

Soccer Rules

The following rules will govern play in Intramural Soccer. Rules not covered below are governed by FIFA (Federation International of Football Association) Rules.

I. Player Information

- A. Player identification: Before each game, players must identify themselves to the game referee who will have the official roster printed out on the score sheet. If a team has more than 16 players listed on their roster, those players name which do not appear on the score sheet will need to be added. Players must be listed on a teams roster form before participating. Teams wishing to add players to their team roster must do so at least one day before they participate.
- B. Players are **eligible to play on only one intramural soccer team per season.**
- C. **Illegal or Ineligible** players will be suspended for at least one game and possibly for the rest of the quarter. Players playing under an assumed name will be barred from participating in any intramural games for a period of at least five weeks. A team shall forfeit any game they use an illegal or ineligible player. Teams may not play an ineligible player, even by mutual agreement with the opponents.
- D. Placement in the playoffs will depend on your team's sportsmanship rating, win / loss record, league strength, and judgment of the intramural sports staff.
- E. Substitutions:
 1. Substituting may occur during a team's throw-in/kick-in, either team's goal kick, and after a goal.
 2. Substitutes shall go to the midfield line and wait for the nearest official to call them on before entering the field of play. **Penalty:** Yellow card and the substitute must leave the field of play.
 3. A player who receives a yellow card must be substituted out of the game.
 4. During an injury, both teams may substitute only if the injured player is substituted out. A player that is bleeding must be substituted from the game.
 5. Any player may change places with the goalkeeper, provided that the Officials are informed before the change is made and the change is made during a stoppage in play. **Penalty:** Yellow card
- F. If **poor weather conditions** or any unsafe conditions occur, the intramural staff or officials have the right to cancel games. Canceled games will not be rescheduled during the regular season. Playoff games will be postponed and played or finished another day.
- G. **Unsportsmanlike conduct will NOT be tolerated.** Any person may be ejected from a game and playing area at any time without warning for unsportsmanlike conduct.
 1. If ejected from one game, that person will be ineligible for the next scheduled game.
 2. If a player is ejected a second time, for any reason during the season, that person will be ineligible for the next two games.
 3. If a player is ejected a third time, for any reason during the season, that person

will be ineligible for the remainder of the quarter.

4. [Click here](#) for additional information about sportsmanship.
- H. **Bleeding Policy:** During any intramural soccer game, if a supervisor, scorekeeper, or official detects a participant who is bleeding, or has an open wound, or has an excessive amount of blood on their clothing, he/she shall stop the game. The participant must receive medical attention. In order for the participant to continue to play, he/she must have the bleeding stopped, the wound covered, and clothing changed.
- I. **Jewelry Policy:** No jewelry can be worn during games.

II. Team Regulations

- A. Teams may have up to twenty (20) players on their roster (though only 16 will appear on the printed score sheet).
- B. Teams will play up to eleven (11) players on the field at a time.
- C. Teams may start a game with nine (9) players. If for any reason a team drops to less than seven (7) players during the game, the game shall be forfeited.
- D. There will be unlimited substitution. Substitutions are allowed on throw-ins, goal kicks, between periods or after a scored goal. In case of an injury, only the injured player can be substituted for.

III. Equipment Regulations

- A. Shoes that are judged unsafe by the officials (liable to cause injury to another player) will not be allowed. **Metal cleats of any kind will not be allowed under any circumstances.**
- B. It is recommended that all players wear shin guards and a mouth piece. If worn, shin guards must be covered at all times by stockings. Shin guards must conform to FIFA Standards.
- C. Teams are encouraged to furnish their own jerseys and practice balls. Game balls will be provided.

IV. Rules of the Game

- A. Length of games: Two 20 minutes halves with a running clock except for goals scored and injuries. There will be a 5 minute half-time break. No time outs are allowed.
- B. The choice to kick-off or to defend which goal is determined by a coin-toss. The team winning the toss shall have the option of choice of goal or the kick-off.
- C. The ball is in play whenever the ball is on or within the field lines including:
 1. if it rebounds from the goal-post, cross-bar, or corner flag post into the field of play.
 2. if it rebounds off either the referee or linesmen when they are in the field of play.
- D. The ball is out of play when it has wholly crossed the goal-line or touch-line, whether on the ground or in the air.
- E. If a game ends in a tie, it will be considered a tie. Exception: In tournament games a shoot-out will occur. The following **shoot-out procedure** will be used:
 1. The referee shall toss a coin to determine the first team to kick. The winner of

the toss shall elect to kick first or last.

2. Only the players who were playing on the field at the end of the game shall be eligible to participate during the shoot out. Each kick shall be taken by a different player, and not until all eligible players, including the goalkeeper, have each taken a kick, may a player of the same team take a second kick.
3. Each team shall take an initial series of five (5) kicks alternatively from the penalty mark. The team scoring the greatest number of goals shall be declared the winner. The kicks shall end at the point where a winner has been determined.
4. If the score is still tied after each team has taken five (5) kicks, the taking of kicks shall continue, in the same order, until such time as both teams have taken an equal number of kicks (not necessarily five more kicks) and one team has scored one goal more than the other team.
5. The nonparticipating goalkeeper shall stay on the field of play at one corner of the penalty area. All eligible players except for the kicker and the designated goalkeeper shall remain in a line in the center circle.
6. Once the goalkeeper is designated, he/she shall not be replaced unless injured; and his/her replacement must be one of the permissible players.

F. Offsides:

1. **Offside position** – It is not an offence in itself to be in an offside position.
2. A player is in an offside position if he is nearer to his opponent's goal line than both the ball and the second to last opponent.
3. A player is NOT in an offside position if:
 - a. He is in his own half of the field of play, or
 - b. He is level with the second-to-last opponent, or
 - c. He is level with the last two opponents.
4. **Offence** - A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by:
 - a. Interfering with play, or
 - b. Interfering with an opponent, or
 - c. Gaining an advantage by being in that position.
5. **No Offence** - There is no offside offence if a player receives the ball directly from:
 - a. A goal kick
 - b. A throw-in
 - c. A corner kick
 - In the event of an offside offence, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

V. Violations and Misconduct:

- A. A player shall be penalized and a **direct free-kick** awarded for:
 1. kicking, striking, attempting to kick or strike, spitting, or jumping at an opponent.

2. tripping - including throwing or attempting to throw an opponent by the use of legs, or by stooping in front of or behind an opponent.
 3. charging an opponent in a violent or dangerous manner.
 4. charging an opponent from behind unless the latter is obstructing.
 5. holding or pushing an opponent with the hand(s) or with the arm(s) extended from the body.
 6. handling the ball deliberately, i.e. carrying, striking, or propelling the ball with a hand or arm. (This does not apply to the goalkeeper within his own penalty area).
 7. when tackling an opponent and makes contact with the opponent before contact is made with the ball.
 8. as goalkeeper; intentionally striking or attempting to strike an opponent by vigorously throwing the ball or by pushing an opponent with the ball while holding it.
- B. **Direct free-kicks:** Are to be taken from the place where the violation occurred, unless the violation is committed by a player in his opponents' goal area, in which case the free-kick shall be taken from any point within the goal area.
- C. **Note:** Should a player of the defending team intentionally commit one of the above violations within the penalty area, that player shall be penalized by a penalty-kick. Penalty-kicks can be awarded irrespective of the position of the ball, if in play, at the time an offense within the penalty area is committed.
- D. A player shall be penalized and **indirect free-kick** awarded for:
1. playing in a manner considered by the referees to be dangerous.
 2. charging fairly (i.e. with the shoulder) when the ball is not within playing distance of the players concerned and they are definitely not trying to play it.
 3. when not playing the ball, intentionally obstructing an opponent (i.e. running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent).
 4. charging the goalkeeper except when he/she:
 - a. is holding the ball or obstructing an opponent.
 - b. has passed outside his goal area.
 5. when playing as a goalkeeper and within his own penalty area:
 - a. when taking control of the ball, he/she takes more than 4 steps in any direction while holding, bouncing, or throwing the ball into the air and catching it again, without releasing it into play.
 - b. having released the ball into play before, during, or after the 4 steps, he/she touches it again with his hands, before it has been touched or played by a player, either inside or outside of the penalty area, or by a player of the same team outside the penalty area.
 - c. touches the ball with his/her hands after it has been deliberately kicked to him/her by a teammate.
 - d. indulges in tactics, which in the opinion of the referee, are designed to holdup the game and thus waste time and so give an unfair advantage to his own team.

- E. **Indirect free-kicks:** Are to be taken from the place where the infringement occurred.
 - 1. A player **shall be cautioned and given a yellow card** if he/she:
 - a. enters or re-enters the field without the referee's permission.
 - b. persistently infringes the rules of the game.
 - c. shows by word or action, dissent for any decision or ruling made by the referee.
 - d. is guilty of unsportsmanlike conduct.
- F. **Indirect free-kicks:** Are to be taken from the place where the infringement occurred.
- G. A player **shall be sent off the field and given a red card** if he/she:
 - 1. is guilty of violent conduct or serious foul play.
 - 2. uses foul or abusive language.
 - 3. persists in misconduct after having received a caution.
 - 4. is guilty of a second caution (yellow card).
 - 5. in the opinion of the referee, (including the goalkeeper) is moving toward his/her opponents' goal with an obvious opportunity to score a goal and is intentionally physically impeded by unsportsmanlike conduct, i.e. an offense punishable by a free kick (or penalty kick), thus denying the attacking player's team the aforesaid scoring opportunity.

VI. **Sportsmanship Policy:** Unsportsmanlike conduct will NOT be tolerated. To provide a more positive atmosphere the following sportsmanship policy will be strictly enforced:

- A. Player(s) who receives three yellow cards during league and/or tournament play will be required to miss their next game before he/she can continue to play. For each additional yellow card received he/she must miss another game.
- B. Player(s) who receives one red card in one game are automatically disqualified and will be ineligible for their next scheduled game.
- C. Player(s) disqualified a second time from a game, for any reason, that person will be ineligible for their next game.
- D. If a player is disqualified a third time, for any reason, will be ineligible for the remainder of the quarter.
- E. Any person may be disqualified from a game and/or playing area at any time without warning for unsportsmanlike conduct.

VII. **Free-kicks:**

- A. Direct - a goal can be scored direct against the offending team.
 - 1. Direct - a goal can be scored direct against the offending team.
 - 2. Indirect - a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.
 - 3. When a player is taking a direct or an indirect free-kick inside his/her own penalty area, all of the opposing players shall be at least ten yards from the ball and shall remain outside the penalty area until the ball has been kicked out of the area.
 - 4. When a player is taking a direct or an indirect free-kick outside his/her own

penalty area, all of the opposing players shall be at least ten yards from the ball, until it is in play, unless they are standing on their own goal-line, between the goal posts.

5. The ball must be stationary when a free-kick is taken, the kicker cannot play the ball a second time.
6. Any free-kick awarded to the defending team, within its own goal area, may be taken from any point with the goal area.
7. Any indirect free-kick awarded to the attacking team within its opponent's goal area 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.

VIII. Penalty-Kick:

- A. A penalty-kick shall be taken from the penalty-mark and, when it is being taken, all players with the exception of the player taking the kick, properly identified, and the opposing goalkeeper, shall be within the field of play but outside the penalty area, and at least 10 yards from the penalty-mark. The opposing goalkeeper must stand without moving his/her feet, between the goal-posts, until the ball is kicked.
- B. The player taking the kick must kick the ball forward, he/she cannot play the ball a second time until it has been touched or played by another player.

IX. Throw-in:

- A. The thrower at the moment of delivering the ball must face the field of play and part of each foot shall be either on the touch-line or on the ground outside the touch-line.
- B. The thrower shall use both hands and shall deliver the ball from behind and over his/her head.
- C. The thrower cannot again play the ball until it has been touched or played by another player.