

Princeton University Intramural Sports Indoor Soccer Rules



I. EQUIPMENT/UNIFORM

- a. All players must show their Princeton University ID in order to participate at every game.
- b. All players MUST register for the team's roster on www.imleagues.com/schools/Princeton.
- c. The Intramural Office will supply an indoor soccer ball and pinnies.
- d. Shoes must be worn at all times. Non-marking shoes are required.
- e. No hats with brims or jewelry are allowed to be worn during play.

II. NUMBER OF PLAYERS/GAME TIME/FORFEIT TIME

- a. There are 5 people that play on a team at one time (4 plus a goalie).
- b. CoRec gender ratio is 3:2 when playing with 5 people or 2:2 when playing with 4 people.
- c. 3 people are needed for a team to start without penalty for Men's and Women's leagues. For CoRec 4 people are needed and the gender ratio required is 2:2.
- d. Teams not arriving after 10 minutes of the game start time will forfeit the game. If teams have less than the required needed to start the game, players can agree to scrimmage and the game will be declared a default loss instead of a forfeit.
- e. The penalty shot mark is 21 feet out.
- f. Out of bounds is marked with the solid orange line.
- g. Games consist of two 20-minute halves with a running clock, and a 3-minute halftime.

III. ELIGIBILITY

- a. Your name must be on the score sheet before you enter the game.
- b. JV & Club members may participate on a restricted basis. No more than 2 players on any team roster. (2 JV or 2 Club soccer; or 1 JV and 1 Club soccer).
- c. Varsity athletes are not allowed to participate in their own sport for the entire academic year.

- d. Players are only allowed to play on ONE Men's/Women's team and ONE CoRec team. You cannot play for multiple teams within the same league.

IV. GENERAL RULES AND REGULATIONS

- a. Substitution is free after any goal or violation. It cannot be used as a delay tactic.
- b. Watch high kicks. Be careful and respectful of other people's safety.
- c. All fouls (hand ball, tripping, etc.) will result in the ball going to the offended team at the point where the infraction occurred. This is a kick-in. A goal cannot be scored.
- d. There are no throw-ins. The out of bounds violations result in a kick-in from the sideline. Set the ball on the floor and kick. Indirect Kick.
- e. Goalies **cannot** throw or kick the ball farther than half court unless it touches a player or the floor on his/her side of the court first.
- f. Before any free kick, defending players must be away from the ball at least **5 yards**.
- g. An unintentional handball that does not create an advantage for the offending team is a play on.
- h. If the goalie throws the ball at a player, a penalty kick is awarded.
- i. There is not an off-sides rule in effect.
- j. No slide tackles allowed.

V. TIE GAME - Regular season games end in a tie, playoffs will be played in the following manner:

- a. Each team takes 3 penalty shots.
- b. Coin flip determines who shoots first.
- c. Team's alternate shots, a different player must take each shot.
- d. If the game is still tied after 3 penalty shots, it is sudden death penalty shots.
- e. The same player may take as many of these shots as necessary.
- f. The first unanswered goal will end the game in sudden death.
- g. Anyone from the team can be goalie during the shoot off, but that person must remain in the goal for all penalty shots unless he/she is injured.