

Outdoor Soccer Rules

General/Eligibility

- Current NFHS (High School) rules will be in effect, with the exceptions of those listed below.
- Students, faculty, staff, and their spouses are eligible to participate if they are members of the student recreation center.
- Students and members participating in intramural activities must present their current student or member ID to the supervisor on duty before each scheduled game in order to play. **NO ID, NO PLAY, NO EXCEPTIONS!!!!**
- To be eligible for participation, all players' full names must be listed on the team roster in the Intramural office.
- If any team is found using an ineligible player, that team will forfeit any contests in which that player participated. It is at the discretion of the Intramural Coordinator whether or not that team may continue in competition. Upon forfeiting for this reason, the team captain will meet with the Coordinator to discuss disciplinary measures.
- Players may only play on one same sex team and one co-rec team.

Players and Substitutions

- Seven players per team (including the goalkeeper). Co-Rec Teams must have at least 3 men and 3 women on the field at all times. The seventh player may be of either sex. There may never be more than a one-player difference between the sexes. For example, if your team shows up with 6 males and 2 females, you can only play 3 males and 2 females.
- A team may start with no less than 5 players. In the event a team is playing with the minimum number (5) of players, and a player becomes injured or has to leave (other than an ejection) the game will continue until it is deemed a farce as determined by the supervisor.
- Unlimited substitutions: all substitutes must enter from midfield after the referee approves the substitution (calls the subs onto the field), and substitutions can only be done during the following situations:
 - prior to a corner kick
 - prior to a goal kick
 - after a goal

- prior to throw in ONLY if your team has possession of the ball
 - when play has officially stopped (injury, protest, etc.)
- Goalkeeper substitutions are allowed only after the referee has been notified and the substitution approved and it is during a stoppage of play.
- NO substitution is permitted for an ejected player (1 red card or 2 yellow cards). The team will play shorthanded for the remainder of the game.
- **A team must substitute for a player who is bleeding.**
- Team managers are the only individuals permitted to speak with officials regarding calls or questions. If another player attempts to dispute, a warning may be issued. Subsequently, an unsportsmanlike conduct penalty may be called followed by a possible ejection.

Duration of game and forfeit policy

- A game shall consist of two 20 minute halves, running time. The clock will only stop for time outs, injuries, protests, and official time outs, except for the last two minutes of the second half when it will stop on all dead ball situations. Please have your team at the field ready to play at least 10 minutes before your scheduled game time. Half-time will last 3 minutes. Team switch sides at half time.
- Teams are not allotted any time-outs. The IM supervisor may, however, suspend time for injury, etc., if he or she deems it necessary.
- Coin Toss: Home team will call the toss. Winner of toss shall receive the choice to kickoff or which end to defend.
- Mercy Rule - If a team is down by 4 goals or more at the two minute mark in the second half the clock will run continuously (it will not stop on every dead ball situation).

Equipment

- Turf shoes, cleats, and soft pliable, rubber bottom shoes are permitted. **METAL CLEATS, SANDALS, & OPEN TOED SHOES ARE STRICTLY PROHIBITED.** Shoes must be worn. If there are any questions concerning footwear, contact the supervisor.
- The game ball shall be issued by the IM supervisor on duty. Teams are encouraged to bring their own soccer ball(s) to practice (warm up) with. Teams will not be allowed to warm up with a game ball.
- All team members must wear pinnies provided by the Campus Recreation department.
- All jewelry must be removed. This includes, but is not limited to, necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets, and watches. If you cannot remove the item then you CANNOT play. Medical bracelets are allowed, however, they must be taped down and not hanging loose on the body.
- Sweatbands on head or wrist are allowed...elastic type only. No hats, bandanas, or other headwear is allowed. Nothing is allowed which has a knot.
- Knee braces must meet NFHS requirements.

Playing Rules

- Current NFHS (High School) rules are in effect with the exceptions below.
- There will be NO OFFSIDES.
- A kickoff begins from the center of the field of play, on the referee's whistle. The game shall be started by a player kicking the ball into the opponent's half of the field (the ball must travel forward one full circumference of the ball). Every player shall be on his/her half of the field at the time of the kickoff. Players opposing the ball must remain outside the center circle until the ball is kicked. A goal may be scored directly from the kickoff.
- When a player is taking an indirect or direct free kick, all opposing players shall remain at least 10yds away until the ball is kicked.
- On a goal kick, players opposing the goalkeeper must remain outside of the penalty box until the ball is kicked.
- Slide tackling is PROHIBITED! Slide tackling is a penalty when in the immediate vicinity of an opposing player and a direct free kick will be awarded to the opposing team. Sliding to keep a ball in bounds or to prevent a goal is not a penalty (as long as it is not in the immediate vicinity of another player).

- For a legal throw to occur:
 - BOTH FEET must be on the ground and behind the boundary line.
 - The throw must be made with two hands and directly over the head.
 - The ball must not be "spinning" as it leaves the player's hand.
 - *A violation of any of the above will result in a throw in for the non offending team.*
- A player may not attempt to kick the ball when it is in the possession of the goalkeeper.

Goalkeepers

- On any occasion when a player deliberately kicks the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch the ball with his/her hands. Players may not use trickery to circumvent the rule. For example: Players may not flick the ball with their feet to their own head, chest, and knee and then pass it to their own goalkeeper who touches the ball with their hands. In addition, the goalkeeper is not allowed to play the ball with his/her hands directly from a throw in (from his own team).
- A goalkeeper in possession of the ball shall not indulge in tactics which, in the opinion of the referee, are designed to waste time, thus giving an unfair advantage to his/her own team.
- The goalkeeper is limited to a maximum of 4 steps with the ball.
- Goalkeepers have 5 seconds to release the ball after making a save. If a goalkeeper maintains possession of the ball longer than 5 seconds, an indirect kick shall be awarded to the opposing team at the initial spot of control.
- The goalkeeper may use his/her hands within the entire box (penalty area). The goalkeeper is not, however, allowed to handle the ball if the ball is outside of this area.

Fouls and Misconduct

- A player shall be ejected if he/she intentionally kicks, strikes, spits, pushes, trips, attempts to kick-strike or jump at an opponent, teammate, and/or official. Penalty: offending player will be ejected and a direct free kick will result from the spot of the foul for the non-offending team (if both teams are involved a midfield drop kick). Unsportsmanlike players will be ejected and will have to meet with the Coordinator of Intramurals before participating again. Fighting of any kind is prohibited and will be

dealt with severely. **Self defense is not an excuse for fighting.**

- The following infractions will result in a **direct free kick**:
 - Holding, pushing, striking and/or tripping that is "accidental" in nature.
 - Fouling the goalkeeper while he/she is in possession of the ball or jumping to receive the ball inside the penalty area (possible ejection).
 - The goalkeeper intentionally elbowing or kneeing a player as they go up for the ball.
 - Hand ball, if intentional, an automatic yellow card.
 - Slide tackling.
 - ***Please Note: Be aware that any flagrant foul by a player is cause for an immediate ejection.***
- The following infractions will result in an **indirect free kick**:
 - One player touching the ball twice in succession on the kickoff, throw in (a player may not kick or throw to him/herself), corner kick, or goal kick.
 - Yellow or red card given to a player, coach, and/or spectator.
 - Obstruction, other than holding.
 - Goalkeeper kicking the ball across the midfield line.
 - Goalkeeper playing the ball with his/her hands when it is passed back by a teammate.
 - Unsportsmanlike conduct/Delay of game.
 - Dangerous play (e.g. Bicycle kick, playing the ball while on the ground, high kicks, etc.). These calls are judgment calls and may not be protested.
- All free kicks (direct and indirect) will be taken from the spot of the foul. Exception - if the infraction (against attacking team) is within the defending team's goal area (box). The kick shall be taken from the part of the goal-area line, which runs parallel to the goal line at the point nearest to where the offense was committed.
- A player shall be **cautioned (yellow card)** for the following offenses:
 1. Leaving or entering the field without first getting the signal from the referee.
 2. Persistently infringing the rules of the game.
 3. Showing by word or action dissent from any decision given by the referee.
 4. Being guilty of unsportsmanlike conduct.

5. Delay of game (i.e. standing over the ball when an opponent has been awarded a free kick).
- A player shall be ejected (red card) for the following infractions:
 1. Being guilty of violent or serious foul play.
 2. Using foul or abusive language at any time.
 3. Being guilty of misconduct after having received a caution (referee shows both a yellow and a red card).
 - "Advantage" clause: The referee shall refrain from penalizing when it would be an advantage to the offending team. The referee will give the proper signal and give a verbal indication of "advantage, play on".
 - If a participant is ejected from a contest, he/she is immediately ineligible for further competition in any intramural activity until cleared by the Coordinator or his designate. It is the responsibility of the participant to schedule a meeting with the Coordinator to review his/her behavior and subsequent eligibility to continue in the Intramural Sports Program. Any unsportsmanlike conduct by a player or spectator may cause their team to be disqualified from any further intramural competition. In addition, players, coaches, or spectators may not harass referees at the conclusion of a game. Offenders are subject to the same penalties and procedures as are players being ejected from a contest.
 - Participants should be aware that there is a risk of injury in participation of intramural sports due to the inherent nature of the activity. Individuals are encouraged to have a physical examination and to obtain adequate health and accident insurance prior to participation. Individuals participate in intramural activities at their own risk! Participants who are bleeding must be removed from the game (they may be substituted for) immediately and may not return until the bleeding has stopped and the wound is properly covered. All soiled clothing must be sprayed with a bleach disinfectant before being worn again in the game.

Penalty Kicks

- Penalty kicks are rewarded for any infraction by the defending team within the penalty area that would normally be penalized by a direct free kick. The penalty kick shall be taken at a distance of 12 yards from the goal line.
- A penalty kick can be called when a deliberate foul is committed by the defending team within the penalty area.

- A penalty kick shall be taken only from the penalty mark. All players except for the kicker and opposing goalkeeper shall be outside the penalty area and at least 10yds from the spot of the kick.
- Interrupting a penalty kick: The NFHS rules state that once a player who is taking a penalty kick begins his/her approach toward the ball, he/she may not interrupt his/her movement. While the kicking player is approaching the ball, he/she may NOT fake a kick, stop to hesitate and then proceed to kick the ball. As with the other situations addressed in this rule, failure to kick the ball as specified results in a rekick.
- The goalkeeper must stand on his/her own goal line until the ball is kicked. He/she is allowed to move laterally but cannot come forward off the line until the ball is kicked. The player kicking the ball must kick the ball forward. He/she is NOT allowed to play the ball a second time, until it has been touched by another player (the kicker would have to wait for another player to touch the ball if it were to go untouched by the goalkeeper and deflect into play off the goal post).
- If there is an infringement during a penalty kick:
 - a) By the defending team, the kick is to be retaken if a goal has not resulted (the infringement is ignored if a goal is scored).
 - b) By the attacking team (other than the player taking the kick), a rekick is awarded if the ball enters the goal. If no goal is scored, play will stop and the defending team will receive an indirect kick from the spot of the foul.

Scoring

- A goal is scored when the whole ball has passed over the goal line between the goal post and between the crossbar and ground, provided the ball has not been intentionally thrown, carried or propelled, by hand or arm, by a player of the attacking side. The attempt at a goal must be made by the attacking team from outside of the goal area.
- A goal **may** be scored directly from a: Direct free kick, Penalty kick, corner kick, drop ball, goalkeeper's throw, punt or dropkick.
- A goal **may not be** scored during play directly from a: Kicker of a kickoff, Indirect free kick, Goal kick, Throw-in, Free kick into a team's own goal.

Overtime

- Overtime - If the game is tied at the end of regulation a penalty kick (shoot out) tie breaker will be used in the following manner:
 - a) The home team will call the coin toss to determine the kicking order, with the winner electing to go first or second.
 - b) Each team shall take an initial series of 5 kicks alternating from the penalty mark. A different player shall take each kick. The team scoring the greater number of goals shall be declared the winner. If the score remains tied after the initial 5 kicks, they shall continue alternating in the same order, allowing each member of there team to kick, until a team has one more goal in the same number of kicks.
 - c) If a team is playing shorthanded because of an ejected player then that team must have one player kick twice (only if the team is playing with 4 or less players).
 - d) Co-Rec teams must alternate male - female. If there is not an equal number of males and females present members of one sex will shoot again to maintain the alternating order.
 - Goalkeepers may shoot penalty kicks.

Definitions

- **Direct Free Kick:** a free kick from which a goal may be scored against an opponent without a second player touching the ball.
- **Indirect Free Kick (or spot kick):** a free kick from which a goal may not be scored unless the ball is played or touched by another player of either team.
- **Drop Ball:** a method by which a dead ball becomes live. An official drops the ball to the ground between 2 players from opposing teams. After the ball touches the ground it becomes live and may be played by anyone.
- **Penalty Kick:** a kick awarded to a team because an opponent was charged with one of the major offenses, within his/her own penalty area, which requires a direct free kick.
- **Throw-in:** a method by which a dead ball becomes live. A player throws the ball using both hands with equal force (no spinning the ball). The ball must be delivered from behind over the head in one continuous movement, while BOTH feet are on the ground and on or behind the touch line. The player must be facing the field.
- **Touch Line:** longer boundary lines. The entire line is within the field of play.

- **Goal Kick:** a goal kick shall be awarded to the defending team when the entire ball crosses the goal line, excluding that portion between the goal posts and under the cross bar, either in the air or on the ground, having last been touched by the attacking team. Players opposing the kicker must remain outside the penalty area until the ball has cleared the penalty area. If the kick does not clear the penalty area, the kick shall be repeated. The ball may be played by anyone except the person who kicked it initially.
- **Corner Kick:** a corner kick shall be awarded to the attacking team when the entire ball passes over the goal line, excluding that portion between the goal posts and under the crossbar, either in the air or on the ground, having last been touched by the defending team. Players of the defending team must be at least 10yds. from the ball until it has been kicked (the ball must travel at least one full circumference or it results in a rekick). The ball may be played by anyone except the person who kicked it initially.

CoRec Specific Rules:

1. Games will be played with 7 players – 3 women and 3 men PLUS ONE GOALIE OF EITHER SEX. A team may begin and end with a minimum of five players (2 men and 2 women PLUS ONE GOALIE OF EITHER SEX).