

Rutgers University Recreation Indoor Soccer Rules

Revised 1/24/22

Each player must present a valid RU I.D. and be on the intramural team roster. If you cannot present an RU I.D you will not play. All players must have a Rutgers Recreation account to prove that you are a current Rutgers Student and so they have consented to a waiver form.

Rutgers Intramural Sports will provide referees for each regular season and playoff game and they have absolute authority during the game. Teams are responsible for keeping their spectators and players under control. Misconduct of participants, coaches or spectators can result in an implementation of an unsportsmanlike penalty, ejection, or sanctions against your team. If you have been ejected from two or more games you will not be playoff eligible.

**As of 01/24/2022 all players and spectators must wear a face covering during play or while spectating a game as per the Rutgers University policy. Any player or spectator found to be ignoring or disregarding requests from intramural/recreation staff to follow this policy will be removed from the game/recreation center and the game may be declared a forfeit.*

All rules mentioned here are under the discretion and interpretation of Rutgers University Intramural Sports and it's Directors, Supervisors, and Referees.

Team Requirements

1. A team will consist of 6 players (including the goalkeeper). A game may be played with a minimum of five players. If a sixth player arrives late, they may only enter the game when permitted by a referee.
2. Coed teams consist of six players. Teams must have a minimum of a 2:2 gender ratio of players on the floor. The goalkeeper does not count towards that minimum. If a team begins a game with 5 players, this rule still stands.**
3. Teams must arrive 15 minutes before their scheduled start time. A 5-minute grace period will be given after the scheduled time. After the five minutes, the game will be officially considered a forfeit by the Rutgers University Intramural Sports Supervisor-On-Duty.
 - a. Note that playoffs seeds will be based on a points system. Forfeiting a game will result in your team losing points.
4. Forfeiting 2 games will result in your team being removed from the league.
5. Players are permitted to participate on TWO teams (Coed/Open & Men's or Coed/Open & Women's) per campus.
6. Teams must wear the same colored shirts. If teams are not all the same color and/or the opposing team is wearing the same color then RUIM will provide pinnies. The goalkeeper must wear a different color shirt than the rest of his/her teammates and opponents.

***Transgender participants are eligible to play based on their expressed gender identity so long as they comply with all other Player Eligibility Guidelines. Any questions about participation will be reviewed on a case-by-case basis and referred to the Office of Diversity and Inclusion.*

Player Equipment

1. Proper non-marking sneakers must be worn at all times.
2. Wearing of hats and bandanas is prohibited as well as jewelry such as necklaces, rings, bracelets, etc.
3. Shin guards are **no longer required but will be available for purchase at the game site if desired by a player.**
4. An Indoor Soccer ball will be provided by RUIM Sports and is the only sanctioned ball for play in RUIM Sports.

Game Format

1. The game will consist of two 20-minute halves. The clock will run for the first 38-minutes of the game. During the last two-minutes of the game and overtime (only in playoffs) the clock will stop on any whistle and will restart when the ball is put back in play. The clock may be stopped for any unusual delays at the discretion of the RUIM Officials and/or Supervisors.
2. The team that wins the coin toss will get to choose ball or side of the court. Regardless of choice the team that does not kick off in the first half will kick off in the second half. Teams will switch sides of the court in the 2nd half.
3. Time outs are **NOT** permitted. Half time will be three minutes in duration.
4. **Mercy Rule:** If, with five-minutes or less remaining in the game, a point differential of 6 or more exists the game shall be terminated.

Substitutions

1. Substitutions for floor players can be made on the fly.
2. Players must enter and exit the court within their designated team box. An exiting player must be **FULLY** off the floor before the substitute can enter the court.
3. Play will be halted and both teams will be given “guaranteed substitutions” for the following reasons:
 - a. After a goal is scored
 - b. After a time penalty has been assessed
 - c. After an Injury or Referee Timeout
 - d. At an unusual stoppage acknowledged by a Referee
 - e. Prior to the start of the 2nd half and any overtime period
4. A team is not permitted to play with more than 6 players on the court. **Penalty:** *Illegal Substitution, the most recent player must come off the court and one court player (at the offending team’s captain’s choosing) must serve a Minor penalty.*
5. Substitution for the goalkeeper must be made on an Official’s whistle, only during a guaranteed substitution. **Penalty:** *Illegal Substitution, Minor penalty for a player on the floor at the time of the penalty, Blue Card to the player who substituted inappropriately.*

Rules and Infractions

1. Minor violations (Blue Cards) result in loss of possession and one minute penalty for the violating player. Restart is a direct kick.
2. Major/Flagrant violations (Yellow/Red Cards) result in two-minute penalty and/or game ejection (depending upon severity). Restart is a direct free kick.
3. Offenses resulting in a direct free kick (goal can be scored directly off the kick):
 - a. Tripping an opponent
 - b. Intentionally kicking an opponent
 - c. Deliberately handling the ball
 - d. Pushing or Holding
 - e. Charging the keeper in possession
 - f. Striking or attempting to strike an opponent
 - g. Jumping at an opponent
 - h. Using foul or abusive language
 - i. Unsportsmanlike acts
 - j. Infractions occurring in the penalty area will result in a penalty kick.
 - k. Entering the field without permission.
 - l. The same player playing the ball after putting it in play from a stoppage.
 - m. Dangerous play
 - n. Obstruction
 - o. Delay of game
4. Badgering of Officials by any player or spectator may result in a Major Penalty. TEAM CAPTAINS ARE RESPONSIBLE TO CONTROL THEIR TEAM'S ATTITUDE/BEHAVIOR. If the badgering persists, immediate game disqualification may occur.
5. During a kickoff. Players must remain on their half of the court until the ball is kicked.
Penalty: Turnover - Direct Kick
6. During a kickoff the ball must be played in any direction.
7. The entire ball must be across the goal line with time remaining on the clock in order to be considered a goal.
8. After a goal the opposing team puts the ball in play at midcourt. This is not a time out situation and a delay of game penalty may immediately be assessed if teams do not resume play in a timely fashion.
9. If a ball goes behind the goal the ball will be put into play determined on who touched the ball last. If the Attacking Team touches the ball last, play will be resumed with a Goalkeeper Distribution (this replaces a Goal Kick). If the Defending Team touches the ball last it will result in a Corner Kick.
10. On a ball trapped against the wall with no clear possession after *5 seconds*, a drop ball will restart the game. A drop ball will also be used after an injury occurs if no team was in clear possession of the ball.

11. No one may be in the goalkeeper box (marked by blue lines) but that respective teams goalkeeper. This is a safety issue utilized to protect all players on the court. **Penalty:** *Attacking Team – Goal Keeper Distribution; Defending Team – Indirect Free Kick. Note, if the referee's believe a defender denied an obvious goal scoring opportunity with this infraction, they can increase the severity to a penalty kick or an awarded goal with a red card.*
12. Penalty Kicks will be taken from the free throw line in Cook, and 10 yards away from the Goal Line in College Ave Gym. In CAG, there will be a mark to denote the PK Line.
13. **Players are not allowed to SLIDE TACKLE.** Slide Tackling is defined as “sliding (intentionally or not), which is defined as “leaving ones feet” that results in or puts a player at risk for a take down. **Penalty:** *Major Penalty, Yellow/Red Card (depending on severity), Direct Kick*
14. Players are not allowed to SLIDE. Sliding is defined as “anything other than being on your feet.” (eg. –going down on one knee will be considered a slide). **Penalty:** *Minor Penalty, Blue Card, Direct Kick*
15. Court players (besides the goalkeeper) may not intentionally handle the ball with their hands or arms. **Penalty:** *Direct Kick*
16. Player may request a 5 yard cushion to kick the ball during a free kick. Plays MUST ASK for the 5 yards or they won't receive it. If the box is closer than 5 yards defensive teams may line up on the edge of the goalkeeper box.
17. Advantage: If a foul is committed by the defense while the offense is attempting a scoring opportunity, and calling a foul would stop the offense's chance of scoring on that play the official will shout “play on.” Shouting “play on” will evoke the advantage rule meaning that the offense will continue with their scoring opportunity. At the next stoppage of play the official who called for the advantage rule will give the offending player the appropriate card, if necessary.
18. There is no offside rule in Rutgers University Intramural Sports.
19. Accumulation of 4 or more Caution Points on a single player will result that players ejection from the game and the offending team playing down a player. Caution Points are given as follows:
 - a. Blue Card – 1 point (1st Offense), 1 point (2nd Offense), 2 points (3rd Offense)
 - b. Yellow Card – 2 points
 - c. Red Card – 4 points
20. When serving penalty time players may reenter the game after a “power play” goal by the opposing team only when serving Minor violations (Blue Card). The entire penalty time for Major violations (Yellow Card) must be served. A team must remain a player down for the remainder of the game if a Red Card is shown.

College Avenue Specific Rules

1. $\frac{3}{4}$ of the Walls in College Ave Gym will be playable. The wall nearest where the RUIM Sports Staff Member is set up will be considered out of play. As soon as the entire ball crosses the boundary line nearest the staff member the ball will be declared dead and will be put into play by an Indirect Kick-In awarded to the team that did not last touch the ball prior to it going out of play.

Goal Keeper Play

1. The goalkeeper may dive within their box to stop a goal.
1. The goalkeeper may never punt or drop-kick a ball. All goalkeeper distributions must be from the hands. **Penalty:** *Indirect Free Kick at Free Throw Line*
2. A goalkeeper throw may go anywhere including over the half line but cannot score unless it is deflected.
3. When a player deliberately “kicks” the ball to his/her goalkeeper, the goalkeeper is not permitted to touch the ball with their hands. **Penalty:** *Indirect Free Kick from the penalty mark.*
4. An unintentional deflection with the foot by a teammate to their goalkeeper is not a violation. Also, any teammate who while defending a corner kick heads the ball to their goalkeeper is not in violation of this rule because it is not defined as a “kick”.
5. The goalkeeper has no restriction in moving around the goal box with possession of the ball. Possession of the ball is defined as a **HELD BALL**, and a goalkeeper has on **FIVE** seconds to put it in play once it is “held”.
6. Once the goalkeeper has possession, he/she may not be harassed, one hand rule. (3-minute major penalty)
7. The goalkeeper may not move on a penalty kick and their feet must be on the goal line until the ball is kicked.
8. The goalkeeper may leave the penalty area to attack but must re-establish themselves in the goalkeeper box before using their hands.

Overtime (Only in the Playoffs)

1. One 5-minute “Golden Goal” period will be played in the case of a tie score. If the game is still tied after the “Golden Goal” period, penalty kicks will occur in a 3v3 format and then 1v1 format if the game remains tied. The first five players to shoot the penalty kicks must be on the field at the expiration of extra time. The goalkeeper is not required to kick.

Rutgers University Intramural Sports Policies

1. The game of Indoor Soccer is a contact sport and injuries (mostly minor) do occur. Players should participate with this understanding. Also, participation in the Intramural Sport Program is completely voluntary. Rutgers University is not responsible for injuries incurred during intramural play. It is strongly recommended that participants have satisfactory health status and accident insurance to cover any injury that may occur
2. Alcohol or other illicit drugs are not to be brought to any Rutgers Recreation Facility. Players coming to their game under the influence risk Forfeiture of the game, suspension from intramural play, and referral to the Dean of Students.
3. There will be a Sportsmanship Rating System in place for all teams. At the conclusion of every game, the officials and intramural supervisors will rate each team based on their sportsmanship towards their opposing teams and the officials. Team Captain’s will sign off on their score and Sportsmanship Rating. The rating can change from 4.0-0.0. Teams must

have at least a 2.5 rating average in order to be eligible for the playoffs. Teams at risk of falling below or teams that are below the required Sportsmanship Rating will be alerted by Rutgers University Intramural Sports Staff, as a preventative measure. Teams must have a least 2.0 rating for each game in the playoffs in order to advance. Any team that receives a 0.0 in a playoff game will be disqualified from that playoff tournament and suspended from all IM events for a period of time to be determined by the professional staff. The sportsmanship ratings are based on:

A (4) Excellent Sportsmanship - given to a team where all players cooperate fully with the officials and opposing team members.

B (3) Above Average Conduct - Team members verbally complain about some decisions made by the officials and/or show minor dissension, which may or may not merit an unsportsmanlike penalty (technical, yellow flag, etc). Any team receiving an unsportsmanlike penalty will receive no higher than a "B" rating.

C (2) Poor Sportsmanship - Team members constantly comment to the officials and/or the opposing team from the field/court and or/sidelines. The team captain exhibits little control over teammates or him/herself. Teams that earn at least two unsportsmanlike warnings will receive no higher than a "C" rating.

D (1) Deplorable Conduct - given to a team that persist in questioning officials' decisions; and/or they repeatedly argue with the officials. Teams display frequent use of profane or vulgar language. Spectators, clearly related to the team, fail to cooperate with the officials and the team is not supportive of the officials' efforts. Teams that earn at least three unsportsmanlike warnings will receive no higher than a "D" rating. Teams receiving an ejection due to unsportsmanlike actions of a player will receive no higher than a "D" sportsmanship rating.

F (0) Intolerable - given to a team where the team is completely uncooperative and the captain has no control. Any team that receives four unsportsmanlike penalties or two player ejections will receive an "F" rating and the game will be forfeited.