



RECREATIONAL SERVICES

Intramural Rulebook



Soccer

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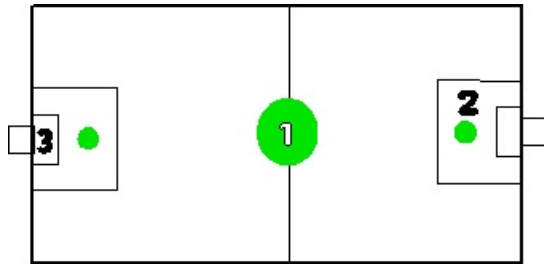
INTRAMURAL SOCCER RULES

Note: *Italic print indicates a rule change or clarification from the previous year.*

The official rules for intramural play are Federation International Football Association (FIFA) Rules with the following intramural adaptations:

RULE 1 - FIELD OF PLAY

- Article 1. The actual playing area varies from a field 100 x 50 yards to one of 130 x 100 yards.
- Article 2. The center circle is the area at the center of the field outside of which stand the players of the team not in possession at a kickoff. That is, at the beginning of the game, after the half-time interval or when play is being resumed after a goal has been scored. After a goal, the ball is kicked off -- passed in a forward direction by the side that has just been scored against. At a kickoff, both teams must be on their own side of the mid-field line.
- Article 3. The penalty area is the large area measuring 44 yards by 18 yards, extending from the goal line. The goalkeeper is allowed to handle the ball anywhere inside this area as outlined in Rule 12.
- Article 4. The goal area is the small area measuring 20 yards by 6 yards. The ball is placed within this area for a goal kick.



1. Center circle 2. Penalty area 3. Goal area

RULE 2 - THE BALL

- Article 1. The ball will conform to FIFA rules and will be provided by the Recreational Services Department.

RULE 3 - PLAYERS

- Article 1. The game shall be played between two teams of 9 players. Each team must have 7 players present to start the game. A team may continue play with as few as six players if necessary due to injury. A team which has 7 players and a team member receives a yellow card will play shorthanded (6 players) until the next substitution opportunity. A team which has 7 players and a team member receives a red card will forfeit the game.
- Article 2. At the beginning of the game one player is designated as "goalie" and only the goalie may use hands or arms to play the ball, provided the goalie remains in the penalty area. The goalie shall wear colors which distinguish the goalie from other players. A goalkeeper in the penalty area, when in possession of the ball, will have six seconds in which to release the ball into play.
- Article 3. Any player except the goalie must not play the ball with hands or arms except when making a throw in.

- Article 4. Substitutions may be made during a goal kick, corner kick, after a goal, between periods and during an injury time out. Substitutes must obtain entrance permission from the officials before entering the game and enter the game from the reporting area located at mid-field between the team bench areas.
- Article 5. If the game is halted due to injury, that player must be substituted for and cannot return until the next legal substitution time.
- Article 6. When a player is bleeding, or has an open wound, or an excessive amount of blood on the uniform shall be instructed to leave the field at the first opportunity and shall not return until the bleeding has been treated. The player may then re-enter at the next substitution opportunity.

RULE 4 - PLAYERS' EQUIPMENT

- Article 1. Players may wear approved one piece molded rubber soled shoes. No shoes with metal spikes or protruding metal surfaces are permitted. Rubber screw-in type cleats are permitted provided they have no protruding metal surfaces. No players may play barefoot. Hard synthetic soles with sharp edged cleats are also illegal. Street shoes or boots are not legal. Shoes which contain a front toe cleat are illegal. Five-finger shoes are not allowed.
- Article 2. No player shall wear padded suit, headgear, shoulder pads, or any other special protective body device. Braces or guards on the legs made of hard and unyielding material must be covered. Hard casts on the arms or legs may not be worn regardless of padding. Protective braces must not have exposed metal. Goalies will be allowed to wear a head protector made of closed-cell, slow recovery rubber or other similar material that stays soft in its final form. This head protector shall not have a bill or other protruding design and shall be secured by a chin strap.
- Article 3. No player shall wear eyeglasses unless they are of shatterproof material or contact lenses. Glasses must be tightly strapped on.
- Article 4. Some type of jersey with numbers must be worn. Numbers must be different for each player.
- Article 5. Numbered jerseys will be provided by the Recreational Services Department. They will be issued by the officials to the team captains immediately before the game. Team captains are reminded that they are responsible for returning all of these jerseys to the officials at the end of the contest. Players must wear another shirt under the provided jersey.
- Article 6. Professionally manufactured shin guards are required for use by all players. They must be covered entirely by the stockings, shall be made of a suitable material (rubber, plastic, polyurethane or similar substance) and shall afford a reasonable degree of protection as intended by the manufacturer and not have been altered in any way. **Penalty: Illegal Equipped - Yellow Card and sent off the field. Illegal equipped is a player not wearing equipment required by rule or wearing an item/items not allowed by rule. Improperly Equipped - player sent off field. Improperly equipped is a player wearing legal equipment that is being worn incorrectly or becomes illegal during play.** **NOTE: Shinguards are available for purchase in the Rec Complex.**
- Article 7. Jewelry is not permitted. This includes, but is not limited to, necklaces, earrings, watches, metal hair piece, bracelets and rings. Exception: Religious or medical medals may be worn provided that the religious medal is taped to the skin and worn under the uniform. A medical alert must be taped and visible.

RULE 5 - REFEREES

- Article 1. A referee shall be appointed to officiate each game. The referee's authority and the exercise of the powers granted to the referee by the Rules of the Game commence as soon as the official enters the field of play.

Article 2. The referee's power of penalizing shall extend to offenses committed when play has been temporarily suspended, or when the ball is out of play. The referee's decision on points of fact connected with the play shall be final, so far as the result of the game is concerned.

Article 3. The referee shall:

- a. Enforce the rules.
- b. Refrain from penalizing in cases where he/she is satisfied that, by doing so, would be giving an advantage to the offending team.
- c. Keep a record of the game.
- d. Act as timekeeper.
- e. Have discretionary power to stop the game for any infringement of the rules and to suspend or terminate the game whenever, by reason of interference by spectators, or other cause, deems such stoppage necessary.
- f. From the time the referee enters the field of play, caution any player guilty of misconduct or unsportsmanlike behavior and, if persists, suspend the player from further participation in the game.
- g. Allow no person other than the players and linesmen to enter the field of play without the referee's permission.
- h. Stop the game if, in the referee's opinion, a player has been seriously injured; have the player removed as soon as possible from the field of play, and immediately resume the game. If a player is slightly injured or bleeding, the game shall not be stopped until the ball has ceased to be in play.
- i. Send off the field of play, any player who, in the referee's opinion, is guilty of violent conduct, serious foul play, or the use of foul or abusive language.
- j. Signal for recommencement of the game after all stoppages.

Article 4. The referee may choose to recognize or ignore any signal given by the linesmen.

RULE 6 - LINESMEN

Article 1. Two linesmen shall be appointed, whose duty (subject to the decision of the referee) shall be to indicate:

- a. When the ball is out of play.
- b. Which side is entitled to a corner kick, goal kick or throw-in.
- c. When a substitution is desired.

Article 2. The linesman shall also assist the referee to control the game in accordance with the rules.

RULE 7 - DURATION OF THE GAME

Article 1. During league play, the game shall consist of two (2) periods of 22 minutes each with 5 minutes between periods. The clock will be stopped only when a time out is called by the referee. In playoffs, the game shall consist of two 25 minute halves with a 5 minute intermission (see Article 2).

- a. If the regulation period ends in a tie, a knockout competition will be held to determine the winner. FIFA knockout competition rules will apply with intramural adaptations. See Appendix I for knockout competition rules.

Article 2. In playoffs, if the regulation period ends in a tie, a 5 minute sudden death overtime period will be played. A second 5 minute sudden death overtime period will be played if necessary. If a tie still remains, a knockout competition will be held to determine the winner. FIFA knockout competition rules will apply with intramural adaptations. See Appendix I for knockout competition rules.

Article 3. Mercy Rule - If a team is ahead by 7 or more goals anytime after the conclusion of the first period, the game is over, the game shall be ended and the team leading shall be declared the winner.

RULE 8 - START OF PLAY

Article 1. At the beginning of a game, choice of ends and the kickoff shall be decided by the toss of a coin. The team winning the toss shall have the choice of ends or the kickoff. Teams shall change ends of the field only at the start of the second half, and play shall then start with a kickoff by a member of the team opposite to that of the team taking the kickoff at the start of the game.

Article 2. Play begins in the center circle with the attacking team kicking the ball into its opponent's half of the field. The ball must move forward before it is played again or the kickoff must be retaken. The kicker shall not play the ball a second time until it has been touched or played by another player or the opposing team will be awarded an indirect free-kick.

Article 3. At the time of the kickoff, the defending team must remain at least ten (10) yards from the ball until it has been kicked.

Article 4. A goal may be scored directly from the kickoff.

Article 5. Each team must remain on its own half of the field until the ball is kicked.

Article 6. No team time outs will be allowed.

RULE 9 - BALL IN AND OUT OF PLAY

Article 1. The ball is out of play:

- a. When it has wholly crossed the goal line or touch line, whether on the ground or in the air.
- b. When the game has been stopped by the referee.

Article 2. The ball is in play at all other times from the start of the match to the finish including:

- a. If it rebounds from a goal post, cross bar or corner flag post into the field of play.
- b. If it rebounds off either the referee or linesmen when they are in the field of play.
- c. In the event of a supposed infringement of the rules, until a decision is given.

RULE 10 - METHOD OF SCORING

Article 1. Except as otherwise provided by these rules, 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 side, except in the case of the goalkeeper, who is within his own penalty area.

RULE 11 - OFF-SIDE

Article 1. A player is in an off-side position if the player is nearer to the opponent's goal line than the ball, unless:

- a. The player is in their own half of the field of play, or
- b. The player is not nearer to the opponent's goal line than at least two of the opponents.

Article 2. A player shall only be declared off-side and penalized for being in an off-side position, if, at the moment the ball touches, or is played by, one of his/her team, the player is, in the opinion of the referee:

- a. Interfering with play or with an opponent, or
- b. Seeking to gain an advantage by being in that position.

Article 3. A player shall not be declared off-side by the referee:

- a. Merely because of the player being in an off-side position, or
- b. If the player receives the ball, direct, from a goal kick, a corner kick, or a throw-in.

Article 4. If a player is declared off-side, the Referee shall award an indirect free kick, which shall be taken by a player of the opposing team from the place where the infringement occurred, unless the offense is committed by a player in the opponent's goal area, in

which case, the free kick shall be taken from a point anywhere within that half of the goal area in which the offense occurred.

RULE 12 - FOULS AND MISCONDUCT

Article 1. A player who intentionally commits any of the following nine offenses shall be penalized by the award of a direct free kick to be taken by the opposing team from the place where the offense occurred, unless the offense is committed by a player in the opponent's goal area, in which case, the free-kick shall be taken from a point anywhere within that half of the goal area in which the offense occurred.

- a. Kicks or attempts to kick an opponent;
- b. Trips an opponent, i.e., throwing or attempting to throw the opponent by the use of the legs or by stopping in front of or behind the opponent;
- c. Jumps at an opponent;
- d. Charges an opponent in a violent or dangerous manner;
- e. Charges an opponent from behind unless the latter is obstructing;
- f. Strikes or attempts to strike an opponent or spits at the opponent;
- g. Holds an opponent;
- h. Pushes an opponent;
- i. Handles the ball, i.e., carries, strikes or propels the ball with their hand or arm. (This does not apply to the goalkeeper within the goalkeeper's own penalty area.)

*** Should a player of the defending team intentionally commit one of the above nine offenses within the penalty area the player shall be penalized by a penalty kick. A penalty kick can be awarded irrespective of the position of the ball, if in play, at the time of an offense within the penalty area is committed.

Article 2. A player committing any of the five following offenses shall be penalized by the award of an indirect free kick to be taken by the opposing team from the place where the infringement occurred, subject to the overriding conditions imposed in Rule 13.

- a. Playing in a manner considered by the Referee to be dangerous, e.g., attempting to kick the ball while held by the goalkeeper;
- b. Charging fairly, i.e., with the shoulder, when the ball is not within playing distance of the players concerned and they are definitely not trying to play it;
- c. When not playing the ball, intentionally obstructing an opponent, i.e., running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent;
- d. Charging the goalkeeper except when the goalkeeper:
 1. Is holding the ball;
 2. Is obstructing an opponent;
 3. Has passed outside the goal area.
- e. When playing as a goalkeeper and within the goalkeeper's own penalty-area:
 1. From the moment the goalkeeper takes control of the ball with his/her hands, the goalkeeper shall have 6 seconds to release the ball from his possession. During that interval, he/she may hold the ball, bounce it, or throw it into the air and catch it. Once the ball has been released into play, the goalkeeper shall not touch the ball again with his/her hands before it has been touched or played by a player of the opposing team either inside or outside of the penalty area. The goalie may not touch the ball with his hands after it has been directly kicked to back to him by a teammate during this time.***

The goalie may not touch the ball with his/her hands when receiving directly from a teammate's throw-in.

Penalty: Indirect Kick

3. Indulges in tactics which, in the opinion of the Referee, are designed merely to hold up the game and waste time and so give an unfair advantage to the goalkeeper's own team.

*** On any occasion when a player deliberately kicks the ball to their own goalkeeper, the goalkeeper is not permitted to touch it with his/her hands. If, however, the goalkeeper does touch the ball with his/her hands, he/she shall be penalized by the award of an indirect free kick to be taken by the opposing team from the place where the infringement occurred. A player may pass the ball to his/her goalie using the head, chest or knee without penalty, unless trickery is involved to circumvent the Law.**

*** An indirect free kick will be awarded to the opposing team if the goalkeeper touches the ball with his/her hands after receiving the ball directly from a throw-in by a teammate.

** Players may not use trickery to circumvent Article 2. A player may not flick the ball with their feet to their own head, chest or knee and then pass it to their goalie.

Penalty: Indirect Kick

Article 3. A player shall be cautioned (yellow card) if:

- a. The player enters or re-enters the field of play to join or rejoin the team after the game has commenced, or leaves the field of play during the progress of the game (except through accident) without, in either case, first having received a signal from the Referee showing the player that he/she may do so. If the Referee stops the game to administer the caution the game shall be restarted by an indirect free-kick taken by a player of the opposing team from the place where the ball was when play was stopped. If, however, the offending player has committed a more serious offense the player shall be penalized according to that section of the rules he/she infringed;
- b. The player persistently infringes the rules;
- c. The player shows by word or action, dissent from any decision given by the Referee;
- d. The player is guilty of unsportsmanlike conduct.

*** For any of these last three offenses, in addition to the caution, an indirect free-kick shall also be awarded to the opposing team from the place where the offense occurred, subject to the overriding conditions imposed in Rule 13, unless a more serious infringement of the Rules was committed.

Penalty: Any player receiving a caution (yellow card) must leave the game until the next available substitution opportunity is allowed. If no substitute is available, the offending team must play shorthanded until the next substitution opportunity.

Note: Yellow cards will accumulate from game to game for the duration of the regular season. Any player receiving 2 yellow cards during the regular season will sit out the next scheduled contest. Yellow cards will be cleared for the start of tournament play and begin to accumulate as in the regular season. Any player receiving 2 yellow cards during tournament play must sit out the next scheduled contest.

Article 4. A player shall be disqualified (red card) from the game, if, in the opinion of the Referee, the player:

- a. Is guilty of violent conduct or serious foul play;
- b. Uses foul or abusive language;
- c. Persists in misconduct after having received a caution.

Note: No substitute shall be allowed for a disqualified player. If play is stopped for any reason of a player being ordered from the field for an offense without a separate breach of the Rules having been committed, the game shall be resumed by an indirect free kick awarded to the opposing team from the place where the infringement occurred, subject to the overriding conditions of Rule 13.

RULE 13 - FREE KICK

Article 1. Free kicks shall be classified under two headings: Direct and Indirect. With a Direct Kick, a goal can be scored against the offending side directly from the kick. With an Indirect Kick, a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.

Article 2. When a player is taking either a direct or an indirect free kick inside the player's own penalty area, all of the opposing players shall be at least ten yards from the ball and shall remain outside the penalty area until the ball has been kicked out of the penalty area. The ball shall be in play immediately once it has traveled the distance of its own circumference and is beyond the penalty area. The goal keeper shall not receive the ball into his/her hands, in order that the goalkeeper may there after kick it into play. If the ball is not kicked directly into play beyond the penalty area, the kick shall be retaken.

Article 3. When a player is taking a direct or an indirect free kick outside the player's own penalty area, all of the opposing players shall be at least ten yards from the ball until it is in play, unless they are standing on their own goal line between the goal posts. The ball shall be in play when it has traveled the distance of its own circumference.

Article 4. If a player of the opposing side encroaches into the penalty area, or within ten yards of the ball, as the case may be, before a free kick is taken, the Referee shall delay the taking of the kick, until the rule is complied with.

Article 5. The ball must be stationary when a free kick is taken, and the kicker shall not play the ball a second time, until it has been touched or played by another player.

Article 6. Notwithstanding any other reference in these rules to the point from which a free kick is to be taken: a) Any free kick awarded to the defending team, within its own goal area, may be taken from any point within the goal area. b) Any indirect free kick awarded to the attacking team within its opponents goal area shall be taken from the part of the goal area line which runs parallel to the goal line, at the point nearest to where the offense was committed.

Penalty: If the kicker, after taking the free kick, plays the ball a second time before it has been touched or played by another player, an indirect free kick shall be taken by a player of the opposing team from the spot where the infringement occurred, unless the offense is committed by a player in that player's opponent's goal area, in which case, the free kick shall be taken from any point within the goal area.

Rule 14 - Penalty Kick

Article 1. A penalty kick shall be taken from the penalty mark and, when it is being taken, all players with the exception of the player taking the kick and the opposing goalkeeper shall be within the field of play but outside the penalty area and at least 10 yards from the penalty mark.

Article 2. The opposing goalkeeper must stand on his/her own goal line, between the goal posts, facing the kicker until the ball is kicked. The goalie is allowed to move laterally before the ball is kicked but shall not leave his/her goal line until the ball is in play.

Article 3. The player taking the kick must kick the ball forward; the player shall not play the ball a second time until it has been touched or played by another player.

Article 4. The ball shall be deemed in play directly as it is kicked, i.e., when it has traveled the distance of its circumference, and a goal may be scored direct from such a penalty kick.

Article 5. If the ball touches the goalkeeper before passing between the posts, when a penalty kick is being taken at or after the expiration of half-time or full-time, it does not nullify a goal.

Article 6. If necessary, time of play shall be extended at half-time or full-time to allow a penalty kick to be taken.

Penalty: For any infringement of this rule:

- a. By the defending team, the kick shall be retaken if a goal has not resulted.
- b. By the attacking team other than by the player taking the kick, if a goal is scored it shall be disallowed and the kick retaken;
- c. By the player taking the penalty kick, committed after the ball is in play, a player of the opposing team shall take an indirect free kick from the spot where the infringement occurred, subject to the overriding conditions imposed in rule 13.

RULE 15 - THROW-IN

Article 1. When the whole of the ball passes over a touch line, either on the ground or in the air, it shall be thrown from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it.

Article 2. The thrower, at the moment of delivering the ball, must face the field of play and part of each foot shall be either on the touch line or on the ground outside the touch line.

Article 3. The thrower shall use both hands and shall deliver the ball from behind and over the thrower's head.

Article 4. The ball shall be in play immediately when it enters the field of play, but the thrower shall not again play the ball until it has been touched or played by another player, nor shall the goalkeeper deliberately handle the ball before it has touched another player.

Article 5. A goal shall not be scored direct from a throw-in.

- Penalty:**
- a. If the ball is improperly thrown in, the throw- in shall be taken by a player of the opposing team.
 - b. If the thrower plays the ball a second time before it has been touched or played by another player, or the goalkeeper violates the throw-in provision, a direct free kick shall be taken by a player of the opposing team from the place where the infringement occurred, subject to the overriding conditions in Rule 13.

RULE 16 - GOAL KICK

Article 1. When the whole of the ball passes over the goal line, excluding that portion between the goal posts, either in the air or on the ground, having last been played by one of the attacking team, it shall be kicked directly into play beyond the penalty area from any point within the goal area by a player of the defending team.

Article 2. A goalkeeper shall not receive the ball into his hands from a goal kick in order that the goalkeeper may thereafter kick it into play.

Article 3. If the ball is not kicked beyond the penalty area, i.e., directly into play, the kick shall be retaken.

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

Article 5. A goal may be scored directly from such a kick, but only against the opposing team.

Article 6. Players of the team opposing that of the player taking the goal kick shall remain outside the penalty area until the ball has been kicked out of the penalty area.

Penalty: If a player taking a goal kick plays the ball a second time after it has passed beyond the penalty area, but before it has touched or been played by another player, an indirect free kick shall be awarded to the opposing team, to be taken from the place where the infringement occurred, subject to the overriding conditions imposed in Rule 13.

RULE 17 - CORNER KICK

Article 1. When the whole of the ball passes over the goal line, excluding that portion between the goal posts either in the air or on the ground having last been played by one of the defending team, a member of the attacking team shall take a corner kick.

Article 2. The whole of the ball shall be placed within the quarter circle at the nearest corner flag post, which must not be moved, and it shall be kicked from that position.

Article 3. A goal may be scored directly from such a kick.

Article 4. Players of the team opposing that of the player taking the corner kick shall not approach within 10 yards of the ball until it is in play, i.e., it has traveled the distance of its own circumference, nor shall the kicker play the ball a second time until it has been touched or played by another player.

Penalty: a. If the player who takes the kick plays the ball second time before it has been touched or played by another player, the Referee shall award an indirect free kick to the opposing team, to be taken from the place where the infringement occurred, subject to the overriding conditions imposed in Rule 13.

b. For any other infringement the kick shall be retaken.

Appendix I

Kicks from the Penalty Mark

Article 1. The referee shall choose the goal at which all the kicks shall be taken.

Article 2. The referee shall toss a coin, and the team winning the toss shall decide whether to take the first or second kick.

Article 3. The referee shall keep a record of the kicks being taken. Each team representative shall indicate to the referee which players shall take the first five kicks. The kicks shall be taken alternately and each team shall take five kicks. If before both teams have taken five kicks, one team has scored more goals than the other could score, no more kicks are taken.

Article 4. When a team finishes the match with a greater number of players than their opponents, they shall reduce their numbers to equate with that of their opponents and inform the referee of the names and numbers of those players excluded. The players excluded shall be sent off to the team bench area.

Article 5. If after both teams have taken five kicks both have scored the same amount of goals, kicks will continue in the same alternating order until an equal number of kicks have been taken (not necessarily five more kicks) and one team has scored a goal more than the other.

Article 6. Only players that are on the field of play at the end of the 2nd overtime are allowed to take kicks from the penalty mark.

Exception: A goalie that is injured while kicks are being taken from the penalty mark is unable to continue due to injury may be replaced by a named substitute. An eligible player may replace the goalie at any time when kicks from the penalty mark are being taken.

Article 7. Kicks shall be taken by a different player, and not until all eligible players on the field have each taken a kick (including the goalie or his/her substitute per Article 5), may a player of the same team take a second kick.

Article 8. Other than the player taking the kick from the penalty mark and the 2 goalkeepers, all players on the field shall remain in the center circle during the taking of kicks. The goalkeeper who is the colleague of the kicker, shall take a position within the field of play, outside the penalty area, behind the line which runs parallel to the goal line at least 10 yards from the penalty mark. All other team members not on the field at the conclusion of the 2nd overtime shall remain in their respective team benches.

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