



Soccer Rules

Soccer is a contact sport and injuries are a possibility. The department of University Recreation, Intramural Sports assumes no responsibility for injuries; however basic, first aid will be available.

Regulations published in the Intramural Sports Handbook will be the governing policies for all Intramural Sports. Participants are responsible for possessing a thorough understanding of these regulations and their implications.

Soccer will be conducted under the rules of the National Intramural and Recreational Sports Association published rule book. A review of these rules, along with the Intramural Sports modifications are as follows:

ELIGIBILITY AND GUIDELINES

All participants must meet the eligibility guidelines as outlined in the Intramural Sports Handbook.

PLAYERS AND ROSTERS

1. The game shall be played between two (2) teams of seven (7) players each. Five (5) players are required to begin a game.
 - a. **Co-Rec** - Teams shall consist of eight (8) players, four (4) men and four (4) women, including the goalie.
 - b. A minimum of six (6) players is required to start a game. Co-Rec games may never start with less than two (2) females. The number of males may not be greater than the number of females by more than two (2) and there is a maximum of four (4) males on the field at a time.
2. If, due to injuries, a team drops below the minimum number of players, four (4), it may continue if the Supervisor feels the game is still competitive.
3. Roster limit is 14 players for single gender leagues and 14 for Co-Rec leagues.

UNIFORMS AND EQUIPMENT

1. All teams are required to furnish their own jerseys.
 - a. All jerseys must be of the same color.
 - b. All jerseys must have numbers on the back.
 - i. Numbers 0-5 are preferred.
 - ii. No three digit numbers.
 - iii. Numbers may NOT be taped
 1. Numbers that are painted, sharpie, marker etc. are acceptable.



2. If a participant is bleeding or has blood on their jersey they will be removed from the game until the bleeding is under control. Prior to any participants re-entering a game the bleeding must be stopped, cleaned and any cuts or lacerations must be covered. Participants will not be allowed to participate in any activity until the above conditions are met.
3. **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.
 - a. The only type of permissible jewelry are medical alert bracelets. These bracelets must be taped down to the participant's wrist, with the important medical information showing.
4. **Shoes:** Only non-marking shoes will be allowed. Basketball style shoes are preferred.
5. **Supports, Braces, & 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. 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 Intramural Sports Staff and their decisions shall be final.
6. **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.
7. Shin guards are not required but are permitted for Intramural Soccer.

GOAL KEEPER & SUBSTITUTIONS

Goal Keeper

One player from each team shall be designated as the goalkeeper.

1. The "goalie" shall be allowed to use his/her hands within the box to trap, catch, or hold the ball. The goalie is the only player permitted to take such actions.
2. Goalie must be wearing a distinct different color than his team and the opposing team.
3. Substitutions may be made for the goalie. The substitute must also have a distinct colored shirt. Game officials must be notified of the substitution of a goalie prior to the substitution. A goalie substitution may occur at any time regular substitutions are allowed.
4. The goalie is allowed to take six (6) seconds to hold the ball before a violation is called by the officials.



Substitutions

Substitutions for both teams are allowed under the following situations:

1. Goal kicks
2. An injured player
3. Yellow cards (not mandatory)
4. After a goal has been scored

Substitutions by the team with possession of the ball shall be permitted prior to a restart by a throw-in and corner kicks. If the team in possession chooses to substitute, the team not in possession may substitute as well. If the team in possession chooses not to substitute, the team not in possession may not substitute. Substitutes may only enter the field when an official beckons the player on.

Substitutes entering before goal kicks, corner kicks or throw-in's must wait at the half-way line prior to the ball going out of play, so that a team may not stall by sending a substitute in after the ball is already out of play.

All substitutes must wait to enter the field of play until beckoned by the officials on the field.

SCORING & TIMEOUTS

1. The Game

- a. A game will consist of two (2) 20 minute halves. Halftime shall last three (3) minutes. The clock shall not stop.

2. Timeouts

- a. There are no timeouts.

3. Scoring

- a. A goal shall be awarded to a team when the ball legally crosses the plane of the goal line between the goal posts and under the crossbar. In the event that a team scores a goal on their own goal box the opponents will be awarded a goal.
- b. In co-rec games goals scored by females will count as two (2) points.
 - i. During overtime, female goals will only count as one (1) point.

4. 5-Minute Rule and Forfeits

- a. If one team has below the minimum number of players at game time, the 5-Minute Rule will come into effect.
 - i. The team with less than the minimum will have 5 minutes to accrue the minimum number of players to begin the game
 - ii. In this 5 minutes, the other team will accrue one (1) point for each minute that passes.
 - iii. If the 5 minutes expires and the other team does not have the minimum number of players, the game will be forfeited and the team charged the forfeit fine.



- iv. If the team gains the minimum number of players within the 5 minutes, the game will begin. The score will stand for the first set and the clock will begin at its current time.
- v. If NO participants appear from either team, the game will be a double forfeit
- vi. If both teams have below the minimum number of players at game time, the 5-Minute Rule will go into effect for both teams.
- vii. Example: Team A is on time and checked in prior to game time and Team B gains the minimum number of required players, 3 minutes late. The game will still be played but the starting score will be 3-0 and the game will begin with 17 minutes remaining in the first half.

5. Mercy Rule

- a. If a team is trailing by seven (7) or more points at any point within five (5) minutes left in the game, the mercy rule will be in effect and the game shall end.
- b. If a team is trailing by five (5) or more points at any point within two (2) minutes left in the game, the mercy rule will be in effect and the game shall end.
- c. In a co-rec game, if a team is trailing by eight (8) or more within the last five (5) minutes of the game for the mercy rule to apply.
- d. In a co-rec game, if a team is trailing by six (6) or more points at any point within two (2) minutes left in the game, the mercy rule will be in effect and the game shall end.

RULES OF PLAY

1. Starting the game

- a. A coin toss shall be used to determine which team shall kick-off or defend. The winner of the toss has the choice of deciding who shall kick-off or which goal his/her team shall defend. At the start of the second half, the team that did not kick-off shall kick and teams shall switch goals.

2. Kick-off

- a. The ball must be kicked into the opponent's half of the field and travel at least one (1) yard to be "in play". The ball must be touched by another player before the kicker plays the ball again.

3. Throw-in

- a. When the ball crosses completely over the sideline, a throw-in is awarded to the team that did not touch the ball last before it went out. The throw-in must be made with a two (2) handed, overhead throw, and both feet must be on contact with the ground. The throw-in should be made from where the ball went out of bounds.

4. Slide Tackling

- b. NO SLIDE TACKLING! Slide tackling will result in an automatic yellow card. If contact is made, a red card will be the result.

5. Penalties

- c. Off-sides



- i. No off-sides penalties will be called.

6. Direct Kick

- d. A direct free kick or a penalty kick is awarded if any of the following occurs inside the penalty area:
 - i. Charging an opponent.
 - ii. Holding an opponent.
 - iii. Striking or attempting to strike an opponent.
 - iv. Pushing an opponent.
 - v. Tripping or attempting to trip an opponent.
 - vi. Kicking or attempting to kick an opponent.
 - vii. Jumping at or on an opponent.
 - viii. Touching the ball with your hands.
 - ix. Slide Tackling

7. Indirect Kick

- e. An indirect free kick shall be awarded:
 - i. Goalkeeper taking more than four (4) steps or five (5) seconds while holding the ball.
 - ii. Behaving in a manner considered by the official to be dangerous.
 - iii. Intentionally obstructing an opponent.
 - iv. If the ball is played back to the goalie by a teammate and the goalie uses his/her hands to control the ball.

8. Sportsmanship Penalties

- f. At any point in a game the game will be ended due to unsportsmanlike conduct if a team receives any of the following:
 - i. Two Red cards
 - ii. One Red card and Two Yellow cards
 - iii. Three Yellow cards.

OVERTIME PROCEDURES

If at the end of regulation, the score is tied, a shoot-out will be used to determine a winner. The following are shoot-out procedures:

1. The shoot-out shall start with a coin toss to decide which team shall shoot on goal first. The team that wins the coin toss will have choice of shooting first or second.
2. Three (3) players per team will be allowed one shot each for the overtime period(s).



1. In Co-Rec games one (1) of the three (3) players must be a female. If after three (3) shots the score is still tied, each team will be allowed one more shot. This process will be repeated until a winner is determined. A different player from the team will take each shot until all players on the roster and checked into the game have all kicked once. Once all players have been used the first player will shoot again. The shooting order will remain the same throughout the shoot-out.
3. Goals by females are worth one (1) point during a shoot-out.
4. The goalie may not be substituted for during the shoot-out, unless an injury occurs.
5. The goalie is not permitted to move forward until the ball is kicked.
6. All shots will be taken from the ten (10) yard line, top of the goalie box.

TERMINOLIGY

1. **Goal Kick:** A kick given after an attacker has kicked the ball over the goal line, but outside the goal.
2. **Corner Kick:** A kick made by an attacking team from within the quadrant marked by a corner flag after a defender last touched the ball before it went over the goal line.
3. **Penalty Kick:** A kick is awarded for fouls committed by the defending team within their penalty area. The kick is taken from twelve (12) yards out. Only the kicker and the goalie are allowed in the penalty area at the time of the kick. The goalie must have both feet on the goal line and may not move until the ball has been kicked. Penalty shots may be attempted by any member of the offended team provided that member is the same gender as the player fouled
4. **Direct Free Kick:** Awarded for major fouls (see list above, Penalties II.) A goal can be scored by a direct kick.
5. **Indirect Free Kick:** Awarded for minor fouls (see list above, Penalties III.) A goal cannot be scored on an indirect free kick. The ball must be touched by another player, from either team, after the free kick before it may be counted as a goal.