



UTM INTRAMURALS MIXED INDOOR SOCCER

RULES AND REGULATIONS

All Indoor Soccer rules are set out by Ontario Soccer with the following exceptions:

As intramurals strives to uphold our values of inclusivity and diversity, we have outlined specific criteria for leagues to encourage all players to play. For mixed leagues, a distribution of gender identification exists, to encourage integrated participation. The identified maximums of each gender are to ensure balance in gameplay, but allow for individuals of any gender to still participate in the remaining roster spots.

NUMBER OF PLAYERS

- There is a maximum of six (6) players including the goalkeeper on per team during game play
- Teams may have a maximum of four (4) players of any gender on at all times
- Teams are permitted a maximum roster of 20 participants

DEFAULTS

- For every minute that a team is late their opponent will be given 1 point towards their total game score
- Games will start on time as scheduled with players in attendance as soon as roster minimums are met
 - A minimum of 5 players for each team is required to start the game (maximum of 4 players of any gender)
 - Teams may use up to a maximum of 2 NOMADS*. (Read "Nomads" heading for further details)
- If a team does not have enough players by 10 minutes past the scheduled time, the team will lose by default
- The default score will be recorded as 10-0
- A team that loses a player to injury can continue to play the game without defaulting

EQUIPMENT & UNIFORMS

- An indoor soccer ball will be used – size 5
- One soccer ball will be provided for teams to warm up with
- Proper playing attire is mandatory. Shin guards are highly recommended.
- Players must wear numbered shirts of the same colour.
- The goalkeeper must wear a jersey of a different colour from their own team and those of the opposing team.

LENGTH OF GAMES

- Games will consist of two 20-minute halves with a 2-minute half time.
 - Stop-time will be played for the last two minutes of the second half, if the goal difference is one goal or less. The clock will stop on every dead ball.

- The league is run using a point system:
 - WIN = 3 points
 - TIE = 1 points
 - LOSS = 0 point
 - DEFAULT = -1 points

OFFICIALS

- The referee and game manager will be supplied for all UTM Intramurals games
- The referee will have the final decisions on all rules and disputes
- In the event no referee is available, participants may play on the honour system and call their own errors. Team captains/representatives are responsible for the conduct of their players

ELIGIBILITY

- Players (including late players) must check-in on the game sheet before every game in order to participate
- No spectators are allowed on team benches
- For eligibility rules, please refer to the UTM Intramurals Student Handbook

START OF PLAY AND PLAY

- The home team will start the first half with an indirect kick-off. The away team will start the second half
- Home team will take the team bench by the main scoreboard
- Kick-ins, kick-offs, corner kicks, and free kicks are indirect. The ball must make contact with a player before entering the goal
- If the ball hits the ceiling, the play will resume with a kick-in
- On a free kick, the defensive team must retreat 12 feet
- No offensive players are allowed inside the goalkeeper's crease. This will result in an indirect free kick
- Teams may make substitutions on the fly or at a stoppage of play
 - The departing player must be on the bench before the new player enters
- Slide tackles are not permitted
 - **A slide tackle is** considered when a participant has one knee on the ground and/or when a participant slides on the ground next to their opponent
 - Slide tackles may result in a 2-minute penalty yellow or red card, at the discretion of the referee
 - Goalkeepers may slide in an attempt to play the ball within their own crease
- There are no offsides
- The ball is out of play when it has fully crossed the boundary line, whether on the ground or in the air. Play will be restarted with a kick-in
- A foul committed by the defending team inside their own penalty area will result in a penalty kick
- If a penalty kick is scored, the conceding team will restart at kick-off. If it is not scored, play will restart with a goal kick
- Goalkeepers cannot use their hands outside the goal area
 - If a teammate kicks the ball to their goalkeeper, they may not handle it with their hands. This will result in a penalty kick
- Throws, drop kicks or goal kicks cannot go further than the halfway line
- Goalkeepers may only switch during a stoppage of play

- For further playoff information, please refer to the UTM Intramurals Student Handbook
- A goal is scored when the entire ball passes over the goal line, between the goal posts and under the crossbar

FOULS & EJECTIONS

- Two-minute penalties, yellow, and red cards will be handed out at the referee's discretion
 - The referee may assign a two-minute penalty for any action they believe warrants it
 - The referee may assign a yellow card for rough play, repeated infractions, unsporting behaviour, or verbal abuse
 - Yellow cards are an automatic 2-minute penalty and players must serve the 2-minute penalty at the score table
 - The referee may assign a red card for fighting, excessive rough play, a second yellow card, or verbal abuse. The player must immediately leave the gym and is suspended for their team's next scheduled game
 - A player from individual team must serve the 5-minute penalty for the player who received the red card
- The team receiving a card will play a player down for the duration of the time of the penalty
- All players must serve the allotted time of the penalty even if a goal is scored
- If a team has 2 players ejected from the game, the team will lose by default
 - Two defaults and the team will be disqualified from the league
- Fighting, verbal slurs and excessive verbal abuse of officials will **not** be tolerated
- An ejection will result in an appearance before the administration staff. *NOTE: the minimum penalty for fighting is a minimum one-year suspension*

END OF GAME

- The game will end once the regulation time ended and the official calls the game
- Teams must leave the playing field after the game in-order for preparation for the next game can begin i.e. cleaning of benches, etc.

TIE BREAKING RULE & PLAYOFFS

- If regular time in a playoff game ends as a draw, a 5-minute golden goal extra time period will be played
- A coin toss will determine what team will kick-off with the ball
- The first team to score a goal will win the game
- If the golden goal extra time period ends as a draw, the winner will be determined through kicks from the penalty mark
 - A coin toss will decide which team kicks first
 - The goalkeeper who finished the game must stay in goal
 - Each team will alternate until they have both taken 3 kicks
- If the score is still tied after 3 shooters, team will alternate shooters until the tie is broken
- Teams must go through the entire roster on the floor including the goalkeeper before a player may shoot from the bench

NOMADS

- *NOMAD: A player registered with the league who is used to by a team to compete in a game where they cannot field enough of their own registered players to begin the game or reach the max playing roster size

- Teams using a NOMAD must have 4 players from their roster signed in (2 players of each gender)
- Teams can only have a NOMAD if their team cannot field the maximum amount of players to play a game.
- Once a team reaches a roster size of 6 registered players, the NOMAD(S) can no longer play in that game (A registered player is defined as a player on the original team roster).
- A NOMAD may not be added as a substitute and will no longer be permitted to play when a player on the original team roster signs in.
- A NOMAD may not be used during a playoff game.

