



## **OUTDOOR SOCCER RULES**

Updated: August 21, 2018

General Rules Adapted for Intramural Play; in other cases, rules of the National Federation of State High School Athletic Association will be in effect.

### **1) PLAYING COURT AND EQUIPMENT**

- a) The dimensions shall indicate a rectangular shape free of obstacles. The length shall be approximately 70 yards and the width shall be approximately 40 yards.
- b) Markings on the field shall be distinctive white lines.
- c) When markings become obscured during the course of the game, the markings shall be assumed to be present and decisions shall be rendered to the best of the official's ability.
- d) The penalty area is an area in which the goalkeeper cannot be charged if he/she is jumping or running for the ball and where the goalie can use his/her hands.
- e) The ball shall be spherical and constructed of no material that might prove dangerous to players. The circumference of the ball shall be approximately 27 inches and shall weigh between 14-16 ounces. In the circumstance that the ball becomes deflated, it becomes dead where last played and the game is restarted by a drop ball at that spot.

### **2) PLAYERS AND SUBSTITUTES**

- a.) The game shall be played by two teams, each consisting of no more than 7 players on the field at one time, including the goalkeeper. Five players are needed to begin a game.
- b.) There shall be one designated team captain per team. Team captains must report to the officials immediately upon arrival at the field. The captains shall be the only players who may address an official on matters pertaining to the rules.
- c.) There may be unlimited substitutions. Substitutions must be made only during your team's corner kick, your team's throw-in, any team's goal kick, after a goal, between halves, or in the event of an injury. In the event that the team on offense substitutes on their throw-in or corner kick, the opposing team may substitute an equal number of players. There is no substitution for a player ordered off the field. Substitutes must be recognized by the official.
- d.) A player must leave the game when he/she is bleeding, has an open wound, or has blood on his/her uniform.
- e.) In order for a player to substitute, he/she must be listed on the roster.
- f.) One of the players may change places with the goalkeeper during a stoppage in play provided notice is given to the referee.

### **3) PLAYERS AND EQUIPMENT**

- a) **NO JEWELRY WILL BE PERMITTED** in Intramural Soccer. Jewelry includes, but is not limited to, earrings, wedding rings or bands, other rings, necklaces, bracelets, rubber bands, and metal barrettes. The only exception to this rule is a medic alert bracelet or necklace. In that case, it must be taped down. If you refuse to remove your jewelry, you will not be allowed to participate. **TAPING OF JEWELRY TO THE BODY WILL NOT BE PERMITTED.**
  - i) Players wearing jewelry during gameplay will receive a yellowcard.
- b) All participants must wear shoes. Players are permitted to use cleated soccer shoes provided that rubber cleats are short and molded into the sole of the shoe. Rubber screw-on cleats will be permitted provided they are secured into the sole of the shoe and are not sharp. **NO METAL CLEATS!**
- c) It is recommended that teammates wear shirts alike in color. If not, jerseys will be provided. Goalies will be asked to wear a different color jersey.
- d) Jeans and cut-off shorts are not allowed.
- e) The use of any hard or dangerous head, face, or body protective equipment is illegal. Padding for body protection must be of either felt or sponge rubber.
- f) It is recommended that participants wearing glasses use safety glasses or wear a protective mask over the glasses.
- g) It is recommended that participants wear shin guards in order to prevent injury.



- h) Players wearing illegal equipment will not be allowed to play until the equipment has been changed.

#### 4) THE GAME

- a) Games will be started at the scheduled time. Teams have a 10-minute forfeit time if the other team agrees. After 10-minutes, a forfeit will be declared if one team does not have 5 players.
- b) The duration of the game shall be two equal halves of 20 minutes each with a continuous running clock unless the winning team is stalling.
- c) The clock is stopped only when a serious injury exists, or if it is deemed necessary in the judgment of the official.
- d) The half time interval shall be a maximum of 5 minutes.
- e) If a team refuses to play after being instructed to do so, the game will be terminated.
- f) There will be a mercy rule of eight goals at any time in the second half of the match.
  - i) This means when the difference of goals between teams is eight goals or more, the game will end and the current score will be the final score.
  - ii) There will be a mercy rule during tournament play

#### 5) START OF THE GAME

- a) To start a game, a coin toss (or some other random method) will be used. The team that wins the toss will have the option of starting the game with the ball at midfield or defending a specific goal. The team losing the toss has the second option, and at the beginning of the second half will have the first option.
- b) At the referee's signal, the game shall be started by a player kicking the ball. The kick does not have to be forward. Every player shall be in his half of the field and every player of the opposing team shall remain at least seven yards from the ball until it is kicked off. A goal may not be scored directly from a kickoff.
- c) The kicker may not play the ball again on the kickoff until it has been played by another player.
- d) After a goal is scored, the ball shall be taken to the center of the field and kicked off under the same conditions as when the game started.
- e) When restarting the game after temporary suspension of play, except on a free kick, the referee shall drop the ball at the place where it was when play was suspended and it shall be deemed in play when it touches the ground. A violation of this rule will result in the ball being dropped again. A goal may be scored directly from a drop ball.
- f) Teams shall change ends of the field 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.

#### 6) BALL IN AND OUT OF PLAY

- a) The ball is out of play when:
  - i) It has completely crossed the goal line, end line, or sideline either in the air or on the ground.
  - ii) The referee stops the game.
- b) The ball is put back into play after it has crossed the goal line with a Goal Kick or Corner Kick depending on who touched the ball last. See Goal Kick and Corner Kick rules.
  - i) The ball is put back into play after it has crossed the sideline with a throw in. See Throw-In rules.
  - ii) In the case of temporary suspension of play due to an injury or any cause, and one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession at the point where the ball was when play was suspended.
- c) The ball is in play at all other times from the start of the game to the finish including:
  - i) If it rebounds from a goal post crossbar into the field of play.
  - ii) In the event of a supposed rule violation, until a decision is given.
  - iii) If it rebounds from a referee.



- d) When a drop ball occurs, the ball shall touch the ground before a player may touch it.
- e) A player may be out-of-bounds and legally play a ball that is on the field of play.

### 7) GOALKEEPER PLAY

- a) The referee shall remove any player who intentionally charges the goalkeeper.
- b) Outside the penalty area, the goalie has no more privilege than any other players do.
- c) When in possession of the ball, the goalkeeper may not carry it more than six seconds. The keeper may bounce the ball, but may not drop it and pick it back up.
- d) The goalkeeper shall not deliberately delay in getting rid of the ball when in his/her possession.
- e) The goalkeeper in possession of the ball must not be interfered with or impeded in any manner by an opponent until he/she clears the ball.
- f) Goalies may not pick up a direct pass from a teammate by the foot.

### 8) SCORING

- a) A goal is scored when the ball has legally entered the goal. A legal goal is defined as the entire ball crossing the goal line; entering the goal between the goal posts and under the crossbar.
- b) Any player other than the goalie **DELIBERATELY** stopping the ball from entering the legal goal area with their hands or arms will be issued a red card and ejected from the game.

### 9) TIE GAME PROCEDURE

- a) During the regular season, tied games will end in a tie. In a tournament game, all ties will be broken. If a tie score exists after regulation time expires (during the tournament), a five-minute sudden-death overtime period will be played. If a tie score exists after the overtime period expires, a penalty kick shootout will occur. Both teams will be given an opportunity to kick 5 penalty kicks in an attempt to break the tie. The procedure will be as follows:
  - i) The official will flip a coin to see which team shall kick first.
  - ii) Each team will designate 5 players to attempt a goal. The only eligible players to take penalty kicks are the ones who ended the game on the field.
  - iii) The goalie at the end of the game is to be the goalie for the shoot-out. They can be eligible to take a kick, as well.
  - iv) The team winning the toss may choose whether they would like to shoot first or second. Teams will alternate shots from the penalty spot with the opposing goalkeeper defending the goal.
  - v) If a tie still remains after each team has had 5 attempts, each team will alternate taking a kick until one team has scored one more goal than the other.

**10) OFFSIDE:** There is no offside penalty in 7 on 7 outdoor soccer.

### 11) FOULS

- a) A player who intentionally commits any of the following nine offenses will be penalized.
  - i) Kicks or attempts to kick an opponent.
  - ii) Trips an opponent i.e., throwing, or attempting to throw him by the use of the legs or by stopping in front or behind him.
  - iii) Jumps at an opponent.
  - iv) Charges an opponent in a violent or dangerous manner.
  - v) Charges an opponent from behind unless the latter are obstructing.
  - vi) Strikes or attempts to strike an opponent.
  - vii) Holds an opponent with his hand or any part of his arm.
  - viii) Pushes an opponent with his hand or any part of his arm.
  - ix) Handles the ball i.e., carries, strikes, or propels the ball with his hand or arm (This does not apply to the goalkeeper within his own penalty area.)
  - x) Slide tackles an opponent.



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- (1) Slide tackling with contact against an opponent will be considered a red card.
- (2) Sliding in the vicinity of other players, but without contact, will be considered a yellow card.

xi) Goalies may dive for the ball hands first, but may not slide feet first.

**PENALTY:** *Direct free kick to be taken by the opposing side from the place where the offense occurred.*

**PENALTY:** *Defensive player within the penalty area—penalty kick.*

b) A player committing any of the four following offenses shall be penalized.

- i) Playing in a manner considered by the referee to be dangerous, i.e., high kicking when an opponent is within playing distance.
- ii) Shoulder charging if the ball is not within playing distance of either player.
- iii) 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, when not playing the ball.

**PENALTY:** *Indirect free kick to be taken by the opposing side from the place where the foul occurred.*

Yellow and Red cards will be issued for play that is deemed unsportsmanlike, dangerous or resulting in a tactical advantage for the team committing the foul (foul language, baiting officials, inciting opposing players, fouling a player who has a clear scoring opportunity, etc.). One red card will result in disqualification of the player with no replacement of that player. Two yellow cards equals a red card and the player receiving two yellow cards will be removed from play with no substitute. Players ejected from a game will have to meet with the Intramural Coordinator before they can play in another intramural contest. Further suspension will be decided on a case-by-case basis by the Intramural Coordinator after the meeting.

### 12) FREE KICKS

- a) Free kicks shall be classified as “direct” (a goal may be scored directly against the offending side) or “indirect” (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). All free kicks may be kicked in any direction from the point where the infraction occurred, except at the penalty spot where the shot must be kicked forward.
- b) Offenses for which a direct free kick can be given are violations of Rule 11 as well as the following:
  - i) A player playing the ball a second time before it has been played by another player at the kickoff, a free-kick, a corner kick, a goal kick if the ball is passed outside the penalty area
  - ii) Ball not kicked forward from a penalty kick.
  - iii) Improper substitution
  - iv) Dissenting by word or action from an official’s decision.
  - v) Unsportsmanlike conduct
  - vi) To resume play after a player is ordered off the field for persistent misconduct or violent conduct.
- c) When a free kick is being taken, a player of the opposite team shall not be within seven yards of the ball until it is in play, based on official’s discretion. A violation of this may cause player removal from the game. The ball must be stationary when kicked, and after being kicked, the kicker shall not play the ball a second time until another player has touched it.

### 13) PENALTY KICKS

- a) Any infringement of rules which ordinarily requires the awarding of a direct free kick shall be punished by a penalty kick if a defending player commits the foul within the penalty area. The foul must be deliberate and/or unavoidable.



- b) This does not apply to an indirect free kick.
- c) A penalty kick can be awarded irrespective of the position of the ball, if it is in play at the time a deliberate offense by the defending team is committed within the penalty area.
- d) A penalty kick shall be taken only from the penalty spot. All players, except the kicker and the opposing goalkeeper, shall be outside the penalty area and at least seven yards from the penalty spot. The goalkeeper must stand on his/ her own goal line but may move side to side. No forward movement is allowed prior to the ball being kicked.
- e) Kickers must be continuously moving forward during the duration of a penalty kick.

**14) GOAL KICK:** When the ball passes completely over the goal line, excluding between the goal posts, having last been played by one of the attacking team, it shall be kicked beyond the penalty area from a spot within the six-yard box.

### **15) CORNER KICK**

- a) When the ball passes completely over the goal line, excluding between the goal posts, having last been played by one of the defending team, a member of the attacking team shall take a kick from the nearest corner area.
- b) Players of the team opposing the corner kick shall not be within seven yards of the ball until it is kicked. The kicker is not allowed to play the ball a second time until another player touches it. A goal may be scored directly from such a kick.
- c) Violation of this shall result in an indirect free kick for the opposing team from the spot of violation.

### **16) THROW-IN**

- a) When the ball passes completely over a touch line, either on the ground or in the air, is shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who touched it last.
- b) The thrower, at the moment of delivering the ball, must face the field and part of each foot must be either on the touchline or on the ground outside of the touchline. The thrower shall use both hands with equal force and shall deliver the ball from over his/her head. The thrower may not play the ball again until it has been touched by another player. A goal shall not be scored directly from a throw-in.

### **17) SPORTSMANSHIP**

- a) No player, substitute, or coach shall act in a manner that is seen as poor sportsmanship by an official. Examples of poor sportsmanship include but are not limited to: insulting language or gestures or addressing an official in a disrespectful manner. The penalty for unsportsmanlike conduct shall be an indirect free kick. If the conduct is flagrant, an immediate disqualification will occur.
- b) A team is responsible for the actions of all members and spectators directly related to the team before, during, and after the game. Any individual that is involved in any type of physical altercation or flagrant unsportsmanlike conduct may be automatically suspended along with the entire team. Sportsmanship ratings will be assessed after each game.

**18) PROTESTS:** All contest protests must be made by the protesting team's captain in the presence of the officials and the opposing team's captain at the time and place of the incident. The protest must be made immediately before the ball becomes live, following the incident. The officials can call the supervisor and the supervisor will make the final decision. Once play has resumed following a protest, the protest is complete.

### **19) ADMINISTRATION**

- a) The Intramural Sports Staff reserves the right to stop any game whenever such stoppage is in the best interest of all players, their safety, and the goals of the program.
- b) The Intramural Sports Staff reserves the right to combine divisions and move teams to another classification for tournament competition.

## ***CO-REC OUTDOOR SOCCER RULES***

### **1. PLAYERS AND SUBSTITUTES**

The game shall be played by two teams, each consisting of no more than 8 players, including the goalkeeper. Teams consist of a maximum of 4 male and 4 female players. A minimum of five players (with no more than one person difference between genders) are needed to begin.