

Soccer

All players must sign the activity consent form and present their valid ZipCard prior to each game. No one will be permitted to play without their ZipCard. No Exceptions!

National Federation High School soccer rules, with certain modifications, are used as a guideline for rules. Campus Recreation Staff will have the final say on all rules and their application. Spectators must remain in the designated seating area. Misconduct of spectators, players or coaches can result in an ejection or forfeiture of the game.

1. NUMBER OF PLAYERS

- 1.1. Teams consist of 7 players, but may start and/or play with 5 players. All players must be checked in with the Intramural staff before they are allowed to participate.
- 1.2. The game will end if a team has to drop to less than 5 players due to injury or ejection, regardless of the score.

2. LENGTH OF GAME

- 2.1. Game will consist of two 20-minute halves with running clock, separated by a 3 minute halftime period.
- 2.2. The clock will stop only for injuries. No timeouts will be awarded.
- 2.3. Coin toss will determine start of game. Winner chooses whether to kickoff first or choose side of field. Kickoff possession and ends of field change at halftime.
- 2.4. Mercy Rule: If a team is ahead by 10 or more goals at halftime or by 5 or more goals with 5 minutes or less remaining in the second half, the game will end. At the same time, if a team is ahead by 4 goals and is deemed to be stalling, the officials have the option to end the game and sportsmanship points may be deducted.
- 2.5. There will be no overtime in regular season play. In the event of a ties in playoffs, a tiebreaker will be conducted as follows:
 - a. There will be one 5 minute Golden Goal period. Coin toss will determine which team will kickoff first.
 - b. If neither team has scored, winner will be determined by 5 penalty kicks (alternating). Coin toss will determine which team kicks first.
 - c. Goalkeeper remains the same from overtime to PKs. PKs can be taken by any 5 players on the field at end of overtime.
 - d. If necessary, PKs will continue on a sudden death basis with a different player taking each kick, progressing through roster of players who participated in the game.
- 2.6. In case of inclement weather, an official game shall be declared at halftime. In the case of playoffs, if a game is canceled prior to halftime, the game will be continued from the point where it was suspended.

3. FORFEIT POLICY

- 3.1. When a team does not have the minimum number required to play, a forfeit is declared at game time. A forfeit of this nature will count as a loss and result in an automatic 3 for sportsmanship.
 - a. EXCEPTION: The opposing team grants a 10 minute grace period, in which case the game clock starts at game time, and play continues with remaining time once the team becomes ready.
- 3.2. Should a team be granted the grace period, the following penalties will be assessed:
 - a. Within 5 minutes of game time, opposing team receives 2 goals and choice of ball/direction.
 - b. Within 5-10 minutes of game time, opposing team receives 1 additional goal.
 - c. Final forfeit score is a 3-0 win for opposing team; granted at the end of 10 minute grace period.
- 3.3. If a team takes a win by forfeit without allowing the grace period, the win is recorded as 1-0, with a 4 for sportsmanship.
- 3.4. If neither team is present with at least the minimum number to play, a double forfeit is issued.
- 3.5. Teams are allowed 2 forfeits per season. After 1 forfeit, team is no longer eligible for playoffs. After 2 forfeits, team is removed from league.

4. EQUIPMENT

- 4.1. **NO jewelry allowed.** The only exception is a medical alert bracelet the must be taped down. Penalty: Yellow card.
- 4.2. Casts and/or any other item deemed to be dangerous by the official or supervisor may not be worn during the game.
- 4.3. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2" of slow recovery rubber or similar material will be allowed.
- 4.4. Campus Recreation provides game balls only. Teams must bring their own for warm-up. Team balls may also be used for games if both teams agree on usage.
- 4.5. **METAL SPIKED CLEATS MAY NOT BE WORN AT ANY TIME.** Molded rubber soccer-style shoes or rubber screw in cleats ½" and under will be allowed. Any player with metal spikes will be disqualified.
- 4.6. Teams must wear shirts that are the same shade of color. Goalkeepers must wear a different colored shirt than either team.
- 4.7. Shin guards are not required, but are strongly recommended. Long socks must be worn to fully cover the shin guards.

5. SUBSTITUTES

- 5.1. Teams must notify the official(s) on all substitutions. No player may come onto the field without the permission of the referee.
- 5.2. Either team may substitute under the following conditions:
- On either team's goal kick, own throw-in, or own corner kick.
 - When a player has been injured, and only for the injured person. The opponents may substitute a like number of players.
 - When a player has been cautioned (yellow card). Each team may substitute one player for each player cautioned. The player cautioned must leave the field until his/her team's next substitution opportunity.
 - After a goal.
- 5.3. If a player has been disqualified (red card or 2 yellows resulting in a red card), he/she will be allowed a replacement if the infraction is not of malicious intent. The player who is disqualified from the game will still be considered ejected.
- 5.4. A player MUST enter and leave the game from their bench side.

6. SCORING

- 6.1. A goal will be awarded when the ball fully crosses the goal line in between the goal posts and under the crossbar, provided it was done legally.
- 6.2. All goals are worth 1 point.

7. SPECIAL INTRAMURAL MODIFICATIONS

- 7.1. There are no offside violations.
- 7.2. The team who kicked the ball out of bounds is responsible for retrieving the ball and returning it to goalie or official. Excessive delay may result in a yellow card, issued to the team captain.

8. FOULS AND MISCONDUCT

8.1. Kicking-Striking-Tripping-Jumping

- A player shall not intentionally attempt to kick, strike, or jump at an opponent. Penalty: Direct free kick.
- A goalkeeper may not intentionally strike or attempt to strike an opponent by throwing the ball at the opponent. Penalty: Direct free kick
- A player shall not intentionally trip an opponent. Penalty: Direct free kick

8.2. Handling

- A player shall be penalized for intentionally handling, carrying, striking or propelling the ball with a hand or arm. Penalty: Direct free kick.
- If a player handles the ball on an obvious (official's judgment) goal-scoring play, the goal will count and the player will be issued a yellow card.
- Unintentional handling occurs when the ball strikes the hands or arms of a player who has not moved the hands or arms to play the ball. This shall not be penalized.
- A player shall not hold, push or impede an opponent with hands or arms extended from the body. Penalty: Direct free kick.

8.3. Charging

- A player shall not intentionally charge an opponent unfairly. An unfair charge is one in which a player does not use shoulder-to-shoulder contact with an opponent, does not have arms and elbows close to the body, and has at least one foot on the ground and the ball within playing distance. Penalty: Direct free kick.
- A player having one or both feet on the ground shall not charge into an opponent that has no feet on the ground. Penalty: Direct free kick.
- A player shall not charge into the goalkeeper in the penalty area. Penalty: Direct free kick.
 - An official shall disqualify any player who flagrantly fouls the goalkeeper in possession of the ball.
 - Possession or control of the ball is when the goalkeeper has the ball trapped by either or both hands or when bouncing it to the ground or when releasing the ball into play.
 - Outside the penalty area, the goalkeeper has no more privileges than any other player does. Note: When goalkeepers put the ball on the ground, they relinquish their rights as goalkeepers.

8.4. Dangerous Play

- In the opinion of the official, all high kicks above the waist in a dangerous manner will be prohibited. Penalty: Indirect free kick.

8.5. Obstruction

- Obstruction is the intentional act by a player, not in possession of the ball or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle. Penalty: Indirect free kick.
- The goalkeeper in possession of the ball shall not be interfered with or impeded in any manner by an opponent. This includes the act of bouncing the ball or dropping the ball for a kick or attempting to throw the ball. Penalty: Indirect free kick

8.6. Goalkeeper Restrictions

- a. From the moment the goalkeeper takes control of the ball with the hands in the penalty area, the goalkeeper is penalized for taking more than 5 seconds bouncing or throwing the ball into the air and catching it again, without releasing it into play. The ball must be played by another player for the goalie to be allowed another five seconds.
Penalty: Indirect kick
- b. A goalkeeper shall not touch the ball with his/her hands after receiving a throw-in or a deliberate kick by a teammate.
- c. A goalkeeper may not hold the ball for more than five seconds after taking possession/control.
- d. **A goalkeeper who obtains possession of the ball while outside of the penalty area may not dribble the ball into the penalty area and handle the ball. Penalty: Indirect free kick.**

8.7. Misconduct

- a. A player is cautioned and shown the yellow card if he/she commits any of the following offenses:
 - 1. Is guilty of unsporting behavior
 - 2. Shows dissent by word or action
 - 3. Persistently infringes the Laws of the Game
 - 4. Delays the start of the game
 - 5. Fails to respect the required distance when play is restarted with a corner kick or free kick
 - 6. Enters or re-enters the field of play without referees permission
 - 7. Deliberately leaves the field of play without the referee's permission
 - 8. Denies the opposing team a goal-scoring opportunity of non-malicious intent to an opponent results in a free kick
- b. A player is sent off and shown the red card if he/she commits any of the following offenses:
 - 1. Is guilty of serious foul play
 - 2. Is guilty of violent conduct
 - 3. Spits at an opponent or any other person
 - 4. Uses offensive, insulting or abusive language
 - 5. Receives a second yellow card in the same match
 - 6. Denies the opposing team a goal or an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick
 - 7. An official shall disqualify any player who flagrantly fouls the goalkeeper in possession of the ball. Possession or control of the ball is when the goalkeeper has the ball trapped by either or both hands, when bouncing it to the ground, and when releasing the ball into play. Outside the penalty area, the goalkeeper has no more privileges than any other player does. Note: When goalkeepers put the ball on the ground, they relinquish their rights as goalkeepers.
- c. Two ejected players on a team in the same game will result in forfeiture of the game.

8.8. Team Caution

- a. A team caution is disciplinary action facing an entire team as a result of a violation by a player of that team.
- b. A team caution may be for, but not limited to, the following violations:
 - 1. Encroachment on free kicks
 - 2. Intentional handballs by the defense
 - 3. Unnecessary delay
 - 4. First slide tackle
- c. Once a team caution is issued, if any player from that team commits the same foul, that player is ejected.

9. FREE KICKS

9.1. Description of a free kick:

- a. Free kicks shall be classified as "direct" from which a goal may be scored against the offending team or "indirect" from which a goal may not be scored unless the ball is played by another player from either team.
- b. Any player of the offended team may take all free kicks in any direction.

9.2. Direct kick offenses:

- a. Tripping/kicking or attempting to trip/kick an opponent.
- b. Deliberately handling ball.
- c. Pushing/Holding
- d. Unfair charging.
- e. Charging the goalkeeper in possession of the ball.
- f. Striking or attempting to strike an opponent.
- g. Jumping at an opponent.
- h. Using foul or abusive language or spitting at other persons.
- i. Slide tackle

9.3. Indirect free kick offenses:

- a. Leaving the field of play without permission.

- b. The kicker playing the ball next after a kickoff, free kick, penalty kick, goal kick or corner kick or the thrower playing the ball before another player plays the ball.
 - c. Kicking or attempting to kick the ball while it is in possession of the goalkeeper.
 - d. Obstruction.
 - e. Dangerous play.
 - f. Taking more than five seconds by the goalkeeper to release the ball.
 - g. Goalkeeper illegally handling the ball after relinquishing possession.
 - h. Delay of game.
 - i. Unsportsmanlike conduct
- 9.4. Rules free kick:
- a. Opposition players must be at least 10 yards from the ball until it is kicked, unless standing on their own goal line between the goal post. If the kick is by a team in its own penalty area, defenders must also be out of the penalty area until the ball clears the penalty area. The ball must be stationary and may be kicked in any direction. After the kick, any player except the kicker may play the ball. A kick in a team's penalty area must leave the penalty area before another player may play the ball.
- 9.5. Penalty kick
- a. A penalty kick is awarded for any infringement of the rules by the defending team within the penalty area. The foul must be deliberate. A penalty kick can be awarded regardless of the position of the ball, if the infraction by the defending team is committed in the penalty area. A goal may be scored directly from a penalty kick.
 - b. The penalty kick is taken from any place on the penalty mark line. When it is being taken, all players (except for the kicker and the opposing goalkeeper) shall be within the field of play but outside the penalty area and at least ten yards away from the penalty mark. The opposing goalkeeper may move laterally, but is not permitted to advance off the goal line until the ball has been kicked by the offensive player. The player taking the kick must kick the ball forward in order for it to be in play. If the ball is not put into play properly, the kick must be retaken. If the ball hits the goalpost or the crossbar and returns to play, the kicker may not play the ball until another player has played it. The goalkeeper may not be substituted for on a penalty kick unless they were injured during the infraction. The kicker must wait for the official to start the play. The distance for a penalty kick is 12 yards from the goal line.
 - c. During a penalty kick, any encroachment by the defending team or forward movement by the defending goalkeeper is not penalized if the goal is scored. If a goal is not scored, the kick is retaken. If there is an infringement by the attacking team and the ball enters the goal, the goal does not count and the kick shall be retaken. If there is an infringement by the attacking team and the ball does not go into the goal, there is no re-kick. If the ball rebounds into play, the game shall be stopped and restarted with an indirect free kick for the defending team at the spot of the foul. If the ball is saved and held by the goalkeeper, play shall continue. In cases where players from both teams are guilty of infringements, the kick shall be retaken regardless of the outcome of the kick.
- 9.6. End of time variations
- a. The ball is dead at the moment the whistle sounds to end either half. The whistle shall sound when time expires, there is no injury time. A goal cannot be scored if the ball was in the air when the whistle was blown; the ball must have completely crossed the goal line. Time may be carried over only for a penalty kick. If the ball touches the goalkeeper during a penalty kick, before passing between the posts or after the expiration of time, the goal is good. If necessary, time of play shall be extended at the end of either half to allow a penalty kick to be taken. If a penalty kick is taken after the expiration of time, only the kicker may play the ball once with the goalkeeper in place.
- 9.7. Goal Kick
- a. A goal kick is taken by a member of the defending team when the ball passes completely over the goal line, either in the air or on the ground, having last been touched by a member of the offensive team.
 - b. The ball is placed on the ground from any point in the goal area nearest to where it crossed the goal line. The ball must be kicked beyond the penalty area, or the kick will be retaken. The goal kick is a direct kick.
- 9.8. Corner kick
- a. A corner kick is taken by a member of the attacking team when the ball passes completely over the goal line, either in the air or on the ground, having last been touched by the defending team.
 - b. A member of the attacking team shall take a kick from within one yard of the nearest corner. A goal may be scored directly from a corner kick. The opposing team shall not approach within 10 yards of the ball until the ball has been kicked; if the opposing team approaches within 10 yards the kick is retaken. The kicker may not play the ball until another person has touched it. If the ball hits the goalpost and rebounds towards the kicker, he/she still cannot play the ball until another player has touched it.
- 9.9. Throw-in
- a. A throw-in is taken after it has passed completely over a sideline, either on the ground or in the air.

- b. The thrower, at the moment of delivering the ball, must face the field of play with both feet behind or on the line and both feet on the ground. The thrower shall use both hands equally and shall deliver the ball from behind and over his head. The ball shall be in play when it enters the field of play. If the ball never enters the field of play, the same team will retake the throw-in. A goal may not be scored by the throw-in. If the ball is improperly thrown in, a member of the opposing team shall take the throw-in. The thrower cannot play the ball until someone else has touched it. Penalty: Indirect free kick from point of infraction.

10. SLIDE TACKLES

10.1. Slide tackles are illegal in Intramural Soccer.

10.2. Players are only permitted to leave their feet (not including heading) to make a play on the ball if no one is within 6 feet of them. Penalty: yellow card and direct kick (unless malicious, then red card and 1 for sportsmanship). This is also a team yellow/caution; next player from the same team to slide tackle will receive an automatic red card, direct kick and 1 for sportsmanship.

10.3. A goalkeeper may leave his/her feet to play the ball, as long as they do not play the ball with their feet. A goalkeeper leaving his/her feet within 6 feet of another player must do so with their legs in a bent position and may not at any time attempt to play the ball with their feet while on the ground. Doing so will be deemed a slide tackle.

11. ADDITIONAL COED RULES

11.1. Teams consist of 8 players, 1 of which is the goalkeeper. A minimum of 5 players is required to begin the game. The possible combinations are 4m/4w, 3m/4w, 4m/3w, 3m/3w, 2m/3w, 3m/2w.

11.2. A female must touch the ball in her team's offensive zone, after the last time the ball crossed the mid-line, before their team may score. (Note: Shots must be made in the offensive zone in order for the goal to count.)

11.3. In the case of a penalty kick, the person taking the kick must be of the same gender as the person who was fouled originally. (Example: a female is fouled in the penalty area, the penalty kick must be taken by a female)

11.4. If in the overtime period a shootout occurs, teams must alternate shots on goal between male and female. Females must attempt at least 2 shots on goal.

11.5. Any female scoring a goal will be awarded 2 points, including a goal, which intentionally deflects off a female on the offensive team from another teammate. (This excludes Penalty Kicks in overtime, which are worth 1 point regardless of gender.)

11.6. Mercy Rule: If a team is ahead by 10 or more goals by the end of the first half or by 7 or more goals with 5 minutes or less remaining in the second half, the game will end. At the same time, if a team is ahead by 6 goals and is deemed to be stalling, the officials have the option to end the game and sportsmanship points may be deducted.