

Indoor Soccer Rules

Any rule not specifically covered will be governed in accordance with the National Federation of High School Soccer rules. NOTE: There is no off side or out of bounds in LU IMS Indoor Soccer. All rules are subject to change at the discretion of the LU IMS Administrative Staff.

I. Number of Players

- A team can carry up to 12 players on their roster.
- Rosters are set once a team plays their first regular season game. Any changes must be approved by the Associate Director of IMS.
- Men's & Women's Leagues – Each team consists of six (6) players on the field, including a goalie.
- To start a game, a team must have at least five (5) players.
- If during a game a team has fewer than four (4) eligible players due to injury or ejection, the game shall be terminated.

II. Officials

- An official shall enforce the rules and decide any disputed point. The official has the responsibility and authority of calling fouls.
- The official may stop the game for any rule infringement, and suspend or terminate the game whenever stoppage is deemed necessary.
- The official shall allow play to continue when the team against which an offense has been committed will benefit from such an advantage.
- The official may caution any player guilty of misconduct or unsportsmanlike conduct, and if the player persists, eject him/her from the game. An ejected player may not be replaced!
- Only the designated captain, in a sportsmanlike manner, may approach the official and question a call.

III. Player Equipment

- All players must wear similar colored jerseys or pennies. Pennies are available at the field for each team.
- All players must wear rubber soled athletic shoes. No cleats will be allowed on the turf.
- Equipment that may be dangerous to another player, such as hats or bandanas, is not allowed.
- Players may not play with leg and/or arm braces that have exposed metal or hard unyielding materials.
- There is no jewelry to be worn at any time, including wedding bands. Penalty: Yellow Card
- Shin guards are not required but are strongly encouraged for each participant.

IV. Substitution

- Substituting may occur at any time that a team has possession, during your team's kick-in, your team's goal kick/corner kick, on any goal kick, and any time that the opposing team is substituting a player.

- Substitutions may also occur after a goal.
- Substitutes shall go to their team entry position and cannot enter the game until the player they are replacing is completely off the field.
- A player who receives a yellow card must be substituted, provided there are substitutions available.
- Any player may change places with the goalkeeper, if the Official is informed before the change is made and the change is made during a stoppage in play. Penalty: Yellow Card

V. Duration of the Game

- Game time is considered forfeit time. There is no grace period.
- The duration of the game shall be two equal halves of 12 minutes. Halftime shall be one minute.
 - (8 at halftime Mercy Rule) If a team is leading by eight goals or more at halftime, or a team attains a lead of eight goals during the second half, the game will end.
 - (6 at 5 Mercy Rule) If a team is leading by six goals or more at the 5:00 mark of the second half, or a team attains a lead of six goals during the final 5 minutes of the game, the game will end.
 - (4 at 2 Mercy Rule) If a team is leading by four goals or more at the 2:00 mark of the second half, or a team attains a lead of four goals during the final 2 minutes of the game, the game will end.
- Indoor Soccer games will use running time, which means the clock will not stop unless the referee deems necessary due to an injury.
- Time shall be extended to permit the taking of a penalty kick awarded before the sounding of the final whistle to end each half.
- A game shall be considered an official contest at the completion of the first half.
- Games that are tied at the end of regulation will proceed to an overtime "shootout" period.
 - The shootout will consist of three (3) players from each team.
 - Each team will alternate with each player taking a penalty kick.
 - If after three shots the score is still tied, each team will be allowed one more shot to be shot by a player that has not taken a shot during the overtime period. This process will be repeated until a winner is determined.

VI. Start and Restart of Play

- Before play begins, a coin is tossed and the team that wins the toss will have the choice of kicking off or deciding which goal to defend. The second half play will begin with a kickoff by the team that did not kickoff to start the game.
- After the Official has given a signal, the game shall be started. The ball is in play when it is kicked in any direction. If the ball is not properly touched, the ball will again be placed on the kickoff mark and the kickoff is retaken.
- All kickoffs are indirect. If a kickoff is directed straight into the opponent's goal, without a second players touching, the result is a goal kick for the opposing team.

- The kicker may not touch the ball again until it has been touched by another player. Penalty: Indirect Free Kick
- A dropped ball is a way of restarting the match after a temporary stoppage. Play may also be restarted with an indirect free kick if in the opinion of the Official one team had clear possession of the ball when the stoppage occurred.

VII. Ball In and Out of Play

- The ball is out of play when:
 - It has completely crossed the goal line or touchline whether on the ground or in the air.
 - The official sounds his/her whistle.
- The ball is in play at all other times, including when:
 - The ball rebounds off the glass in the field of play.
 - The ball rebounds off the official when he/she is in the field of play.
 - There will be no whistle to restart play except:
 - When a team asks the official for 5 yards
 - When a play has been stopped to caution or eject a player.
 - For a penalty kick
 - When a goal is scored
- The ball is out of play when it touches the ceiling or net. The restart will be an indirect kick for the opponent from the spot of the last touching.

VIII. Method of Scoring

- A goal is scored when the whole ball has passed over the goal line, between the goal posts and under the crossbar, if no infringement of the rules has been committed previously by the team scoring the goal. If the Officials whistle sounds before the ball passes fully into the goal, the goal shall not be allowed.
 - A goal may be scored directly from a goal kick, but only against the opposing team.
 - A goal may be scored directly from a corner kick, but only against the opposing team.
- A goal CANNOT be score directly from a kick in. It must touch a member of either team before crossing the goal line to be counted as a goal.

IX. Fouls and Misconduct-Free Kicks

- Free kicks shall be classified under two types:
 - DIRECT – from which a goal can be scored directly against the offending side. All direct kicks awarded in the penalty area shall merit a penalty kick.
 - INDIRECT – from which a goal cannot be scored unless the ball has been touched by a player other than the kicker before passing into the goal.
- Offenses for which a DIRECT kick shall be given are:
 - Kicking or attempting to kick an opponent.
 - Tripping or attempting to trip an opponent.
 - Jumping at an opponent

- Charging an opponent (A fair charge is one in which a player makes non-violent shoulder-to-shoulder contact with an opponent, with the arms and elbows close to his/her body, at least one foot on the ground, and the ball within playing distance).
- Striking or attempting to strike an opponent.
- Boarding an opponent – a player charges an opponent into the wall or glass surrounding the field of play
- Pushing an opponent
- Holding an opponent
- Spitting at an opponent
- Slide tackling an opponent.
 1. Slide tackling from the side or front of the player with the ball will result in an automatic yellow card.
 2. Slide tackling from behind the player with the ball will result in an automatic red card.
 3. 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.
 4. A slide tackle does not require that any contact occur between players.
- Intentionally handling, carrying, striking, or propelling the ball with a hand or arm.
- Using foul or abusive language directed towards a player or an official.
- Handling by the goalkeeper outside the penalty area
- Kicking the ball so that it hits the ceiling will result in a direct kick for the opposing team from the location where the ball was originally kicked.
- Offenses for which an INDIRECT free kick shall be given are:
 - Playing the ball a second time before it has been touched by another player at the kickoff, a throw in/kick in, a drop kick, a free kick, a corner kick, or a goal kick.
 - Obstructing the progress of an opponent
 - Playing in a dangerous manner (i.e. high kick, playing on the ground)
 - If the goalkeeper takes more than 6 seconds while controlling the ball with their hands before releasing it into play
 - If the goalkeeper touches the ball with their hands after it has been deliberately kicked to him/her by a teammate
 - If the goalkeeper touches the ball with their hands after receiving it directly from a throw in/kick in taken by a teammate
 - A player prevents the goalkeeper from releasing the ball from his hands.
 - A player commits any offense for which play is stopped to caution or dismiss a player.
- When a DIRECT or INDIRECT free kick is being taken, all opposing players shall be at least 5 yards from the ball until it is kicked unless they are standing on their own goal line.
- If a DIRECT or INDIRECT free kick is kicked directly into a team's own goal, a corner kick is awarded to the opposing team.
- Treat all free kicks to be taken in the goal area by the defense as a goal kick.
- An INDIRECT kick to be taken in the goal area by the offense shall be taken from the top of the goal area line.

X. Fouls and Misconduct-Disciplinary Sanctions

- Yellow card offenses (substitution for the offender must be made, the offender may not re-enter until the next free substitution period):
 - Unsportsmanlike behavior
 - Dissent by word or action
 - Boarding
 - Persistent infringement of the rules of the game
 - Delaying the restart of play
 - Failing to respect the required distance when play is restarted with a corner or free kick
 - Entering the field of play without the Official's permission
 - Deliberately leaving the field of play without the Official's permission
 - Four Yellow Cards will result in a one game suspension, each subsequent yellow will result in another game suspension
- Red card offenses (substitutions may not be made, team must play a person down from opponent; if team is playing with the minimum number of players when red card occurs, the game will become a forfeit):
 - Serious foul play
 - Violent conduct
 - Spitting on opponent or any other person
 - Denies the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball
 - Denies an obvious goal scoring opportunity to an opponent moving towards the goal by an offense punishable by a free kick or penalty kick
 - Using offensive, insulting, or abusive language and/or gestures
 - Receiving a second yellow card caution in the same match

XI. Penalty Kick

- Awarded for any infringement of the rules, within the penalty area, that would require a direct free kick (including kicking the ball so that it touches the ceiling).
- A penalty kick shall be taken from the penalty mark. While the kick is being taken, all players with the exception of the player taking the kick and the opposing goalkeeper shall be within the field of play but outside the penalty area and at least 5 yards from the penalty mark.
- The opposing goalkeeper may ONLY move laterally on his/her own goal line between the goalposts, until the ball is kicked.
- The player taking the kick must kick the ball forward.
- If the ball hits the wall or crossbar and rebounds back into play, the player who kicked the ball cannot play it again until it has been touched by another player. Penalty – Indirect free kick
- The ball shall be deemed in play directly after it is kicked.

XII. The Kick In/Throw In

- When the ball passes COMPLETELY over a sideline, it shall be kicked in from the point where it crossed the line by a player of the team opposite to that of the player who it last touched.
- A player shall place the ball on the ground on or behind the sideline and proceed to take the kick following the rules of an indirect free kick. The ball shall be in play immediately after it has crossed over the line, and may be played by any player except the one who executes the kick in. Five yards shall be given, the same as all free kick situations.
- If the ball is improperly kicked into play, the restart shall be taken by a player of the opposing team.
- If the ball fails to enter the field of play, it shall be kicked again.
- If an opponent interferes with or in any way impedes the actions of the thrower/kicker while the kick in is being taken, the official will administer a yellow card for unsportsmanlike conduct.
- Goalkeepers cannot handle a ball that is kicked in directly to them by their own team.
- A goal CANNOT be scored directly from a kick in. It must touch a member of either team before crossing the goal line to be counted as a goal.

XIII. Drop Ball

- Drop ball occurs:
 - When the ball is caused to go out of bounds by two opponents simultaneously
 - Following a suspension of play for an injury or other situation in which no team has clear possession of the ball.
 - A foul by both teams occurring simultaneously.
- The spot of the drop ball is where the ball becomes dead unless this is in the goal area, in which case the spot is the nearest point on the goal line in the field of play.

XIV. Goal Kick

- A goal kick shall be awarded to the defending team when the ball crosses the goal line, having last been touched by the attacking team.
- Players opposing the kicker shall remain outside the penalty area until the ball moves out of the penalty area.
- A player of the defending team shall kick the ball from the ground at any point within the goal area. A goal kick must clear the penalty area and enter the field of play or the goal kick will be retaken.
- After the goal kick leaves the penalty area, any player except the one who executed the goal kick may play the ball.
- Goal kicks are direct free kicks.

XV. Corner Kick

- When the ball is last touched by the defending team and goes over the goal line, a member of the attacking team shall take a kick from the corner spot.

- Players of the team opposing that of the player taking the corner kick shall not approach within 5 yards of the ball until it is in play.
- After the corner kick is first touched, any player except the one who executes the corner kick may play the ball.
- Corner kicks are direct free kicks.

XVI. Sportsmanship

- The mission of LU IMS is to provide a recreational environment for the LU community that is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of LU IMS.
- The LU IMS Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the LU IMS league and playoff seasons. Behavior before, during, and after an LU IMS contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system.
- A team is responsible for the actions of the individual team members and spectators related to it. Additionally, LU IMS does not recognize the use of coaches. Only the team captain shall speak to the officials regarding administrative matters (protests, ejections, disqualifications, etc.). Furthermore, the team captain's effort in assisting officials/staff to calm difficult situations and to restrain troubled teammates is vital in controlling team conduct.
- Sportsmanship is vital to the conduct of every LU IMS contest. In order to encourage proper conduct during games, officials, administrative personnel, and supervisors shall make decisions on whether to warn, penalize, or eject players or teams for poor sportsmanship. These decisions are final! The LU IMS administrative staff will rule on further penalties due to unsportsmanlike conduct.
- Each participant should choose his/her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the LU IMS staff against that team for violation of the LU IMS rules and sportsmanship guidelines. Protest or appeals of sportsmanship ratings will not be recognized. The LU IMS administrative staff reserves the right to review any rating given to a team.
- Additional information regarding team and participant sportsmanship including the rating method, factors, and scale is available in the Sportsmanship section of the LU IMS Handbook, available online at www.liberty.edu/ims.