Intramural Activities Soccer Rules/Regulations



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# Rule: The Game, Players, and Substitutes

## The Game

1. The game will consist of two (2) halves, 20-minutes in length with a continuous clock. Half-time should not exceed five (5) minutes. The clock will only be stopped if the referee has to discontinue the game or if a player is injured.
2. Each team will receive one (1) 30-second timeout per game.
3. A coin toss, or similar method, will determine the start of the game. The winner will decide whether they want kickoff or choose which side of the field they want to defend.
4. ***The referee will whistle the ball into play***. The kickoff must be taken from the center of the field. Each team must be in its own half, and the defensive team must be at least 10 yards away until the ball is kicked
5. The player who initially kicks the ball may not touch the ball until another player has touched it (a double touch results in an indirect kick for the opposing team). The initial kick can be in any direction.
6. All kickoffs are direct.
7. Teams will change sides at half time. The team that did not kickoff the first half will restart the game with a kickoff for the second half.

### Ball in Play

1. The ball is considered in play at all times from the start of the game to the finish including when it touches an official on the field of play, rebounds from a goal post, crossbar or corner flag into the field of play.

### Ball Out of Play

1. When it completely crosses the sidelines or end lines. The ball is also considered out when:
   1. When the game is stopped by the Referee.
   2. When the ball touches an official, remains on the field and:
      * Goes directly into the goal
      * Team possession changes
2. The referee blowing their whistle warrants a dead ball (even if inadvertent).

### Goals

1. A goal may be scored during play, from a direct free kick, penalty kick, corner kick, goal kick, or drop ball. A goal may not be scored directly from an indirect free kick or throw-in. To score a goal, the ball must completely cross the goal line. After the goal, the ball is returned to the center of the field for another kickoff. The team that was scored upon will kickoff to restart the game.

### Restarting Play

1. **Throw-in**: When the ball crosses the sidelines. Possession is given to the team the referees deemed did not touch the ball last.
   1. Throwers shall use both hands equally and deliver the ball from behind and over their head. Both feet must maintain contact with the ground at all times.
   2. Throw-ins may be in any direction, as long as the player is facing the direction they are throwing the ball.
   3. Throw-ins must occur within one (1) yard of where the ball went out on the sidelines.
2. **Goal kick**: When the ball crosses an end line, last touched by the offense.
   1. The ball does not need to leave the penalty area in order for it to be in play.
   2. The opposing team must remain outside of the penalty area until the ball is kicked.
   3. Goalkeepers cannot receive the ball with their hands from goal kick.
   4. No Double Touch.
   5. A goal may be scored off a goal kick.
3. **Corner kick**: When the ball crosses an end line, last touched by the defense.
   1. The corner kick shall be taken on the same side the ball went out on.
   2. No Double Touch
4. **Drop ball**: A drop ball will be called when play is stopped due to an injured player or an inadvertent whistle. A drop ball must touch the ground before either team makes contact with the ball to it to play.

### Mercy rule

1. **By half-time, or anytime thereafter, if a team is ahead by 10 or more goals, the game will end**. In addition, for men’s and women’s competition, a five (5) goal lead within the last five (5) minutes will end the game. For Co-Rec teams, a seven (7) goal lead within the last five (5) minutes will end the game. At the same time, if a team is ahead by one less goal than the mercy rule, and is deemed to be stalling, the officials have the option of ending the game.

### Game Cancellations

1. Regular season games canceled (prior to game time) due to weather or field conditions will be considered a ‘no result’ for both teams. If inclement weather causes a started game to end early:
   1. The game is a ‘no result’ if it has not reached halftime.
   2. The game (and score) is final if the game has reached halftime before cancelation.
2. Playoff games canceled due to weather or field conditions will be rescheduled if the game has not yet reached halftime.
   1. If a game has not reached halftime, the game will be restarted from the beginning, regardless of the score at the time of cancelation.
   2. If a game has reached halftime at time of cancelation, the game (and score) is final.

### Tie Game

1. During the regular season, tie games will stand.
2. During playoffs or tournaments, there will be one (1) 10-minute sudden-victory overtime period offered. The first team to score will win (‘Golden Goal”). Prior to this overtime period starting, another coin-toss (or similar method) will be conducted.
3. If the game is still tied after the 10-minute overtime period, a penalty kick shootout will take place. Each team will select five (5) players to participate in the shootout – the goalkeeper may be included in this group if they would like.
4. Only players taking penalty kicks and the goalkeepers are permitted to be on the field.
5. If the game is still tied after all five (5) players have taken their PKs, it will become sudden victory, meaning each team shoots once until one team scores and the other team does not.
6. Eligible Players for Penalty Kicks
   1. Only players on the roster who have not been ejected are eligible to take a penalty kick (PK). For intramural soccer, players who did not participate in the overtime period (i.e. They were on the bench), are eligible to take a PK.
   2. Once a goalkeeper has been designated for the PK shootout, they must not be replaced unless they get injured or ejected.

## Players

1. The game shall be played between two (2) teams of seven (7) players. A minimum of five (5) players are required to start and finish a game.
2. **Anyone on the sideline must be identified on the game roster.** Individuals not listed on the game roster are not eligible to participate in the game. **Please note that if an ineligible player scores a goal, the goal will be nullified regardless of when the discrepancy was discovered, provided the discovery occurs before the end of the game.** If the discovery is made during an overtime period, the goal scored during regulation will be nullified and the opposing team will be declared the winner. If the discovery is not made until after the conclusion of the game, the final score will remain as it was at the conclusion of the game. **In all cases, the ineligible player must meet with the Program Manager prior to being eligible to participate in any future Intramural Activities programs.**

## Substitutes

1. All substitutes must be reported to the sideline official prior to entering the game. Substitutions may occur during the following:
   1. There is a goal kick
   2. During the team’s *own* throw in (the opposing team may substitute during this time as well).
   3. During the team’s *own* corner kick (the opposing team may substitute during this time as well).
2. Substitutes may enter the game *without* checking in with an official:
   1. After a goal has been scored
   2. Between halves
   3. When a player receives a yellow card (the player receiving the yellow card may be subbed out by their team if they choose).
   4. In the event of an injury
3. If a player receives two (2) yellow cards or one (1) red card and is ejected from the game, they cannot be replaced by another player.
4. **Changing of Goalkeepers**
   1. Captains shall notify the Referee in a timely manner if a goalkeeper change is going to occur during the game.
   2. Provided it occurs during stoppage of play, the referee is notified, and all other rules pertaining to uniforms are satisfied, a teammate on the field of play may change positions with the goalkeeper.
   3. Provided the Referee is notified in advance, a teammate on the field may change places with the goalkeeper for the taking of a penalty kick; however, a goalkeeper substitution from the bench is not permitted. **NOTE**: Once the substitute has been made for the goalkeeper, the player must remain in that position for the duration of the half.
   4. **NOTE: It is recommended that officials ask captains to inform them of any planned goalkeeper substitutions (mentioned above) during the captain’s meeting.**

# Rule 2: Equipment

1. Each team is required to wear pennies of the same color or provide their own shirts. The goalie must wear a separate color.
2. All players must wear athletic shoes. Cleats are permitted so long as they do not have metal spikes or tips.
3. Equipment which may be dangerous to another player (such as hats and bandanas) is not allowed. The Referee will determine if an article is dangerous and will ask the player to remove the article. If the player refuses, they will not be permitted to participate until they abide by the rules.
4. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least ½ inch of slow recovery rubber or similar material will be allowed.
5. Jewelry, rubber bands, chains, rings and/or earrings may not be worn. **EXCEPTIONS**: Any jewelry worn for religious or medical purposes can be taped down. Fitness trackers/watches may be worn but must be covered by pre-wrap/tape to avoid incidental contact and/or damage. IM Staff will provide tape and pre-wrap.
6. Shin guards are not required but are encouraged. If shin guards are worn, they must be covered by socks at all times.

# Rule 3: Fouls and Misconduct

1. Free kicks can only be awarded for offenses that are committed when the ball is in play. Fouls are defined and classified as follows:
   1. **Careless:** when a player shows a lack of attention or consideration for the opponent when committing the action.
   2. **Reckless**: When a player acts with disregard for the danger or consequences to an opponent.
   3. **Excessive Force**: When a player exceeds the necessary use of force and/or endangers the safety of an opponent.
   4. **Stopping a Promising Attack**: A foul committed that prevents the opponent from taking advantage of speed, space, and options to create a dangerous attack, or blatantly cynical foul to stop an attack.
   5. **Denying an Obvious Goal Scoring Opportunity**: Fouls that stop a goal or an obvious goal scoring opportunity. Factors to consider whether an obvious goal scoring opportunity exists include: (1) the distance from goal; (2) the general direction of the attack; (3) the likelihood of keeping or gaining control of the ball; (4) and the location and number of defenders – were they the last defender?

## Free Kicks

### Direct Free Kick

1. A free kick from which a goal can be scored directly from the kick against the offending team without the ball touching another player.

### Indirect Free Kick

1. A free kick from which a goal cannot be scored unless the ball has been touched by another player other than the kicker before going into the goal.
2. If the ball is touched by a player on either team before going into either team’s goal, the goal shall be awarded.
3. If a free kick is awarded for an offense punishable by an indirect free kick, but the official fails to indicate the kick is indirect and a goal is scored, the kick shall be retaken. If the free kick touches another player before entering the goal, a goal shall be awarded, notwithstanding the official’s failure to properly signal the nature of the restart.

### Free Kick Guidelines

1. No player of the opposing team shall encroach within 10-yards of the ball until it is in play, unless the player is standing on their goal line between the goal posts. Free kicks will be retaken if a player intentionally interferes with the kick.
2. Continued interference or delay of game by an opponent may result in a yellow card.
3. The attacking team may take the free kick as soon as the ball is stationary and in the proper position, ***unless the referee instructed them to wait for the whistle.***
4. The ball may be played in any direction.
5. A double touch is not permitted.
6. If a wall is of three (3) or more players is formed, the attacking team must remain at least one (1) yard from the wall until the ball is in play.
   1. An attacking player may participate in a wall with the opposing team as long as there are less than three (3) opponents in the wall.
   2. If, when a free kick is taken, an attacking team player is less than one (1) yard from the wall formed by three (3) or more defending players, ***an indirect free kick is awarded to the defending team***.
7. When a free kick is awarded to the defending team in their penalty area, the ball is in play once the kick is taken; it can be played before leaving the penalty area. The goalkeeper may not receive the ball into their hands from a teammate’s free kick.
   1. If the goalkeeper plays the ball with their hands, the play is restarted with an indirect free kick to the opposing team. All opponents shall be outside the penalty area and at least 10 yards from the ball, or the kick shall be retaken, unless the team taking the free kick puts the ball in play before the opponents have had an opportunity to leave the penalty area.
8. Any free kick awarded to the defending team within its goal area may be taken from any point within the goal area.
9. Any indirect free kick awarded to the attacking team within its opponent’s goal area shall be taken from a point on that part of the goal area line that runs parallel to the end line nearest where the offense took place

### Direct Free Kick Offenses

1. Slide Tackles
2. Charging an opponent
3. Jumping at an opponent
4. Kicking or attempting to kick an opponent
5. Pushing an opponent
6. Striking or attempting to strike an opponent
7. Tacking an opponent
8. Tripping or attempting to trip an opponent
9. Handball
   1. Deliberately touching the ball with their arm/hands, including moving their arm/hand towards the ball
   2. Touches the ball with their arm/hand when it has made their body ***unnaturally bigger***.
      1. When a player positions their arm/hands in a way that is not the consequence of, or justifiable by, the player’s body movement for that specific situation (i.e. if a player puts their hands in front of their face to block a ball hitting them – it may not be called as a handball.)
   3. The call of a handball applies even if the ball touches a player’s hand/arm directly from the head or body (including foot) of another player who is close.
   4. It is not an offense if the ball touches the player's hand/arm:
      1. directly from the player’s own head or body (including foot)
      2. if the hand/arm is close to their body and does not make the body unnaturally bigger
      3. If a player falls and the hand/arm is between the body and the ground to support the body but not extended laterally or vertically away from the body.
10. Holding an opponent
11. Impeding an opponent by making contact
12. Throwing an object at the ball, an official, or an opponent
13. Assaulting an official
14. Note: All direct free kicks awarded to the attacking team in the penalty area are penalty kicks.

### Indirect Free Kick Offenses

1. Goalkeeper Violations (inside the penalty area):
   1. Taking longer than six (6) seconds to release the ball from their hands
   2. Using their hand or arm to control the ball after it has been deliberately passed back or thrown back to them by a teammate. The goalkeeper may not receive a pass from their teammate outside the penalty box and dribble the ball into the penalty box and pick it up with their hands.
   3. Note: If a goalkeeper miskicks a ball passed back to them, they may use their hands to recover the ball within the penalty area.
2. Playing in a Dangerous Manner.
   1. **NOTE**: this is only an indirect free kick if ***no contact is made with the opponent***. If contact is made, the offense is punishable by a direct free kick.
3. Impeding an opponent without contact
4. Interfering with the goalkeeper attempting to release the ball
5. Playing the ball when the goalkeeper has control of the ball with their hand(s)
6. If a player uses trickery in any form to play the ball back to their keeper (ex. Flicking the ball with the foot in order to head it back to their keeper), they are guilty of unsportspersonlike conduct and will be cautioned.
7. Double Touch (playing the ball a second time after a free kick, goal kick, corner kick, kickoff, or throw-in before the ball is touched by another player).
   1. If the violation stops a promising attack = Yellow Card
   2. If the violation denies an obvious goal scoring opportunity = red card
8. Verbal violations
9. Illegal substitutions
10. Any offense for which a play is stopped to issue a caution or ejection where a different restart is not specified. If play is stopped to caution a spectator for unsportspersonlike conduct while the ball is in play, the game shall restart by an indirect free kick against the offending team.
11. **Three (3) Points of Contact**
    1. If a player makes three points of contact with the ground (arms, knees, legs, etc.), it will be considered a dangerous play (playing from the ground) and the opposing team will receive an indirect free kick. This does not fall under the category of slide tackle.

## Cautions/Yellow Card Offenses

1. Entering the field without permission after the game has started or leaving and returning to the field of play without reporting it to the Referee(s).
2. Persistently infringing upon any of the rules of the game.
3. Showing dissent by word of mouth or action to decisions made by officials.
4. Using profane language in an incidental manner (not directed at anyone).
5. Engaging in taunting or ridiculing another player, bench personnel, officials or spectators, or excessive celebration.
6. Engaging in simulation (falsifying contact) to deceive the referee or exaggerating the severity of contacted (“flopping”).
7. Delaying the restart of the play by kicking, throwing, carrying the ball away from the location of the restart or by taking an excessive amount of time.
8. Failing to respect the required distance when player is restarting with a corner kick, free kick, dropped ball, or throw-in .
9. Denying an obvious goal-scoring opportunity by committing an offense against an opponent in the penalty area where the referee awards a PK for an offense that was an attempt to play the ball.
10. Denying an obvious goal-scoring opportunity by committing a non-deliberate handling offense.
11. Stopping a promising attack. This includes situations where:
    1. The opponent has speed, space, and options to exploit
    2. The foul is blatant or cynical in nature
    3. One or more elements of denial of an obvious goal-scoring opportunity are not present
    4. **NOTE**: In situations where the referee applies advantage, the promising attack is still considered to be present, and the referee shall not return to issue a yellow card when play stops.
    5. **NOTE**: In situations where the referee awards a PK for an offense where the defender was attempting to play the ball, no yellow card shall be issued for stopping a promising attack because the PK has restored the promising attack.
12. Fouling an opponent in a reckless manner
13. Exhibiting Unsportspersonlike Behavior
14. Accumulated Cautions/Yellow Cards
15. ***Any player who has received a total of five (5) yellow cards in one (1) season shall receive a one (1) game suspension, including post-season games. If a player receives a 6th yellow card after their suspension, they will no longer be eligible to participate for the remainder of the season.***
16. Cautions accumulated throughout the season will carry over to post-season.

## Ejections/Red Cards – Program Manager Meeting Required

1. If a red card is issued during a game, the offending team will automatically receive a one (1) conduct score for that game.
2. Serious foul play involves making a tackle or challenge for the ball that endangers the safety of an opponent or uses excessive force or brutality. It must be against an opponent, while the ball is in play, between players competing for the ball, and a direct free kick foul.
3. Slide Tackling
   1. Slide Tackling is illegal in intramural soccer.
   2. Slide tackles are left up to the referee’s discretion as to whether or not the tackle will warrant a yellow card, red card, or no call.
      1. Example: if there is no one around and the player is making a play for the ball, it could be considered a no call. If contact is made or a near miss occurs (referee’s discretion), it will be considered a slide tackle with the possibility of a yellow or red card without warning.
   3. The goal keeper can slide with bent knees, chest first in an effort to make a play as long as the following apply:
      1. They are in the penalty box. Any goalie leaving the box loses their privileges as a goalie and is considered a regular field player.
      2. They are making an attempt on the ball.
      3. They in no way are putting themselves or another player in danger.
4. Denying the opposing team a goal or an obvious goal-scoring opportunity by handling the ball outside the penalty area.
5. Denying the opposing team a goal or an obvious goal scoring opportunity by deliberately or cynically handling the ball inside the penalty area
6. Denying an obvious goal-scoring opportunity outside the penalty area to an opponent whose overall momentum is toward the offender’s goal by an offense punishable by a free kick
7. Denying an obvious goal scoring opportunity by committing an offense against an opponent in the penalty area where the referee awards a penalty kick if:
   1. The offense is holding, pulling, or pushing
   2. The offending player does not attempt to play the ball or there is no possibility for the player making the challenge to play the ball.
   3. The offense is one that is punishable by a red card wherever it occurs on the field of play
8. Playing the ball a second time (double touch) to deny an opponent an obvious goal scoring opportunity
9. Engaging in hostile or abusive language, gestures or harassment that refers to race, religion, gender, sexual orientation, nation or origin, or any other identities.
10. Engaging in other abusive, threatening or obscene language, behavior or conduct including:
    1. Leaving the coaching area to argue with an official
    2. Entering the opponents team area on the sideline in an aggressive or confrontational manner.
11. Receiving a second yellow card
12. Committing Violent Behavior 1 and/or 2
    1. **Violent Behavior 1:** unwarranted excessive act or use of force when not challenging the ball. It may be against anyone, and the behavior may be on or off the field of play, and the ball may be in or out of play.
    2. **Violent Behavior 2:** unwarranted excessive act or use of force which is malicious and so extreme and severe that it places a participant in danger of physical injury. These acts may include, but are not limited to, head butting, elbow to the face or head, stomping, kicking a defenseless person, hair pulling, spitting at, coughing at/on, or biting an opponent. ***Any of these acts will result in an ejection and two game suspension, as well as a meeting with the Program Manager.***
13. Engaging in a fight
    1. A deliberate punch or strike, or an attempt to punch or strike another player, spectator, official, or person in general.
    2. Any player or spectator will also be ejected if they are guilty of fighting or leave the sideline to participate in the altercation.
14. **NOTE**: Any ejected player or spectator must leave the premises immediately. Refusal to leave may result in IM Staff contacting Campus Safety. Any ejected player must attend a meeting with the Program Manager prior to returning to play. During these meetings, suspensions may be given depending on the severity of the infraction. Suspension will be recorded on IMleagues.

# Rule 4: Penalty Kicks

1. A Penalty Kick (PK) is awarded for any infringement of the rules by the defending team within their penalty area that results in a direct free kick. The ball must be in play when the infringement is committed in order for a penalty kick to be awarded.
2. A PK is not awarded for offenses that call for an indirect free kick, regardless of where or by whom the offense is committed.

## Penalty Kick Guidelines

1. The PK shall be taken from the spot (9 yards), and only players currently on the field may take the PK.
2. All players, other than the goalkeeper and kicker, must be outside of the penalty area.
3. Until the ball is kicked, the opposing goalkeeper must:
   1. Remain on the goal line between the goal posts with at least part of one foor touch or in like with the goal line
   2. Face the kicker
   3. Refrain from touching the goal posts, crossbar, or goal net
   4. Is permitted to move laterally (along the goal line)
4. The kicker may use a stutter step and must maintain a continuous motion when shooting the ball
5. The kicker may not play the ball a second time until it has been touched by another player. If the ball hits the goal posts or the crossbar and rebounds into play, the kicker still shall not play the ball until it has been touched by another player.

## PK Infringements

### Defending Team

1. For encroachment by a teammate of the goalkeeper, the kick shall be retaken if a goal has not resulted only if the encroachment clearly impacted the kicker; or the encroaching player plays the ball or challenges an opponent for the ball.
2. For an infringement by the goalkeeper, the kick shall be retaken if the shot is saved, if the shot misses the net or hits the post/crossbar, the kick shall only be retaken if the goalkeeper’s infringement obviously impacted the kicker.

### Attacking Team

1. If a player other than the identified kicker takes the PK, play shall be stopped, and an indirect free kick will be awarded to the defending team from the spot.
2. If the kicker fails to kick the ball forward, play shall be stopped, and a free kick will be awarded to the defending team from the spot.
3. If the kicker stops fully before kicking the ball or does any other illegal feints (“jukes”), play shall be stopped, and a free kick will be awarded to the defending team from the spot.
4. If a member of the attacking team enters the penalty area prior to the kick being taken, the kick will be retaken if a goal has resulted only if the encroachment clearly impacted the goalkeeper. If the goal has not resulted, play shall be stopped and a free kick awarded to the defending team from the spot where the infringement occurred only is the encroaching player clearly impacted the goalkeeper, plays the ball, or challenges the opponent for a ball.

### Both Teams

1. If players from both teams enter the penalty area before the kick is taken, the PK shall be retaken regardless of the outcome of the original kick.
2. If the kicker feints illegally and the goalkeeper fails to keep one (1) foot on or above the goal line prior to the kick being taken, the kicker shall be cautioned and an indirect free kick awarded to the defending team from the spot.

# End of Time Variations

1. The ball is dead at the moment the whistle sounds to end either half.
2. 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.
3. Time may be carried over only for a penalty kick.
4. If the ball touches the goalkeeper during a penalty kick, before passing between the posts or after the expiration of time, the goal stands if it crosses the goal line. If a penalty kick is taken after the expiration of time, only the kicker may play the ball.