



6 on 6 Indoor Soccer Rules

Each player must present a Rowan ID card before each contest to be eligible to participate.

All intramural participants are responsible for their own medical expenses. Any student unsure of their physical condition should check with their family physician or the Student Infirmary before participating in intramural sports.

Game time is start time. If necessary, each team has until 5 minutes after game time until the game will be called a forfeit. For each minute after game time that the game must be delayed, the team in which everyone is waiting will be penalized by spotting the opposing team a goal per minute.

The officiating will be done by officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a penalty, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. The officials shall have the power to make decisions on any matters or questions not specifically covered in the rules.

Length of Game

- The game will consist of **two twenty-minute halves** with a running clock.
- Half time will be five minutes.
- There are no time-outs; the clock will only stop for injury time.
- During the regular season, in the event of a tie that results remains.
- During playoffs, a five-minute overtime sudden death will be played. In the event of a tie after the five minutes sudden death. If still tied then the game will be decided by a series of three penalty shots. Teams will alternate kicks and kicks must be taken by players on the field at the conclusion of the game. If a tie still remains after the three penalty kicks, the remaining 3 players of each team will shoot until a winner is declared.



Players

- Each team will consist of a total of six players (five fielders and one goalie). Intramural Indoor Soccer limits each team to 2 or less former collegiate players or club soccer players. NO CURRENT VARSITY SOCCER PLAYERS ARE ELIGIBLE.
- **ONCE YOU SIGN A WAIVER FOR A CLUB SPORT YOU ARE DEEMED A PARTICIPANT FOR THE ENTIRE YEAR. THIS RESTARTS EVERY FALL SEMESTER.**
- Co-Rec teams must have at least two women on the court at all times and can start with four players.

Combinations allowed: 3 male/3 female, 2 male/4 female, 2 male/ 3 female, 3 male/2 female & 2 male/2 female

- Men and Women's teams may begin with a total of four players (including a goalie).

Scoring - Co-Rec

- **RULE CHANGE: If a Female scores= 1 point; male scores=1 point.**

Substitution

- Substitutions may be made at any time during the contest. When a player reaches the bench area, then the substitute may enter the game.
- Exception: The goalie may only be substituted for on a dead ball play.

Equipment

- The Intramural Department will provide a ball.
- Shin guards are highly encouraged and recommended to be worn by all participants

Mercy Rule



- For Non Co-Rec teams (Men's, Women's, Res. Hall, Greek) the mercy rule is 5 goals, with Co-Rec mercy rule being 8 goals with 5 minutes or less left in the second half the game will be ended.
- For Non Co-Rec teams (Men's, Women's, Res. Hall, Greek) if one team is up 10 goals and in Co-Rec goals at any point in the second half the game will be ended

Playing Area

- Backboards are considered out of bounds when they are pulled up and are out of play; if for some reason they are down during a game they are considered in play.
- Ceiling, backboard supports, and lights are out of play.
- Track rails are out of play.
- The underside of the track is in play.
- When the ball accidentally hits the ceiling, it is awarded to the team not causing the violation.
- If the ball is declared out of play, the ball will be brought to the half court circle.

Offsides

- There is no offsides.

Putting the Ball into Play

- A flip of the coin will determine the team kicking off.
- A kick off from the center circle will be used at the beginning of each half and after each goal.
- The defense must be on their side of the court before the kick (behind white line).
- When ball is put into play it can go forward or backward as long as it completes one full rotation before another player touches it.
- The player initiating the kick off cannot touch the ball again until another player has touched it.

Goalie Play

- Any throw by the goalie must bounce and/or touch another team member or wall prior to crossing the mid-court line or hit the court prior to the line.



- Goalies can kick the ball across half court on a goal kick, but cannot punt or drop kick the ball across half court without it bouncing or touching a player first. All Goal Kicks are indirect.
- The goalie is the only player who may slide, but he/she must be making an attempt on the ball. Goalies must play the ball. Goalies can only use their hands inside the crease.
- Any pass back purposely to the goalkeeper with the feet and the goalie uses their hands will result in an indirect kick at the spot of the foul. Situations where the goalkeeper may play the ball with hands includes: headers and deflections from defensive players. Goalies are allowed to play the ball with their feet at anytime when passed backwards.
- Goalies may dribble the ball outside the box and bring the ball back inside the box and pick it up.

Free Kick and Penalty Shots

- All free kicks, except for penalty shots, will be indirect.
- Defense must stand 7 feet away from player taking the kick.
- Penalty shots will be granted for intentional or flagrant fouls in the goalie crease.
- ONLY Obstruction or Dangerous Play fouls inside the goalie area committed by the defending team will be indirect from the spot of the foul. All other fouls committed by the defending team inside the goalie area will result in a penalty shot.

Infractions

Minors:

Kicking, Pushing, Tripping, Holding, Charging, Obstruction, Dangerous Play, Illegal Use of Hands, Too Many Players Penalty: Offended team will put the ball into play at the offended spot of the foul with indirect kick.

Majors:

Slide Tackling, Body Checking, Goalie Interference, Abuse to Officials, Unsportsmanlike Conduct, purposely handling an obvious goal (red card to offending player and goal scored)



****Slide Tackling is an automatic Red Card and ejection. The team must also play with a player down for 5 full minutes, regardless if the other team scores in that 5 minute penalty period.****

**** Any other slide for the ball without another player near you or the ball is an automatic yellow card for a Dangerous Play****

- Each player is limited to one yellow card with a second one resulting in automatic suspension for the remainder of the game.
- A yellow card will result in the offending team down that player for 2 minutes. The team will be able to bring that player back in if an opposing goal is scored or the 2 minutes is up.
- Yellow and Red cards will be used. 2 yellows or 1 red will result in removal of the game.
- 4 yellow cards on one team or 2 unsporting red cards will result in forfeiture of the game.
- All players that have been removed from the game must leave the gym area and may not spectate.
- 2 red cards or 4 yellow cards in a season you will be disqualified for the remainder of the season (even if they are split between men's or women's and co-ed)
- When a player receives a red card the team plays down a player for 5 minutes. Even if a goal is scored within those 5 minutes, the player must still sit out for the complete 5 minutes.