Co-Ed Indoor Soccer
National Intramural and Recreation Sport Association (NIRSA) rules are in effect with a few modifications.

Roster:
1. A maximum of five players may be on the court at any given time.
2. Four players (at least two females) are needed at minimum to start the game.
3. Two females must be on the court at all times during play.
4. A total of four intercollegiate soccer players from the 2013 – 2014 academic year (two female and two male athletes) can be on one roster.

Attire:
1. The first team will wear a light colored shirt; the second team listed will wear a dark colored shirt.
2. No cleats and/or spikes are allowed in the field house.

Equipment:
1. A (slightly) flattened size 5, futsal, weighted, or indoor ball may be used. Participants are encouraged to bring their preference. If teams cannot agree on which ball to play with, the intramural staff will provide the game ball.

Game Format:
1. Two halves, 15 minutes each.
   a. 1-minute halftime.
   b. Teams switch direction at half.
   c. A regular season can end in a tie.
2. Play-off matches will include the top 6 teams.
   a. A tie for seeding will consider, in order: goal differential, goals against, goals scored.
   b. Overtime will be sudden death, 5-minute period. If still tied, teams switch sides and play another 5-minute period until the conclusion of the match.
3. There is not a score cap on any games.

Field Size:
1. The court is within the curtains. The external most lines from the basketball court will be the boundaries.
2. There will be a box framing each goal (1 step lateral and two steps forward) in which no defenders are allowed to goal-tend nor offense allowed to score.
   a. A player may run through, but not intentionally aid the ball in moving.
   b. If the ball is in the box and moving towards the goal and a defender kicks it, the offensive team will be awarded a goal.
   c. If an offensive player attacks the ball in the box, the defending team will be awarded a free kick.
   d. A dead ball in the box will result in a drop ball at midfield.

Game Flow:
1. A coin toss will determine starting logistics: The winner chooses to kick or which goal to defend. The team that does not kick off in the first half will do so in the second half.
2. Boundaries
   a. No curtain play is allowed. If the ball hits the curtains the ball is dead and results in a kick-in by the team who did not touch the ball last before going out of bounds.
   b. All goal kicks are indirect and taken along the end line.
3. No off-sides.
4. Fouls:
   a. Fouls will be called at the discretion of the team and/or the intramural staff.
   b. All fouls result in an indirect kick. Defender must provide 3 yards distance from the set ball.
   c. No slide tackling is allowed. Stay on your feet.
5. Substitutions:
   a. May occur at any stoppage of play.
   b. There is an unlimited number of substitutions.
6. Timeouts:
   a. Each team may use one 60-second timeout per game.

Scoring:
1. A goal scored by any player is worth one point.
2. A goal cannot be scored from beyond half court.

Additions/adaptation credited to: Grand View Soccer