

**Each player must present their own, valid LAKER ID Card before each contest to be eligible to participate.**

1. Any player caught attempting to use another person's ID Card will be ejected and ineligible for participation in any Intramural Sports for a minimum of four-months from the date that they meet with the Assistant Director for Intramural Sports.
2. Students, faculty, and staff who have paid their Recreation & Wellness fees and have a valid LAKER ID are eligible to participate.

**NO EXCEPTIONS!**

Students, faculty, and staff who are eligible for entrance into the Student Activity Center: Fitness Center are eligible to participate. Intramural Sports are **FREE** for all participants.

All Intramural Sports participants are responsible for their own medical expenses. Any student unsure of their physical condition should check with their family physician or the Student Health Care Center before participating in Intramural Sports.

**Game time is forfeit time, however the team that is present shall choose to accept the 10 minute grace period before games are forfeited.**

The officiating will be done by officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a technical foul, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. The official shall have the power to make decisions on any matters or questions not specifically covered in the rules.

The 2013-2014 National Federation of State High School Association soccer rules will govern all play for any rule not covered in the following Intramural Sports rules:

**I. Equipment**

- 1.1** Each team is required to wear a shirt with the same shade of the same color. Goalkeepers must wear a different colored shirt than either team. Each team must bring an alternate white jersey to each game.
- 1.2** All players must wear athletic shoes. The shoes must have a rubber sole, and screw-in cleats will be allowed as long as the screw is part of the cleat. Metal spikes or cleats with metal tips are not allowed.
- 1.3** Equipment which may be dangerous to another player (such as hats and bandannas) is not allowed. The supervisor/official will determine if an article is dangerous and will ask the player to remove the article. If the player refuses he/she will be asked to leave.
- 1.4** 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.
- 1.5** Jewelry, rubber bands, chains, rings, or earrings may not be worn. Medical alert bracelets may be taped to the body.
- 1.6** ALL PLAYERS MUST WEAR Shin guards and covered by socks at all times. Players without shin guards that are not covered will not be allowed to participate. Shin guards must be worn properly according to NFHS rules. Final judgment as to whether shin guards are worn legally is left to the discretion of the intramural supervisor.

**II. Players and Substitution**

- 2.1** A regulation (Non-CoRec) team consists of seven (7) players (one of which will be the goalkeeper). A team must have a minimum of five (5) players to play a full game. Roster maximum is 14 players.
  - 2.1.1** When a team is one player short of the required minimum, the contest will begin as scheduled. The team will have seven minutes from the scheduled game time to obtain the required minimum number of players to play a full game. If the team is unable to field the required minimum to continue the game, within seven minutes of the scheduled game time, the contest will be deemed a forfeit after the allotted 7 minute period.
- 2.2** If a player has been disqualified (red card), or two (2) yellows resulting in a red card, he/she cannot be replaced in that game.
- 2.3** A team must notify the referee on all substitutions. No player may come onto the field without permission of the referee.
- 2.4** The following conditions apply to substitutions:
  - 2.4.1** Either team may substitute on any goal kick or kick-off.
  - 2.4.2** The team in possession may substitute on their throw-in or corner kick.
  - 2.4.3** The team NOT in possession may substitute an unlimited number of players on an opponent's throw-in or corner kick if the possessing team substitutes.
  - 2.4.4** Either team may substitute if a player has been injured.
  - 2.4.5** Either team may substitute if a player has been cautioned (yellow). The cautioned player MUST leave the field and can return at the next substitution opportunity.

- 2.5** A team may play with less than five players once the game has started if, during the course of the game, a player must leave due to injury, illness, or disqualification. A team must have at least 3 players to continue a game.
- 2.6** Goalie substitutions must be notified to the official and done in a timely manner.

### **III. The Game**

- 3.1** Each half will be 20 minutes in length with a continuous running clock. However, the clock will stop with each whistle within the last two (2) minutes of the second half. Half-time will not exceed five (5) minutes. The clock will be stopped at the referee's discretion for injuries and excessive delays. No injury time will be added at the end of the game and the game is over when the clock expires.
- 3.2** Time-outs will not be allowed.
- 3.3** A coin toss will determine possession at the start of the game. The winner of the coin toss decides whether they want kickoff or choice of side to defend. At the beginning of the second half the team that did not kickoff will then do so.
- 3.4** The referee will whistle the ball into play. The kick off must be taken from the center of the court. Each team must be on its own half, and the defensive team must be at least 10 yards away until the ball is kicked. The player who initially kicked the ball may not touch the ball until another player has touched it (double touch results in indirect kick for opposing team). The initial kick must move forward (if backward, re-kick).
- 3.5** All kickoffs are DIRECT.
- 3.6** A goal may be scored during play, directly 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.
- 3.7** Teams will change ends at half time. The team that did not kick off the first half will kick off the second half.
- 3.8** The ball is out of play when it completely crosses the sidelines or end lines. The referee will blow his/her whistle to signify when the ball is out of play.
- 3.9** The referee blowing his/her whistle warrants a dead ball (even if inadvertent).
- 3.10** To restart play, the following methods are used:
- 3.10.1** Throw-in: When the ball crosses the sidelines. Possession is given to the team the referees deemed did not touch the ball last.
  - 3.10.2** Goal kick: When the ball crosses an end line, last touched by the offense.
  - 3.10.3** Corner kick: When the ball crosses an end line, last touched by the defense.
  - 3.10.4** Direct/Indirect Free Kick: When an on-field infraction has occurred.
  - 3.10.5** Drop Ball: (See rule 3.12)
- 3.11** Ball in play: The ball is still in play if it stays inbounds after rebounding off the goal, referee, or corner flags and remains in the field of play.
- 3.12** 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 return it to play.
- 3.13** Mercy Rule: By halftime, 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 5 goal lead within the last 5 minutes will end the game. For Co-Rec teams, a 7 goal lead within the last 5 minutes is necessary to 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.
- 3.14** During the regular season, tie games will stand. During playoffs (or tournaments), ties will be broken using the following rules: Two 5-minute, consecutive sudden death overtime periods will be played. The first team to score is the winner. If there is no score in the first overtime, play is stopped, teams switch ends of the field, and possession changes as if starting a new half. There will be no intermissions, either between the end of the second half and the first overtime, or the first and second overtime periods. If there is no scoring in the second overtime, then a shootout (penalty kicks) will be conducted. After the second overtime, each team will select 5 players to participate in the shootout (Players must be on the field at the end of overtime to participate in the shootout). The goalie is allowed to shoot in the shoot out but it is not required that they are one of the first five shooters. The same goalie that ended the second overtime must defend the penalty kicks, and it must be the same goalie for the entire shootout, unless the goalie is injured (See Rule 8 - Shootouts - for further clarification). If after both teams' five kicks there is still a tie, it will become sudden death (meaning each team shoots once until one team scores and the other team does not). The remaining players must shoot first before the original shooters can shoot again.
- 3.15** Regular season games cancelled (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:
- 3.15.1** The game is a 'no result' if it has not reached halftime.
  - 3.15.2** The game (and score) is final if the game has reached halftime before cancellation.
- 3.16** Playoff games cancelled due to weather or field conditions will be rescheduled if the game has not yet reached halftime.
- 3.16.1** If a game has not reached halftime, the game will be restarted from beginning, regardless of score at time of cancellation.
  - 3.16.2** If a game has reached halftime at time of cancellation, the game (and score) is final.

#### IV. Rules Clarifications

- 4.1** Fans and coaches must stay off the field at all times. Fans and coaches may never stand between the two fields. Continued violations of this rule will result in a yellow card for the captain. If they continue to violate this rule, the captain will be ejected. Another captain will be appointed and the preceding rules will be applied.
- 4.2** The team which kicked the ball out of bounds is responsible for retrieving the ball and returning it to the goalie or official. Excessive delay may result in a yellow card.

#### V. Fouls and Misconduct

##### 5.1 Kicking-Striking-Tripping-Jumping

- 5.1.1** A player shall not intentionally attempt to kick, strike or jump at an opponent.
- 5.1.2** A goalkeeper may not intentionally strike or attempt to strike an opponent by throwing the ball at the opponent.
- 5.1.3** A player shall not intentionally trip an opponent.
- 5.1.4** A player shall not hold, push or impede an opponent with hands or arms extended from the body.

**Penalty: Indirect Free Kick**

##### 5.2 Handling

- 5.2.1** A player shall be penalized for intentionally handling, carrying, striking or propelling the ball with a hand or arm. 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.
- 5.2.2** 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 will not be called ONLY if the player did not gain an advantage from handling the ball (intentional or not).

**Penalty: Direct Free Kick**

##### 5.3 Charging

- 5.3.1** 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, at least one foot on the ground and the ball within playing distance.
- 5.3.2** A player having one or both feet on the ground shall not charge into an opponent that has no feet on the ground.
- 5.3.3** A player shall not charge into the goalkeeper in the penalty area.
- 5.3.4** An official shall disqualify any player who flagrantly fouls the goalkeeper in possession of the ball.
- 5.3.5** 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.
- 5.3.6** Outside the penalty area, the goalkeeper has no more privileges than any other player. Note: When goalkeepers put the ball on the ground, they relinquish their rights as goalkeepers.

**Penalty: Direct Free Kick**

##### 5.4 Dangerous Play

- 5.4.1** In the opinion of the official, all high kicks above the waist in a dangerous manner will be prohibited. If a dangerous high kick is committed it is in the official's discretion whether to issue a yellow card, red card, or no card at all depending on the severity of the infraction.
- 5.4.2** A player can also be considered for a dangerous play if they lower their own head to a dangerous level.
- 5.4.3** Dangerous play will be called for players attempting to play the ball from the ground.

**Penalty: Indirect Free Kick**

##### 5.5 Obstruction

**5.5.1** Obstruction is the intentional act by a player, not in possession of the ball or not attempting to play the 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. This obstruction results in an automatic yellow card for unsportsmanlike conduct.

**Penalty: Direct Free Kick**

##### 5.6 Goalkeeper Release

- 5.6.1** From the moment the goalkeeper takes control of the ball with the hands in the penalty area, the goalkeeper has six seconds to release the ball into play. Failure to do so will result in the other team receiving an indirect free kick from that spot. The goalkeeper may throw to a teammate, or may drop the ball to his/her feet to gain possession, where it is playable by other players as well.

**5.7** Back Rule - (USSF/FIFA Rule will be in effect) When passing the ball to the goalkeeper via a kick, the goalkeeper must play the ball with his/her feet. The keeper may not play the ball with hands. Furthermore, the keeper may not play the ball with his/her feet and then pick it up with his/her hands. Lastly, a player may not use trickery to play the ball to his/her keeper, to allow the keeper to play the ball with his/her hands.

**Penalty: Indirect Free Kick from spot of infraction**

##### 5.8 Misconduct

- 5.8.1** A player or coach shall be cautioned for: Persistently infringing upon the rules of the game or acting in an unsportsmanlike manner and/or objecting by word of mouth or action to the decisions given by an official.

- 5.8.2** A player or coach will be disqualified for: Persistent misconduct or a second caution and/or exhibiting violent conduct or using violent or abusive language.
- 5.8.3** Yellow Cards- any player warranting a yellow card (rough play, verbal abuse, physical abuse, etc.) will be required to leave the field of play until the next substitution opportunity. If the goalie is the recipient of the yellow card, the team will be permitted to make a goalie change.
- 5.8.4** A player will be ejected if he/she receives a second yellow card, is guilty of serious foul play or violent conduct, spits at an opponent, or uses offensive/insulting language or is deemed to deserve the ejection at the official's judgment.
- 5.8.5** Two ejected players on the same team will result in a default of the game.

## **VI. Free Kicks**

- 6.1** Free kicks shall be classified as "direct," from which a goal may be scored, or "indirect," from which a goal cannot be scored unless the ball is played by at least one other player from either team before entering the goal.
- 6.2** All free kicks may be taken in any direction and by any player of the offended team.
- 6.3 Direct Kick Offenses:**
  - 6.3.1** Kicking or attempting to kick an opponent
  - 6.3.2** Tripping or attempting to trip an opponent
  - 6.3.3** Jumping at an opponent
  - 6.3.4** Charging an opponent
  - 6.3.5** Striking or attempting to strike an opponent
  - 6.3.6** Pushing an opponent
  - 6.3.7** Tackling an opponent to gain possession of the ball, making contact with the opponent before touching the ball
  - 6.3.8** Holding an opponent
  - 6.3.9** Spitting at an opponent
  - 6.3.10** Handling the ball deliberately (except for the goalkeeper within his own penalty area)
  - 6.3.11** Sliding in a manner that the official deems a foul, yellow card, or red card.
- 6.4 Indirect Kick Offenses:**
  - 6.4.1** "Double touch" on any restart
  - 6.4.2** Offside
  - 6.4.3** Obstruction
  - 6.4.4** Dangerous play
  - 6.4.5** Goalkeeper release rules (See Rule 6.6-6.7)
- 6.5** During a free kick restart, opposing players must be at least 10 yards from the ball until it is kicked, with exception of any player standing on their own goal line. 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 prior to the kick. The ball is in play when it is kicked and moved. After the kick, the ball may next be played by any player except the kicker. A kick in a team's own penalty area must leave the penalty area before another player may play the ball.
- 6.6** Penalty Kick: When Taken A penalty kick is awarded for any direct kick offense committed inside the defensive penalty box. A goal may be scored directly from a penalty kick
- 6.7** Penalty Kick: How Taken The penalty kick is taken from the penalty mark which is 12 yards from the center of the goal 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 behind the line designated by the officials. The opposing goalkeeper must stand on his/her own goal line, until the ball is kicked. 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 it has been touched by another player. The goalie may not be substituted on a penalty kick unless they were injured during the infraction. The kicker must wait for the official to start the play.
- 6.8** Penalty Kick: Infringements
  - 6.8.1** On a penalty kick, for any infringement by the defending team, the kick shall be retaken if a goal has not resulted.
  - 6.8.2** On a penalty kick, for any infringement by the attacking team other than by the kicker, the kick shall be retaken if a goal has resulted.
  - 6.8.3** On a penalty kick, for any infringement by the player taking the kick, a goal cannot be scored and a player of the opposite team shall take an indirect free kick from the point of infraction.
- 6.9** End of time variations The ball is dead at the moment the whistle sounds to end either half. 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 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.
- 6.10** Throw-in: 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/her 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**

### **7. Shootouts**

- 7.1** Five players on the field from each team will be selected by the team to shoot.
- 7.2** The goalies must be the same as when the game ended in the second overtime and the teams must use the same designated goalie for the entire shootout, unless injured or carded.
- 7.3** A coin toss will decide which team shoots first. The winner of the toss has the option of shooting first or second.
- 7.4** Each team has five penalty kicks and will alternate shots. No rebounds are allowed.
- 7.5** If the score is tied at the end of the five shots, the shootout will continue alternating players until one team makes it and the other does not. No player may attempt a second penalty kick until all players on his/her team for the shootout has attempted one. This pattern will continue for future rounds as well.
- 7.6** The kicker must wait for the official to start the play on each kick, and then has five seconds to shoot.

### **8. Slide Tackles**

- 8.1** Slide tackles are illegal in intramural outdoor soccer.
- 8.2** Slide tackles are left up to the official's discretion as to whether or not the tackle will warrant a yellow card, red card, free kick, or no call. 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 (official's discretion), it will be considered a slide tackle with the possibility of a yellow or red without warning. A red card will result in an ejection and a one (1) in sportsmanship.
- 8.3** Two (2) ejections in the same game by a team for any reason will result in a default of the game.
- 8.4** The goalie can slide with bent knees, chest first in an effort to make a play as long as the following apply:
  - 8.4.1** He/She is in the penalty box. Any goalie leaving the box loses their privileges as goalie and is considered a regular field player.
  - 8.4.2** He/She is making an attempt on the ball.
  - 8.4.3** He/She in no way is putting themselves or another player in danger.

### **9. Co-Rec Soccer**

- 9.1** A regulation team consists of eight (8) players (one of which will be the goalkeeper). A team must have a minimum of six (6) players to play a full game. The possible combinations of players by gender are: (m: males, f: females) 4m/4f 4m/3f, 3m/4f, 3m/3f, 4m/2f, 2m/4f.
  - 9.1.1** When a team is one player short of the required minimum (3m/2f, 2m/3w, 4m/1f, 1m/4f), the contest will begin as scheduled. The team will have seven minutes from scheduled game time to obtain the required minimum number of players to play a full game. If the team is unable to field the required minimum to continue the game, within seven minutes of the scheduled game time, the contest will be deemed a forfeit after the allotted 7 minute period.
- 9.2** A team may play with less than six players once the game has started, if a player leaves the game due to injury or disqualification. However, there must be a combination of 4m/2f, 2m/4f, 3m/2f, 2m/3f, 4m/1f, 1m/4f, or 2m/2f, at all times in this scenario.
- 9.3** If a goal is scored - during regular play, overtime, or shootout - by a male, it will count as one (1) goal; if a goal is last touched by an offensive female player it will count as two goals. The goal amount will always be awarded as the LAST OFFENSIVE PLAYER to touch the ball. If the official is unsure whether the ball last touched an offensive male or female then the goal will be awarded as one goal.
- 9.4 Girl Touch:** In order to score a goal in co-rec outdoor soccer, a female member of the attacking team must touch the ball in the offensive half before the ball is put in the goal. EXCEPTION: If a male is fouled for a penalty kick without girl touch being achieved, a goal can be scored on the penalty kick regardless of the girl touch rule.
  - 9.4.1** The initial touch on a kickoff and throw-ins DO NOT count as the girl touch.
  - 9.4.2** Girl Touch does not reset until the ball completely crosses into the other half of the field. It does not reset if the ball goes out of bounds in the offensive half.
  - 9.4.3** Own goals cannot be scored in co-rec soccer unless the girl touch has been achieved. In the event the ball is scored without the girl touch, it will either be a goal kick or corner kick depending on the last person to touch the ball. If the defensive team is deemed to be purposefully using this rule to prevent the other team from obtaining girl touch, the team will be issued a yellow card for unsportsmanlike play.
- 9.5** If a penalty kick is awarded, the gender of the kick taker must be the same as the player that was fouled to receive the penalty kick. Female penalty kick goals will still count as two goals.
- 9.6** If a shootout occurs, teams must alternate shots on goal between male and female. Teams will choose five players to shoot. A female goal in a shootout still counts as two.