University of Minnesota Intramurals

The following set of rules addresses gameplay for intramural dome soccer. Any additional situations that arise will be determined in accordance with the FIFA Laws of the Game. Additionally, the intramural handbook addresses intramural policies that apply to all sports and should be read prior to registering an intramural team. The Intramural Handbook can be found online.

I.D. Check-in-Policy and Procedure

1. All students, staff and faculty MUST present a valid U of M identification card to participate in any Intramural activity.
2. There will be no exceptions to this policy. If participants do not present a valid U of M identification card they will NOT be allowed to participate in the Intramural activity.
3. Penalty for attempting or using a false identification card will be suspension from the league. Suspended individuals MUST meet with the Intramural Director for possible reinstatement into the Program.

Adding Players to Your Roster

All players must be on your roster (this includes accepting their invitation) by 2 PM the day of the scheduled match for the player(s) to be eligible. For matches scheduled on Sundays, players must have been accepted to the roster by 2 PM on the Friday.

Visit http://www.recwell.umn.edu/intramurals/

Adding Players as a Captain

- Click on "My Teams" in the upper right hand corner of your IMLeagues screen.
- Click "Invite Members to Your Team".
- Enter the invitees' email addresses separated by a comma.
- Once the invitee receives an invite and accepts your invitation, they will be added to your team.
- IMPORTANT: If you do not see a player on your roster, they have not accepted your invitation and are ineligible to participate.

Adding Yourself to a Friend's Team

- First, create your IMLeagues account.
- Click "Player Signup" on the upper right hand side of your screen.
- Find the team that you would like to join.
- Click "Join Team".
- Fill out the waiver.
- Once the captain has accepted your request, you will be added to the team.
- IMPORTANT: You will not be added to the roster until the captain accepts your request.
Dome Soccer Rules

Postings: Schedules, league updates, game results, and playoff brackets will be posted on IMLeagues as that information becomes available. Team captains should check the site regularly to check for changes.

Pre-Game: All players must check in at the table with their U-cards. There are no exceptions to this rule. Using another student’s U-card is grounds for suspension from intramural sports.

Player Eligibility: A Participant may only play on one co-rec and one non co-rec team in each sport. Players playing for more than one team will lose their eligibility and cause forfeiture for their team’s games.

A player is eligible if s/he plays on:
- 1 co-rec and 1 open team
- 1 co-rec and 1 women’s team

A player is not eligible if s/he plays on:
- 1 open A and 1 open B team
- 1 open and 1 women’s team

Players who do not play in a regular season game with their team will not be eligible for playoffs.

Uniforms: All uniforms must follow the Recreation and Wellness Center Dress code.

The following items are required while playing intramural soccer
- Athletic-style shoes with non-marking soles, closed toes, and closed heels.
- Athletic-style pants or shorts. Shorts must be of sufficient length to cover the gluteal fold.
- Shirts that reach the top of the pants or shorts and fully cover the torso (chest, stomach, back, and sides.)
- All clothing must be free of profanity, offensive language, and offensive graphics.

Participants should wear the same or similar colored jerseys to easily identify with their team. Goal Keepers must wear a different color than his/her team, the opposing team, and the referees. Pinnies may be provided, but only limited colors are available.

Players may not wear anything that is hard and unyielding during play. This includes watches, rings, necklaces, bracelets, baseball caps, or hard casts. Hard braces may be worn only if all hard pieces are covered with a soft pliable material.

Additionally, shin guards may be worn and are encouraged.
**Equipment:**
Game balls will be provided by the intramural department. However, teams are encouraged to bring their own balls for warming up if desired.

**Forfeits:**
**Game time is forfeit time.** If a team has no players check in with legal equipment at game time, the game will be declared a forfeit, and the team will be disqualified from playoffs. Additionally, if a game must be ended due to major sportsmanship issues, the result will be a forfeit.

A team that has 2 forfeits, 2 defaults, or 1 of each will be removed from the league without a refund.

**Defaults:**
Teams must have at least 5 players checked in with legal uniforms at game time in order to avoid a default. A default will result in a 2.5 sportsmanship rating.

If at game time, a team has at least one player checked in but is short the minimum number of players, that team will have five minutes to get all checked in and ready to play. The clock will begin at game time regardless of whether the teams are ready to play.

If the game begins late because of one team’s lack of players, that team can get no higher than a 2.5 sportsmanship rating for that game. After five minutes, the game will be called as a default.

Team captains may call the intramural office by 4pm on the day of the game or 4pm on Friday for weekend games to default the game ahead of time. In this case, the team will receive the loss, but will not need anyone to show up at game time.

**1st Default:** Recorded as a loss for the team and a 2.5 sportsmanship rating, however the team is still eligible for the playoffs.

If a team has one player arrive at the game or calls the Intramural Office to inform them of the inability to play by the default time, the game is a DEFAULT.

If no one shows up for a team and there is no contact with the Office prior to the game the game is a FORFEIT.

**Timing:**
Games consist of two 23-minute halves with a 3-minute halftime. The clock will run continuously for the duration of each half, and stoppage time will be added at the referees’ discretion.

**Overtime:**
There is no overtime in the regular season. Rather, the game will end in a tie.

During playoffs, a 7-minute golden goal overtime period will be played.

If there is no winner after one overtime period, the outcome will be decided by kicks from the mark in accordance with the procedures below:

1. A coin flip will be used to determine which team will shoot first.
2. All kicks will be shot towards the same goal.
3. Only players on the field at the end of the overtime period will be eligible to participate in the shootout.
   a. If one team has more players on the field than the other, that team shall reduce their number of players to match the opponent’s. (In co-rec, the team must reduce the same gender as the opponent’s missing player).

4. Teams will alternate kickers.
   a. In co-rec games, each team shall alternate the gender of their kickers as well.

5. The team scoring the most times out of the five kicks shall be declared the winner.

6. If the score is tied after five kicks, teams will continue alternating shooters in the same order until one team has scored and the other has not.
   a. The sixth and seventh eligible kickers must shoot before the order begins over with the first shooters.

**Mercy Rule:**

If there is a 7-goal differential at any point in the second half, the game will end by mercy rule.

If there is a 5-goal differential with 5-minutes or less remaining in the second half, the game will end by mercy rule.

**General Rules:**

The game is played by teams of 7 players, including the goal keeper. 5 players must be present to begin and continue a game.

In co-rec games, teams must have 3 males and 3 females playing on the field. A minimum of 2 male field players, 2 female field players, and one goal keeper must be present to start or continue a game. The goal keeper can be of either gender and does not count towards the gender restrictions.

**Starting Play:**

The game and each subsequent period will begin with a kickoff. Kickoffs will also be used after a goal is scored to restart play.

For kickoffs, each player must begin in his/her half of the field. The kick is considered an indirect free kick and does not need to go forward.

Throw-ins will be used to restart play when the ball exits the boundaries through either touchline. The team that did not cause the ball to exit the field of play will be awarded the throw-in at the spot.

A proper throw-in must be made with two hands straight over the head and both feet must remain on the ground through the throw. Throw-ins are indirect, so a goal cannot be scored by a throw-in.

Goal kicks and corner kicks are used to start play when the ball exits the boundaries through the goaline. A goal kick will be used when the ball is caused out of play by the attacking team, and a corner kick will be used when the ball is caused out of play by the defending team.
A goal kick is a direct free kick taken by the defending team that must be taken from inside the goal area. The kick must exit the penalty area before it may be touched by a field player.

A corner kick is a direct free kick taken by the attacking team that must be taken from no more than 1 yard from the corner flag.

**Substitutions:**

Substitutions of field players may be made on the fly, however, there are some stipulations. Players must leave and enter the field at the midline in order to ensure no advantage is gained.

Players must wait to come on the field until the outgoing player is entirely off of the field. Too many players on the field will result in a yellow card being given. This is the same if an incorrect substitution leaves too many of one gender on the field during a co-rec game.

Substitution of goalkeepers must be made during a dead ball. Teams may only substitute on their own throw-in or corner kick. However, on a goal kick, either team may request to substitute their goalkeeper.

Should a substitution infraction occur, the oncoming player will be awarded the yellow card. The restart will be an indirect free kick from the last spot the ball was played. If applicable, advantage may be applied at the discretion of the referees.

**Boundaries:**

The entire ball must cross the entire line to be considered in or out of play. For out of bounds, the team contacting the ball last is deemed to have caused it out of play.

Ball is out of play when the ball hits the ceiling. Play is restarted with an indirect free kick at the spot straight above where the ball struck the ceiling.

Additionally, the entire ball must cross the entire goaline between the posts and under the crossbar for a goal to be scored.

The dimensions of the field are as follows: The length of the field will extend from sideline to sideline of the football field. The width of the field will be from the back of the end zone to the near 40 yard line.

The penalty area is as follows: The length of the Penalty Area will extend from the goal line to the bottom of the football field number yard markers. The width of the Penalty Area will extend from the 0 yard line to the 30 yard line on the football field.

**Offsides:**

There are no offside violations under any circumstances.

**Throw-ins:**

A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touchline, either on the ground or in the air. A goal cannot be scored directly from a throw-in.
Goalkeepers are NOT allowed to handle throw-ins from a teammate with their hands.

**Goal Kick:**
A goal kick is awarded to the defending team when the ball wholly passes over the goal line outside of the goal, having last been played by a member of the attacking team.

Goal kicks are considered to be a DFK, and must be taken from the goal line.

The ball may not pass the second set of hash marks (approximately 2/3 length of the field) in the air. Violation of this rule shall result in an IFK for the non-offending team.

**Corner Kick:**
A corner kick is awarded to the attacking team when the ball wholly passes over the goal line outside of the goal, having last been played by a member of the defending team.

Corner kicks are considered to be a DFK, taken from the nearest corner.

**Scoring:**
A goal is scored when the whole of the ball has passed over the goal line between the goal posts and under the crossbar.

**Goalkeeper:**
Goalkeepers may slide and play the ball with their hands in the penalty area only. Outside of this area, they are subject to the same restrictions as field players.

Once a goalkeeper has picked up the ball he/she has six seconds to release the ball. He/she may punt it, throw it, or set it down. If set down, the goalkeeper may not pick it back up with his/her hands.

Any ball drop kicked past the second yellow line (about 2/3 across the field) in the air shall be whistled down and an IDFK shall be given to the non-offending team.

Goalkeepers may not play the ball with their hands if the ball was passed back to him/her by a teammate. This includes throw-ins.

The above infractions will result in an indirect free kick for the offending team.

**Fouls:**
A player who commits any of the following offenses will be penalized by the award of a direct free kick (DFK) for the opposing team:
- Kicking or attempting to kick an opponent
- Tripping an opponent
- Charging an opponent.
- Striking or attempting to strike an opponent
- Spitting at an opponent
- Holding an opponent
- Pushing an opponent
- Handling the ball
- Attempting or completing a bicycle kick. (Yellow card will be awarded)
- Diving or intentionally falling to embellish contact or a foul

**Free Kicks:**

A direct free kick is one in which the ball can be scored as soon as it is kicked. A direct free kick is awarded for a foul or deliberate handball.

An indirect free kick is one in which the ball cannot be scored until it touches a second player. The second player can be of either team. An indirect free kick is awarded for an offsides offense, goalkeeper violation, dangerous play, or obstruction of an opponent.

During the taking of a free kick, all opponents must be at least 7 yards from the ball. If an opponent intentionally infringes on that distance, he/she will be issued a yellow card.

Additionally, the free kick must be taken while the ball is stationary, and the kicker may not touch the ball again until it touches another player.

**Penalty Kicks:**

If a direct free kick is awarded to the attacking team within the marked penalty area, the attacking team will attempt a penalty kick. Penalty kicks will be taken from the penalty mark, which is 12 yards from the goal line.

The attacking team must declare a kicker. The kicker must wait for the official’s whistle before he/she kicks the ball. The kicker must kick the ball forward in one fluid motion.

All players besides the kicker and the goalkeeper must remain behind the ball and outside of the penalty area until the ball is kicked. The goalkeeper must remain on or behind the goal line until the ball is kicked. Once the ball is kicked, it is live and can be scored off of the rebound. The kicker may not touch the rebound until another player has touched it.

**Sliding:**

Sliding is **PROHIBITED** in intramural soccer.

Sliding that is **not** near or into an opponent will result in a yellow card and a direct free kick for the opponent. (Exception: The goalie may slide inside the penalty area but may not cause contact).

Sliding near or into an opponent will result in a red card and a direct free kick for the opponent.

Slides and slide tackles are at the discretion of the officials and are considered final. Players should not dissent the decision to call or not call a slide.

**Cards:**

The officials will award yellow and red cards at their discretion.
If a player is issued a yellow card, that player has been formally warned and must leave the field immediately. That player may return at the next stoppage of play with the permission of the officials.

If a player is issued a second yellow card in one game, that player will be issued a red card.

A red card will result in an ejection, and the team will play shorthanded for the remainder of the game. The offending player will need to meet with the intramural office staff before being reinstated into the league.