



INTRAMURAL OUTDOOR SOCCER RULES

The National Federation of High Schools Rules with the following intramural modifications will govern all contests:

Score sheets – Score sheets and team rosters are made final at 2pm the day of the game. All additions and drops to the team must be made before then. If a player is NOT on a team roster then that individual is **NOT** allowed to participate.

THE GAME, PLAYERS, AND EQUIPMENT

1. Games shall consist of two 20-minute halves with a 3-minute half time.
2. **THE OFFSIDE RULE IS NOT IN EFFECT (No Offsides)**
3. **Slide tackles are illegal in Intramural Soccer. A yellow card will be given for first slide by each team. Any slide tackle after that will receive a red card.** Players may slide on the ground to retrieve a ball only when there is no chance of a player being injured. An example would be if a ball is going out of bounds a player may slide to retrieve the ball provided no else is around.
4. The game shall be played by 2 teams of 9 players each, one of whom shall be the goalkeeper.
5. The minimum number of players required to begin a game shall be 7 players. A team must begin if at least 7 players are present. If a team drops below 7 players for any reason it shall be the referee's discretion if the game shall continue. In other words, if the referee believes the team playing with less than seven players has a chance to win, the game shall continue.
6. A game shall be considered "official" if after the 10 minute mark of the second half the game is stopped for inclement weather (rain, lightning, etc.).
7. All games that end regulation time with a tie will be determined with 5 penalty kicks.
 - A. Only players who are on the field at the end of regulation shall be eligible to participate in the tiebreaker.
 - B. Each team shall designate 5 individuals to alternately take 5 penalty kicks.
 - C. The goalkeeper in goal at the end of regulation must remain in goal for the penalty kicks.
 - D. After the 5 penalty kicks have been taken and the score remains tied, sudden death penalty kicks will be used, and **the remaining players on the team will be used to kick in this sudden death.**
8. **Game time is forfeit time** unless the previous game goes over the allotted time. Teams must have the line up card completed and be ready to play by game time.

BLOOD RULE

Whenever a participant suffers a laceration or wound where bleeding occurs, the player must leave the game (be replaced by a substitute) and then take the necessary actions to stop the bleeding and prevent it from occurring again. If a player's jersey, shirt or other article of clothing becomes stained with blood it must be removed before the player may re-enter the game. The Intramural Supervisor on duty will have final approval on any situation involving bleeding players.

EQUIPMENT: All equipment will be checked before the game starts!

1. Teams are required to wear similar colored jerseys or T-shirts, with the goalkeeper wearing a different color jersey than the team. Jerseys will be available for teams on site.

2. Game balls will be provided, but it is recommended that teams bring their own Size 5 ball.
3. **Metal cleats are not allowed.** Only cleats with molded plastic or rubber cleats are allowed.
4. Eye glasses should be shatterproof. **Sunglasses may not be worn by any player on the field or by a goalkeeper.**
5. **The goalkeeper must wear a jersey that differentiates him/her from all other players.**
6. All players must wear athletic shoes of some type. Boots, sandals, etc. are not permitted.
7. 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 hinges are required to cover it.
8. **Jewelry is illegal. All facial/head piercings must be removed.** If jewelry is not removed, the result will be a yellow card, and the opposing team receives possession of the ball. Two yellow cards result in an automatic ejection from the game.
9. **The Intramural program suggests that all participants wear shin guards, but they are not required.**
10. Helmets, hats, caps and visors are not legal equipment. A goalkeeper is permitted to wear a hat. They are the only player on the field that is allowed to wear a hat.

SUBSTITUTION

Substitutes may enter the game under the following conditions:

1. On a team's own throw-in and/or corner kick.
Note: If the team in possession decides to substitute, the opposing team also has the opportunity to make a like number of substitutions.
2. Before a goal kick by either team.
3. After a goal has been scored.
4. During half time.
5. When a player(s) has been cautioned, he/she may be substituted. If such a substitution is made, the opponent shall have the opportunity to make the same number of substitutions.
6. When a player(s) is injured, only the injured player(s) may be substituted. If such a substitution is made, the opponent shall have the opportunity to make the same number of substitutions.

Note: The officials must waive Players in when the ball is out-of-play.

SCORING

1. A ball must be 100% over the line to qualify as a goal.
2. A ball intentionally carried or propelled into the goal by the hand or arm of an attacker shall not be allowed as a score.
3. A goal **may** be scored directly from a goal kick, or a drop ball, but a goal **may not** be scored directly from a kick off, a throw-in, an indirect kick, or a direct free kick that goes directly into one's own goal.
4. **If a team is losing by 5 or more goals with 3 minutes remaining in the game, the Mercy Rule becomes in affect and the game is called.**

BALL OUT OF PLAY

1. The ball must entirely be over the goal line or touch line to be out of play.
2. The ball is still in play if it strikes a referee while they are in the field of play. They are neutral parts of the field.

DEFINITIONS OF TERMS

1. **Corner Kick** - A corner kick shall be awarded to the attacking team when the entire ball passes beyond the goal line after the defending team last played or touched the ball.
 - A. Defending team players shall be at least **10 yards** from the ball until it has been kicked.
 - B. The ball shall be kicked from the ground within the quarter circle nearest where the ball left the field of play. Failure to kick the ball at least its full circumference shall result in a re-kick.
 - C. After the corner kick, any player may receive the ball except the one who executed the corner kick. The kicker must wait until another player has touched the ball before he/she can play or touch the ball a second time.

PENALTY: Indirect free kick is awarded to the opponent from the spot of the foul.
2. **Free Kick** - Free kicks shall be classified "DIRECT" (from which a goal may be scored directly) or "INDIRECT" (from which a goal may not be scored directly unless the ball is played or touched by a player other than the kicker).

A. **Indirect Free Kicks** are awarded for the following offenses:

- a. A player touching the ball a second time before it has been played by another player on kick-off, throw-in, goal kick (if ball is outside penalty area), free kick, corner kick or penalty kick.
- b. The goalkeeper takes more than **5 seconds** to release the ball.
- c. Illegal substitution.
- d. Charging or other dangerous play that is not violent or flagrant.
- e. Offside.
- f. Handling by the goalkeeper a ball deliberately kicked or thrown by a teammate.
- g. Interfering with, impeding, kicking or attempting to kick the ball, while goalkeeper is in possession.
- h. Any obstruction other than holding (interfering with an opponent while not making a play on the ball).
- i. Dissenting by word or action with a referee's decision.
- j. Unsportsmanlike conduct.
- k. A player leaving the field of play during a game without the referee's permission.

B. **Direct Free Kicks** are awarded for the following offenses:

- a. Hand ball (women may cross their arms over their chest for protection; men may use their hands to protect themselves).
- b. Holding, pushing, striking, jumping at, tripping or violently charging an opponent.
- c. Handling by goalkeeper outside the penalty area.
- d. Violently fouling the goalkeeper while in possession of the ball in the penalty area.
- e. Spitting at an opponent.
- f. The goalkeeper striking or attempting to strike an opponent with the ball.

Note: All direct free kicks awarded to the offensive team in the penalty area are penalty kicks.

Note: For all direct and indirect free kicks, the defensive team **must be at least 10 yards from the ball.**

3. **Penalty Kick**

- A. A penalty kick shall be awarded when a foul by the defending team, which ordinarily results in the awarding of a direct free kick, occurs within the penalty area.
- B. The ball must be in play for a penalty kick to be awarded.
- C. All players except the kicker shall be outside the penalty area, on the field of play at least 10 yards from the ball, and behind the penalty line or spot until the ball is kicked. The goalkeeper shall be able to move laterally along

the goal line before the ball is kicked. The goalkeeper shall not be able to move forward off of the goal line before the kick is taken.

PENALTY: Encroachment by the defending team or forward movement by the defending team's goalkeeper is ignored if the goal is scored, but if the penalty shot is missed, the penalty kick is retaken. If there is an infringement by the attacking team and the goal is scored, it is a re-kick; if a goal is not scored, it is an indirect free kick for the defending team at the point of the foul if the ball bounces back in play or a goal kick if the ball goes over the goal line.

- D. The ball should be kicked while it is stationary on the ground from the penalty line or spot. The ball shall be moved at least its full circumference forward. Failure to kick the ball as specified shall result in a re-kick.
- E. If the ball touches the goalkeeper before passing between the goal posts when a penalty kick is taking place and bounces back into the field of play, the ball becomes live.

4. Goal Kick

- A. A goal kick is awarded to the defending team when the entire ball crosses the goal line after the attacking team last played or touched the ball.
- B. Players opposing the kicker shall remain outside the penalty area until the ball moves out of the penalty area.
- C. The ball shall be kicked from the ground, within the half of the goal nearest to where the ball left the field of play. A goal kick must clear the penalty area and enter the field of play. Failure to do so will result in a re-kick.
PENALTY: If the ball is touched by the kicking team before it leaves the penalty area then an indirect free kick will be given to the opponents from the spot of the infringement.
- D. After the goal kick leaves the penalty area, any player except the one who executes the goal kick may play the ball. The kicker may not play the ball until another player has played it.
PENALTY: Indirect free kick awarded to the opponents from the spot of the infringement.
- E. The goalkeeper shall not receive the ball into his or her hands from a goal kick in order that he or she may thereafter kick it into play.
PENALTY: Indirect free kick awarded to the opponents from the spot of the infringement.
- F. A player shall not be considered offside when receiving the ball directly from a goal kick.

5. Throw-in

- A. A throw-in shall be awarded to a team when the opposing team last plays or touches the ball before the entire ball passes beyond the touchline.
- B. If a player is inbounds and plays a ball (on the ground) beyond the touchline, the ball is out-of-bounds. A player out-of-bounds, however, can legally play a ball that is on the field of play.
- C. A player who is facing the field of play and has both feet on the ground outside or on the touchline shall throw the ball in any direction from the point where it crossed the touchline. The thrower shall use both hands with equal force and shall deliver the ball from behind and over the head in one continuous movement. If the ball fails to enter the field of play or touches the ground out of bounds first the following penalty shall be awarded.
PENALTY: Throw-in awarded to the opponents from the spot of the previous foul throw-in.
- D. After the throw-in, either team may play the ball. The thrower shall not play the ball a second time before it has been touched or played by another player.
PENALTY: Indirect free kick awarded to the opponents from the spot of the foul.
- E. A player shall not be considered offside when receiving the ball directly from a throw-in.
- F. A goal may not be scored directly from a throw-in.

EJECTIONS:

- 1. A person who receives a red card during the game or two yellow cards shall be ejected from the game. That person will have to come in and talk to the Intramural Director and the Graduate Assistant before their next game and will not be able to participate until doing so.
- 2. If a person is ejected, the team cannot substitute for that player. In other words, they are down a player and have to continue the game with eight. If a team goes below the minimum number of players to start a game (7), then it is the referee's discretion whether to continue the game.

Co-Rec Rules Modifications

1. Teams must consist of 4 males and 4 females with the keeper being optional.
2. At any time there **may not** be more males than females (excluding the keeper) on the field. (**Exception see #3**) More females than males is acceptable. Example: A team **may** start with a game with all of the following 4 males and 4 females; 3 males and 4 females; 3 males and 3 females. A team **may not** start a game with more than 4 players of either gender on the field, excluding the goalie. You may only sub players for that respected gender.
3. In the event of an injury to a female during the game and no substitute is present the game may continue with 4 males and 3 females. The injured team may not add a male in place of the female. This is the only time there can be more male players than female players on the field. In the event of an injury to a male player where no substitute is present the game may continue as 3 males and 4 females. The team with the injury **may not** sub a female on the field in place of a male that is injured.
4. All substitutions must be gender specific. Example: Male subs for male; Female subs for female. **No Exceptions.**
5. **Scoring:**
 - A. A male score is worth **(1) one point**.
 - B. A female score is worth **(2) two points** (including penalty kicks in regulation).
 - C. **In the event of a shootout female goals will be worth 2 points and male goals will be worth 1 point.**
4. **In the event of a shootout overtime period, the teams must alternate kick takers male and female. It is up to the team if a male or female shoots first.**
5. All other rules from above apply to Co-Rec.