

OUTDOOR SOCCER RULES

Men's, Women's, and Co-Rec

Intramural soccer will be played by National Federation High School rules with the following modifications:

RULES

A. Players/Substitutes

1. Games will be played with ten (10) players. A team may begin play with a minimum of seven (7) players (**minimum 3 and maximum 6 of each sex in Co-Rec**). If a team drops below seven (7) players, they may continue as long as the referees feel the team still has a chance to win the game.

2. Substitutes must report to and be recognized by the referee before entering the game. Substitutions must be made when the game is stopped. Unlimited substitutions may be made during any goal kick, the substituting team's corner kick, the substituting team's throw-in, when a goal is scored, when an injured player is being attended to on the field, and when a player is cautioned or disqualified.

3. There is no limit to the number of substitutions during a game.

4. Substitutes cannot take penalty kicks.

5. The goalkeeper can switch positions with a player on the field at any time a substitute is allowed, provided the referee is informed before the change is made.

6. A team MUST substitute for a player who is bleeding.

B. Time/Periods

1. **Game time--two twenty (20) minute halves** with a three-minute half-time. **Referee shall keep the official time with a stopwatch. Unofficial time shall be displayed on the scoreboard.**

2. **Teams are not allotted any time-outs.** The referee may, however suspend time for injury, etc., if he/she deems it necessary.

3. **GAME TIME IS FORFEIT TIME.** Teams should report to the Intramural Supervisor a minimum of 15 minutes prior to the scheduled game time to complete the scorecard and check-out jerseys, etc. ***If a team is late, the opposing team has the option to take the forfeit win or wait up to 10 minutes for the minimum number of player to arrive. If they decide to wait, that team will be up 2-0, kickoff both halves, and the game will start with 10 minutes remaining in the 1st half.***

C. Scoring/Ties

1. A goal is scored when the whole of the ball has passed over the goal-line, between the goal posts and under the cross-bar, provided it has not been thrown, carried or intentionally propelled by hand or arm, by a player of the attacking team, except in the case of a goalkeeper, who is within his own penalty area.

2. A goal **may** be scored during play directly from a:

- a. Kicker of a kickoff
- b. Direct free kick
- c. Goal Kick
- d. Penalty kick
- e. Corner kick
- f. Drop ball
- g. Goalkeeper's throw, punt, or dropkick (not allowed in indoor soccer)

3. A goal **may not** be scored during play directly from a:

- a. Indirect free kick
- b. Throw-in
- c. Free kick into a team's own goal
- d. Goal kick into a team's own goal
- e. Corner kick into a team's own goal

4. **A game ending in a tie will be decided by an overtime shootout/penalty kicks. Each team alternates kicks, with five players from each team making attempts. The five players must be chosen from the 9 players that were in the game when time expired. If the score is still tied, the teams will exchange penalty kicks until the tie is broken. All nine players that were on the field when time expired must make a shot attempt before any bench player makes an attempt. Every player on a team must attempt a penalty kick before any player can shoot a second time. Goalkeepers may shoot penalty kicks.**

5. **Once a player who is taking a penalty kick begins his/her approach to the ball, they may not interrupt their movement by faking a kick, stopping or hesitating, then proceeding to kick the ball. Failure to kick the ball as stated in this rule results in no goal and no retry. All players other than the goalkeeper and the kicker must be at least 10 yards from and behind the penalty kick line until the ball is kicked. Once kicked, it may be played by anyone other than the kicker. It must be touched by someone else before being played again by the penalty kicker. All players other than the kicker and the goalkeeper can enter the penalty box once the ball is being kicked. They cannot touch the ball until the ball hits a part of the goal (i.e. goal posts and crossbar) or it is touched by the goalkeeper. Substitutes cannot take penalty kicks.**

6. **MERCY RULE - If a team is ahead by 10 or more goals with 5 or less minutes to play in the game OR if a team is ahead by 5 or more goals with 2 or less minutes to play in the game, the game will be ended.**

D. Players/Equipment

1. No boots, screw-in cleats, steel-cleated or hard-toed shoes are allowed. Tennis shoes, turf shoes or soccer cleats are recommended.
2. No jewelry is allowed (watches, earrings, necklaces, etc.).
3. Sweatbands on head or wrist are allowed-elastic type. No hats, bandanas, or other headwear is allowed. Nothing is allowed which has a knot.
4. Injured players are allowed to wear braces, soft casts and protective coverings provided they are covered with 1/2 inch high density padding or wrapped with a similar material with the same minimum thickness. However, the referee shall not allow a player to wear anything which he/she

deems dangerous (i.e. hard casts and splints are not allowed or anything the supervisor deems as unyielding material/no give).

5. Balls will be provided by Recreational Sports. No other balls will be allowed to be used in games.

E. Starting the Game: After Goal/After Half-time

1. A coin toss shall occur before the game. The team winning the toss shall have the option to choose the kick-off or defend a goal.

2. The game shall be started by a player taking a place-kick (i.e., a kick at the ball while it is stationary on the ground in the center of the field of play) into his opponents half of the field of play. The ball must travel one revolution forward before it can be played by another player.

3. Every player shall be in his own half of the field and every player of the team opposing that of the kicker shall remain not less than 10 yards from the ball until it is kicked off.

4. The kicker shall not play the ball a second time until it has been touched or played by another player.

6. After a goal is scored, the game shall be restarted in a like manner by a player of the team losing the goal.

7. When restarting after halftime, ends shall be changed and the kick-off shall be taken by a player of the team that did not kick off to start the game.

8. When restarting the game after a temporary suspension of play from any cause not mentioned elsewhere: the team with possession of the ball at the time the suspension of play was called shall be awarded an indirect kick at the point of possession, provided that immediately prior to the suspension the ball had not passed over the touch or goal lines. If neither team had possession of the ball, the referee shall perform a drop ball at the location of the ball when the suspension was called.

9. When any kick is used to begin play, opposing players must stand at least 10 yards from the ball. During a goal kick the ball is not regarded as in play until it leaves the penalty area.

F. Ball in/out of play

1. The ball is out of play:

(a) When it has wholly crossed the goal line or touch-line (sideline), whether on the ground or in the air.

(b) When the game has been stopped by the referee.

2. The ball is in play at all other times from the start of the match to the finish including if it rebounds from a goalpost or crossbar into the field of play.

3. The lines belong to the areas of which they are boundaries. The touch-lines (side lines) and goal-lines, therefore, belong to the field of play.

4. If the defending team has touched the ball last when it crosses the goal line, (end line), then the attacking team is awarded a corner kick. The ball is placed in the corner of field and kicked into play. If the attacking team touched the ball last when it crossed the goal line (end line), then

the defending team is awarded a goal kick. The ball is placed anywhere in the goal box and kicked by any defending player.

5. When the ball passes over the touchline (sideline), the team that didn't touch it last will be awarded a throw-in at the spot the ball went out of bounds. The ball is put into play by using both hands simultaneously and with equal force. The ball shall be delivered from behind and over his/her head, while keeping both feet on or behind the touchline and in contact with the ground.

6. A free kick awarded to the defending team within its goal area may now be taken from any point within the goal area. This also applies to goal kicks.

7. A ball may be dropped in the penalty area, but not in the goal area. A drop occurs when: 1)the ball goes out-of-bounds off of two players simultaneously and the referee does not know who touched it last, 2)the ball becomes deflated, and 3)there is no clear possession of the ball when an injury occurs. A drop ball is administered 5 yards from the sideline when it goes out-of-bounds on the sideline, 5 yards from the endline outside of the goal area when it goes out-of-bounds on the endline, and at the spot it was blown dead when an injury occurs or when the ball becomes deflated. The official holds the ball at waist level and drops the ball between two opposing players and the ball must touch the ground before being played. If a player touches the ball before it hits the ground, the player is warned and if the same player does this twice, he/she receives a yellow card. A re-drop occurs in the above instances.

G. Offsides

1. **There are no offsides.**

FOULS/MISCONDUCT

A. Penalties

A **direct free kick** shall be awarded to the offended team from the spot closest to the infraction for the following offenses:

1. Deliberately kicking or attempting to kick an opponent.
2. Deliberately tripping an opponent.
3. Deliberately jumping at an opponent.
4. Deliberately charging an opponent in a violent or dangerous manner.
5. Deliberately charging an opponent from behind.
6. Deliberately striking, attempting to strike, or spitting at an opponent.
7. Holding an opponent.
8. Pushing an opponent.
9. Deliberately handling the ball with hand or arm other than the goalkeeper within his/her own penalty area.
10. Charging the goalkeeper inside the penalty area unless the goalkeeper is obstructing the opponent or dribbling the ball with the feet. Outside the penalty area, the goalkeeper has no more privileges than any other player.
11. Slide tackling. (The first player per team to slide tackle will be cautioned, any additional players will be disqualified.)

Direct kick penalties called against the defensive team inside their own penalty box (18 yd. line) will result in a penalty kick.

B. An **indirect free kick** shall be awarded to the offended team from the spot nearest the infraction for the following offenses:

1. Playing in a manner considered dangerous by the referee, i.e. "dangerous play." (high kicks, playing the ball while prone on the ground).

2. When not playing the ball, intentionally obstructing an opponent, i.e. "obstruction."
3. Interfering with or impeding the progress of goalkeeper in possession of the ball. This includes the act of bouncing the ball or dropping the ball for a kick or attempting to throw the ball or tossing the ball in the air to re-catch.
4. A goal keeper may not possess the ball while holding, bouncing, or throwing the ball in the air and catching it again for more than 6 seconds. If this should occur, the opposing team will receive an indirect kick from a spot 10 yards outside the penalty area.
5. A goalkeeper shall not intentionally parry the ball (a catch or controlled touch which is deflected down to the feet) and then touch it again with his/her hands before it has been played or touched by another player of the same team outside of the penalty area or by a player of the opposing team either inside or outside of the penalty area.
6. Indulging in tactics, which, in the opinion of the referee, are designed merely to hold up the game and thus waste time and so give an unfair advantage to a player's own team.
7. As the kicker on a kick-off, free kick, corner kick, or goal kick, playing the ball again before it has been touched or played by another player.
8. In case of body contact in the goal area between an attacking player and the opposing goalkeeper not in possession of the ball, the referee, as judge of intention, shall stop the game if, in his or her opinion, the action of the attacking player was intentional.
9. Intentionally obstructing the opposing goalkeeper in an attempt to prevent him/her from putting the ball into play.
10. Any infringement by the attacking team during a penalty kick.
11. If during a throw-in, the thrower plays the ball a second time before it has been touched or played by another player.
12. Goalkeeper touches the ball with his/her hands if it has been deliberately kicked to him/her by a teammate.
13. Goalkeeper touches the ball with his/her hands if it has been "passed to" the goalkeeper by a teammate using trickery (i.e. played from the feet to the head and then headed back to the goalkeeper).
14. Delay tactics by the goalkeeper-in the referee's opinion, the goal-keeper in possession of the ball with hands or feet must not use delay tactics (waste time) and must play the ball within a reasonable time.

C. A player shall be **cautioned (yellow card)** for the following offenses:

1. Leaving or entering the field of play 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 (i.e. unnecessary delay of game, holding a shirt or shorts, intentional handball to stop an attack).
5. During a free kick, dancing or making gestures in a way to distract an opponent.

PENALTY: A cautioned player shall be substituted for immediately and not return until the next legal substitution opportunity. The restart after a card has been issued shall be an "indirect free kick" awarded to the non-offending team from the spot of the ball when the referee stopped play, unless the game had been stopped for some other reason calling for a different restart.

D. 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.
3. Being guilty of misconduct after having received a caution (referee shall show both a yellow and a red card).
4. A player anywhere on the field (other than a goalkeeper within his/her own penalty area) intentionally handling a ball to prevent it from going into the goal.
5. An intentional foul by a player against an opponent who is moving toward his/her offensive goal with an obvious opportunity to score.
6. Slide tackling from behind.
7. Conduct which warrants ejection in the judgment of the referee.

PENALTY: A disqualified/ejected player (on the field/in the game) cannot be replaced (no substitution and team must play short for the remainder of the game). Ejected bench personnel or an ejected coach does not reduce the number of players on the field.

The restart after a card has been issued shall be an "indirect free kick" awarded to the non-offending team from the spot of the ball when the referee stopped play, unless the game had been stopped for some other reason calling for a different restart.

E. **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".

F. No slide tackling! Teams will be cautioned once (yellow card) and next offense will mean disqualification (red card) for the offending player. It is a violation to trip, push, or block an opposing player. The offended team will put the ball in play with a direct Free Kick from the spot of the violation (except Goalkeeper Violations). Players of the defending team shall be at least 10 yards from the ball until it has been kicked.

G. 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 a game 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.**

H. No more than two (2) members of the UTA Soccer Club are allowed to play (be on the roster) for an intramural team. The list of team players is available for review at the Recreational Sports Office.

CO-REC SOCCER MODIFICATIONS

Intramural Soccer Rules will apply to Co-Rec Soccer with the following modifications:

RULES

A. Players

1. Games will be played with ten (10) players. A team may begin and end with a minimum of seven (7) players (minimum 3 and maximum 6 of each sex).

B. Scoring/Ties

1. A goal scored by a woman counts 2 points and a goal scored by a man counts 1 point, including penalty kicks.

2. The tie-breaker method is the same as in men's and women's soccer. Of the five players a team has take a penalty kick, three must be of one sex, and two must be of the other. It is the team's choice which sex is going to take 3 kicks. The kicks must alternate between male and female. If the score is tied after the 5 kicks, the Kick-for-Kick Round must be kicked in female-then-male sequence, regardless of which sex took the final kick of the first overtime round. All women that are signed in must take a kick before any other woman on the team takes a second kick, and all men that are signed in must take a kick before any man can take another kick.