

Indoor Soccer Rules

*SOCCER IS A CONTACT SPORT AND INJURIES ARE A POSSIBILITY.
JAMES MADISON UNIVERSITY RECREATION ASSUMES NO RESPONSIBILITIES FOR INJURIES.
BASIC FIRST-AID AND CPR WILL BE AVAILABLE WHEN NECESSARY.*

GAMES WILL BE PLAYED ACCORDING TO THE 2018-2019 NFHS SOCCER RULE BOOK UNLESS OTHERWISE NOTED IN THE FOLLOWING RULES.

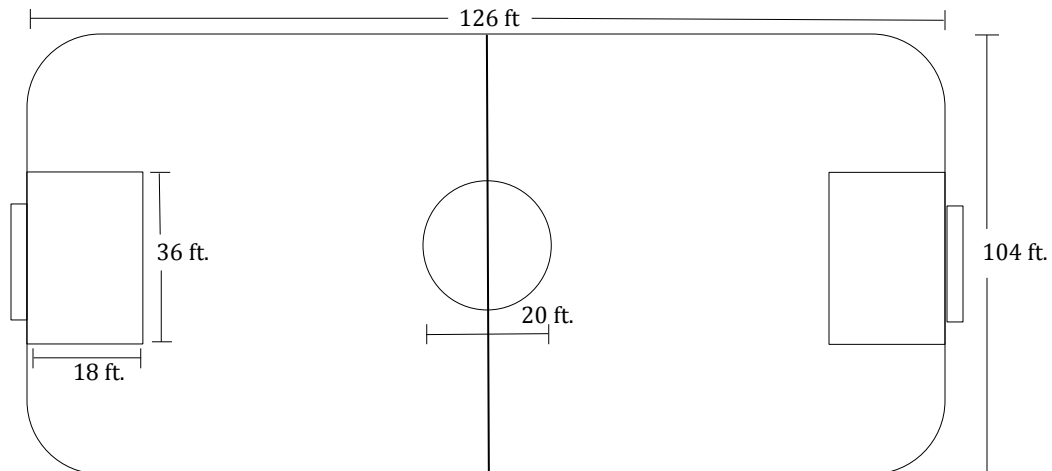
Changes from last year's rules are indicated by a gray highlight.

RULE 1 - THE COURT OF PLAY

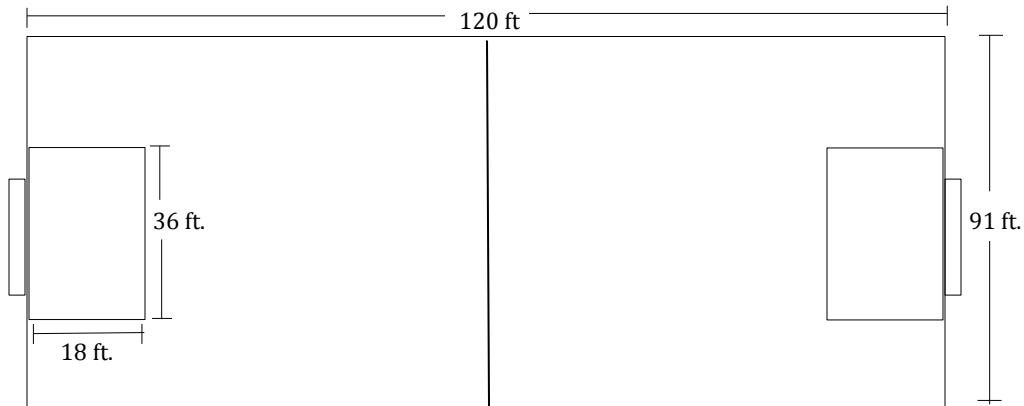
SECTION 1 - SIZE OF THE COURT

Article 1. Games will be played in UREC in MAC 2 and in Godwin Gym A. The ball will be considered live until it crosses the goal line or leaves the court of play.

Article 2. MAC 2 Court Diagram:



Article 3. Godwin Gym A Court Diagram:



SECTION 2 - MARKINGS

Article 1. The court of play shall be marked in accordance with each diagram with non-caustic, distinctively colored material that is not injurious to the participants. Where games are played on a court marked for other sports, it is recommended markings which contrast in color to the other sport markings be used to indicate the soccer court areas.

Article 2. A halfway line shall be marked across the court, equidistant from the goal lines and parallel to them.

Article 3. A goal area shall be indicated on each end of the field of play by two lines drawn at right angles to the goal line. These lines shall extend into the field of play. The ends of these lines shall be joined by a line parallel to the goal line. The lines are part of the goal area.

SECTION 3 - GOALS

Article 1. In MAC 2, the goals are set into the walls on either side of the court of play.

Article 2. In Godwin Gym A, the goals shall be placed on each goal line. The rear of each goal post shall be on the outer edge of the goal line.

SECTION 4 - OFFICIAL AND TEAM AREAS

Article 1. There shall be designated specific areas for each team's bench.

RULE 2 - THE BALL

SECTION 1 - SUPPLY

Article 1. The Intramural Sports program will supply a game ball for each game. Teams may agree to use a different ball provided that it meets the provisions of Rule 2-2.

SECTION 2 - SPECIFICATIONS

Article 1. Game balls shall be spherical, with a circumference of at least 27 inches but no more than 28 inches. The weight of the balls at the start of the game shall be at least 14 ounces but no more than 16 ounces.

Article 2. The ball shall be inflated to the manufacturer's recommended pressure.

Article 3. If the ball becomes deflated during play, it is declared dead where it was last played and the game is resumed by a drop ball between any two opposing players at the spot where it was last played. If the ball becomes deflated within the goal area, the ball is dropped between two opposing players subject to the provisions of Rule 9-2-2. Ball deflated during a penalty kick results in a retaken kick.

RULE 3 - THE PLAYERS AND SUBSTITUTIONS

SECTION 1 - NUMBER OF PLAYERS

Article 1. The game shall be played by two teams, each consisting of not more than 7 players.

Each team shall designate a team captain on the field who:

- a. is the team's representative;
- b. may address an official on matters of interpretation;
- c. may address an official to obtain essential information.

Co-Rec Rule: A team playing with 7 players must consist of 4 males and 3 females or 3 males and 4 females and a team playing with 6 players must consist of 3 males and 3 females.

Article 2. A game shall not be started with fewer than 5 properly uniformed players on each team. After the game has started, it may not be continued with fewer than 5 players on either team. If a team has fewer than 5 eligible players, the game shall be terminated and a forfeit shall be declared.

Co-Rec Rule: A team playing with 5 players must consist of 3 males and 2 females or 2 males and 3 females.

EXCEPTION: Should a team drop below 5 players due to a player having to leave the field for temporary equipment repair, minor injury, or due to a blood-rule situation, the official may suspend the game momentarily until the problem is corrected and then continue the game.

Article 3. All participants must be listed on the official team roster prior to their participation in any Intramural Sports activity. Roster provisions are outlined in the Intramural Sports Manual, which can be found on the UREC – Intramural Sports website.

Article 4. If, at game time, one team has not met the minimum player requirement and their opponents have, the Captain's Choice rule will go into effect. Captain's Choice provisions are outlined in the Intramural Sports Manual, which can be found on the UREC – Intramural Sports website.

SECTION 2 – POSITION OF PLAYERS

Article 1. The team winning the coin toss shall have the option of:

- a. choosing which end of the field to defend; or
- b. taking the kickoff (5-2-2d 3).

Article 2. Teams shall exchange goal lines after each regular period and each overtime period.

SECTION 3 – SUBSTITUTIONS

Article 1. Either team may substitute on-the-fly during any live-ball or dead-ball situation. A substitute must still wait until the player for whom he/she is substituting comes all the way off of the court before entering.

Article 2. A substitute becomes a player when the player for whom he/she is substituting comes all the way off of the court and the substitute enters the court.

Article 3. A team that elects or is required to play shorthanded for reasons other than misconduct may have the player(s) re-enter the game during any live-ball or dead-ball situation.

Article 4. A team that starts a game with fewer than 7 players, but at least 5 players, may have its additional player(s) enter the game provided that the names of the additional players are on the team roster and proper identification has been shown to the Intramural Sports Staff.

SECTION 5 – GOALKEEPER CHANGE

Article 1. The goalkeeper may change places with a player on the court or bench during any dead-ball situation, provided the uniforms are legal. Any time the goalkeeper is changed, a referee shall be notified.

RULE 4 – PLAYER EQUIPMENT

SECTION 1 – REQUIRED EQUIPMENT

Article 1. The required player equipment includes a shirt, shorts, socks, and suitable shoes. Shirts of opposing teams shall be of contrasting colors. The Intramural Sports Staff will have jerseys available to check out.

NOTE: Participants are highly encouraged to wear shin guards, but they are not included in required equipment.

SECTION 2 – OTHER EQUIPMENT

Article 1. Illegal equipment shall not be worn by any player. This applies to any equipment which, in the opinion of the referee, is dangerous or confusing. Types of equipment which are illegal include, but are not limited to the following:

- a. Projecting metal or other hard plates, or projections on clothing or person;
- b. Head, arm, thigh, or hip pads containing sole leather, fiber, metal, or any unyielding materials;
- c. Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, upper arm or shoulder unless covered, and must be padded with a closed-cell, slow-recovery foam padding no less than ½-inch thick;
- d. Shin guards which have exposed sharp edges or have been altered;
- e. Spectacle guards;
- f. Knee and ankle braces which are altered from the manufacturer's original design/production. Non-metal ankle braces that are unaltered are legal and may be worn outside a sock. Ankle braces of metal or unyielding material that are unaltered are legal if covered by a sock.
- g. Helmets, hats, caps, or visors.

Article 2. Hair control devices may be worn if made of soft material and not for adornment.

Article 3. Sweatbands may be worn on the head or wrist if made of soft material.

Article 4. Jewelry shall not be worn except for religious or medical medals.

- a. A religious medal must be taped to the body and worn under the uniform.
- b. A medical alert bracelet or necklace must be taped to the body and may be visible.

Article 5. All permissible artificial limbs must be padded with a closed-cell, slow recovery foam padding no less than ½-inch thick.

Article 6. Hearing aids worn in or behind the ears are legal provided that the device does not create the threat of injury.

Article 7. A tooth and mouth protector (intraoral) which shall:

- a. Include an occlusal (protecting and separating the biting surfaces) portion;
- b. Include a labial (protecting the teeth and supporting structures) portion;
- c. Cover the posterior teeth with adequate thickness;
- d. Be made of any readily visible color;
- e. Not be completely white; and
- f. Not be completely clear.

NOTE: It is recommended that the protector be properly fitted, protecting the anterior (leading) dental arch and:

1. Constructed from a model made from an impression of the individual's teeth, or
2. Constructed and fitted to the individual by impressing the teeth into the tooth and mouth protector itself.

Article 8. A protective face mask may be worn by a player with a facial injury. The mask may be made of hard material, but must be word molded to the face with no protrusions.

Article 9. A soft-padded headband is permitted.

SECTION 3 – CAPTAIN'S RESPONSIBILITY

Article 1. Each captain shall be responsible for ensuring that each of his/her players is properly and legally equipped.

PENALTY: Illegally Equipped Players

- a. All cautions (yellow cards) for illegally equipped player(s) shall be issued directly to the player(s) and not to the captain.
- b. An illegally equipped player shall be instructed to leave the field of play when the ball next ceases to be in play.
- c. Play shall not be stopped for an infringement of this rule except where the referee may stop play immediately where there is a dangerous situation.
- d. The player(s) must be removed and may be replaced at the time of the caution to the player(s).
- e. The removed player(s) may re-enter at the next legal substitution opportunity only after reporting to an official who shall be satisfied the player's equipment and uniform are in order.

Improperly Equipped Players

- a. Cautions will not be issued for improperly equipped player(s).
- b. Improperly equipped player(s) shall be instructed to leave the field of play when the ball next ceases to be in play.
- c. Play shall not be stopped for an infringement of this rule except that the referee may stop play immediately where there is a dangerous situation.

In all situations, the removed player(s) may re-enter only after reporting to an official, who shall be satisfied the player's equipment and uniform are in order. There shall be no replacement until the next opportunity to substitute. However, the removed player may re-enter during the dead ball after reporting to an official, who shall be satisfied the player's equipment and uniform are in order.

RULE 5 – DURATION OF THE GAME AND LENGTH OF PERIODS

SECTION 1 – LENGTH OF PERIODS

Article 1. Two equal halves of 20 minutes each shall be played.

Article 2. Periods may be shortened if mutually agreed upon or in any emergency, by agreement of captains, provided it is determined to shorten the periods before the game or before the second half begins and all remaining periods are the same length.

Article 3. In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it an official game if one complete half or more of the game has been played (regular season or playoffs if the game is not tied). In the regular season, if less than one half of the game has been played, the game will be declared a “no contest” and will not be made up. In the playoffs, if less than one half of the game has been played or the game is tied at any point, the game may be restarted from the suspension of play.

Article 4. A period shall end at the expiration of time.

EXCEPTION: Play shall be extended beyond the expiration of a period, in regulation time and overtime, to permit a penalty kick to be completed.

SECTION 2 – INTERVALS BETWEEN PERIODS

Article 1. The halftime interval shall be no more than 5 minutes.

Article 2. Between each half, teams shall exchange ends and alternate the kickoff.

SECTION 3 – TIE GAMES

Article 1. Resolving tie games:

- a. Regular season games which are tied at the end of 40 minutes of play shall be declared a tie game.
- b. Playoff games which are tied at the end of 40 minutes shall be resolved in the following manner:
 1. Each team will select 5 shooters for a penalty shootout. Each attempt will be considered legal if the taker takes no more than one step at the official’s discretion.
NOTE: Shooters must be selected from the players on the field at the end of regulation.
 2. A coin toss will occur with the team who did not call the opening toss calling the overtime toss. The winner will be given the choice of kicking first or second in the penalty shootout.
 3. The referee will choose the goal at which both teams will shoot for the duration of the shootout.
 4. Shooters will alternate until a winner is determined.
Co-Rec: Shooters must alternate between male and female.
 5. If the score is tied after all 5 shooters from each team have shot, the shootout will continue in a sudden-death format until a winner is determined, provided both teams have taken an equal number of shots.

Article 2. The interval between the end of the second half and the beginning of the penalty shootout shall be just long enough to conduct the coin toss.

SECTION 4 – TIME-OUT AND IN

Article 1. The clock shall only be stopped for injuries or delays designated by the referee.

Article 2. The clock shall be restarted when the ball is properly put into play.

RULE 6 – THE START OF PLAY

SECTION 1 – KICKOFF

Article 1. When the referee signals with a whistle, a kickoff shall initiate play at the start of each period and after goals.

Article 2. At the moment of the kickoff, all players shall be in their team’s half of the court. Players opposing the kicker shall be at least 5 yards from the ball until it is kicked.

Article 3. The ball shall be kicked while it is stationary on the ground in the center of the court of play. A goal may be scored directly from the kickoff.

Article 4. After the kickoff, the ball may be played by any player except the one who kicked off. The kicker may not play the ball until it has been played or touched by another player on either team.
PENALTY: Indirect free kick awarded to the opponent at the spot of the foul.

RULE 7 – BALL IN AND OUT OF PLAY

SECTION 1 – BALL IN AND OUT OF PLAY

Article 1. The ball is out of play when it has completely crossed a goal line, whether on the ground or in the air.

Article 2. The ball is out of play when it touches a ceiling or any overhead obstruction.

Article 3. In MAC 2, the ball is out of play when it travels high enough to touch the diagonally-oriented steel cables atop the UREC Crossroads on the west side of the court.

NOTE: The horizontally-oriented steel cables that run parallel to the wall on the west side of the court are in play.

Article 4. The ball is in play at all other times, including:

- a. when it rebounds from a wall;
- b. when it touches an official on the field of play;
- c. until a referee sounds the whistle;
- d. when a drop ball touches the ground;
- e. when a player who has left the court in the normal course of play plays the ball while it is still on the court of play.

Article 5. The referee shall sound the whistle when needed to indicate that the ball is out of play or for a foul. As soon as the ball is in position to be played, it may be played without a second whistle. A second whistle is required to restart play for the taking of a penalty kick, after a substitution is made, after a caution, disqualification, injury, and after setting a wall prior to a direct free kick.

SECTION 2 – DROP BALL

Article 1. The game is restarted with a drop ball:

- a. when the ball is caused to go out-of-bounds by two opponents simultaneously;
- b. when the ball becomes deflated;
- c. following a temporary suspension of play for an injury or unusual situation in which no team has clear possession of the ball;
- d. when simultaneous fouls of the same degree occur by opponents.

Article 2. The ball should be dropped at the location where it became dead unless this is within the goal area, in which case, it shall be dropped on that part of the goal-area line which runs parallel to the goal line nearest the location where the ball was when play was stopped. If the ball was caused to go out of bounds by two opponents simultaneously, the ball is dropped five yards inside the boundary line unless this is goal area.

Article 3. The ball is dropped by an official from waist level to the ground between two opposing players. Other players may be positioned anywhere on the field of play provided they do not interfere with the drop-ball procedure.

Article 4. The ball shall touch the ground before it is played.

PENALTY: If the ball is played before it touches the ground, an official shall drop the ball again. A second violation by the same player on the same drop-ball situation may result in a caution to the offending player. Play shall be restarted by a drop ball.

SECTION 3 – TEMPORARY SUSPENSION

Article 1. In case of a temporary suspension due to an injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession of the ball at the point where the ball was when play was suspended. Should there not be clear possession at the time play is suspended due to an injury or any unusual situation, there will be a drop ball at the spot where the ball was declared dead subject to the provisions of Rule 7-2-2.

RULE 8 – SCORING

SECTION 1 – GOALS

Article 1. A goal is scored when the entire ball passes beyond the goal line, between the goal posts and under the crossbar provided it has not been deliberately thrown, carried, or propelled by the hand or arm of a player of the attacking team.

Article 2. A goal MAY be scored directly from a:

- a. kickoff;
- b. direct free kick;
- c. penalty kick;
- d. drop ball;
- e. goalkeeper's throw.

Article 3. A goal MAY NOT be scored directly from a/an;

- a. indirect free kick;
- b. throw-in;
- c. free kick into a team's own goal;
- d. goal kick into a team's own goal;

SECTION 2 – FORFEITS

Article 1. The score of a forfeited game shall be 1-0 if the game is not started, the score is tied, or the offending team is ahead at that time. If the offending team is behind at the time of forfeit, the score at that time is the final score.

SECTION 3 – MERCY RULE

Article 1. A goal differential of 7 goals at or under 5 minutes left in the game will cause the game to end and the team in the lead will be declared the winner. However, if the officials feel as if the winning team is stalling to continue play after the mercy rule mark of the game; the officials have the right to declare the game over.

RULE 9 – FOULS AND MISCONDUCT

SECTION 1 – SPITTING, KICKING, STRIKING, TRIPPING, AND JUMPING

Article 1. A player shall not kick, attempt to kick, strike, attempt to strike, spit at, or jump at an opponent.

Article 2. A player shall not trip, or attempt to trip, an opponent. This includes tripping or attempting to trip an opponent by use of the legs, or by stooping in front or behind an opponent in such a manner as to cause a fall or loss of balance.

Article 3. A goalkeeper shall not strike or attempt to strike an opponent by throwing or kicking the ball at an opponent or by pushing an opponent with the ball while holding it.

PENALTY: Direct free kick.

SECTION 2 – HANDLING

Article 1. A player shall be penalized for deliberately handling, carrying, striking, or propelling the ball with a hand or arm.

EXCEPTION: Goalkeeper when the ball is within his/her own penalty area.

PENALTY: Direct free kick.

Article 2. A player shall be penalized for indirectly handling, carrying, striking, or propelling the ball with a hand or arm.

EXCEPTION: Goalkeeper when the ball is within his/her own penalty area.

PENALTY: Indirect free kick.

SECTION 3 – HOLDING, PUSHING

Article 1. A player shall not hold or push an opponent with the hand(s) or arm(s) extended from the body.

PENALTY: Direct free kick.

SECTION 4 – CHARGING

Article 1. A player shall be penalized for charging an opponent in a dangerous or reckless manner, or using excessive force. An allowable fair charge is where players make shoulder-to-shoulder contact in an upright position, within playing distance of the ball, have at least one foot on the ground, and their arms held close to their body.

PENALTY: Direct free kick.

Article 2. A player shall not charge into an opponent when neither player is within playing distance of the ball.

PENALTY: Indirect free kick.

SECTION 5 – OBSTRUCTION

Article 1. Obstruction is the deliberate act by a player, not in possession of the ball and/or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle.

PENALTY: Indirect free kick.

Article 2. A player not attempting to play the ball, but remaining between the ball and an opponent, may be legally challenged from behind provided the challenge is not violent or dangerous and the ball is within playing distance.

SECTION 6 – DANGEROUS PLAY

Article 1. A player shall not participate in dangerous play, which is an act an official considers likely to cause injury to any player. This includes playing in such a manner which could cause injury to self or another player (opponent or teammate).

PENALTY: Indirect Free Kick

SECTION 7 – MISCONDUCT

Article 1. A player, coach, or bench personnel shall be cautioned (yellow card) for:

- a. Entering or leaving the field of play (except through the normal course of play) without the permission of an official;

- b. Persistent infringement of any of the rules of the game;
- c. Objecting by word of mouth or action to any decision given by an official (dissent);
- d. Any incidental use of vulgar or profane language;
- e. Any use of electronic communication devices with the on-field players during play. Examples: amplifying devices, wireless communication devices such as cell phones, headphones, personal digital assistant, etc.;
- f. Unsporting conduct, including, but not limited to:
 - 1. Coaching outside the team area;
 - 2. Unnecessary delay (kicking throwing the ball away on a free kick, etc.);
 - 3. Holding a shirt, shorts, etc.;
 - 4. Deliberate verbal tactics;
 - 5. Encroachment;
 - 6. Deliberate handball to stop an attack;
 - 7. Deliberate tactical foul;
 - 8. Faking an injury;
 - 9. Simulating a foul;
 - 10. Player who displays reckless play;
 - 11. Illegally equipped player, per 4.2;
 - 12. Any delayed, excessive, or prolonged act(s) by which a player(s) attempts to focus attention upon himself/herself and/or prohibits a timely restart of the game;
 - 13. A player deliberately handles the ball, attempting to prevent a goal, and the goal is scored;
 - 14. A player commits a foul, attempting to deny an obvious goal-scoring opportunity, and the goal is scored;
 - 15. Slide tackling.

PENALTY: A cautioned player shall leave the field and may be replaced. Should the team with the cautioned player elect to play shorthanded, the cautioned player may not re-enter nor be replaced until the next legal substitution opportunity.

Article 2. A player(s) shall be disqualified (yellow and red card) and the number of players on the court shall not be reduced for:

- a. Any delayed, excessive, or prolonged act(s) by which a player(s) attempts to focus attention upon himself/herself and/or prohibits a timely restart of the game.
- b. Subsequent caution.

Article 3. A player, coach, or bench personnel shall be disqualified (red card) for:

- a. Exhibiting violent conduct;
- b. Taunting – use of word or act to incite or degrade an opposing player, coach, referee, or other individual;
- c. Subsequent caution;
- d. Committing serious foul play:
 - i. Any play in which the player commits one of the offenses punishable with a direct free kick (or penalty kick if the offense takes place by a defender in the penalty area) and uses disproportionate and unnecessary force against an opponent while playing for the ball.
 - ii. A player deliberately handles the ball, attempting to prevent a goal and the goal is not scored.

- e. Spitting at an opponent, teammate, or game official;
- f. Using insulting, offensive, or abusive language or gesture;
- g. Leaving the team area to enter the field where a fight or altercation is taking place unless summoned by an official.

PENALTY: A disqualified player must leave the field and may not return or be replaced, and the player's team must play shorthanded. Any disqualified player or team member must leave the vicinity of the playing area.

Article 4. Captain's responsibility:

- a. The captain may be cautioned or disqualified either for team misconduct or for bench misconduct that cannot be attributed to a specific individual.
- b. A player who is disqualified and is directed to leave the complex shall leave the vicinity of the playing area immediately and is prohibited from any contact, direct or indirect, with the team during the remainder of the game. Failure to comply shall result in termination of the game.

SECTION 8 – TEAM SPORTSMANSHIP

Article 1. In both the regular season and the playoffs, a team that receives **a total of four yellow cards, a total of two red cards, or one red card and two other yellow cards** shall forfeit the game to their opponents.

NOTE: If a player is disqualified, his/her team must play shorthanded for the remainder of the game. If bench personnel is disqualified, his/her team will not play shorthanded.

RULE 10 – FREE KICK

SECTION 1 – DESCRIPTION OF A FREE KICK

Article 1. Free kicks shall be classified "direct" from which a goal may be scored against the offending team or "indirect" from which a goal may not be scored unless the ball is touched or played by another player of either team.

Article 2. All free kicks, with the exception of kickoffs and penalty kicks, may be taken in any direction. Free kicks are taken from the spot of the foul except for restarts following certain temporary suspensions of play, e.g., misconduct committed by bench personnel during a live ball and fouls committed in the goal area by either team.

Article 3. Any free kick awarded to the defending team within its own goal area may be taken from any point within the goal area.

Article 4. Any indirect free kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal-area line which runs parallel to the goal line at the point nearest to where the offense was committed.

Article 5. Any player of the offended team may take a free kick.

SECTION 2 – WHEN AWARDED

Article 1. Direct free kicks are awarded and taken from the point of the infraction:

- a. if a player spits at, kicks, strikes, attempts to kick or strike, or jumps at an opponent;
- b. if a player trips or attempts to trip an opponent;
- c. if a goalkeeper attempts to strike, strikes, or pushes an opponent with the ball;
- d. if a player, other than the goalkeeper in his/her own penalty area, deliberately handles the ball;
- e. if a player pushes an opponent with the hand(s) or arm(s) extended from the body;
- f. if a player holds an opponent;
- g. if a player charges an opponent in a dangerous or reckless manner, or using excessive force;
- h. if a player charges an opponent while the opponent, in the act of playing the ball, has both feet off of the ground;
- i. if a player charges the goal keeper.

Article 2. Indirect free kicks are awarded and taken **by the offended team** from the point of the infraction:

- a. if the ball is played next by the kicker following a kickoff, a free kick, a penalty kick, a goal kick, a corner kick, or by the thrower following a throw-in;
- b. if a player fairly charges into an opponent when neither is within playing distance of the ball;
- c. if a player kicks or attempts to kick the ball while it is in the possession of the goalkeeper;
- d. if a player from either team causes the ball to go out of play;
- e. for dangerous play;
- f. if the goalkeeper takes more than 6 seconds before releasing the ball for play;
- g. if the goalkeeper illegally handles the ball while in his/her own penalty area after once relinquishing possession of the ball;
- h. if the goalkeeper touches the ball again with his/her hands before it has been touched or played by another player;
- i. if the goalkeeper touches the ball with his/her hands after it is deliberately kicked by a player to his/her own goalkeeper;
- j. if the goalkeeper touches the ball with his/her hands when receiving it directly from a throw-in by a teammate;
- k. if the goal keeper punts or attempts a drop kick
- l. if the game is stopped for misconduct of a player, and no other restart takes precedence;
- m. spitting at a teammate or game official.

Article 3. The following indirect free kicks are taken from where the ball was when the referee stopped play:

- a. if a player, coach, or bench personnel enters or leaves the court of play without permission of an official;
- b. for temporary suspension of play for an injury or unusual situation and one team has clear possession of the ball;
- c. if the game is stopped because of misconduct by a person in the team and coaching area.

Article 4. The following indirect free kicks are taken where the ball crosses the mid-court line;

- a. if a player, or goal keeper takes a goal kick and the ball crosses the midfield line before contacting a player, the ground or a wall;

- b. if a goal keeper throws the ball and the ball crosses the midfield line before contacting a player, the ground or a wall.

SECTION 3 – HOW TAKEN

Article 1. Players opposing the kicker shall be at least 10 feet from the ball until it is kicked, unless they are standing on their own goal line between the goal posts. If the free kick is awarded to the defending team in its penalty area, players opposing the kicker shall be outside the penalty area at least 10 feet from the ball and must remain there until the ball clears the penalty area.

PENALTY: An official shall caution a player who fails to move the required distance away from the ball or engages in time-wasting tactics such as kicking or carrying the ball away after a free kick has been awarded to the opponent's team.

Article 2. The ball shall be kicked while it is stationary on the ground at the spot specified by the official. To be in play, the ball shall be moved in any direction. If the free kick is awarded to the defending team in its penalty area, the ball is not in play until it is beyond the penalty area and into the field of play. Failure to kick the ball as specified shall result in a re-kick.

Article 3. The kicker may not play the ball until it has been touched or played by another player.

PENALTY: Indirect free kick awarded to the opponent from the spot of the foul.

RULE 11 – PENALTY KICK

SECTION 1 – PENALTY KICK

Article 1. A penalty kick shall be awarded when a foul, which ordinarily results in the awarding of a direct free kick, occurs within the offending team's penalty area.

Article 2. All players except the kicker and the opposing goalkeeper shall be within the field of play but outside the penalty area and at least 5 yards from and behind the penalty mark until the ball is kicked.

Article 3. The opposing goalkeeper shall stand on the goal line, between the goal posts, until the ball is kicked. Lateral movement is allowed, but the goalkeeper is not permitted to come off the line by stepping or lunging forward until the ball is in play.

PENALTY (ARTICLES 2 AND 3): Encroachment by the defending team is not penalized if the goal is scored. If a goal is not scored on the penalty kick, it is retaken. If there is an infringement by the attacking team and the ball enters the goal, the goal does not count and the kick shall be retaken. If there is an infringement by the attacking team and the ball does not go into the goal, there is no re-kick. If the ball rebounds into play or is deflected out of bounds by the goalkeeper, the game shall be stopped and restarted with an indirect free kick for the defending team at the spot of the foul. If the ball is saved and held by the goalkeeper, play shall continue. In cases where players from both teams are guilty of infringements, the kick shall be retaken regardless of the outcome of the kick.

Article 4. The ball shall be kicked while it is stationary on the ground from the spot or any place on the penalty mark. To be in play, the ball shall be moved forward. The player taking the kick may not take more than one step before striking the ball. Failure to kick the ball as specified shall result in a re-kick.

Article 5. After the penalty kick is properly taken, the ball may be played by any player except the one who executed the penalty kick. The kicker may not play the ball until it has been touched or played by another player on either team.

PENALTY: Indirect free kick awarded to the opponents from the spot of the foul.

Article 6. If the ball touches the goalkeeper before passing between the goal posts, when a penalty kick is taken at or after the expiration of time, it does not nullify any goal. If necessary, play may be extended so that the penalty kick may be taken. If a penalty kick is taken after the expiration of time, (a) only the kicker may play the ball and he/she may only play the ball once; (b) the ball is in play until its momentum is spent, it goes out of bounds, or is retouched by the kicker.

RULE 12 – GOAL KICK

SECTION 1 – GOAL KICK

Article 1. In Godwin Gym A, a goal kick shall be awarded to the defending team when the entire ball crosses the goal line, excluding that portion between the goal posts and under the crossbar, either in the air or on the ground, having last been touched or played by the attacking team.

Article 2. In MAC 2, a goal kick shall be awarded to the defending team when the ball travels high enough to touch the bottom of the overhanging track on the east side of the court or the diagonally-oriented horizontal cables on the west side of the court (atop the UREC Crossroads) having last been touched or played by the attacking team.

Article 3. Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area.

Article 4. Once spotted, the ball shall be kicked from the ground from any point within the goal area by a player of the defending team. A goal kick shall clear the penalty area and enter the field of play. If the ball is not kicked beyond the penalty area, the goal kick shall be repeated.

Article 5. After the goal kick leaves the penalty area, the ball may be played by any player except the one who executes the goal kick. The kicker may not play the ball until it has been touched by another player.

PENALTY: Indirect free kick awarded to the opponents from the spot of the foul.

Article 6. The goalkeeper shall not pick up the ball to put it into play.

Article 7. The goal kick must make contact with a player, the ground or a wall before crossing the midline.

PENALTY: Indirect free kick awarded to the opponents from the midline where the ball crossed.

RULE 14 – DEFINITIONS

SECTION 1 – DEFINITIONS OF PLAYING TERMS

Article 1. Alphabetical list of definitions:

- a. **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 a favorable opportunity for the offended team. The foul may be subsequently called if the advantage does not materialize.
- b. **BENCH PERSONNEL** – Anyone within the team area.
- c. **CAUTIONED PLAYER** – A player notified by an official that his/her activities are not in the best interest of the contest. Such player must be shown a yellow card and shall leave the field and may be replaced.
- d. **CHARGE** – An act by a defensive player employing body contact to cause an offensive player to lose or give up possession of the ball. A fair charge must have all the elements present which are set down in the rules. An unfair charge has one or more of those elements absent.
- e. **DEAD BALL** – A term used to indicate a time when the ball is out-of-play. A goal can never be scored while the ball is dead.
- f. **DEFENSE (DEFENDING TEAM)** – Team not in possession of the ball. A team remains on defense until it establishes possession of the ball.
- g. **DELIBERATE FOUL** – A purposely planned act done to disrupt the game and to gain an advantage through the unfair act.
- h. **DISQUALIFIED PLAYER** – A player barred from further participation in the game. Such player shall be shown a red card and shall not be replaced during the game except as in 9-8-2.
- i. **DRIBBLER** – A player in control of the ball who attempts to move the ball by periodic touches with the feet.
- j. **DROP BALL** – A method by which a dead ball becomes live. An official drops the ball to the ground. When the ball strikes the ground, it becomes alive and may be played by anyone.
- k. **ENCROACHMENT** – The act, by one or more defenders, of advancing within 10 yards of the ball prior to the taking of a free kick.
- l. **FORFEIT** – The loss of a game because of termination or for other reason as determined by the proper authority.
- m. **FOUL** – A rule infraction by a player on the field of play during play, for which a free kick is awarded to the player’s opponents.
- n. **FREE KICK** – A method by which a dead ball becomes alive. The ball is placed on the ground and, while motionless, it is kicked unchallenged in any direction prior to being touched by any other player. The ball is considered to have moved when it is touched by the kicker’s foot. There are two types of free kicks – “direct” from which a goal may be scored against an opponent without a second player touching the ball and “indirect” in which a goal may not be scored unless the ball is touched or played by another player of either team.
- o. **GOAL LINE** – Shorter boundary lines. The entire line is within the field of play.
- p. **GOALKEEPER** – The only designated player of each team who may handle the ball within his/her own penalty area.
- q. **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.

- r. ILLEGALLY EQUIPPED – A player not wearing equipment required by rule or wearing an item/items not allowed by rule.
- s. IMPROPERLY EQUIPPED – A player wearing legal equipment that is being worn incorrectly or becomes illegal during play.
- t. KICKER – A player who attempts to, or does, kick the ball.
- u. LIVE BALL – A term which indicates that the ball has been legally kicked or thrown by a player, or dropped by an official and is in play.
- v. MISCONDUCT – Any of the actions by players, substitutes, and bench personnel that results in yellow and/or red cards being issued.
- w. 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 not attempting to play the ball.
- x. OFFENSE (ATTACKING TEAM) – Team which is in possession of the ball.
- y. PARRYING – The deliberate attempt by the goalkeeper to control and/or deflect the ball down or out with the hands or arms.
- z. PASS – The movement of the ball from one player to another by foot, head, or other portion of the body (other than the hand).
- aa. PENALTY KICK – A kick awarded to a team because an opponent was charged with a direct free kick offense within his/her own penalty area.
- bb. PLAYER – A team member who occupies a position on the field of play during the actual playing time limits of the game, beginning with the opening kickoff and ending with the conclusion of the game, excluding intervals between periods. A substitute becomes a player when he/she is beckoned onto the field of play by an official, at which point the replaced individual is no longer a player.
- cc. 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).
- dd. POSSESSION – A live ball controlled by a team, player, or a goalkeeper. A controlled ball is one which may be passed, thrown, dribbled, or shot on goal by a player.
- ee. SCISSORS-KICK – A maneuver in which a kicker's feet leave the ground with the feet usually at a higher elevation than the head. The ball may be kicked over the kicker's head in a single motion.
- ff. 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.
- gg. SLIDING 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.
- hh. SUBSTITUTE – A team member who has properly reported to enter the game. A substitute becomes a player when he/she is beckoned onto the field of play by an official.
- ii. SUSPENDED – A term which indicates that a game has been interrupted by the referee because of conditions which make it impossible to continue play but are not the fault of the participants or spectators. Examples of such conditions include inclement weather, power failure, or other emergency affecting playing conditions.
- jj. TACKLE – The use of the feet to take a ball away from a player in control.
- kk. TERMINATED – A term which indicates that a game has been ended by the referee for action of the participants or spectators such as refusal to play or disorder. The status of the game, which may include forfeiture, shall be determined by proper authority.
- ll. THROW-IN – A method by which a dead ball becomes alive. A player throws the ball using both hands (unless physical impairment would limit use to one hand). The ball must be delivered

from behind and over the head in one continuous movement, while both feet are on the ground on or behind the touchline and the player must be facing the field.

mm. TOUCHLINE - Longer boundary lines. The entire line is within the field of play.

nn. VIOLENT CONDUCT - The commission of a violent act against an opponent, an official, a spectator, teammate, or other individuals when the ball is in or out of play.

oo. WARNING - A verbal admonition to a coach or player for conduct not in the best interest of the game. Repeat warning(s) necessitates an official caution.