

## Outdoor Soccer

Play is governed by NFHS Soccer rules with the following modifications:

### 1. AREA OF PLAY

1. All Soccer matches will be played at the Intramural Fields with the below modifications to a regulation pitch.
  1. The field shall be 70-yards long by 50-yards wide.
  2. Goal Area shall be directly in front of the goal, and will be 18-yards wide by 5-yards deep.
  3. Penalty Area shall be directly in front of the goal and will include the Goal Area. The Penalty Area will be 34-yards wide by 10-yards deep.
  4. Penalty Spot shall be 10-yards from the center of the goal in the Penalty Area

### 2. PLAYERS & SUBSTITUTIONS

#### 1. The Players

1. Each team will play with no more than seven (7) players on the field at once, one of whom must be the goalkeeper.
2. The maximum number of players any team roster may have is 14.
3. Teams must start and end each game with no less than five (5) players:
  1. A team with five players must play or the forfeit procedure will go into effect.
  2. During the course of the game, if a team drops below five players that team will receive the loss according to a team misconduct scoring rules.
  3. If an injury results in a team dropping below five players, play will stop and a standard loss will be recorded.
  4. These rules will be applied regardless of game score at the time of incident.

#### 4. Co-Rec Additions:

1. The seven players will be three (3) men and three (3) women, with the seventh player the team's choice.

2. A team with only six players must play with three (3) men and three (3) women.
3. A team with only five players must play with two (2) men and two (2) women with the fifth player the team's choice.
5. Goal Keeper Play
  1. There can only be one designated goalkeeper for each team. The goalkeeper must be designated with a different color jersey/shirt than the rest of the players on his/her team.
  2. A goalkeeper may handle the ball inside their respective Goal Area.
  3. The Goal Keeper may go to ground to defend against an attempt on goal. However, the keeper may not slide toward any player for any reason.
  4. Outside the Goal Area, the keeper only has the privileges of any other player.
2. Substitutions may be made during any deadball at the referees' discretion.
3. EQUIPMENT
  1. Player Equipment
    1. Any player intentionally violating these equipment rules will receive a Yellow Card.
    2. Players may not participate with equipment that the Intramural Staff deems to be dangerous to other participants. Hard cast, metal or plastic braces, hats and jewelry of any type are examples of illegal equipment. **ALL** visible body piercing must be removed.
    3. Players must wear athletic type shorts/pants. These shorts/pants must not have pockets, pouches, loops, belts, zips, zippers, clips, buckles, buttons, or snaps. Torn shorts/pants may not be worn during play.
  4. Jerseys/Shirts:
    1. In order to play teams must wear shirts of identical color and shade/toner.
    2. In the event two teams arrive wearing the same color and are unable to switch to a different color, jerseys will be made available.
    3. There are no shirts/jerseys available for check out.
  4. Player Numbers

1. All shirts/jerseys must have legible numbers on at least one side (back or front of shirt) and must be legible from a distance of 6 feet.
2. Numbers must be permanent on the shirt in a non-fading medium such as marker or paint. Taped on numbers are not allowed.
3. Teammates will not share the same shirt/jersey number.
4. If a player is #0 then that number must appear on the jersey. There can only be one version of #0 per team (i.e. #0, #00, #000, etc.)
5. Each player must wear athletic shoes. They must be made of soft, pliable upper material that covers the entire foot. Cleats/boots with any visible metal will be considered illegal equipment and will result in an automatic red card.
6. Players are strongly encouraged to wear shin guards, but must be provided by the individual participant.
7. Players may wear gloves consisting of soft, pliable and nonabrasive material.
8. Players may wear a knit or stocking cap (with or without ball/knot at top), headbands, or hair bands. Hats with bills are prohibited.
2. Game Equipment: all game equipment will be provided by Intramural Sports and must be used without substitution.

#### 4. TIMING

1. Delay Time - Once at the scheduled game time:
  1. If a team does not have any players present at game time, the game will be declared a forfeit without the Delay Time procedure.
  2. If a team does not have five (5) players signed in at game time, that team will be given 10-minutes to have five players sign in before the game is declared a forfeit.
  3. If neither team has five (5) players signed in, both teams shall have 10-minutes to have the minimum number of players sign in before the game is declared a double forfeit.
  4. Time used to wait for the minimum number of players will be off the game clock and delaying teams will receive a Sportsmanship Deduction for delaying the start of the game. The first team ready to play will receive one (1) goal for every 2 minutes (rounded up) that the game is delayed (up to the end of the Delay Time period).
    1. One team ready to play: Team A has enough players at game time and Team B's fifth player signs in with 12:18 remaining on the clock. As the wait was over seven minutes, Team A will

start the game with a 8-0 lead and 12:18 remaining in the first half.

2. Neither team ready to play: Team A's fifth player signs in with 17:00 on the clock, and Team B's fifth signs in with 12:00 left on the clock. Team A will start the game 5-0 with 12:00 remaining in the first half.
  5. The clock will not stop to have players sign in, and game play must begin before the 10-minute period has been completed. Once all teams are ready, the ball will be put into play in accordance with the Start of Game rules.
2. Game Timing
1. The game will consist of two 20-minute halves with a running clock.
  2. The clock will not stop for any reason unless directed by the Official.
  3. There will be four (4) minutes between halves (goalies change ends).
  4. Overtime
    1. Regular season games will not have an overtime period, where tied games will remain a tie.
    2. Overtime periods during tournament play
      1. There will be one four (4) minute period with regular timing rules. The Extra Time period will be played in full (no Golden Goal).
      2. If the game remains tied after the overtime period, the final stage will be an Alternating Penalty Kick Shootout.
        1. The team that wins Rock-Paper-Scissors after the overtime period will choose who will kick first during penalty kicks. This designation will not change during the shootout.
        2. Only players on the field at the end of the overtime period will be allowed to shoot in the Penalty Kick Shootout.
        3. For Co-Rec games
          1. Players must alternate male/female.
          2. A team will be allowed to kick male-male only if the entirety of the roster has been used.
        4. Only the first three rounds will be attempted, represented by three shots by each team, will be performed. Additional rounds will be performed if the game remains tied at the conclusion of the first round.

5. The shootout will be concluded when one team scores during the round without an equal score by the opposing team during the same round.
6. The final score for the winning team will be one (1) goal plus the original score at the end of timed play.
5. Regulation game time shall be extended to permit a penalty kick being taken at or after the expiration of the normal period in either half or overtime.

## 5. SCORING

1. Each goal counts as one (1) goal. A goal is scored when the whole ball passes over the goal line, between the goalposts and under the crossbar. Regular goal scoring will apply to all players for all leagues.
2. A ball may be kicked, headed, or deflected with any other part of the body other than the hands or arms through the opponent's goal.
3. Mercy Rule: If any team gains a point differential matching the outlined criteria, the game will be ended
  1. Eight (8) goals with 10-minutes remaining in game
  2. Five (5) goals with 5-minutes remaining in game

## 6. START AND RESTART OF PLAY

1. Kickoff:
  1. A kickoff shall take place at the beginning of the game, the second half, overtime, and after each goal.
  2. For a legal kickoff, the ball must roll forward from a stationary position and must be played by another player before the original kicker can play the ball.
  3. The defensive team must be 10-yards away from the ball, until the ball is kicked.
  4. Each team must be on their own half of the field before the officials will whistle for the kickoff.
  5. To start:
    1. The match, rock-paper-scissors will be played and team decides.
    2. The second half, the team that did not get kick off first half will get kick off second half.
    3. Overtime, the rock-paper-scissors will be played.
2. Dropped Ball
  1. If, while the ball is still in play, the referees are required to stop play temporarily, the game will resume with a drop ball. If play was stopped while the ball was in the penalty area, the drop ball

will occur at the point on the Penalty Area line closest to where the stoppage occurred.

2. Play begins when the ball touches the ground.
3. Only one player from each team will compete in the drop ball. All other players must be five (5) yards away.

### 3. Free Kicks

1. Any member of the offensive team may take a free kick.
2. The ball may be played in any direction after the free kick is awarded.

### 3. Defensive Play

1. All members of the opposing team must be at 10-yards away from the ball.
2. Women may protect the chest only on free kicks
3. Men may protect their groin only on free kicks
4. The protection cannot be used as an advantage on any free kick
4. Direct Kick: A goal may be scored on this kick and will be given to an offended team after a foul.
5. Penalty Kick: A penalty-kick results whenever a direct free kick is awarded to the offensive team inside the penalty area regardless of where the ball is in play.
6. Indirect Kick: A goal may not be scored on this kick unless the ball is touched or deflected by any player before going through the goal.

## 7. BALL IN & OUT OF PLAY

### 1. Throw-in

1. When the ball goes over the sideline, it is put back into play by the opposing team with a throw-in. The thrower at the moment of delivery must:
  1. Face the field of play
  2. Have both feet on the ground.
  3. Must have both feet behind the sideline
  4. Use both hands to deliver ball from behind and directly over the thrower's head.
2. A throw-in is considered **ILLEGAL** whenever the thrower at time of delivery:
  1. Jumps or lifts one or both feet off of the ground
  2. Delivers the ball with one hand

3. Merely drops the ball into play
    4. Does not deliver the ball from directly behind their head
  3. A goal cannot be scored by throw in unless touched by another player in the field of play
  2. Corner Kick: When the ball goes over the end line and is last touched by the defensive team, the offensive team is awarded a corner kick. The kick is taken from the corner of the end line and sideline. The defensive team may protect the goal with any and as many players it considers necessary; opponents must be ten yards away from the ball when the kick is taken.
  3. Goal Kick: When the ball goes over the end line, not scoring a goal, and is last touched by the offensive team a goal kick is awarded to the defensive team. Any player may take the kick in front of the goal post on the side of the field that the ball went out of bounds. The opposing players must be outside of the penalty box.
8. VIOLATIONS & FOULS
1. Offside: Due to field constraints offside will not be called or enforced.
  2. The following offenses are penalized by a Direct Free Kick at the point of the foul:
    1. Touching the ball with hands or arms, except as goalkeeper in the goal area.
    2. Holding, punching, hitting, kicking or tripping an opponent.
    3. Placing the hands or arms on an opponent in an effort to reach the ball.
    4. Charging an opponent.
    5. Flagrant, dangerous play (high kicking, low heading, pushing/running players into the boards)
  3. The following offenses are penalized as an Indirect Free Kick:
    1. Playing the ball a second time before being touched by another player during any free kick.
    2. Interfering with the goalkeeper when he is attempting to clear the ball.
    3. Non-flagrant, dangerous play
    4. The goalkeeper handling a directly passed ball kicked by a teammate.
    5. Obstruction
  4. Cautions, Ejections, & Forfeitures

1. A yellow card may be issued at any time when warranted, at the official's discretion. Verbal warnings or cautions are not necessary for a yellow card.
2. A player that receives a yellow card **MUST** be substituted out of the game until after the restart of play.
3. Player Ejection
  1. Any player receiving two yellow cards or one red card will be ejected from the game.
  2. This player's team will continue one player short for the remainder of the game.
  3. Violent conduct will result in an ejection (red card).
4. Game Forfeit
  1. Any game forfeited will result in a score of 10 goals, or the current goal total if higher, and 0 goals for the losing team.
  2. The game will be forfeited if
    1. Any team has two or more player ejections
    2. Any team receives four yellow cards
    3. A team received a red card and 2 yellow cards
5. Slide Tackling:
  1. If a player attempts to slide tackle towards an opponent, that player will be given a yellow card. Play will then restart with a Direct Free Kick.
  2. Any player unintentionally on the ground may play the ball by legal means provided the attempt to play the ball does not impede or contact any other player's attempt at the ball.
6. Obscene and/or abusive language will not be tolerated. Participants using obnoxious or foul language will be penalized. Fans/supports/bench personnel using obscene or abusive language will result in a team warning, followed by a team caution, then finally team forfeiture.