

**University of Oregon
Recreational Sports**

Indoor Soccer Rules

The Game

1. 2 teams of 5 players
2. Minimum to start is 3 players (COED min. 3 with a ratio maintained within 1 at all times)
3. COED must play one half with a 3:2 and one half with a 2:3 ratio of men:women
3. 20 minute halves. The clock does not stop and there are no time outs
4. Game time is forfeit time

Eligibility

1. Current U of O students, faculty and staff
2. EVERY PLAYER MUST SIGN THE ROSTER BEFORE PARTICIPATING
3. Players must bring a valid UO ID to EVERY game
4. NO ID = NO PLAY
5. Players can only play on one gender specific and one coed team at the same time
6. Varsity soccer athletes are not eligible
7. Club soccer players are not eligible

Equipment

1. Game balls and pinnies will be provided
2. Proper footwear and attire is mandatory
3. Any articles that may endanger other players are not permitted (i.e. jewelry, plaster casts)
4. Contact lenses or protective goggles are highly recommended
5. Shinguards are not mandatory but highly recommended

Playing Area

1. There will be a designated line in the gym for high balls
2. High balls kicked above the line are dead and an indirect kick awarded at the point of infraction.
Exception: if the ball was played inside the "3 point line" kick is taken from the nearest point outside the line. A high kick by the goalie will be taken on the half way line.

Scoring

1. All ties stand at the end of league games.
2. PLAYOFFS: if tied at the end of regulation there will be a 5 minute overtime (not 'sudden death')
3. If still tied the game will be decided by penalty kicks

Substitutions

1. Unlimited substitutions on a dead ball (must be called in by the official)
2. Substitutes must remain outside the gym

Kickoff

1. The kickoff does not have to go forward and does not have to be played by two players
2. A goal may be scored directly from the kickoff
3. Kickoff and sides are decided by team captains prior to the start of the game

Goalkeeper

There will be a 'goalkeeper area' and a 'goal crease'

1. The goalkeeper may NOT touch the ball outside of the designated 'goalkeeper area'
2. The ball must bounce or touch a player or wall before crossing the half court line
3. A goalie may not maintain possession of the ball for longer than five seconds

Players

No field players are allowed inside the designated 'goal crease'

Fouls and Misconduct

FIFA rules regarding fouls and misconduct will be followed except for the following modifications:
Playing the ball while on the ground is not permitted (Stay on your feet)
Slide tackling is not permitted
All free kicks are direct

Penalty Kicks

1. Penalty kicks are taken from the middle of the key at the second hash mark
2. The goalie must remain on the line until the ball is contacted
3. The shooter places one foot next to the ball and must strike the ball with no run up
4. Any rebound is a live ball
5. Penalty kicks are awarded for:
 - A defender in the goal box directly influencing play
 - Any direct kick within the three point line
 - The goalkeeper reaching or stepping out of the 'goaltender area'

Sports Code

1. All participants and spectators are governed by the SPORTS CODE available in 102 Esslinger.
2. Only captains may address officials
3. Team captains are responsible for their sidelines and spectators.
3. Negative consequences for the team may result as a direct reaction to spectators' behaviors or actions.

NO alcoholic beverages permitted on University property

PROTESTS

Protests based solely on a decision involving the accuracy of judgement on the part of an official will not be considered

Protests involving player eligibility will be considered