

## FALL 2025 4v4 INDOOR SOCCER RULES

(Updated 10/29/2025)

*Recent rule changes will appear in highlighted and italicized text*

### **Rule 1: Facility**

1. All games will take place in the Hawkeye Tennis and Recreation Complex (HTRC). No food or drink, other than water, is permitted in the turf area.

### **Rule 2: Player Eligibility**

1. All Intramural Sports eligibility rules apply. Please check the [Intramural Sports Rules and Regulations](#) carefully.
2. Prior to participating, all players must check-in with the officials on their team's field. To check-in, each participant must have a photo available through IMLeagues, or must provide a University of Iowa or government-issued photo ID.

### **Rule 3: Team Composition**

1. A game shall be played by two teams, each consisting of not more than four players on the field at one time. To start a game and continue a game, the minimum number of players per team shall be two.
2. There is no limit to the number of players allowed on the roster.

### **Rule 4: Equipment**

1. Teams may bring their own game ball or game balls may be checked out from the HTRC Iowa Turf Desk. Game balls must be approved by the game officials and both team captains.
2. A player shall not wear anything which the Sport Programs staff considers dangerous to other players.
3. The usual equipment of a player shall consist of a shirt, athletic shorts/pants, socks, and footwear. The only footwear permitted shall be canvas or soft-leather training shoes, athletic shoes with rubber soles or some similar material, or rubber molded cleats. Metal cleats or studs are not allowed. The use of footwear is required.
4. Players on a team must wear the same color, numbered shirt during games. Players without matching color, numbered shirts will wear pinnies provided by the Sport Programs staff.
  - a. Exception: The goalie must wear a different color shirt than the rest of the team. See 4.6.
5. **Jewelry:** Hand jewelry is not permitted to be worn during participation. Wrist jewelry must be taped down and must stay taped down throughout the contest. Necklaces must be taped down inside the shirt and must stay taped down throughout the contest. Stud earrings, or earrings that do not extend beyond the earlobe, are permitted, but must be covered throughout the contest. Sport Programs Staff will not provide tape for the taping of jewelry. The Sport Programs Staff retains the right to require any jewelry deemed dangerous to be removed prior to participation, or continued participation.
  - a. Any player in the game found wearing illegal jewelry will be given a yellow card and must immediately be replaced by a substitute. The player may not re-enter the game until the illegal jewelry has been removed or covered. Continual violation of the jewelry rule by a player can result in ejection of that player from the contest.
6. The goalkeeper shall wear colors which easily distinguish them from the other players and the referee.

7. Penalty: For any infringement, the player at fault shall be assessed a yellow card and sent off the field to adjust their equipment and shall not return without first reporting to the referee, who will determine if the player's equipment is legal. The player may only re-enter the game at a moment when the ball has ceased to be in play.

**Rule 5: Format**

1. The tournament will consist of pool play matches followed by bracket play for qualifying teams.
2. Intramural Sports tiebreaking procedures will be used to determine pool play standings.

**Rule 6: The Field**

1. All games will be played on synthetic turf. The field will be 40 yards by 20 yards.
  - a. All out of bounds violations will result in a kick-in from the spot nearest the violation. All kick-ins are indirect free kicks.
  - b. Goal kicks may be taken from anywhere on the end line and are indirect kicks.

**Rule 7: Ground Rules**

1. League is an Open division. Any combination of players can make up a line-up and roster.
2. The game is played 4-on-4 without goalkeepers. A minimum of 2 players is needed to avoid a forfeit.
3. Substitutions may be made by either team during any dead ball.
4. The captain winning rock-paper-scissors will choose either ball or side to start the 1<sup>st</sup> half and the golden goal period, when necessary.
  - a. Each half and overtime period will begin with a kickoff at midfield, which may be taken in any direction. Violation of the kickoff will result in a retake of the kickoff.
  - b. Teams will change ends at half time. The team that did not kickoff at the start of the 1<sup>st</sup> half will take the 2<sup>nd</sup> half kickoff.
5. Mercy Rule: If a team is ahead by 5 or more goals any time during the last 2 minutes of the game, the game will be stopped.
6. Scoring: A goal may be scored from anywhere on the field, provided it was not from an indirect kick. A team is awarded a score when the entire ball crosses the goal line, and may be scored directly from:
  - a. A legal shot
  - b. A penalty kick
  - c. A drop ball
7. Crease Rules:
  - a. The crease will be 4 yards wide (1-yard extension from each goal post) and 2 yards out from the goal line.
    - i. If an offensive player touches the ball while either any part of their body or the ball are in or above the crease, a goal kick is awarded to the defensive team.
    - ii. If a defensive player touches the ball while either any part of their body or the ball are in or above the crease, if no goal was scored, a penalty kick will be awarded to the offended team.
    - iii. If the ball comes to rest or is moving while still in the goal crease, the ball may NOT be played. If both teams determine that the ball cannot be played and will

not exit the goal crease, then play will be stopped and a goal kick awarded to the defending team.

- iv. The defending team may not employ defensive tactics to bring the ball to rest within the crease area to deliberately receive a goal kick. Any such tactic will award the attacking team a penalty kick

8. Free Kicks:

- a. All free kicks, including kick-offs, corner kicks, goal kicks, and all kicks resulting from fouls or infractions, shall be indirect kicks, except for penalty kicks.
- b. All opposing players must be at least 5 yards off the ball at the time of the free kick.

9. Penalty Kicks:

- a. Penalty kicks shall be taken 20 yards away from the goal (or at mid field).
  - i. Any foul that denies an obvious goal scoring opportunity will result in a penalty kick.
  - ii. If a defensive player touches the ball while either any part of their body or the ball are in or above the crease, if no goal was scored, a penalty kick will be awarded to the offended team.

**Rule 8: Game Time**

- i. Game will consist of two 20-minute, running clock halves. The clock will only stop for team and officials' time outs. Halftime will be 2 minutes.
- ii. Teams are allowed one 30-second time out each half and may only be called during a dead ball.
- 2. Overtime:
  - a. A golden goal, 5-minute period will determine the winner of any match that extends beyond regular time.
  - b. First team to score wins. Penalties will carry over into the overtime period.
  - c. If teams are still tied following the golden goal period, teams will have 3 alternating shots at an empty net from the penalty kick spot, with the team leading the shootout at the end of those shots winning the game. If teams are still tied after the initial 6 shots, there will be successive, alternating shots by each team until a winner is determined.
    - i. Penalty kick spot is 20 yards from the goal (midfield).
  - d. Players serving penalty time at the end of the 5-minute golden goal period may not participate until after all other eligible players on their team have shot.
    - i. player and is a loss of point for that team.

**Rule 9: Forfeits**

- 1. All matches will start at their designated times.
  - a. There is a 10-minute grace period until a forfeit is declared.
- 2. Sport Programs Supervisors will declare a contest a forfeit and have the discretion to amend the 10-minute forfeit time rule in the event of unforeseen circumstances.
- 3. *Teams that need to forfeit and would like to avoid the forfeit fee must notify the Sport Programs Staff by the default deadline by completing the online [Default Form](#)*

**INCLEMENT WEATHER**

*If there is inclement weather and Intramural Sports are scheduled, check the [Intramural Sports website](#) for cancellation information. The Sport Programs Staff will also attempt to notify participants scheduled*

to play that night. You can also sign-up for Intramural Sports notifications through the [Recreational Services app](#).

**LIGHTNING POLICY**

*In the case of lightning within 8 miles of the game site during outdoor sports, play will be suspended. Play may not resume until there have been zero lightning strikes within 8 miles for 30 minutes. Determinations on lightning strikes will be made by Sport Programs Staff on-site using lightning detection software. Lightning detected by the system does not need to be visible to participants or staff.*