

Intramural Soccer 7v7 Rules and Regulations

These Intramural Soccer rules are based on the rules elaborated by the National Federation of State High Schools Associations (NFHS), with modifications deemed necessary by conditions of intramural competition. Any rules not covered by this supplement shall be governed by NFHS rules.

All rules listed here are in conjunction with the Intramural Sports Participant Handbook. The Intramural Sports Participant Handbook outlines additional rules and policies not found in this rules supplement.

1. 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 or religious jewelry must be taped to the body.

1.6 Shin guards are highly recommended but not required.

2. Players and Substitution

2.1 A regulation 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.

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 fewer 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 4 players to continue a game.

2.6 Goalie substitutions must be made aware to the official and done in a timely manner.

3. The Game

3.1 Each half will be 20 minutes in length with a continuous running clock. However, the clock will stop on dead balls 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 field. 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 touch lines or end lines. The referee may 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 touch lines. Possession is given to the team the referees deemed did not touch the ball last.

3.10.2 Goal kick: When the ball crosses the goal line (without entering the goal), last touched by the offense.

3.10.3 Corner kick: When the ball crosses the goal 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 in bounds 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. In order for a drop ball to occur, the referee must deem that neither team was in possession of the ball at the time the whistle was blown.

3.13 Mercy Rule: By halftime, or anytime thereafter, if a team is ahead by 7 or more goals, the game will end. In addition, a 4 goal lead within the last 5 minutes will end the game. 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 shootout 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.

4. Offside

4.1 The offside rule is not in effect for Intramural Sports Play.

5. 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: Direct Free Kick (Obstruction is Indirect)**

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 (No Ejection).

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 ball, of running between an opponent and the ball or using the body as an obstacle.

5.5.2 The goalkeeper in 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 opposing 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 play able by other players as well.

5.7 Punting

5.7.1 The goalkeeper may not punt or drop kick the ball once gaining possession. Goalkeepers must release the ball to the ground and kick, or throw the ball to a teammate. **Penalty: Indirect Free Kick from midfield**

5.8 Pass-Back Rule- (USF/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**

5.9 Misconduct

5.9.1 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.

5.9.2 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.

5.9.3 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 goalkeeper is the recipient of the yellow card, the team will be permitted to make a goalkeeper change.

5.9.4 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.

5.9.5 Two ejected players on the same team will result in a default of the game.

6. 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 Obstruction

6.4.3 Dangerous play

6.4.4 Goalkeeper release rules

6.4.5 Any whistle by the referee to address an odd situation

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 by the defense. 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: How Taken

The thrower, at the moment of delivering the ball, must face the field of play with both feet behind or on the touch 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. 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:**

Throw-in 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 The goalie can slide with bent knees, chest first in an effort to make a play as long as the following apply:

8.3.1 He/She is in the penalty box. Any goalie leaving the box loses their privileges as goalie and is considered a regular field player.

8.3.2 He/She is making an attempt on the ball.

8.3.3 He/She in no way is putting themselves or another player in danger.

9. CoRec Soccer Modifications

9.1 A regulation 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. The possible combinations of players by gender are: (m: males, f: females) 3m/4f 4m/3f, 3m/3f, 3m/2f, 2m/3f

9.2 If a shootout occurs, teams must alternate shots on goal between male and female. Teams will choose five players to shoot.