

Futsal 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 Sport 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 sight 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. All games will be played in UREC MAC 2.

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 three to five-minute half time.
2. Teams are permitted one (1) 30-second timeout per half. Unused timeouts do not carry over into subsequent periods.
3. **Mercy Rule:** If a team is up by ten (10) goals with 10 minutes remaining in the game or if a team is up by five (5) goals with 5 minutes remaining in the game, the game will be declared over. 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.

4. **OVERTIME will ONLY be played in the PLAYOFFS.** During the playoffs, if the game ends in a tie there will be a penalty shoot-out. Each team will select five (5) shooters (all shooters have to have been on the field of play at the end of regulation). A coin toss called by the home team will determine who will shoot first. The referee will choose the goal to be shot at during the penalty shoot-out. Shooters will alternate until a winner is determined. If the score is still tied after all five (5) shooters from each team has shot, the shoot-out will go into sudden death until a winner is determined provided both teams have taken an equal number of shots.

The Team

1. A team may start with five (5) players, but have no more than seven (7) players, including the goal keeper, on the court at any one time, but may have an unlimited number of substitutions on the team bench. If at any time there are more than seven (7) players on the court, an indirect kick will be awarded to the opposing team.
 - a. **CoRec Rule: The team playing with 7 must be 4M and 3F or 3M and 4F. If the team is playing with 6, the combination must be 3F and 3M, or with 5 being 3F and 2M or 2F and 3M.**
2. A team that does not have the required number of players at the designated game time will lose .1 on their sportsmanship for every minute that they are late. The clock will also begin running at this time. After ten minutes, the game will be declared a forfeit.
3. Substitutions are unlimited and occur “on the fly”. The player leaving must be completely out-of-bounds before the substitute may enter the court-of-play. Both the player leaving, and the substitute entering the court must do so within 5 feet of the mid-court line on the side of the team boxes. A goalie may be replaced only during a dead ball period and only after the officials are notified and approve of the substitution. Any violation of these rules will result in a warning for unsportsmanlike conduct and an indirect kick.
4. Valid JAC Cards are required for participation.

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, which 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 appropriate, non-marking athletic shoes – cleats are NOT allowed.
4. Eye glasses must be shatterproof.
5. Soccer shin guards are optional and strongly recommended.
6. All jewelry is prohibited.

Start of Play

1. The away team, the team listed second on the schedule, will call the coin toss at the beginning of the game, and the team winning the toss will have the option of kicking off or defending the goal of their choice. At the start of the second half, the teams will switch ends and the other team will have the kickoff.
2. All players must be in their own half of the court for the kickoff. A goal can be scored directly from the kickoff.
3. 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.
4. Re-kicks result if the ball is kicked backward or if opposing players encroach the five (5) yards 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.
5. The kickoff procedure applies to restarting the game after a goal is scored and after the half-time break.
6. 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 of the ball crosses the goal line, in the goal, provided it wasn't thrown, carried, or propelled intentionally by an attacker's hand or arm.
2. A goal may not be scored from an indirect free kick or a throw-in.

Ball In and Out of Play

1. The ball is out of play when it wholly crosses the sideline or touches one of the walls in which the goal is set. When the ball goes out of bounds on the sideline, it is then put back into play by a kick-in taken from the exact spot the ball was declared out of bounds. A goal clearance throw is awarded when the ball touches the wall in which one of the goals is on having last been touched by one of the members of the attacking team. For a goal clearance throw:
 - a. The goalie must throw the ball back into play from anywhere inside his/her penalty box.
 - b. There are no restrictions as to where the goalie may throw the ball.
 - c. Players must remain at least 5 yards from the goalie to allow him/her adequate space to release the ball.
2. A corner kick is awarded when the ball touches the wall in which one of the goals is set having last been touched by one of the members of the defending team.

3. 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.
4. A player may step on or over the line while playing the ball as long as the ball is in the court of play.

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 goal keeper, 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 goal keeper 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 (including goal keepers) 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 handling the ball (this does not apply to a goal keeper within his own penalty area)
 - e. Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
 - f. Uses offensive, insulting or abusive language
 - g. Receives a second caution in the same match
 - h. **SLIDE TACKLING FROM BEHIND** – any attempt whether or not contact is made with the ball.

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.

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 top of the goal box. When the penalty is being taken all players with the exception of the player taking the kick and the opposing goal goalie must be at least five yards behind the player taking the kick.
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.
6. If the goalie moves forward early and a goal is scored, the goal counts. If the goalie moves forward early and a goal is saved, a penalty kick is taken again. The goalie may move laterally before the ball is kicked.

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: 4.0 "Win with class – lose with dignity"

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. Teams respect all decisions made by the intramural staff.
3. All questions to the sport official must be respectful and reasonable. *Statements are not questions and will not be recognized.*
4. Teams are responsible for their actions and spectators they bring to the event.
5. Teams state positive comments of encouragement towards teammates and opponents.
6. Teams accept a loss and congratulate the opponent on their success.
7. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

Excellent: 3.5

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

**Note: All teams that request to cancel within 24 hours of their next contest will receive a 3.5 rating. The opposing team will also receive a 3.5 rating.*

Good: 3.0

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive and adhere to verbal warnings, but receive no ejections, yellow cards, unsportsmanlike penalties or technical fouls.**

Average: 2.5

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive a technical foul, yellow card, or unsportsmanlike conduct, but receive no ejections.**

Below Average: 2.0

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive two technical fouls, yellow cards, or unsportsmanlike conducts, but receive no ejections.**

**Note: Teams that forfeit through a no show will automatically receive a 2.0.*

Poor Conduct: 1.0

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive an ejection.**

Unacceptable: 0

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.

4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive multiple ejections or the game is forfeited by intramural staff.**

Sportsmanship Sanctions

The intramural program contains the right to address all issues that pertain to sportsmanship issues. Players that are ejected from an event will receive an automatic one game suspension and will have to meet with the Assistant Director or 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 program 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.