ball must leave the 3-point arc before being touched by any other player and the ball can not be touched twice by the same player within the arc.

OUT OF BOUNDS / KICK-IN
Gym 100 & 147– Playing court boundary lines are the dark purple basketball court lines in Gym 100 and the black basketball court.
lines in Gym 147 marking the perimeter and center of the court. The ball must completely cross the entire width of the boundary line to be called out of bounds.

1. Any ball kicked or dribbled beyond the court boundary lines will be called out and the ball will be given to the other team at the point the ball went out. The team awarded the ball will do a kick-in to resume play of the game.
2. A kick-in is indirect, and must first touch another player before a goal can be scored.
3. On a kick-in the ball must first be stopped on the ground, behind the out of bounds line, then kicked. The ball cannot be tossed or dropped prior to the kick. Violation of this rule will result in a turnover and a kick-in will be awarded to the other team at the same spot.
4. 10 feet must be given by the defenders on any kick-in.
5. A maximum of 5 seconds will be given to put the ball back into play.

GOALIES
1. Goalies on the court must wear the designated goalie shirts provided.
2. Goalies are allowed to use their hands inside the 3-point arc they are defending only.
3. Goalies leaving the 3-point arc will be treated like any other player on the court.
4. Goalie has possession of the ball once he/she places ONE FINGER on the ball.
5. All players must back off once the goalie has established possession of the ball.
6. If the ball goes along side or behind the goals it is the goalies ball.
7. Obstructing the goalie will not be allowed at any time.
8. A Goalie may not throw, punch, or kick the ball from inside the 3-point arc and score a goal for his/her team following taking possession of the ball. The ball must first touch the ground, or another player, before crossing the center line marked on the court. A violation will result in other team receiving a direct penalty kick from half court. Outside the 3-point arc, a goalie can kick the ball and attempt to score a point for his/her team.
9. Goalies are allowed to slide from side to side, not dive directly forwards, inside the box.

SUBSTITUTIONS
1. Free substitutions can be made any time during the game.
2. A substitute may not enter on the court until a player comes completely off. Players substituting onto the court must enter at the center half line
3. Goalie changes must go through the Referee.

SPORTSMANSHIP RATING & PLAYOFFS
1. All teams are given a sportsmanship rating at the end of every game (0-4.0).
2. If a team forfeits, they will be given a 0 rating in sportsmanship. If a team captain knows his/her team will be forfeiting a game ahead of time, the team should notify the intramural sports office. Teams that notify the intramural sports office via email by 12:00noon on the day of their game will be given a 2.0 sportsmanship rating for their forfeited game. [An email must be sent by 12:00noon to ims@mail.sfsu.edu]
3. The overall sportsmanship average(SPA) will determine whether or not a team is eligible for playoffs. A team with a total sportsmanship average(SPA) at the end of the season below a 2.7 will not be eligible to participate in playoffs.
4. All teams with a sportsmanship average(SPA) above 2.7 are eligible for playoffs, which will be held in a tournament format. Regular season records will determine tournament seeds.

ZERO TOLERANCE POLICY
There is ZERO TOLERANCE towards all violent and/or threatening behavior in all SF State Intramural Leagues. Players and/or spectators involved in any behavior which could potentially cause harm or injury to another player, ie: body checking, throwing punches, tripping, excessive taunting, verbal or physical abuse, and other malicious acts will be severely dealt with. In addition, talking to a game official is strictly prohibited and trash talking, arguing, or harassing a Campus Recreation employee will not be tolerated. Individuals choosing to engage in such behavior will be banned from future participation within the SF State Intramural Program forever, and a report will be filed with the University Police Department, possibly resulting in assault charges being filed against the individual.