

REC SPORTS INDOOR SOCCER RULES

The UCD Rec Sports Soccer rules will be based on the rules elaborated by the National Federation of State High School Associations (NFHS), with modifications deemed necessary by conditions of Rec Sports competition. Any rules not covered by this supplement shall be governed by the NFHS Soccer Rule Guide.

RULE 1. The Playing Court and Equipment

1.1 The Ball

- a. The REC SPORTS Office will furnish one ball for the purpose of each game.
- b. Balls belonging to competing teams may be used upon consultation with the referee and with agreement by both teams.
- c. Defective ball: If, during playing time, the ball becomes defective, it becomes dead where last played and the game is restarted by drop ball at that spot.

If the ball becomes defective during a stoppage of the game, i.e. kickoff, Penalty kick, or free kick, the game shall be restarted with the appropriate restart.

1.2 Player's Equipment

- a. Only court or tennis shoes are allowed. Dark-soled shoes may not be used if soles mark the gym floor.
- b. Athletic attire is required. No jeans, jean shorts or button shirts are allowed.
- c. A player may not wear anything which is dangerous to another player (e.g. rings, watches, etc.). Knee braces with any metal parts are permissible provided all metal is covered with protective cushioning. Hard casts of any kind are not allowed.
- d. The use of any hard or dangerous head, face or body protective equipment is illegal.

- e. The referee (and Supervisor) shall be the judge of what is considered "dangerous" (regarding equipment and in manner of play).
- f. The Referee will examine players' equipment prior to the game. Any player wearing equipment not in compliance shall be sent off the court temporarily. The player shall not return without first reporting to the referee and getting cleared for play.

RULE 2. The Players and Substitutes

2.1 The Players

- a. A game shall be played by two teams, each of which shall consist of no more than six players at one time, one of whom must be the goalkeeper. A team must have a minimum of four (4) eligible players in order to play the game. If a team does not have four (4) eligible players, the game will result in a forfeit and the team with fewer than four (4) players will lose.
 - 1. In CoRec Leagues teams may not play with more than three (3) of any one gender on the court at a time
 - a. The gender of the goalkeeper does not matter.
 - b. (i.e. if a team has 3 male players currently playing, all other players on the court, other than the goalkeeper, MUST be a different gender than male)
 - 2. **The CoRec Res Hall league shall have NO gender requirements on the court of play.**
- b. All players must comply with official Rec Sports eligibility rules. (See 2.1.d) Penalty for ineligible players: loss of the contest in sport concerned and disqualification of the violator and knowing team members from further participation in that sport.
- c. A forfeit constitutes:
 - 1. non-appearance,
 - 2. a team which has fewer than four (4) players at game time will forfeit the game
 - 3. late appearance (Teams must arrive at the site of the scheduled game within five minutes of scheduled game time. The team not arriving on time will incur a forfeit loss),
 - 4. use of an ineligible player
 - 5. cancellation of contest with less than 24 business hours' notice to the Rec Sports office (via recsports@campusrec.ucdavis.edu). A forfeit by a team will result in a fine of \$10.00 being assessed. A single forfeit will not necessarily eliminate a team from playoffs. A second forfeit may eliminate a team from further play in that sport and a second fine of \$10.00 will be assessed. Team captains will be held responsible for the payment of the fine.
 - 6. **Forfeited game:** The score of a forfeited game shall be 5-0.
- d. **Eligibility**

1. All current UC Davis Registered Fee-paying students, as well as others in possession of a current, valid CRU Card are eligible to participate.

i. Indoor soccer participants may compete for **only** one team in each distinct league during the season.

1. A player may play on an Open Competitive team and Open Recreational, but not on two Open Competitive teams.

ii. If a team is found to be playing more than the allowed six players on the court at one time, the referee shall stop the game immediately and remove that extra player from the court.

iii. The team that did not have the extra player is awarded an indirect free kick.

2.2 Substitution:

a. Substitutions are unlimited and on-the-fly (during play) or when the ball is out of play. Outgoing player(s) must be out of the play and on their way off the floor before incoming player(s) can enter onto the floor.

PENALTY INDIRECT FREE KICK AGAINST THE OFFENDING TEAM FROM THE LOCATION OF THE BALL AT THE TIME THE INFRACTION IS DISCOVERED. BOTH TEAMS WILL BE WARNED AND THE SUBSEQUENT INFRACTION WILL RECEIVE A YELLOW CARD.

2.3 Changing goalkeepers:

a. The referee must be given notice when any substitution for the goalkeeper is made; either by another player on the court changing places with the goalkeeper, or by substitution from the team bench.

PENALTY BOTH PLAYERS (GOALKEEPERS) SHALL RECEIVE A VERBAL WARNING AT NEXT STOPPAGE OF PLAY.

RULE 3. Officials and Their Duties

3.1 Jurisdiction:

a. The referee shall enforce the rules and decide any disputed play. The referee's decision on points of judgement connected with the play shall be final (cannot be protested) so far as the result of the game is concerned.

b. Jurisdiction begins from the time the referee enters the court of play, and the power to penalize shall extend to offenses committed when play has been temporarily suspended or when the ball is out of play.

c. The referee shall, however, refrain from penalizing in cases when satisfied that by doing so an advantage would be given to the attacking team. When the referee observes a foul which is not to be penalized, the referee shall call out the words "play on."

- d. The referee shall signal all fouls.

3.2 **Discretionary Power**: The referee has discretionary power to:

- a. Issue a general warning to violating participants within the field of play. If necessary, outside of field of play (spectators), referee(s) are to consult with the captain.
- b. Pause the game for any infringement of the rules if the referee deems such stoppage necessary.
- c. Warn any player or coach of misconduct or unsportsmanlike behavior (persistent infringement of any of the rules of the game) and, if persistent, to suspend player from further participation. The name of any participant suspended, along with details of the incident, shall be submitted to the Rec Sports Office. The suspended player may not return to play until the suspended party has a meeting with the Rec Sports Coordinator and the player is cleared to return to play. The player is responsible for initiating the meeting with the Coordinator. Ejections may result in possible suspension from the remainder of league play or playoffs at the discretion of the Rec Sports Coordinator.

YELLOW CARD

When cautioning a player or coach, the official shall display a yellow card and indicate the player concerned. A 3-minute Power Play penalty will be assessed to the offending team.

RED CARD

When ejecting a player or coach, a red card shall be displayed. The player or coach red-carded may not return to the game (must leave location of match, and no player may return to the game in their spot, i.e. penalized team will play down a player for the remainder of regulation including over time play).

RULE 4. Time Factors, Play and Scoring

4.1 **Length of Game**:

- a. The duration of the game shall be two 14-minute running time halves. The clock will be stopped for all administered penalties and will start again on restart whistle. During the last ***1 minute of the second half, stop time will be used if the score is within three goals*** for: ball out of bounds, goal scored, fouls, infractions, penalty kick awarded, or player carded.
- b. One timeout is allowed for each team per game.
- c. If an injury occurs, the clock shall be stopped.

d. Time shall be extended if a penalty is called at the conclusion of the game that results in a Penalty kick. In this case, only the defending goalkeeper and the kicker shall remain on the specified half of the court.

4.2 **Half Time Interval**: There will be a half time period of no more than 2 minutes.

4.3 **Coin Toss**: At the beginning of a game, a coin toss will determine kick-off and choice of ends. Team winning the coin toss shall have the choice of side or ball.

4.4 **Kick-off**:

a. At the referee's whistle, the game shall be started by a kick-off at mid-court. The ball must be kicked **backward** to a teammate. All players must be in their half of the court until ball is kicked. The opposing team must be behind the green line marked on our playing surface.

b. The game is started only when the ball is properly kicked off. If the ball is not properly kicked off, the ball will again be placed on the kick-off mark and properly kicked backwards. Any player who repeatedly kicks off improperly, willfully encroaches over mid-court line will be warned, and on repetition, ordered off the court.

c. The kicker may not play the ball again after being kicked off until it has been touched or played by another player (either team).

PENALTY INDIRECT FREE KICK

4.5 **After a Goal**: After a goal is scored, the ball shall be taken to the center of the court and kicked off under precisely the same conditions as when the game was started by the side against which the goal was scored.

4.6 **Change of Ends**: Teams shall change ends of the court at the start of the second half, and play shall then start with a kick-off by a member of the team opposite to that of the team taking the first half kick-off.

BALL IN AND OUT OF PLAY

4.7 **Out of Play**: The ball is deemed out of play:

a. When the ball goes out of bounds into the substitution area.

b. When the game has been stopped by the referee. The referee shall blow the whistle when the ball is out of play.

c. When the ball hits the lights, ducts, ceiling, basketball hoops, etc..

d. When the ball hits above the ledge or initial brick wall.

4.8 **In Play**: The ball is in play at all other times. If the ball rebounds from the referee when in court, it is still in play. In the event of a supposed infringement of the rules, the ball is in play until the whistle is blown.

4.9 **Restarts**: A ball out of bounds is put back into play in the following methods:

- a. **After crossing a boundary line** - When the ball goes out of bounds, an **indirect free kick is awarded to the opponent at that spot**. No opponent may be closer than 10 feet when the ball is being put back into play.

NOTE: Players may request 10 feet from the official. At this time official will stop the game and pace out the distance. Play may not restart until the whistle is blown.

- b. **After temporary suspension of play** - In case of temporary suspension of play due to an injury or any unusual situation and one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick from the point the ball was at when the game was suspended. When the possession of the ball is unknown, the restart will be indicated by a drop ball from the location of the ball when the game was suspended. If the suspension is called when the ball is in the penalty box and the team in possession is unknown, then the drop ball restart will occur at the closest point outside the goal box.

NOTE: No whistle is required for play to restart for a drop ball. Ball is live, or in bounds, when it touches the floor. However, if the ball is played before it touches the floor the referee shall drop it again.

SCORING

4.10 **Method of Scoring**: A goal is scored when the ball **completely** crosses the goal line provided it has not been thrown, carried, or propelled by hand or arm of player of the attacking team (except as otherwise provided by these rules).

If the defending team deliberately stops or deflects the ball with hands or arms to stop a goal, the player will be issued a red card and:

- a. Goal will be awarded if ball continued into the goal after being handled

OR

- b. Penalty kick will be awarded to the offense if the ball does not go into the goal

NOTE: A goal **CAN** be scored if the player shoots the ball from inside the goal box.

4.11 **Winning the game**: The team scoring the greater number of goals during a game shall be the winner.

4.12 **Tied Game (Overtime Procedure for Playoffs)**

- a. **Overtime Procedures**

1. Regular Season Play: If during the regular season the score is tied at the end of regulation time the game will end as a tie.
2. Playoff Play: During all playoff games, one **5-minute golden goal** overtime period will be played with the clock stopped in the last 1 minute of the overtime period. However, if the score remains tied, a shootout will occur, where each team will be awarded **five** alternating Penalty shots from the free throw line on the basketball court. A coin flip will determine which team will shoot first. Referee will determine which goal will be used. All players, excluding the kicker and goalie, must remain behind the half court line. The goalie of the team not taking the penalty shot may stand in the far corner of the court while the shot is taken.
3. Each penalty shot must be taken by a different player on each team with 5 shots per team. Any player on the roster is eligible to kick (Each kick taken must be by a different player. No player may take a second kick until all present players on roster have kicked at least once). **In CoRec Rec play, shootout kickers must alternate genders with each kick (this means back-to-back kicks may NOT be taken by players of the same gender unless there are no more players of a different gender left before repeating players).** The team with the most goals at the end of the round will be declared the winner. If, after 5 shots have been taken, the score remains tied, teams will alternate shots until one team scores and the other does not. The goalie selected for the penalty shots may **NOT** be changed between kicks. The goalie may participate in the penalty kicks. The goalie used during regulation time may also be used in the penalty shot overtime period(s) if teams wish to do so
4. All overtime penalty shots must be taken within five seconds of the referee's whistle and **only one-shot attempt is allowed** (one fluid motion—no faking)
5. On all Penalty shots, the goalie must stand on/behind the goal line between the goal posts, until the ball is kicked. They may move side-to-side along the goal line prior to the kicked ball, but not forward or backward.
6. The winner of the shootout shall be awarded 1 goal on the final score.

Rule 5. Offside

There is no offside rule in effect for Rec Sports Indoor Soccer

Rule 6. Violations and Misconduct

6.1 A player who intentionally commits any of the following offenses while the ball is in play shall be penalized by the Referee awarding a free kick to the opposing team, to be taken at the point of the infraction.

- a. Kicks or attempts to kick an opponent

- b. Trips an opponent, i.e. throwing or attempting to throw them by use of legs or by stopping in front or behind them
- c. Jumps at an opponent
- d. Charges an opponent from behind unless the latter is shielding the ball in a legal manner
- e. Charges an opponent in a violent or dangerous manner
- f. Strikes, elbows, attempts to strike or elbow, or spits at an opponent. Spitting calls for an immediate ejection
- g. Holds an opponent
- h. Pushes an opponent
- i. Handles the ball; i.e. carries, strikes, or propels the ball with their arm or hand (This does not apply to the goalkeeper within their own Penalty area. Also, unintentional handling shall not be penalized unless 1) the offending player gains a distinct advantage or 2) the ball is deflected in such a way, that the offending team gains an advantage. The referee should say “**play on**” to indicate that the incident was seen and that a violation did not occur.)
- j. Boarding, i.e. propelling an opponent into the perimeter wall. A 3-minute power play/yellow card must be assessed for boarding.
- k. Playing in a dangerous manner
- l. Charging fairly at an improper time, i.e. playing with the shoulder, when the ball is not within playing distance of the player concerned
- m. When not playing the ball, intentionally obstructing an opponent, i.e. running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent
- n. Charging the goalkeeper
- o. Playing or acting in an unsportsmanlike manner
- p. Slide Tackling: No slide tackles are allowed in Rec Sports play. Slide tackling is defined as, but not limited to:
 - 1. Sliding for the ball while in the possession of another player,
 - 2. attempting to save the ball from going out of play or into the goal,
 - 3. attempting to deflect the ball into the goal,
 - 4. or dropping to one knee when attempting to play the ball

PENALTY DIRECT FREE KICK (all of the above)

- q. Kicking the ball high enough (including a kick that bounces off the wall) so that it contacts any part of the rafters, air ducts, basketball hoops, extensions, or lights. (While there is no height limit, this rule is in effect to protect our facility, as well as the patrons who play in it) The only exception to this is if the ball is kicked and deflects off another player or the goalie.
- r. Jumping over the wall of the substitution area. All players must enter/exit through the swinging door.

PENALTY – INDIRECT FREE KICK (above)

6.2 **Time Penalties:** Time penalties shall be classified and noted as follows:

3 Minute Power Play	Highlighted Yellow
Ejectionable Offenses	Highlighted Red

All carded penalties are at the referee's discretion. Power Play penalties must be assigned for incidents of boarding, elbowing, spitting, striking, and for other offenses deemed severe, blatantly tactical, or flagrant in nature. If the offense occurred within the offender's penalty area, while the ball was in play, a penalty kick shall be awarded. These penalties shall be administered by the showing of a Yellow/Red Card by the Referee

Two Yellow Cards is equivalent to an ejection.

Cards which accumulate to an equivalent of an ejection are for **individuals** receiving these cards. In situations when an ejection is warranted, the offending team will play down a player for the remainder of the match. Teams may bring on additional players if an ejected player results in the team having less than the minimum number of required players (minimum requirement: 4 players). However, the team may not have more than 5 players on the court after a player from that team is ejected.

NOTE:

All 3 minutes of a 3-minute power play (yellow card) must be served. Also, penalties carry over from one half to the next.

6.3 **Fouling Goalkeeper:** The referee will eject without warning any player who, with obvious intent, violently fouls the goalkeeper in possession of the ball in their own Penalty area.

PENALTY: DIRECT FREE KICK

6.4 **Kicking Ball Held by Goalkeeper:** A player shall be penalized if player kicks or attempts to kick the ball when it is in the possession of the goalkeeper while within the goal area. Possession includes contact with the ball

PENALTY: INDIRECT FREE KICK

GOALKEEPER PRIVILEGES AND VIOLATIONS

6.5 **Privileges:** Within own Penalty area, the goalkeeper has certain privileges which are not given to any other player. These privileges include:

- a. Handling the goalkeeper may carry, strike or propel the ball with hands or arms.
- b. Immunity the goalkeeper may not be charged, interfered with or impeded in any manner by an opponent while in possession of the ball. Possession includes the act of bouncing the ball in preparation for kicking it into play, tossing the ball in the air and re-catching it, throwing ball out to be played, dropping of ball for kick and intentionally parrying. Possession includes contact with the ball.

- c. Outside the Penalty area, the goalkeeper has no more privilege than any other player.
- d. The goalkeeper may slide in the box **only** to make a play on the ball. If their momentum carries them outside the penalty area, they **shall not** be called for 'sliding' as long as the **ball** stays inside the goalie box. However, if the goalkeeper gains possession of the ball and leaves the penalty area, handling shall be called. Handling only occurs if the ball crosses completely over the penalty area line.
- e. On a goal kick, the goalkeeper may play the ball normally after it has been touched once by either a teammate or an opponent.

PENALTY: INDIRECT FREE KICK FROM POINT OF HANDLING

6.6 **Violations**: With the goalkeeper's special privileges comes the capability for certain violations of these privileges which could not be applied to any other player. These violations are:

- a. From the moment the goalkeeper takes control of the ball with the hands within keeper's own Penalty area, the goalkeeper is to be penalized if, after releasing the ball into play, goalie touches it again with the hands, before it has been touched or played by another player of the same team outside the Penalty area or by a player of the opposing team either inside or outside the Penalty area.

PENALTY INDIRECT KICK FROM POINT OF INFRACTION

- b. The goalkeeper must put the ball in play within 6 seconds of taking possession.

PENALTY INDIRECT KICK FROM POINT OF INFRACTION

- c. The goalkeeper may not intentionally strike an opponent with malicious intent by throwing the ball vigorously at player or push player with the ball while holding it

PENALTY (if offense occurred in Penalty area) PENALTY KICK

- d. When the goalkeeper has possession of the ball in their hands, the goalkeeper can throw or kick the ball but the ball must be touched by a player on either team before it crosses the half line. If a goalkeeper does not have possession of the ball in their hands (playing as a player), the goalkeeper can kick the ball past half line without needing another player to touch the ball.

PENALTY - INDIRECT KICK AT MIDLINE.

- e. In situations where there is an altercation elsewhere on the court, both goalkeepers must remain in their respective penalty areas, or retreat into their respective areas during such altercation. Violation shall result in a caution and 3minute power play. This also applies for extra players coming off the bench to join in an altercation may assess additional penalties for any participation in the altercation.

MISCONDUCT

1. **Nonparticipants on Court of Play:** No person other than the players on the roster is allowed on the court of play without permission from the referee.

PENALTY INDIRECT FREE KICK FROM LOCATION OF BALL AT THE TIME OF INFRACTION

6.7 **Caution:** A player shall be cautioned using Yellow Card by the referee and a 3-minute Power Play shall be awarded if a player: a. Persistently infringes upon any rules of game.

- a. Shows dissent by word of mouth or action to referee decisions.
- b. Is guilty of unsporting conduct.
- c. Is guilty of any incidental vulgar or profane language.

PENALTY INDIRECT FREE KICK/3-minute Power Play - if ball is in play at time of infraction. If infraction occurs when ball is out of play, play shall resume with the proper restart.

NOTE: If a non-participant player is cautioned, the game shall be resumed by an indirect free kick, against player's team, given from the point where the ball was when the infraction occurred.

- 6.8 **Ejections:** - The referee has the discretionary power to eject from the game, without previous caution, a player or coach, who cannot be replaced if they:
- a. Is guilty of violent conduct or serious foul play;
 - b. Is abusive in language or gesture;
 - c. Persists in misconduct after receiving a caution.

PENALTY Indirect free kick shall be awarded from the point of infraction, or direct free kick from the point of infraction (Penalty kick, if appropriate) in case of serious foul play

A player who has been ejected from the game shall not return to the court of play. After speaking with the supervisor, the violator must leave the confines of the facility (ARC) within 2 minutes or the game will be forfeited (out of sight, out of sound)

Exception: A player who has been sent off to replace or repair illegal equipment may return to the court when they have complied with the rules. (Note: Boarding carries its own set of penalties, see 6.7)

Rule 7: Awarded Kicks

FREE KICKS

7.1 **Types/When Taken:** A free kick is taken to resume play after the play has been stopped by the referee. The kick is taken by a member of the team against which the

offense is committed and is taken from the point where the infraction occurred. Free kicks are classified as "**direct**" or "**indirect**":

- a **Direct free kick:** A direct free kick is one on which a goal can be scored directly from the kick against the offending team.
- b **Indirect Free Kick:** An indirect free kick is one from which a goal cannot be scored unless the ball has been played or touched by a player (including the goal keeper) other than the kicker before passing through the goal. If the ball enters the goal without touching a player other than the kicker, the defense will be awarded an indirect free kick from the spot the ball was originally kicked.

7.2 **How Taken:** When a free kick is being taken, a player of the opposite team shall not approach within 10 feet of the ball until it is in play, unless player is standing on own goal line, between the goal posts. The kick shall be retaken if a player is within 10 feet of the ball and intentionally interferes with the kick. If a player tries to slow the game by not getting 10 feet from the ball, player and the team captain shall be warned and may be penalized with a blue card. If any member of the team repeats the infraction, that violating player may be issued a yellow card. Continual violation resulting in a delay by the same player or team may also result in a red card.

As soon as the ball is in position to be played, the referee may blow the whistle. The ball may be kicked in any direction. The ball must be stationary when the kick is taken, and is not in play until it has traveled the distance of its own circumference (27 inches). The kicker may not play the ball a second time until it has been touched or played by another player.

PENALTY: INDIRECT FREE KICK FROM POINT OF INFRACTION

When a free kick is awarded to the defending team in the Penalty area, the ball is not in play until kicked a distance equal to its own circumference and enters the court of play beyond the Penalty area. The goalkeeper may not receive the ball into their hands from a free kick in order to thereafter kick the ball into play, or the kick must be retaken. All opponents must be outside the Penalty area and at least 10 feet from the ball or the kick must be retaken.

7.3 **Direct Free Kick Offenses:** Offenses for which a direct free kick will be awarded are (see Rule 6 for further clarification):

- a. Handling the ball;
- b. Holding an opponent;
- c. Pushing an opponent;
- d. **Striking or attempting to strike an opponent;**
- e. Kicking or attempting to kick an opponent;
- f. Tripping or attempting to trip opponent;
- g. Kneeing an opponent;
- h. **Charging an opponent violently or dangerously;**
- i. Handling by the goalkeeper outside the Penalty area;
- j. Violently and intentionally fouling the goalkeeper in possession of the ball in the Penalty area;

- k. Goalkeeper intentionally striking or attempting to strike an opponent with the ball;
- l. Charging illegally when the ball is not within playing distance;
- m. Slide tackle;
- n. Spitting at an opponent or official or anywhere on the court
- o. Boarding

All direct kicks awarded to the offensive team in the Penalty area are Penalty kicks.

7.4 Indirect Free Kick Offenses: Offenses for which an indirect free kick will be awarded are:

- a. A player playing the ball a second time before it has been played by another player at the kickoff, on a free kick, or on a Penalty kick;
- b. The goalkeeper delays getting rid of the ball (more than 6 seconds)
- c. A substitution is made improperly;
- d. Dissenting by word or action with a referee's decision;
- e. Unsporting behavior;
- f. Dangerous play;
- g. To resume play after a player has been ordered off the
- h. court;
- i. Charging illegally (but not violently or dangerously);
- j. Interfering with the goalkeeper or impeding goalkeeper in any manner until the ball is released, or kicking or attempting to kick the ball when it is in goalkeeper's possession;
- k. Obstruction other than holding;
- l. If the goalkeeper propels the ball with their hands past the midline without the ball being touched by another player.

PENALTY KICK

7.5 When Taken: A Penalty kick is awarded for any infringement of the rules by the defending team within the Penalty area which is penalized by a direct free kick.

NOTE: Goal keepers may switch at this time. The goalie at the time of the infraction must take the penalty kick.

A Penalty kick can be awarded irrespective of the position of the ball if the offense by the defending team is committed within the Penalty area. A goal may be scored direct from a Penalty kick. Referee immediately gives Penalty kick signal and places the ball on the free throw line of the court.

A Penalty kick is not awarded for offenses which call for an indirect free kick, regardless of where or by whom the offense is committed.

7.6 How Taken: The Penalty kick is taken from the free throw line of the basketball court.

When it is being taken, all players (except for the kicker and the opposing goalkeeper) shall be within the court of play, but outside the green-lined box that would outline the

volleyball court. The opposing goalkeeper must stand, on the goal line, between the posts until the ball is kicked. The goalkeeper may move along the goal line prior to the kick, but not forward or backward.

The player taking the kick must kick the ball forward the length of its own circumference and in one fluid motion (i.e., no faking) in order for it to be in play. If the ball is not put into play properly, the kick must be retaken.

The kicker may not play the ball a second time until it has been touched by another player. If the ball hits the wall outside the goal or the goal and rebounds into play, the kicker still may not play the ball until it has been played by another player. If the player proceeds to touch the ball, the restart will be an indirect kick for the opposing team.

When penalty kicks are taken at the end of a tie game to determine the winner:

- a. Referee shall choose the goal at which all kicks will be taken.
- b. Kicks shall be taken alternately by opposing teams.
- c. A coin toss shall determine which team will kick first. Winner of coin toss has option of kicking first or kicking second.
- d. Any player on the team's scorecard at the end of the game may be involved in the taking of Penalty kicks.
- e. If after 5 Penalty kicks have been taken the score is still tied, continue alternating kicks until one team scores and the other team doesn't.
- f. All overtime Penalty shots shall count as one point no matter who shoots: in CoRec Rec play, a female or male can take the shot if such a choice exists. In overtime games, any six members of each team will be allowed to attempt the shots in a shoot-out, including one player of the opposite gender in CoRec Rec (and the goalie if desired).
- g. Goalie may **NOT** be changed between kicks

7.7 **Infringements:**

- a. On a Penalty kick, for any infringement by the defending team, the kick shall be retaken if a goal has not resulted.
- b. On a Penalty kick, for an infringement by the attacking team other than the player taking the kick, the goal will be nullified and the ball will be awarded to the opposing team.
- c. On a Penalty kick, for any infringement by the player taking the kick committed before the ball is in play, the player shall be **cautioned** or **ejected** as appropriate, and the kick taken. For any infringement by the player taking the kick committed after the ball is in play, the player shall be **cautioned** or **ejected** as appropriate; a goal may not be scored, and the match restarted by a free kick as appropriate to the disciplinary actions.

7.8 **End of Time Variations:** If necessary, time of play shall be extended at half time or full time to allow a Penalty kick to be taken. The only players allowed on the court half where the Penalty kick is taken are the goalie and the kicker at the end of halftime or regulation.

Rule 8. Playoffs

8.1 Playoff systems may vary from year to year due to number of teams and types of divisions playing.

- a. Brackets will be posted on Fusion IM after regular season play finishes.
- b. Team members are responsible for reading the material/playoff draws posted and attending games as scheduled.

It is up to the team captain to ensure the accuracy of their roster for the playoffs. No players may be added during the playoffs.