

# Indoor Soccer Rules and Regulations

## Eligibility

Below are the guidelines that participants must follow in order to be eligible to enroll or play in UREC intramurals.

**1. Undergraduates/Graduate Students**

All undergraduate students enrolled in 7 or more hours (6 or more hours for graduate students) at JMU are eligible for intramural competition.

**\*Note: Undergraduate students enrolled in 1 to 6 hours (1 to 5 hours for graduate students) will be required to pay a recreation fee in order to participate in the program.**

**2. Faculty and Staff**

All full-time faculty and staff at JMU are eligible for intramural competition. Spouses of full-time faculty and staff are required to obtain a URAC card to participate in the program.

**\*Note: All part-time faculty/staff can participate in the program; however, their spouses cannot participate.**

**3. Alumni**

All alumni are ineligible to participate without a proper membership to UREC.

**4. Professional Athletes**

Students ineligible for varsity competition due to professional rank are prohibited from competition in the intramural sport(s). Those participants with professional rank will be ineligible for five (5) years from the date professional career ended. (This does not include try-outs and cuts from a professional team).

**5. Varsity Letter Person**

A person who has received a varsity award at any university (4 year college or junior college) within the last academic year is ineligible to compete in the lettered sport or a related sport. They will be allowed to compete one full year after their final varsity season. However, teams may only carry one former varsity player on their roster

**6. Student Athletes**

Any person whose name appears on a varsity, junior varsity, or freshman roster will be ineligible in that intramural sport during that academic year. This includes all players who are "red shirt" in any sport or anyone who practices with a team regularly but does not participate in intercollegiate competition.

**7. Sport Club Members**

Sport club members are defined as individuals who meet any **one** of the following criteria:

- Name appears on sport club team roster during the academic year.
- Signed a participation waiver **and** is actively participating in club functions.
- Actively participating with the club during their season.

**\*Note: Teams are restricted to *two Sports club members* in their related intramural activity. Sport Club members can only compete in Level 2 and Level 3 activities (Level 1 is prohibited).**

**\*Note: All Eligibility requirements can be located in the [Intramural Handbook](#).**

**Valid JACards are required for participation. “No JACard, NO play”**

**\*Assumption of Risk\***

Individuals are highly encouraged to have a physical examination and obtain adequate health and accident insurance **prior to participation** in UREC activities. Individuals that choose to participate in UREC activities do so at their own risk. James Madison University does not provide insurance and is not responsible for any injury that may occur to individuals participating in any UREC activity. Participation is voluntary. Student Health and Accident Insurance information may be obtained at the University Health Center.

UREC strongly discourages the use of alcohol and/or drugs by participants prior to any recreational activity. The use of alcohol and/or drugs by participants during any recreational activity is prohibited. In addition, **food, beverages, and tobacco products (dip, chew, cigarettes, etc) are not allowed** at any intramural activity site. The following rules apply to all participants of University Recreation sponsored programs:

Smoking, drinking, or using smokeless tobacco products at an intramural site will result in removal from facility site and sound.

Leaving the bench area and/or consuming an alcoholic beverage will result in an immediate ejection from the game.

Games may be forfeited if, **IN THE JUDGMENT OF THE INTRAMURAL SITE MANAGER ON DUTY**, the participant’s unsportsmanlike conduct is due to the use of alcoholic substances either before or during the activity.

**Facilities**

1. At UREC, the ball is out-of-play when kicked or thrown in the penalty box or spectator area.
2. The side walls at Godwin (bleachers and partition) will be continued play. However, any ball crossing over the end lines, which is indicated by the red lines, will be considered out of play. Play will resume with a goal kick or corner kick.
3. At UREC, all sides of the wall are in play, including the wall behind the goal.
4. Corner kicks will be awarded at UREC if a defending player is last to touch the ball and it lands behind the goal.
5. Both at Godwin and UREC a ball that travels higher than 2/3 the height of the ceiling, **under the official’s discretion**, will be whistled out of play. The opponent will then be awarded an indirect free kick from where the ball was last played.
6. Both at Godwin and UREC a halfway line will be marked with colored tape across the middle of the court, where kickoffs will take place.

7. Both at Godwin and UREC the penalty area will also be indicated with colored tape. The goalkeeper may only touch the ball with his/her hands when inside the box.
8. The ball must fully cross the end line, goal line, half-court line, etc. in order to be ruled respectively.
9. A player may step on or over the line while playing the ball as long as the ball is in the field of play.

### **Game Time and Timing Regulations**

1. Games will consist of two twenty-minute halves – running time. The clock will only be stopped for injuries or delays designated by the official. There will be a two-minute half time.
2. **OVERTIME will ONLY be played in the PLAYOFFS.** During the playoffs, if the game ends in a tie there will be a five (5) minute sudden death overtime. If the game is still tied at the end of the overtime, a sudden death penalty shoot-out is implemented. The first team to score will win provided both teams have taken an equal number of shots.

### **The Team**

1. **At UREC**, a team may start with 4 players, but have no more than 5 players, including the goalkeeper, on the court at any one time, but may have an unlimited number of substitutions on the team bench.
  - a. In Co-Rec, teams may be comprised of any combination of 2 and 3. At no time may a team play with only 1 of either gender. If at any time there are more than five players on the court, an indirect kick will be awarded to the opposing team.
2. **At Godwin**, a team may start with 5 players, but have no more than 6 players, including the goalkeeper, on the court at any one time, but may have an unlimited number of substitutions on the team bench.
  - b. In Co-Rec, teams are comprised of 3 males and 3 females. Teams must play down a player if they do not have at least 3 of either gender. If at any time there are more than six players on the court, an indirect kick will be awarded to the opposing team.
3. Substitutions will be made from the team's bench area. Any violation of the rule will result in a warning for unsportsmanlike conduct and an indirect kick. Furthermore, during all substitutions, the incoming player may not enter the playing area until the outgoing player has stepped off the playing area and into the team's bench area. **Substitutions WILL ONLY BE MADE AT ANY STOPPAGE OF PLAY and only with the official's permission.** Substitutions will not be permitted prior to a penalty kick.

### **Player Equipment**

1. Teams are responsible for wearing uniformly colored shirts. UREC will have jerseys available, otherwise, the first team listed on the schedule will be considered the home team and will wear

white shirts and the second team will be the away team and will wear dark shirts. The goalie on each team must wear a shirt that is a different color from that of his/her teammates.

2. The game ball will be provided by UREC at the start of the game. No warm up prior to the game will be permitted with the game ball. Balls must be brought with the participants or may be checked out at the UREC Equipment Issue room to warm up with.
3. All players must wear shoes – only non-marking court shoes will be allowed in the gym.
4. Eye glasses must be shatterproof
5. Soccer shin guards are optional, but strongly recommended.
6. JEWELRY IS PROHIBITED!

## Rules Section

### Start of Play

1. All players must be in their own half of the field for the kickoff, which is a direct free kick taken by the center forward from the center of the field. A goal can be scored directly from the kickoff.
2. Defensive team players must remain at least five yards from the ball until it is kicked off. The person kicking the ball is not allowed to touch or play it again until it has made contact with another player.
3. Re-kicks result if opposing players encroach the five-yard area prior to the kickoff. An indirect free kick is granted to the opposing team if the kicker touches the ball before it makes contact with another player.
4. The kickoff procedure applies to restarting the game after a goal is scored and after the half-time break.
5. A drop-ball procedure applies to begin the game after it may have been temporarily suspended. The ball is dropped at the point where the action stopped. It must hit the ground before it is played. A goal can be scored off the drop-ball procedure.
  - a. NOTE: if play was stopped in the penalty area, the game is restarted with a drop-ball procedure at the nearest point outside the penalty area.

## Scoring

1. A goal is scored when the whole ball crosses the goal line between the goal posts and under the crossbar, provided it wasn't thrown, carried, or propelled intentionally by an attacker's hand or arm.
2. **A goal may not be scored from a goal kick or an indirect kick.**

## Violations

1. **Direct Free Kick** – A direct free kick is awarded to the opposing team if a player commits any of the following offences in a manner considered by the referee to be careless, reckless, or using excessive force:
  - a. Kicks or attempts to kick an opponent
  - b. Trips or attempts to trip an opponent
  - c. Jumps at an opponent
  - d. Charges an opponent
  - e. Strikes or attempts to strike an opponent
  - f. Pushes an opponent
  - g. Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
  - h. Holds an opponent
  - i. Spits at an opponent
  - j. Slide tackles an opponent
2. **Indirect Free Kick** – An indirect free kick is awarded to the opposing team if a goalkeeper, inside his/her own penalty area, commits any of the following five offenses:
  - a. Touches the ball again with his/her hands after it has been released from his/her possession and has not touched any other player
  - b. Touches the ball with his/her hands after it has been deliberately kicked to him/her by a teammate
  - c. Touches the ball with his/her hands after he/she has received it directly from a throw-in taken by a team-mate
  - d. Wastes time
3. An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee:
  - a. Plays in a dangerous manner
  - b. Impedes the progress of an opponent
  - c. Prevents the goalkeeper from releasing the ball from his/her hands
  - d. Commits any other offense, for which play is stopped to caution or dismiss a player
4. All opposing players must be at least five yards from the ball during a direct or indirect free kick.

## Disciplinary Offenses

### Yellow Card Offenses

1. A player is cautioned and shown the yellow card if he/she commits any of the following offenses:
  - a. is guilty of unsporting behavior
  - b. shows dissent by word or action
  - c. persistently infringes on the rules
  - d. delays the restart of play
  - e. fails to respect the required distance when play is restarted with a corner kick or free kick
  - f. enters or re-enters the field of play without the referee's permission
  - g. deliberately leaves the field of play without the referee's permission
  - h. SLIDE TACKLING – any attempt whether or not contact is made with the ball

### Red Card Offenses

1. A player is sent off and shown the red card if he/she commits any of the following seven offenses (team will play down a player):
  - a. Is guilty of serious foul play
  - b. Is guilty of violent conduct
  - c. Spits at an opponent or any other person
  - d. Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately
  - e. handling the ball (this does not apply to a goalkeeper within his own penalty area)
  - f. Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by
  - g. an offence punishable by a free kick or a penalty kick
  - h. Uses offensive, insulting or abusive language
  - i. Receives a second caution in the same match
  - j. SLIDE TACKLING FROM BEHIND – any attempt whether or not contact is made with the ball.

### Goal Kick

1. In Godwin, a goal kick is awarded when the ball wholly crosses the end line outside of the goal, either in the air or on the ground, having last been played by one of the attacking team.
2. In UREC, a goal kick is awarded when the ball wholly crosses the end line, lands behind the goal and is last touched by an attacking player.
3. The ball must be kicked beyond the penalty area, but it may not be passed beyond the halfway line without touching another player first.
4. The goalkeeper cannot pick up the ball and kick it – the ball must be placed on the ground and kicked from there.

### **Indirect Kick**

1. The ball may be played to anywhere on the court with their feet and must touch another person, besides the kick taker, before it can be a goal.

### **Corner Kick**

1. A corner kick is awarded when the ball passes completely over the end line, either in the air or on the ground, having last been played by one of the defending team.
2. A member of the attacking team shall take the kick from the nearest corner. A goal MAY be scored directly from such a kick. Players of the opposing team shall not approach within seven yards of the ball until it is in play. Any violation of this rule will result in an indirect free kick from the place where the infringement occurred.
3. A player taking a corner kick cannot, in case the ball rebounds towards him/her off the goal post, again kick or play the ball until another player has played it.

### **Penalty Kick**

1. If a defensive player handles the ball or commits a major foul against an offensive player within the penalty area, a penalty kick is awarded to the offensive team.
2. A penalty kick will not be awarded in cases where the infringement calls for an indirect free kick, even if the infringement does occur within the penalty area.
3. A penalty kick can be awarded irrespective of the position of the ball, if in play at the time a deliberate offense by the defending team is committed within the penalty area.
4. A penalty kick shall be taken from the middle point of the goal on the penalty mark line. When the penalty is being taken all players with the exception of the player taking the kick and the opposing goalkeeper must be at least six yards behind the ball.
5. The player taking the kick must kick the ball forward in order that it is deemed in play. The kicker cannot play the ball a second time unless another player has touched it. Should the ball hit the crossbar or goal posts and rebound into play, the player who struck the penalty kick cannot play the ball until another player has touched it.

### **Goalkeepers**

1. Goalkeepers may not punt or dropkick the ball.
2. Goalkeepers may not throw the ball past the halfway line without the ball contacting a player.

## Definitions

1. **ADVANTAGE-** A discretionary judgment which allows an official to permit play to continue rather than stopping play to administer the foul. This concept is based on the premise that the foul did not put the offended team at a disadvantage, or the foul, if called, may take away from a favorable opportunity for the offended team. The foul may be subsequently called if the advantage does not materialize.
2. **HANDLING-** Deliberately playing the ball with one's hand or arm. The hand or arm must move toward the ball or the hand or arm must be carried in an unnatural position before an infraction of the rule can be charged.
3. **OBSTRUCTION-** The deliberate act by a player of running between an opponent and the ball, or using the body as an obstacle when not in possession of the ball, or attempting to play the ball.
4. **PLAYING DISTANCE-** The distance between the player and the ball which the official judges to be adequate to control the ball. It will seldom exceed two steps (six feet).
5. **SHIELDING-** Movement by a player in control of the ball (within playing distance) designed to prevent an opponent from gaining possession or prevent him/her from tackling the ball.
6. **SLIDE TACKLE-** A maneuver in which one or both feet slide on the ground in an attempt to tackle the ball which is in possession of an opponent.

## Sportsmanship

### Philosophy

Sportsmanship is individuals or teams doing unto others as they would have others do unto them. Sportsmanship is individuals containing an understanding and appreciation of the rules developed for sport. Players enjoying the recreational experience and encouraging others to participate regardless of skill level will help enhance the integrity of the program. All participants will take responsibility for his/her own actions regardless of the repercussions, which involves not blaming others for mistakes made or making excuses for wrong doings. Sportsmanship is recognizing and acknowledging character and honor among team members and opponents while practicing such characteristics themselves. Participants will respect officials, supervisors, and opponents during, before, and after a contest. Finally, sportsmanship will portray an overall respect and passion for the sport and recreation.

### Sportsmanship Mission

UREC and the Intramural Sports program are dedicated to promote and enforce positive sportsmanship among all JMU participants. Through each contest participants must portray fair play, respect for opponents, and intramural staff, as well as, graciousness in winning or losing. In order to encourage proper conduct during games, officials, supervisors, and administrative personnel will make decisions to warn, penalize and/or eject players, coaches, teams, and/or spectators for poor sportsmanship. The decisions made by these individuals are final and will be reviewed by the Coordinator of Intramural Sports. In the instance teams challenge their rating, only the captain will meet with the Coordinator of Intramural Sports

to discuss the issue. **All captains are responsible for the conduct of their teams during an intramural contest.** The sportsmanship rating can be affected by actions occurring before or after a contest.

### **Sportsmanship Criteria and Ratings**

Based on this philosophy the following system will be used to evaluate a team's sportsmanship during each contest in which they participate:

Teams will receive a rating each week that will create an average at the end of the season. Teams in **Level I** must have an average of 3.0 at the end of their fourth week to continue play. Teams in **Level II** and **Level III** must have an average of 3.0 to be eligible for playoffs.

**Example:**

Week 1: 3.0

Week 2: 3.0

Week 3: 2.5

Week 4: 3.0

**Total 11.5**

Average Conversion:  $11.5 / 4 = 2.875$ . This team would not be eligible for continued play or playoffs.

#### **Superior Sportsmanship: (4.0 – 3.6 points) “Win with class – lose with dignity”**

Participants cooperate fully with the officials and intramural site managers. They will respect all calls and decisions made by the intramural staff. During a confrontation, the team captain will have complete control of his/her team and will address the issue to the head official in a calm and respectable manner. Players will recognize good sportsmanship among their team and their opponent through verbal comments or polite gestures. Captains will encourage full participation and does not segregate other members that will prohibit participation. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. Teams willingly accept all decisions by officials without question.
3. Teams are responsible for their actions and do not respond negatively.
4. Teams encourage others to participate and do not segregate teammates.
5. Teams recognize good sportsmanship among their team and the opponent.
6. Teams state positive comments of encouragement towards teammates and opponents.
7. Teams show concern for an injured player, regardless of team.
8. Teams except a loss and congratulate the opponent on their success.
9. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

#### **Excellent Sportsmanship: (3.5 – 3.1 points)**

Participants cooperate fully with the officials and intramural site managers. They will respect all calls and decisions made by the intramural staff, but display **some comments**. During a confrontation, the team captain will have complete control of his/her team and will address the issue to the head official in a calm and respectable manner. Players will recognize good sportsmanship among their team and their opponent through verbal comments or polite gestures. Captains will encourage full participation and does not

segregate other members that will prohibit participation. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

1. Teams must display utmost respect for opponents, officials, supervisors, and administrative staff.
2. Teams willingly accept all decisions by officials with **some questions from players, not captains**.
3. Teams are responsible for their actions and do not respond negatively.
4. Teams encourage others to participate and do not segregate teammates.
5. Teams represent some sportsmanship among their players and opponents.
6. Teams state positive comments of encouragement towards teammates and opponents.
7. Teams show concern for an injured player, regardless of team.
8. Teams except a loss and congratulate the opponent on their success.
9. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls

### **Good Sportsmanship: (3.0 – 2.6 points)**

Participants cooperate **partially** with the officials and intramural site managers. Teams accept some decisions by the officials with some questions by the players. During a confrontation, the team captain has some control of his/her team and address the issue to the head official in a calm and respectable manner. Players are responsible for their actions, but contain some negative responses. Teams accepted a loss and congratulate the other team on their success. Teams may receive warnings, but absolutely no ejections, technical fouls, yellow cards, unsportsmanlike penalties or technical fouls.

**\*Note: All teams that request to cancel within 24 hours of their next contest will receive a 3.0 rating.**

1. Teams must display partial respect for opponents, officials, supervisors, and administrative staff.
2. Teams accept all decisions by officials with some questions.
3. Teams are responsible for their actions with some negative responses.
4. Teams encourage others to participate and do not segregate teammates.
5. Teams state some positive comments of encouragement towards teammates and opponents.
6. Teams show concern for an injured player, regardless of team.
7. Teams except a loss and congratulate the opponent on their success.
8. Teams may receive a warning, but displays good sportsmanship after the confrontation.
9. Players curse at themselves in a low tone voice.
10. Teams receive no ejections or technical fouls.

### **Average Sportsmanship (2.5 – 2.1 points)**

Participants display some respect for opponents, officials, supervisors, and administrative staff. Teams accepted some decisions by officials with some questions. Players that commit negative actions deny their actions with some negative responses. Captains do not encourage others to participate and segregate their teammates from participation. Throughout the contest teams state few positive comments of encouragement towards teammates and opponents. Teams will except the loss, but does not congratulate their opponent on their success. Teams received multiple warnings, multiple unsportsmanlike penalties or technical fouls, but no ejections

1. Teams displayed some respect for opponents, officials, supervisors, and administrative staff.
2. Teams accepted some decisions by officials with questions.
3. Teams deny some responsibility for their actions with some negative responses.
4. Teams do not encourage others to participate and segregate teammates.
5. Teams state few positive comments of encouragement towards teammates and opponents.
6. Players curse at themselves in loud tone that bystanders can over hear.
7. Teams show concern for an injured player, regardless of team.
8. Teams except a loss but, do not congratulate the opponent on their success.
9. Teams received multiple warnings, multiple unsportsmanlike penalties or technical fouls, but no eject.

### **Below Average Sportsmanship (2.0 – 1.6 points)**

Participants display some respect for opponents, officials, supervisors, and administrative staff. Teams accepted some decisions by officials with **multiple** questions. Players that commit negative actions deny their actions with **multiple** negative responses. Captains do not encourage others to participate and segregate their teammates from participation. Throughout the contest teams state **no positive comments** of encouragement towards teammates and opponents. Teams strive to score as many points as possible to embarrass opponent. Teams received warnings, ejections, unsportsmanlike penalties or technical fouls.

**\*Note: Teams that forfeit through a no show will automatically receive a 2.0. Teams that receive a player ejection will automatically receive this rating.**

1. Teams displayed no respect for opponents, officials, supervisors, and administrative staff.
2. Teams accepted some decisions by officials with multiple questions
3. Teams are responsible for their actions with multiple negative responses
4. Teams do not encourage others to participate and segregate teammates
5. Teams state no positive comments of encouragement towards teammates and opponents.
6. Players curse at teammates and opponents in a low tone voice.
7. Teams ignore an injured player, regardless of team.
8. Teams do not except a loss and do not congratulate the opponent on their success
9. Teams purposely strive to score as many points as possible to embarrass opponent.
10. Teams received ejections, unsportsmanlike penalties or technical fouls

### **Poor Conduct and Sportsmanship (1.5 - .9 points)**

Participants exhibit a blatant disregard for the philosophy of sportsmanship, officials, and opponents. The contest is dangerous with occasional intent to injure their opponent. The team captains have absolutely no control of their team conduct and the contest is stopped by the intramural site manager. Participants received warnings, ejections, unsportsmanlike penalties or technical fouls.

1. Blatant disregard for the philosophy of sportsmanship, officials, and opponents.
2. Play is dangerous with occasional intent to injure opponent.
3. Players curse at teammates and players in a loud tone that bystanders over hear
4. Captain has no control of team conduct.
5. Participants received ejections, unsportsmanlike penalties or technical fouls

### **Unacceptable Sportsmanship (0 points)**

Participants exhibit a blatant disregard for the philosophy of sportsmanship, officials, and opponents. The contest is dangerous with occasional intent to injure their opponent. The team captains have absolutely no control of their team conduct and the contest is stopped by the intramural site manager. Physical abuse is present through participants fighting. Participants received warnings, ejections, unsportsmanlike penalties or technical fouls.

1. Blatant disregard for the philosophy of sportsmanship, officials, and opponents.
2. Play is dangerous with intent to injure opponent and the game must be stopped by the intramural site manager.
3. Captain has no control of team conduct.
4. Participants received ejections, unsportsmanlike penalties or technical fouls

### **Sportsmanship Sanctions**

The intramural department contains the right to address all issues that pertain to sportsmanship issues. Players that are ejected from an event will receive an automatic 1 game suspension and will have to meet with the Coordinator of Intramural Sports. The captain of the team will have to attend this meeting to discuss the sportsmanship issue and the rating system. The intramural department also reserves the right to contact Judicial Affairs to resolve extreme disciplinary situations. All situations will be handling individually and sanctions may vary.

### **Blood Borne Pathogen Policies**

Any player, who sustains an injury where bleeding or oozing occurs, or where blood has saturated the uniform, must leave or be removed from the contest. The bleeding must be stopped and the area completely covered before the individual is allowed to reenter the game. An Intramural staff member must clear the individual before the participant can resume play. If the uniform has become contaminated with blood, it must be changed before the player reenters the game.