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McGILL INTRAMURALS SOCCER 5v5 RULEBOOK

Updated – August 2025

Sections **highlighted yellow** are major rule changes for the 2025-26 season.

ID. CARDS

- Before the start of intramural games students must present their valid McGill ID card to the timer. Staff and Alumni must present their valid Sports Complex Membership Cards. Please indicate to the timer which team you will be playing for. **NO ID. - NO PLAY!**
- All player IDs will be inspected by the scorekeeper and immediately handed back to the participant. IDs will NOT be kept by the scorekeeper and are not the responsibility of the McGill Intramural program.

DEFAULT RULE

- A five **(5) minute** delay to the start of the game will be granted if a team has an insufficient number of players to begin.
- The amount of time that the start of the game was delayed will be subtracted from the first and if needed the second period of play.
- Should a team still not have the minimum required number of players following this delay, the offending team will default the game. The offending team will automatically lose the game **5-0**.
- If both teams do not have enough players, it will be considered a double default.
- **The defaulting team will be deducted 2 points in the standings**
- **The defaulting team is also subject to a \$60 Default Fee (IM Handbook article 6.1).**
- **This fee must be paid [online](#) before the team's next game or the team will be disqualified from their respective league.**
- To begin the game, each team must have a minimum of four **(4) players** to start the game, signed in and ready to play.

MERCY RULE

- After a **12-point goal difference**, the referee will stop counting the score and will allow the losing team to decide whether they would like to continue the match. Should they choose to continue, the score will be considered final. The referees will continue to officiate, and goals will no longer be counted; however disciplinary sanctions (i.e. red cards and yellow cards) will still be recorded.

EQUIPMENT

- Regulation FUTSAL balls (size 4, low bounce) are supplied and used in all games.
- Clean, non-marking indoor athletic shoes are to be worn by all players. Street shoes, or black-soled jogging shoes that mark the floor are not permitted.
- Shin guards are not compulsory but are highly recommended.
- Wristwatches, long necklaces, hooped earrings, or any other personal wear that may cause harm

to players safety will not be permitted. The referees reserve the right to ask participants to remove such items prior to entering the field of play.

- A wristwatch may be worn only if fully covered by a sweatband.

UNIFORMS

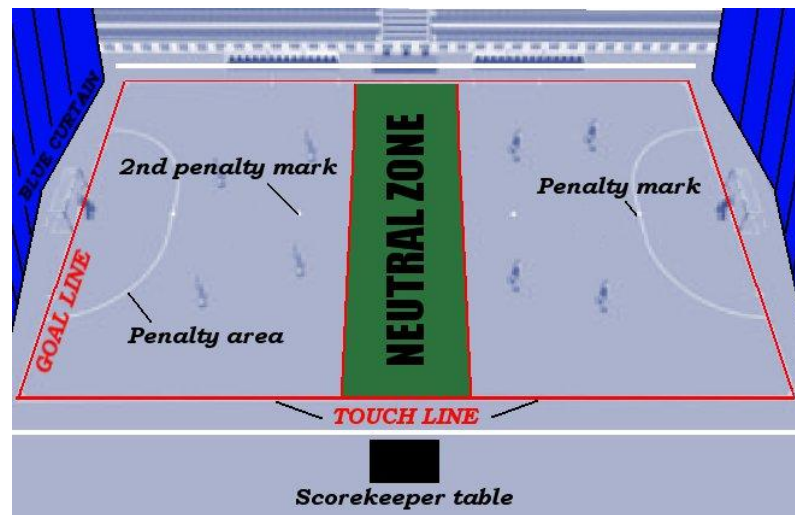
- Teams are no longer required to have matching jerseys with numbers.
- Home teams are now required to wear a white shirt, and away teams are now required to wear a black/dark shirt. No numbers are required. LIGHT GREY IS NOT PERMITTED. We suggest players bring both colours to each game in case of confusion.
- Goalkeepers need to wear any other colour than black or white so they can be distinguished from other players
- Personal stats (points, goals, assists, etc.) will no longer be recorded in basketball or soccer. If a team wishes to wear previously made uniforms, they must get permission from the Intramural Office (intramural.athletics@mcgill.ca).
- Yellow and Red cards will still be distributed in soccer. Players must give their name to the official when a card is given. If a player is ever found (during or after the match) to be falsifying their identity, it will be considered a Major Incident (Article 7.1 - multiple game suspension and Team Performance Bond penalty)

RULES

- *Fédération International de Football Association (FIFA) Futsal Laws of the Game (2022/2023)* rules apply during all Intramural 5v5 Soccer games, with the following exceptions and amendments:

DIMENSIONS AND MARKINGS

- The **playing area**:
 - is rectangular
 - measures approx. 31 × 26m
 - is enclosed by the two **RED** boundary lines parallel (**touch lines**) and perpendicular (**goal lines**) to the scorekeeper's table
- The goalposts shall be placed on the goal line.
- The **penalty area** shall be denoted by the blue (semi-circle) line in front of the goal.
- A **2nd penalty mark** shall be located at a distance of 10m from the goal line.



ZONES OF THE COURT

There shall be three zones of play on the court:

- | | |
|--------------------------|---|
| a. DEFENSIVE ZONE | edge of defensive team's red goal line → edge of neutral zone |
| b. NEUTRAL ZONE | green-colored part of the floor |
| c. OFFENSIVE ZONE | edge of neutral zone → edge of opposite team's goal line |

For visual reference, in the McGill Fieldhouse the defensive & offensive zones are enclosed by the red lines of the two basketball courts.

BALL IN AND OUT OF PLAY

- The ball is out of play when the whole ball crosses the goal line or touch line, whether on the ground or in the air.
- If the ball hits any part of the **ceiling infrastructure** while in play, the game is restarted with a **kick-in** taken by the opponents of the team that last touched the ball. The kick-in is taken from the point on the touch line nearest to the place on the ground above which the ball hit the ceiling.

GAME TIME

- Games will consist of **two 22-minute halves** of continuous time.
- Half-time will be a 3–5-minute break. Referees reserve the right to waive the half time break if the games are running later than scheduled.
- In the last sixty (**60**) **seconds** of each half, the scorekeeper will be **stopping** the clock whenever the ball is out of play (this includes the ball leaving the playing area, a free kick/penalty kick being called, etc.)
- The half is officially over once the clock buzzer has sounded **AND the referees have announced the half's end with their whistle.**
- What this means: if the ball has been kicked towards one of the goals, the referees will **wait for the kick to be completed** before calling the end of the half. "Waiting for the kick to be completed" means the half ends when:
 - the ball enters the goal, either directly or by touching the goalkeeper, goalposts, crossbar, and/or ground
 - the ball leaves the boundaries of the pitch
 - the ball touches any player other than the goalkeeper after it has been kicked at the opposing goal and, during the trajectory of the ball, one of the teams does not commit an infringement that is sanctioned with a penalty kick or 2nd penalty kick.
 - the defending goalkeeper stops the ball, or it rebounds from the goalposts/crossbar and does not cross the goal line

TIME-OUT

Each team is entitled to a **one (1)-minute** time-out in each half.

The following conditions apply to a time-out:

- Any team member is authorized to request a time-out (to either of the two referees)
- The time-out may be *requested* at any time, but will take place only when BOTH these conditions are satisfied:
 - the ball is out of play
 - the team requesting the time-out **will be in possession of the ball at the restart**
- The referee will indicate permission for a time-out by making a **"T" signal** with their hands.
- During time-outs, the game clock will be stopped.
- The game clock will restart at the end of the time-out period regardless of whether the teams are ready.
- Time-outs are not cumulative. A team that does not request a time-out in the 1st half of the match shall only be entitled to one time-out during the 2nd half.

NUMBER OF PLAYERS

- Indoor Soccer is played with teams of **5 players** (goalkeeper included).
 - **MIXED:**
 - **2 female matching*** players + **2 male matching*** players + 1 any **goalkeeper**
- **MINIMUM:** A match may not start if either team consists of fewer than **four (4) players**, dressed, signed in and present at the game site, ready to play
 - Should a team be **permanently** reduced to less than 4 players at any given time (due to red cards or injuries) that team will forfeit the game.
 - MIXED: a team may only play with a maximum of 2 **female matching*** players or 2 **male matching*** players in the field (goalie not included). Teams cannot increase to 3 male matching or 3 female matching.

*To better enable players of all gender identities to play, we have adopted more inclusive terminology when referring to players. Now, players are classified as either "male-matching" or "female-matching". Players are asked to choose what gender to wish to "match up" against but are not required to specify a gender. For the purposes of our program, the terms 'male' and 'female' are inclusive of two-spirit, trans, and gender non-conforming members of our community. We have trained our staff to understand gender as a spectrum

and encourage individuals to self-select where they feel they belong within the participation structure. McGill Recreation welcomes and encourages all participants

PLAYOFFS: GAME TIED AT THE END OF REGULATION TIME

- **Playoff** games that are still tied after regulation time shall proceed to a **PENALTY SHOOTOUT**.
 - Three (3) penalty kicks will be taken by each team, followed by sudden-death penalty kicks.
 - Penalty kicks may be taken by any team member who has signed in with the scorekeeper, regardless of whether the player was on the field at the completion of the game.
 - If, at the end of regulation time, and before the kicks from the penalty mark start, one team has a greater number of registered players than its opponents, it may choose to reduce its numbers to the same number as its opponents and the referees must be informed of the name and number of each player excluded, if any. Any excluded player is not eligible to take part in the kicks, whether as a kicker or as a goalkeeper (except as outlined below*).
 - All players must take a kick before any player can take a second kick.
 - Any player may change places with the goalkeeper at any time during the shootout, provided the referees are informed.
 - *A goalkeeper who is unable to continue before or during the kicks may be replaced by a player or substitute excluded to equalise the number of players, but the replaced goalkeeper takes no further part and may not take a kick.
- Penalty shootout format for **MIXED**:
 1. Each team will select three (3) kickers: 2 male + 1 female OR 1 male + 2 female.
 2. Kickers must alternate between male and female players. If a team's first kicker is male, their second kicker shall be female, then the third kicker male, etc.
 3. If the game remains tied after the first 3 kickers, sudden-death kicks will ensue, continuing to alternate between female and male kickers.
 4. All eligible players must take a kick before any player can take a second kick. Exceptions must be made to preserve the alternation between male and female kickers.

Special rule during the FINAL:

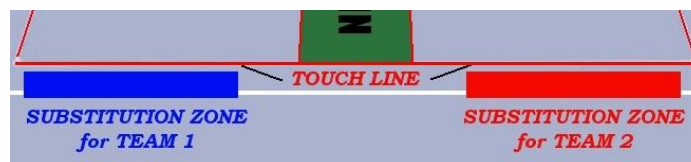
- During the FINAL game of playoffs, ties will be resolved with **two five (5) minute periods of extra time** to be played in full.
- If the game is still tied after extra time, a penalty shootout will ensue.

SUBSTITUTIONS

- Player substitution is **unlimited** and may take place at any time during the game, "on the fly". Asking permission to match officials is not a requirement, except when substituting goalkeepers.
- For **GOALKEEPER substitutions**, permission must be granted by match officials:
 - Players must inform the referee *in advance* that they wish to substitute their keeper.
 - The referee will wait for a dead-ball situation to allow the substitution to be made.

Substitution ZONES

- Substitutions may only take place at designated areas near each team's bench.
- Each team's "Substitution Zone" is denoted by the **touch line** closest to the scorekeeper's table in the team's **defensive zone**.
- At half-time, team benches must *switch sides*. This will ensure substitutes remain in their team's defensive zone at all times.
- During all substitutions, the outgoing player must exit the field at his team's substitution zone before the substitute can enter the field of play.
- To complete the substitution, the outgoing player must **touch** the ongoing substitute (e.g., with a high-five).



- The substitution is complete when the exiting player has fully left the field of play and the ongoing player has entered the field of play.

Infringements:

An **indirect free kick** (IFK) will be awarded to the opposing team, and the offending player (ongoing substitute) will receive a **Yellow Card** if, before the substitution is complete:

- The ongoing substitute touches the ball, OR
- The ongoing substitute becomes involved in the play, OR
- The team gains an advantage by the exit/entry of the outgoing/ongoing player at an illegal location.
 - “Illegal location” means any zone *other* than the team’s own substitution zone
 - e.g. ongoing player enters field in offensive zone = IFK + YC
 - e.g. outgoing player exits field on opposite side, and then “waves” his teammate on = IFK + YC

HANDBALLS

- Judging whether a handball is deliberate is left entirely at the referees’ discretion.
- The referee’s discretion may also be applied to judge:
 - if the ball touches the upper part of the shoulders (not handball).
 - if a player uses their hands for protection (e.g. against a hard shot to the face); these instances are usually tolerated in Beginner/Recreational divisions, but NOT in Competitive/Intermediate.
- ALL handballs that are called result in:
 - a **DIRECT** free kick (if the foul is committed outside the penalty area)
 - a penalty kick (if the foul is committed inside the penalty area)
- **GOALKEEPERS:**
 - Goalkeepers who handle the ball outside their penalty area are subject to the same disciplinary sanctions as outfield players.
 - Handballs preventing an obvious goalscoring opportunity will be sanctioned with a red card.
- A goal may not be scored with the hand or arm. If the ball enters the goal following contact with the hand or arm (whether or not it is deliberate), then the goal will be disallowed, and play will be restarted with a direct free kick to the defending team.

OFFSIDE

There are **no** offsides in 5v5 soccer.

KICK-OFF

- Opponents of the team taking the kick-off must be outside of the neutral zone, and at least **3m away from the ball** (i.e. beyond the first white line of the tennis courts) until it is in play.
- The kick-off may not be taken until the referee has **blown their whistle**.
- The ball shall be deemed **in play** from the moment it is kicked and clearly moves. A goal may be scored against the opponent **directly** from the kick-off.

TIME LIMIT FOR CERTAIN DEAD-BALL SITUATIONS (FREE KICK, KICK-IN, CORNER KICK, GOAL CLEARANCE)

- Some dead-ball situations (**free kick, kick-in, corner kick, goal clearance**) have a time-limit: the restart must be taken **within 4 seconds**. Any infringement of this rule will result in a loss of possession (see respective sanctions below). **This rule will be strictly enforced.**
- The time count begins *when the team is ready to take the restart*; this will be at the discretion of the referee, who will make their count visible with their hand (see image).
- Dead-ball situations which are EXEMPT from the 4-second time limit are **Kick-Offs** and **Penalty Kicks**.



FREE KICK

- All free kicks must be taken **within 4 seconds**; any infringement of this rule will result in an indirect kick to the opposing team. **This rule will be strictly enforced.**
- Players may not stand in an opposing team's wall of 2 or more players. They must stand at least 1m from the wall.

DISTANCE of opposing players

- On free kicks (as well as all corner kicks & kick-ins), opponents must be at least **5 METERS** away from the ball until it is in play.



PENALTY KICK

- Penalty kicks shall be taken from the spot at the top-center of the penalty area. All players except the kicker and the goalkeeper must remain outside the penalty area, behind the ball, and at least 5 m away from the ball.
- The **defending goalkeeper** must remain on the goal line, facing the kicker, and within the goal, without touching the goal, until the ball has been kicked. When the ball is kicked, the defending goalkeeper must have at least part of one foot touching, or in line with, the goal line.



KICK-IN

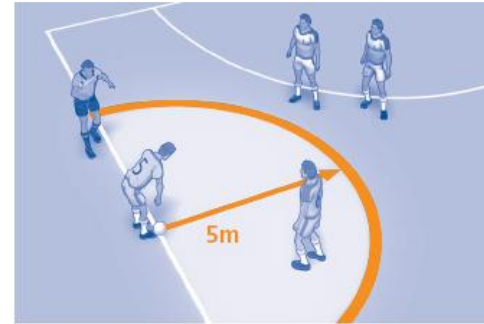
(to be taken in place of the throw-in)

- When taking a kick-in, ALL THREE of the following conditions must be met:

1. The kick must be taken **within 4 seconds**. **This rule will be strictly enforced.**
2. The kicker must have one foot on the touch line or on the ground outside the pitch.
3. The ball is **stationary** before kicking and is placed on the touchline at the point where it left the pitch, or on the ground just outside the touchline at a distance no greater than 25 cm from the point where it left the pitch.

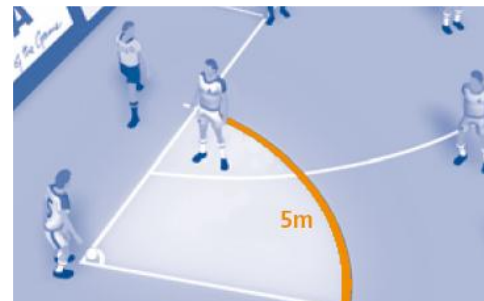
If **any** of the above conditions are infringed, the kick-in will be given to the opposing team.

- Players on the opposing team must be at least 5 m away from the point of kick-in.
- A goal cannot be scored directly from a kick-in.



CORNER KICK

- Corner kicks must be taken **within 4 seconds**; if they are not, play shall be restarted with a goal clearance to the opposing team. **This rule will be strictly enforced.**
- Players on the opposing team must be at least 5 m away from the corner.



GOAL CLEARANCE

- The goal clearance replaces the “goal kick” from outdoor soccer. Unlike goal kicks, goal clearances **are thrown by hand**.
- A goal clearance shall be awarded when the ball, having last touched a player of the attacking team, crosses the goal line (along the ground or through the air) and a goal is not scored.

Procedure

- The ball shall be thrown from any point inside the penalty area by the goalkeeper of the defending team.
- The goalkeeper must take the goal clearance **within four (4) seconds** of being ready to do so. Failure to do so will result in an indirect free-kick to the opposing team, on the penalty-area line nearest where the infringement occurred. **This rule will be strictly enforced.**
- Opponents shall remain outside the penalty area until the ball is in play. The ball shall be deemed in play when it is thrown **directly** out of the penalty area. If it isn't, the clearance is retaken, but the 4-second count is not reset and continues once the goalkeeper is ready to retake it.
- The goalkeeper may not touch the ball again after the goal clearance until it has touched another player.
- A goal may **NOT** be scored directly from a goal clearance.

GOALKEEPING

- An indirect free kick is awarded to the opposing team if a goalkeeper commits any of the following offences:
 - controls the ball with their **hands OR feet** in their **own half of the pitch** (i.e. “defensive zone” as per McGill Fieldhouse diagram) **for more than four (4) seconds**;
 - picks up the ball with their hands inside their own penalty area, after it has been deliberately kicked to them by a teammate (in this case, an indirect FK will be awarded to the opposing team and shall be taken at the edge of the penalty area, nearest the infraction).

GOALKEEPER SCORING WITH THEIR HANDS

- A goalkeeper is **NOT** permitted to score a goal by using their hands to throw the ball directly into the opposing goal (this applies to open play, as well as goal clearances).

- If the goalkeeper of the attacking team throws/hits the ball into the opposing goal using their hand or arm, and is the last player to touch the ball, the goal will be **disallowed** and play will be restarted with a **goal clearance** to the opposing team.

SLIDING & SLIDE TACKLES

- Slide tackles are NOT permitted in McGill indoor soccer and will be dealt with in the following manner.
 - a. All **slide tackles** will result in a **Yellow Card** and...
 - ...an IFK if contact is made **with the ball** before the opponent
 - ...a DFK if contact is made **with the opponent** before the ball
 - b. All **slide tackles from behind** will result in a **Red Card** and...
 - ...an IFK if contact is made **with the ball** before the opponent
 - ...a DFK if contact is made **with the opponent** before the ball
- **Goalkeepers** are permitted to slide tackle within their own penalty area provided it is not done in a manner considered by the referee to be careless, reckless, or using excessive force. Meaning, goalkeeper slides will be treated the same way in indoor 5v5 soccer as they are in outdoor soccer.
- In all cases, goalkeepers will be treated like any regular field player if their slide extends **outside** the penalty area.

SLIDING vs. SLIDE TACKLING

- A **SLIDE** used to:
 - a. save the ball from going out of play,
 - b. push the ball into the net
 ...is NOT considered a slide tackle, **provided no other players are in close proximity** (1-2 m).
- The distinction between what constitutes a slide and a slide tackle will be at the referee's discretion. Use the 2 m "safety zone" as a rule of thumb.

ACCUMULATED FOULS

- All fouls punishable by **DIRECT** free kicks (see Law 12, *FIFA Futsal Laws of the Game*) count towards a total of **accumulated fouls**. *Indirect* free kicks do NOT count towards this total.
- The first five (5) accumulated fouls committed by each team during **each half** are recorded in the match report. The foul total is reset at half-time.
 - FINAL MATCH: If extra time is to be played in the final match of playoffs, accumulated fouls from the 2nd period shall carry over into extra time. Any accumulated fouls during extra time shall be added to the team's total from the 2nd period.

Position of Free Kick

For the **first five (5) accumulated fouls** recorded against either team in each half:

- The free kick shall be taken from the point of the infraction, unless otherwise indicated by the *FIFA Futsal Laws of the Game*.
- Players of the opposing team **may** form a wall to defend a free kick
- All opponents shall be situated at least 5m from the ball.
- A goal may be scored directly in the opponents' goal from this free kick.

Beginning with the **sixth (6th) accumulated foul** recorded against either team in each half:

- The defending team's players **may NOT** form a wall to defend the free kick.
- The defending goalkeeper shall remain:
 - in their penalty area (but not necessarily on the goal line), AND
 - at a distance of at least 5 m from the ball

- All other players shall remain:
 - on the pitch, AND
 - at least 5 m away from the ball, AND
 - outside the penalty area, AND
 - behind the ball.

No player may be in front of or level with, or within 5 m of the ball until the ball has been kicked and clearly moves.

Procedure for the sixth (6th) and any subsequent accumulated fouls:

- If a player commits their team's 6th foul in the **neutral zone** or **offensive zone**, the opposing team shall take the free kick from the second penalty mark (3 m from the top of the crease).
- If a player commits their team's 6th foul in their **defensive zone**, the opposing team shall decide whether to take the free kick:
 - From the second penalty mark.
 - the spot **where the infringement occurred**.
- The player taking the kick shall be properly identified.
- The kicker shall kick the ball **with the intention of scoring a goal**. He/she may **not** pass the ball to a teammate (any infraction of this rule will result in an indirect free kick to the opposing team).
- Once the free kick has been taken, no player may play the ball until it has touched another player.

RECEIVING A RED CARD

- A player who receives a red card must leave the vicinity immediately (i.e. they must leave exit Fieldhouse entirely). Play will not restart until they have left.
- A player who receives a red card may be replaced after two minutes of play, or after a goal is scored by the opposing team.
- The referee will let the team know when the two-minute period has passed.
- Further details can be found in the *FIFA Futsal Laws of the Game*.