



**WELLNESS &
HEALTH PROMOTION**
UNIVERSITY OF NORTH DAKOTA
INDOOR SOCCER

General

The *RecSports Participant Handbook* will govern all aspects of play not considered playing rules of the sport. Participants are expected to follow the Handbook rules of conduct as well as the sport-specific rules outlined below. The Handbook is available at und.edu/recsports. Key Handbook items include:

- **Updates for 2023-2024'** - Handbook pg. 4
- **Alcohol, Tobacco, and Illegal Drugs** – Handbook pg. 6
- **Participant Eligibility/ID Requirements** – Handbook pg. 7
- **Playoff Requirements** – Handbook pg. 9
- **Captain Responsibilities** – Handbook pg. 10
- **Team Name Requirements** – Handbook pg. 12
- **Registration & Payment** – Handbook pg. 14
- **Default/Forfeit Instructions and Consequences** – Handbook pg. 17
- **Adding Players to Roster/Participation Limits** – Handbook pg. 18
- **Appropriate Attire** – Handbook pg. 19
- **Team/Participant Conduct** – Handbook pg. 21

Schedules

Schedules for league play are posted online through IM Leagues.

Facility

All games will be played at the Student Wellness Center in the Multi-Activity Court.

Questions

Please feel free to contact RecSports with any questions or concerns.

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Rules

The RecSports program utilizes MISL Soccer Rules, unless they are removed/modified below.

Players, Rosters, and Substitutions

- Five (5) players per team (4 field players and 1 goalie). A minimum of 4 players (3 field players and 1 goalie) are required to play. If a team is reduced to less than 4 players at any time during a contest, a default will result.
- Individuals may be added to the roster at the game site at any time during regular season. No players may be added once playoffs begin.
- Substitutions - Must be made on the fly, **through the swinging door or over the bench**, and may occur on an unlimited basis provided the player leaving the playing area arrives on the bench before the replacement enters the game. Substitutions are at the team's risk at all times.
 - Players are responsible for the risk of climbing over the sides of the boards. Please do not stand or sit on the boards.
 - If a player is hit with the ball while subbing out it will result in a direct free kick for the opposing team.
 - Goalkeeper Substitutions - the referee must be properly informed and the change made during a stoppage in play.
- The goalkeeper must be properly uniformed using a clearly different jersey or shirt than the other players.

Equipment

- Play will take place at the MAC Court at the Wellness Center.
- Approved Equipment for gym court play
 - All participants must wear non-marking, soft soled rubber shoes during play.
- Teams should wear contrasting color jerseys during the game. If a team has all same color shirts with numbers on the front or back, they will not be required to wear RecSports jerseys. The RecSports program will provide jerseys.
- The goalkeeper must wear a uniform of a different color from their teammates.
- Goalkeepers are required to wear approved goalie gloves, gloves will be provided if needed.
- **Players must store their belongings in a locker (available right outside the MAC), on the benches, or must fit on the "shelf" in the boards. This is for safety reasons in case of emergency. You are allowed to bring your own lock to secure your belongings if you wish.**
 - **If a team fails to comply with this rule, the game will not start until all players belonging are clear from the bench area.**
 - **This can impact sportsmanship ratings for the game**
- Bottles with closed tops may be brought into team bench areas.

Accessories

- Accessories are allowed to be worn at the participants' OWN RISK.
- Examples of Approved and Illegal Jewelry

Approved Accessories	Illegal Accessories
<ul style="list-style-type: none">• Soft, tight material wrist wear• Stud earrings• Non-metal braces (no protruding features)• Non knotted headbands• Necklaces• Rings• Nose rings (studs)	<ul style="list-style-type: none">• Hard brimmed hats• Hoop earrings• Knotted headbands• Watches• Fitness trackers• Metal braces

RecSports Supervisors reserve the right to ask for jewelry to be removed if it could cause harm to other participants.

Field of Play

- All games will be played in the Student Wellness Center Multi Activity Court (MAC).
- Playing area is defined as the confines of the MAC court from the floor to the edge of the wall. All walls may be used for strategic moves or plays.
- Team benches are located on the east side of the playing area and the penalty box is located between the two benches.
- Only one coach per team will be allowed in the team area.
- The goal area is marked by the thin green taped lines on the floor in extending out from the net.
- Out of Bounds
 - Any ball that hits the ceiling will be out of bounds and result in a direct free kick from the nearest spot it went out of play.
 - Any ball that hits the windows or glass surface above the benches or the scoreboard will result in a direct free kick for opposite team at nearest spot it went out of play.
- **The Wall**
 - The wall **MAY** be used for the following:
 - a. The ball can be played in any way on the wall.
 - b. A player is allowed to put one hand on the wall if they need to support themselves.
 - c. A player is allowed to touch the wall in self-defense if after incidental contact or falling down.
 - i. **UP TO OFFICIALS DISCRETION, OFFICIALS CALL IS FINAL.**
 - The wall **MAY NOT** be used for the following:
 - a. The wall is not allowed to be used to guard or shield defending players from the ball.
 - b. If the player puts to hands on the wall in attempt to shield or gain an advantage it will result in a direct free kick for the opposing team at the spot of the infraction
 - c. If the player puts to hands on the wall in attempt to shield or gain an advantage it will result in a direct free kick for the opposing team at the spot of the infraction
 - d. Any intentional move by the defense to push the player into the wall or checking will result in an automatic yellow card **or DIRECT RED CARD IF INTENT TO INJURE OR JUDGED TO BE MALICIOUS**

The Game

- The captains will play rock, paper, scissors to decide who gets the ball first
 - In the playoffs the higher seeded team will get to choose.
- Two halves
 - **20 minutes running time each half.**
 - The clock will run continuously unless a time out is called by the team, the officials stop the clock for any reason and/or the **Mercy Rule** (If one team is 10 goals ahead at or anytime following halftime) is in effect
- Halftime
 - 2 minutes.
- Team time-outs: **1 time-out per half**, each 1 minute in length. Timeouts must be called during a stoppage of play.
- Goalkeepers:
 - Goalkeepers have 5 seconds to play the ball outside the goal box after picking up the ball. If a goalkeeper maintains possession of the ball longer than 5 seconds, penalty kick will be awarded to the opposing team at the penalty spot
 - The goalie may use their hands within the entire goal area **ONLY**. The goalie is allowed to play the ball outside their respective goal area.
 - IF the goalie leaves the goal area, same rules apply as normal players (ex: can only play ball with their feet)
 - The goalie may slide, legally, only inside their goal area, and only in attempts to make saves on the ball.
 - Balls distributed by the goalkeeper after establishing control with their hand(s) may only cross the midfield line if the ball is touched by another player or the ground. If not, the result will be a direct free kick from the center of the midline. The goalkeeper may play the ball to their feet. No punts or drop kicks are allowed.
 - If a goalie punts or drop kicks, the result is a free kick from the restart spot (top of 3-point arc) for the opposing team
 - The goalkeeper may **NOT** play a ball with their hands if it has been intentionally passed back by their own team. This will result in a direct kick for the opposing team from the top of the basketball three point line.
 - The opposing team may not obstruct the goalie when the goalie has control of the ball.
- Teams exchange ends of the playing floor at the start of the second half and overtime.
- Overtime
 - **Teams will play in one five (5) minute overtime.**
 - A game that is tied after overtime will a penalty kick tiebreaker:
 - Each team shall take an initial series of **3 kicks** alternately. A different player shall take each kick. The team scoring the greater number of goals shall be declared the winner.
 - If score still remains tied after each team has 3 kicks, they shall continue alternately in the same order until a team has one more goal in the same number of kicks.
 - If an ejection occurs after the start of the shootout and the ejected is one of the designated kickers for that team, they may be replaced by choosing another player from that team's bench.
- Kickoffs
 - A kick-off begins from the center of floor, on the referee's whistle. Every player shall be on their half of the field at the time of the kick-off.
 - The **opposing team shall remain outside the half court circle** until the ball is kicked. The ball may be played in any direction. A goal may be scored directly from the kickoff.
- Restarts
 - When a whistle is blown by an official for a foul, out of bounds, or injury. The ball will be placed at the location of the last location in the field of play and result in a direct free kick.
 - **The direct free kick taker can replay the ball as quickly as they want but is on their own accord if they don't want to wait for the official to walk out 5ft. If the team asks for the 5ft to be walked out, they must wait for the official to blow their whistle to restart play.**

Three Line Rule

- Any “clearing kick” or pass or shot made by a defender that crosses the three dark green hashed lines in the air before being touched by another player or the ground will result in a direct free kick from the center of the midfield line. The wall does NOT count as the ground. There is NO off sides.

Scoring

- A goal is scored when the whole ball has passed over the whole of the goal line between the goal posts and between the crossbar and floor, provided the ball has not been intentionally thrown, carried or propelled, by hand or arm, by a player of the attacking side.

Forfeit Score

- Forfeit score will be recorded as 5-0.

Card Infractions

- Any player that receives a yellow card will not be allowed to play for 2 minutes. The team will play down a player for those two minutes (3 field players + goalie).
 - If the short-handed team scores, they will get to add that player back to the field.
 - If the teams get coincidental yellow cards, they will play at full strength while the two yellow carded players will sit out their 2 minutes.
 - If there is a goal during that time, both players will still have to serve their 2 minute penalty minutes.
- Any player receiving 2 yellow cards in the same game will not be allowed to play the remainder of the game and will be asked to leave the playing area.
 - The team must play down a player for the remainder of the game, same rules that apply to receiving a direct red card. The player must meet with the Coordinator of Campus Recreation before the next scheduled and will serve a 1-game suspension.
- Any participant receiving three red cards in a season will be suspended for the remainder of the season. No refunds will be given.

Common Fouls

- Fouls that are not card worthy, but are warnings by the officials, and if they continue could result in a card.
 - Kicking an opponent
 - Tripping
 - Unnecessary contact
 - Illegal use of the wall and or boards
 - Pushing
 - Tackling from behind
 - Holding
 - Hand ball
 - Playing the ball while on the ground

Minor Infractions (Yellow Card) including but not limited to:

- Illegal substitution - putting excess number of players on the field.
- Persistent rule infringement and or common fouls after warnings by the official
- Slide tackling/Sliding at a player
 - **This will result in an automatic yellow card**
- Incidental contact when going for the ball will be allowed at the officials' discretion. Once on the ground, the player cannot take any action, including trying to kick the ball or interfering with other players, until they are back on their feet.
- Indiscriminate foul language
- Unsporting conduct, including, but not limited to:
- Delay of game - during any free kick, all opposing players do not remain at least 5 feet away until the ball is kicked, or kicking the ball away intentionally after play has stopped. Other delays of game such as covering the ball may also be penalized.
- Deliberate verbal tactics (chirping, taunting, etc.)
- Encroachment
- Deliberate handball or tactical foul
- Player who displays reckless play
- Illegally equipped player, including offensive clothing
- Spitting on the court or in the bench area
- Objecting by word of mouth or action to any decision given by an official (dissent)

Dissent (Point of Emphasis)

- Only the captain can ask for clarification for a call. If any player other than the captain complains, surrounds, or uses explicit language/body language towards an official they will receive a yellow card. On the second offense, it will result in a red card and ejection.

Major Infractions (Red Card) including, but not limited to:

- A second yellow card
 - One game suspension for player receiving two yellow cards
- Exhibiting violent conduct or committing serious foul play
- Taunting and/or spitting at an opposing player, coach, official, or other individual
- Deliberate handling of the ball or fouling a player to deny a goal
- Denying an Obvious Goal Scoring Opportunity
- A player anywhere on the court (other than the goal keeper within their own penalty area) who deliberately handles the ball preventing it from going into the goal.
- A foul by a player against an opponent who is moving toward their offensive goal with an obvious opportunity to score.
 - **There is no advantage or play on, all calls will be made at the time of the incident.**

Ejections of a player:

- If any player is ejected from the game the team must play shorthanded for the rest of the game. The player must leave the playing area immediately. This includes the observation areas.
- If an ejection occurs in regulation play and the game proceeds into overtime, then the team penalty will be carried over.
- Unsportsmanlike players will be ejected and required to schedule an appointment with the Coordinator of Campus Recreation prior to the next scheduled game to discuss the unsportsmanlike action and will additionally will serve a one game suspension.

Total Cards in a Season

- 3 Red Cards
 - Suspended for remainder of the season

Direct Free Kick

- A direct free kick is awarded and taken from the point of the infraction, unless inside the goal area. The opposing players must be at least 5 feet from the ball when kicked.
 - All free kicks are direct and can be scored from
- The ball goes out of bounds
- If the ball is played next by the kicker following a kickoff, a free kick, goal kick or penalty kick.
- If a player fairly charges into an opponent when neither is within playing distance of the ball.
- If a player who is not in possession of the ball obstructs an opponent who is attempting to play the ball.
- If a player kicks or attempts to kick the ball while it is in possession of the goalkeeper.
- For dangerous play.
- If the goalkeeper takes more than six (6) seconds to release the ball.
 - Resulting free kick will be taken from the restart spot for the opposing team
- If the goalkeeper illegally handles the ball while in their own penalty area
 - Resulting free kick will be taken from the restart spot for the opposing team
- If the game is stopped for misconduct of a player and no other restart takes precedence.
- If the goalkeeper's throw or kick crosses over the half court line in the air.
- For temporary suspension of play for an injury or unusual situation and one team has clear possession of the ball.
- If the game is stopped because of misconduct by a person in the team and coaching area.

Penalty Kicks

- Are awarded when there is a foul that occurs inside the goalie box, or a game is tied after overtime
- The ball shall be placed on the midfield center spot and on the instruction of the official, the player taking the shot will play the ball from there and attempt to score on the goalkeeper.
 - The player will dribble the ball towards the goalie and attempt to score
 - This is known as stampede style penalty kick
- Once the player taking the shot has touched the ball, it must be kept in motion towards the opponent's goal line and once it is shot the play shall be considered complete.
- No goal can be scored on a rebound of any kind and any time the ball crosses the goal line the shot shall be considered complete.
- The goalkeeper must remain with two feet on the red line until the player taking the penalty shot has touched the ball.
 - After the ball is touched, the goalie can move off the line to attempt to make a save
 - All goalie rules still apply on the penalty shot
- While the penalty shot is being taken, players from both teams must be on their players' benches.
- If there is an infringement during a penalty kick:
 - If the goalie commits a violation, the kick is to be retaken if a goal has not resulted (The infringement is ignored if a goal is scored).
 - If the kicking player commits a violation, the kick is not permitted if a goal resulted.
- When the penalty kick is over, the resulting restart will be from the goalie's hands in their box

Injuries

- The restart will be a drop kick from the nearest location of the stoppage
 - The official will bring two players together for a drop ball, the ball becomes live once it contacts the ground
 - No player may contact the ball or player before the ball becomes live
 - If a player contacts the ball or a player before the ball becomes live, the result is a free kick from that spot for the opposing team
- During an injury situation, the clock will stop.
- The injured player must leave the field of play and may only substitute back in once play has resumed.
- Any delay in resuming of the game, as a result of an injury, and to the officials discretion, will result in a yellow card.
- The restart will be a direct free kick from the nearest location of the stoppage for the team in possession at the time of the whistle

All rules are subject to change and all Officials calls are final!