Intramural indoor soccer games will be conducted under the rules of the NIRSA - National Intramural/Recreational Sports Association - with the following modifications:

Section 1: Eligibility

All participants must provide a current validated University of Arkansas-Little Rock ID before participating and must be affiliated with the University as a student and/or faculty/staff. To be considered a “student,” one must be currently enrolled for at least half of full-time requirements, 6 credit hours for undergraduate and 3 credit hours for graduate, in the fall/spring in the semester the sport is offered. Individuals who enroll and then officially drop their courses are no longer considered eligible. Please visit our website at www.ualr.edu/recreation or call 501.683.4911 for eligibility clarification.

Current varsity soccer athletes are ineligible for participation. Teams may have two (2) ex-varsity soccer players on their intramural roster.

Section 2: Team Captain Responsibilities

Ensure their team members follow all eligibility requirements. Team captains are also advised to seek clarification on special eligibility requirements, if necessary.

- Responsible for communicating game time, location, and ID policy to teammates.
- Ensure teammates have a valid University of Arkansas-Little Rock ID or photo ID before game time to check in.
- Representing the team and communicating with the officials. The captain is the only player permitted to discuss the game with officials.
- Ensure good team sportsmanship among teammates.
- Cooperating with the Intramural Supervisors at the game site concerning any protests, incidents or accidents that may occur as well as with the Intramural Sports staff the day following such occurrences.

Section 3: Weather Cancellations

- All decisions on game cancellations due to weather related issues will be made by 3pm on the day of the scheduled game by the intramural sport staff. Notification will be sent via email through IMLeagues, Facebook (UALR Campus Recreation) and Twitter (UALR_Recreation) accounts.

Section 4: Format of Play

- Minimum four (4) game round robin league play.
- All teams must meet playoff eligibility requirements to be eligible for playoffs.
- Team standings will be determined by the following:
  - Win Percentage
  - Sportsmanship Average
  - Total Points Earned
  - Point Differential
- Point System
  - +10 points = Played Win, Win by Forfeit, or Win by Default
  - +5 points = Played Loss
  - -10 points = Loss by Forfeit
  - -5 points = Loss by Default
  - +3 points = Tie
Section 5: Playoff Requirements

- Must have a minimum of a 3.5 sportsmanship average.
- Must have not forfeited at least one (1) game.
- Must have not defaulted at least two (2) games.

Section 6: Defaults/Forfeits

- Forfeit/Default time has been established as game time, teams should report to the scorekeeper 15 minutes prior to their game.
- A default occurs when a team checks in with scorekeeper and only has less than the minimum number of players to play at game time. The losing team will receive 2pt average for sportsmanship and a score of zero (0). The winning team will receive 4pt average for sportsmanship and a score of ten (10).
- A forfeit occurs when no members of the team checks in with the scorekeeper at game time. The losing team will receive 0pt average for sportsmanship and a score of zero (0). The winning team will receive 4pt average for sportsmanship and a score of ten (10).

Section 7: Players/Rosters

- Team members must present their University of Arkansas-Little Rock ID or photo ID when checking in with the scorekeeper for every game played. NO EXCEPTIONS!
- MALE: A team roster must consist of a minimum of six (6) and a maximum of twelve (12) male players.
  - Shorthanded Rule: Games may start with a minimum of four (4) players.
- FEMALE: A team roster must consist of a minimum of six (6) and a maximum of twelve (12) female players.
  - Shorthanded Rule: Games may start with a minimum of four (4) players.
- Co-Rec: A team roster must consist of a minimum of six (6) players and a maximum of twelve (12) players with a minimum of two (2) female players.
  - A minimum of two (2) female and two (2) male in the field of play.
  - Shorthanded Rule: Games may start with a one (1) female player and two (2) male players ratio.
  - The goalkeeper may be of either gender.

Section 8: Equipment

- **Team Jerseys** - Teams shall wear shirts that are of the same color. Team jerseys must contrast with the jerseys of the opposing team. If teams are wearing the same color jersey, the team listed as visitor will be required to change. Jerseys may not be tied in a manner that creates any type of knot. Team jerseys must have a number placed on the front or back of the jersey. Jersey numbers shall consist of numbers 0-99; triple digit numbers, symbols, etc. are prohibited.
- **Shoes** - Shall be made of a canvas, leather, or synthetic material that covers the entire foot. The sole of the show must be firm and attached to the rest of the shoe. The sole may be made of leather, rubber, or composition material but may not have rubber, plastic, or metal cleats.
- **Supports, Braces, Gloves, and Pads** - No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it with at least ½ inch of closed cell slow recovery rubber or other material of the same minimum thickness and physical properties. Players may also wear gloves, which consist of a soft, pliable non-abrasive material. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the IMRS staff and their decisions shall be final.
  - Shin guards and other protective gear are encouraged but not required; if shin guards are worn, the guard must be covered.
Headwear - Players may wear a one-piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps, bandannas (including "Do-rags") or helmets.

Jewelry - Jewelry or hard hair control devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.

Rule 9: Playing Rules

- The game shall consist of two 15-minute halves with a running clock.
- Halftime shall be 2-minutes long.
- Scoring: A team scores a goal when the whole part of the ball legally passes over the whole part of the goal line.
- Scoring Box:
  - All scores must be attempted from within the offensive teams scoring box.
  - If defensive players scores in opponents box, score will count for the defensive team.
  - Any penalty inside scoring box will result in a penalty kick (PK).
- Sportsmanship Rule:
  - Any team ahead by fifteen (15) points at the 10-minute mark in the second half.
  - Any team ahead by ten (10) points at the 7-minute mark in the second half.
- Overtime:
  - Shall be determined by a penalty shootout.
    - Five (5) players will shoot for each team, alternating when one team completes a turn.
    - If game is still tied after the shootout, the game will end in a tie.
    - Co-Rec Games: Five (5) players must alternate male/female or female/male.
    - Co-Rec Games: Must have a minimum of two (2) females in rotation.
- Team Benches: Shall be opposite sidelines.
- Substitutions:
  - Players may enter or leave the game an unlimited number of times during dead ball situations.
  - Substitutions may not enter the field of play until the outgoing player has touched the substitution player.
- Penalties deserving a team warning:
  - Slide tackling, vulgar or profane language, showing dissent by word of mouth or action to game officials.
    - First Offense – Team Warning
    - Second Offense – Player committing foul ejected
- Penalties deserving an automatic ejection:
  - Is guilty of violent conduct or serious foul play, is abusive in language or gesture towards a player or official, a player persists in misconduct after receiving a caution.
  - If a player receives two warnings in one game at anytime during and must sit out their next scheduled game.
- Goalkeeper:
  - May use his/her hands in the penalty box except when a teammate deliberately passes the ball back.
    - The goalkeeper needs one foot in the box in order to pick the ball up or throw it.
  - Once a goalkeeper has possession of the ball he/she may throw or kick the ball.
    - On a goal kick, punt, or throw the ball cannot go past the midline without first touching the floor, the netting, or a player. If a violation occurs, it will result in an indirect kick where the ball crossed the midline.
o After the goalkeeper obtains possession of the ball (in his/her hands), he/she must get rid of the ball within six (6) seconds of receiving it. He/she may do so by placing it on the ground and kicking, punting, or dribbling out. However, once the ball is put to the ground he/she cannot pick it up again unless the opposing team touches the ball last.

o The goalkeeper may slide to make a save, but ONLY in the goal box.

o Goalies may not intentionally use their hands to save a shot when out of the goalie box.

o If the offensive player passes back to the goalie, then the goalie is NOT allowed to use their hands.

• All free kicks and kick-offs are indirect.
• No off sides in indoor soccer.
• The ball is dead when it touches anything attached to the ceiling (except the side nets) and will be restarted with an indirect kick by the opposing team.
• Out of bounds consists of the ball leaving the playing field through the side nets or hitting the net above the goal in the designated area. If the ball leaves the field through the side net, play restarts with an indirect kick by the other team where the ball went out.
  o If the offense touches the ball last before it hits above the goal in the designated area a goal kick will be awarded.
  o If the defense touches the ball last, then a corner kick will take place.

• Once an indirect kick is issued, the defensive players must be three yards (9ft.) away from the ball until the ball is touched.
• Once the official intervenes with the restart, a whistle is needed before the restart can be taken.