



**CAMPUS
RECREATION**

Intramural Sports

**Soccer Rules Book
2022**

TABLE OF CONTENTS

Rule 0. SFASU Rules and Exceptions.....	4
Rule 1. The Game, Players, and Equipment.....	5
Rule 2. Timing and Time-outs.....	6
Rule 3. The Game, Conduct of Players, and Sportsmanship.....	6
Rule 4. Playoffs and Overtime Procedures.....	10
Rule 5. Co-Rec Modifications.....	10



8-on-8 Outdoor Soccer

Soccer is a non-contact sport but injuries are still possible. The Campus Recreation Department and Intramural Sports assumes no responsibility for injuries; however, basic First Aid and CPR will be available.

MEN'S AND WOMEN'S LEAGUES GENERAL RULES

RULE 0. SFASU RULES AND EXCEPTIONS SECTION 1. STARTING THE GAME

Article 1. Eligibility

Every player must meet the eligibility requirements set forth in the Intramural Sports Policies and Procedures manual. Any individual that participated with varsity football is eligible to participate as long as they do not appear on a varsity roster during the current academic year. Any participants who are or have played for professional or semi-professional teams in football or flag football are not eligible to participate, no matter how long they have been removed.

Article 2. Player Equipment

- **Jerseys** with an opening more than 4" below the armpit may not be worn during play. Cut off shirts or shirts that have been manipulated must be able to remain tucked in or short enough to not interfere with the flag belt. Shirts that have been ripped and tied together creating a large hole on the sides are **ILLEGAL**.
- **Jewelry**: Teams should check each other to make sure no one is wearing jewelry or hard/unyielding material on their bodies. Hats, do-rags, and sunglasses made of metal are not allowed.
- **Shin Guards**: Players are highly encouraged to wear shin guards while participating in Intramural Soccer. However, shin guards will not be provided the IMS Program.

Article 3. Field Rules

- **Teams**: Only officials, players, and one coach are permitted on the fields. All spectators are to remain in the stands and no closer than the bleachers.
- Teams are allowed one (1) non-playing coach in the designated team area.
- Use of electronic devices for coaching purposes is prohibited.
 - No use of cell phones to discuss game play with spectators across the field.
- **TOBACCO use is prohibited on the IMS Field Complex. Failure to comply with all intramural Rules and Regulations for the IMS Field Complex by any players or spectators will result in immediate expulsion of the individual(s) and possible forfeiture of the contest.**
- **No ALCOHOLIC BEVERAGES will be allowed inside the IMS Field Complex. Teams and fans are not allowed to bring glass or metal containers onto the fields. Violators will be removed and SFASU Police will be notified about such violations.**
- Team Captains and teams may be held responsible for the actions of their fans before, during, and after the contest.

Article 4. Blood Rule

If and when an official observes that a player is bleeding, has an open wound, or has excess blood on his/her uniform, the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and excessively bloody clothing has been removed. The player must be removed from play and a substitute must enter the game. The clock will run as normal once the player is removed.

Article 5. Concussion

Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

RULE 1. THE GAME, PLAYERS AND EQUIPMENT

SECTION 1. GENERAL PROVISIONS

Article 1. The Game – Men and Women

The game shall be played between two (2) teams of eight (8) players each. Six (6) players are required to start the game and avoid a forfeit.

Article 2. Roster Limits

Soccer roster limits each team to no more than fifteen (16) players for men's/women's teams and sixteen (16) for co-rec teams. A coach can be used, but that coach takes a roster spot and the coach is required to sign in on the score sheet and is considered a non-playing member of the team. This coach status does not count towards your participation on another team.

Club Sport Athletes

The number of club sport athletes that can be on each roster for soccer is **2 for men's and women's teams and 3 for co-rec teams**. Before the season begins, the IMS office will review each roster to make sure teams are adhering to the new rule. Teams that have more than the amount of club athletes on the roster will be asked to remove players from the roster. If teams do not comply before their first game, they will be in jeopardy of their team being suspended.

SECTION 2. GAME EQUIPMENT

Article 1. The Ball

Game balls will be provided by the Intramural Sports Program. A team's personal ball may be used if agreed upon by both captains.

SECTION 3. PLAYER EQUIPMENT – REQUIRED

Article 1. Jersey

The visiting team is responsible for the avoidance of similarity of colors, but if there is any doubt, the Official may request the home team to change. Jerseys must be:

- Long enough to be tucked in the pants/shorts during the entire game.
- Jerseys with an opening more than 4" below the armpit may not be worn during play.
- Jerseys will be available from the scorekeeper. They should be worn just like shirts and they must be tucked into the shorts.
- Shirts must be worn underneath jerseys provided by IMS Staff.
- Players must have jersey numbers either on personal shirts or on jerseys

Article 2. Shoes

Non-marking, closed toed shoes are required.

Article 3. Shorts

Each player must wear pants or shorts. Pants or shorts with pockets are legal.

SECTION 4. PLAYER EQUIPMENT – OPTIONAL

Article 1. Head wear

- Players may wear a headband no wider than 2" thick. The headband must be worn around the head only.
- Players may wear religious caps.

SECTION 5. PLAYER EQUIPMENT – ILLEGAL

Article 1. Illegal Equipment

A player wearing illegal equipment shall not be permitted to play. This applies to any equipment, which in the opinion of the Official is dangerous or confusing. Types of equipment or substances, which shall always be declared illegal include:

- Headwear containing any hard, unyielding, stiff material, including billed hats or items containing knots.
- Jewelry of any kind (exception for medical alert bracelets).
- Shirts or jerseys, which do not remain tucked in.
- Tear-away pants.
- Barrettes and ribbons
- Leg braces made of hard unyielding material unless covered by at least ½ inch of closed cell, slow recovery rubber or other material of similar thickness and physical properties.

Updated 8.26.19

- Any slippery or sticky foreign substance on any equipment or exposed part of the body.
- Shoes with metal cleats or spikes

RULE 2. TIMING AND TIME-OUTS

SECTION 1. GAME TIME

Article 1. The Field

The field will be 95 yards X 45 yards. Only officials, players, and substitutes are allowed in the team area. Spectators must view from behind the substitutes. Spectators are not allowed to stand along the goal line. Any violations of intramural policies and procedures or stated rules at the IMS Fields will result in expulsion from the complex.

Article 2. Game Format:

The game will consist of two (2) twenty-two (22) minute halves. There will be a five (5) minute half time. A running clock will be kept by one of the officials for the game. The clock will stop and start according to National Federation rules. There will be two officials on the field. Each will be positioned on a sideline.

Article 3. Grace Period

Each team is allowed a ten minute grace period if at least one person on their team is present at game time. Once game time has been reached, the clock will start. After the ten minute grace period, if the team still does not have enough players, they will lose the game by forfeit and will have to pay a \$10 forfeit fee.

Article 4. Forfeit

If one team fails to show up, or does not have enough players after the 10 minute grace period, it will result in a forfeit and a final score of 1-0.

Article 5. Mercy Rule

If, within five (5) minutes remaining in the game, a team is winning by seven (7) goals or more, the game shall end.

Article 6. Substitutions

Substitutions are unlimited and may be made at any dead ball situation during the game. All substituting players must be summoned onto the field during dead ball periods. Any player from either team may sub in regardless of team possession. PLEASE STAND OUT OF BOUNDS AT THE MID-FIELD LINE FOR THE OFFICIALS TO SUMMON YOU ONTO THE FIELD. Other substitutes are asked to keep the area near the mid-field line clear.

Article 7. Time Outs

There will be no time outs permitted. EXCEPTION – Injury time out.

Article 8. Tie Games

All games ending in a tie score will be recorded as a tie score during the regular season. Tie breaker procedure is listed later in the rules.

Article 9. Out of Bounds

The ball is out of bounds when the ENTIRE BALL has crossed the touchline, or goal line, in the air or on the ground. A player may be out of bounds and legally play a ball in bounds. We will only use one ball per game, so teams are responsible for fetching the ball and returning it to play quickly.

Article 10. Corner Flags, Goal Posts, and Officials:

These are all part of the field and if the ball strikes any of them the ball is still live. If the ball stays in bounds, it is live and play continues as normal. If the ball goes out of bounds off of one of these objects, then the opponent of the team responsible for putting the ball out of bounds will restart the play in the appropriate manner.

RULE 3: THE GAME, CONDUCT OF PLAYERS, AND SPORTSMANSHIP

SECTION 1. STARTING THE GAME

Article 1. Captain's Meeting

The officials will conduct a coin toss (or even/odd or paper/rock/scissors) and the winner will choose offense/defense or choose a goal to defend. Teams will switch sides of the field and alternate kickoff in the 2nd half.

Article 2. Kick Off

The offense will start the game with a kickoff from midfield. At the kickoff, all players must be on their respective sides of the fields and all defensive players must be a minimum of 10 yards from the ball. The kickoff is a direct kick. The ball must be kicked forward and then touched by another player. The kicker may not touch the ball again until another player has touched it.

Article 3. Offside

There will be **NO OFFSIDE** in 8-on-8 soccer.

Article 4. Scoring

A goal is scored when 100% of the ball has crossed the goal line between the goal posts and under the cross bar; provided it came from a:

- kick off
- goal kick
- direct free kick
- penalty kick
- corner kick
- goalkeeper's throw or punt

A goal MAY NOT be scored from:

- throw-in
- indirect free kick
- a free kick into a team's own goal

Article 5. Goalkeeper:

- The goal keeper must wear a contrasting color jersey throughout the game with a jersey number.
- The goalkeeper has six (6) seconds to get rid of the ball. A goalkeeper shall release the ball into play within six seconds after taking possession/control.
 - Penalty: Indirect Kick
- The goalkeeper may NOT touch the ball with his/her hands when a member of their own team has deliberately KICKED or THROWN the ball to him or her.
 - Penalty: Indirect Kick
- The goalkeeper is also prohibited from attempting or successfully slide tackling a player. If a goal keeper attempts to or successfully completes a slide tackle, a yellow card will be issued and a DIRECT FREE KICK shall be awarded to the offended team. If that slide tackle occurs in the penalty box, a penalty kick will be assessed.
 - Penalty: Direct Kick
- Diving headfirst or sideways into an opponent's legs is viewed as an attempt to tackle and the goalie will be carded likewise.
 - Penalty: Direct Kick
- A goal keeper may play the ball from the ground if they are defending their goal.

Article 6. Advantage

When an official refrains from whistling a violation or foul, he/she will clearly indicate by voice and gesture that it is an advantage so the players know that the penalty has not gone unnoticed. An advantage will be called if, in the judgment of the official, the attacking player has a legitimate shot to make a play. The advantage can also be nullified if, in the judgment of the official, the advantage is not there.

- Some fouls can be given the advantage clause but penalized after the advantage is over (slide tackling or attempting to slide tackle, malicious intent, etc.)

Article 7. Free Kicks

Direct Free Kicks (a goal may be scored off of this kick) will occur after the following infractions:

Updated 8.26.19

- Kicking, striking, attempting to strike, or jumping at an opponent.
- Tripping, throwing or attempting to throw, hindering an opponent by the use of the legs, or by stopping in front of or behind him.
- Intentionally handling the ball, i.e. carrying, striking, or propelling it with hand or arm.
- Holding or pushing an opponent with the hand or arm, or with arms extended from the body, or using the knee in any way against an opponent.
- Goalkeeper striking, pushing, or attempting to strike or push an opponent.
- Charging an opponent.

Indirect Free Kicks (another player must touch the ball before a goal can be scored) will occur after the following infractions:

- Obstructing/impeding a player without the ball.
- Kicking or attempting to kick the ball in the possession of the goalkeeper.
- The goalkeeper delays getting rid of the ball
- A player plays the ball a second time before it has been touched or played by another player at the kick-off, throw-in, a free kick, a corner kick, or a goalie kick.
- A goalkeeper touching a ball that was deliberately kicked or thrown back to him/her from a teammate

Article 8. Penalty Kicks

A penalty kick shall be awarded when a foul by the defending team, which ordinarily results in the awarding of a direct free kick, occurs in the penalty area.

- The ball must be in play for a penalty kick to be awarded.
- All players except the kicker and the goalie must be outside of the penalty area, on the field at least 10 yards from the ball and behind the penalty line or spot until the ball is kicked.
- The goalkeeper shall be able to move laterally along the goal line prior to the kick and may not come off of the goal line until the ball is struck by the kicker.
- The ball should be kicked while stationary on the ground from the penalty spot. The ball must be kicked so it moves forward. Failure to kick the ball as specified will result in a re-kick.
- Encroachment by the defending team or movement by the defending team's goalkeeper is ignored if the goal is scored, but if the penalty shot is missed, it is retaken.
- If there is a violation by the attacking team and the goal is scored, it is a re-kick. If a goal is not scored, it is an indirect free kick for the defending team at the point of infraction.
- Once the kicker starts his/her forward motion towards the ball, they must not stop before completing the kick (stutter step).

Article 9. Goal Kick

A goal kick is awarded to the defending team when the entire ball crosses the goal line after the attacking team last played or touched the ball.

- Players opposing the kicker must remain outside the penalty area until the ball moves out of the penalty area.
- The ball shall be kicked from the ground within the goal area. A goal kick must clear the penalty area and enter the field of play.
- After the goal kick leaves the penalty area the ball may be played by any player except the one who executed the goal kick.
- The goalie may not pick up the ball and play it, not receive it with the hands directly from the goal kick.

Article 10. Corner Kicks

A corner kick shall be awarded to the attacking team when the entire ball passes beyond the goal line after the defending team last played or touched the ball.

- Defending team players shall be at least 10 yards from the ball until it has been kicked.
- The ball shall be played from the ground within one yard of the corner nearest where the ball left the field.
- A corner kick is a direct kick.

Article 11. Throw-In

A throw-in shall be awarded to a team when the opposing team last plays or touches the ball before the entire ball passes beyond the touchline (sideline).

- **The ball shall be thrown in any direction from the point where it crosses the touchline by a player who is facing the field of play and has both feet on the ground outside or on the touchline.**
- The thrower shall use both hands with equal force and deliver the ball from behind and over the head in one continuous motion.
- If the ball fails to enter the field of play, it shall be re-thrown by the same team.
- After the throw-in, the ball may be played by any player except the thrower (until it has been touched by another player).

Article 12. Slide Tackling

NO FORM OF SLIDE TACKLING IS ALLOWED. The penalty is an immediate yellow card and a direct kick for the offended team. If the official deems the tackle blatant or intentional, an immediate red card will be issued and that player is ejected.

Article 13. Sliding:

A player may slide to keep a ball in play or slide as necessary while no other players are in the area. It is the official's judgment as to the legality and necessity of the slide. **WE DO NOT WANT PLAYERS TO PUT THEMSELVES IN DANGER BY PLAYING FROM THE GROUND.** You may be skilled enough to do these actions, but are your opponents?

SECTION 2. CARDS AND SPORTSMANSHIP

Article 1. Yellow Cards:

A yellow card will be issued when a player is cautioned by the referee. Two yellow cards mean that player is ejected from the game and that **PLAYER CAN NOT BE REPLACED.** The team will play one player down. Four (4) yellow cards for sportsmanship related issues on one team will result in that team forfeiting the game immediately.

- A player shall be issued a yellow card if he or she:
 - demonstrates unsportsmanlike behavior,
 - dissents by word or action,
 - persistently infringes the law of the game,
 - illegally enters the game,
 - illegally exits the game,
 - delays the restart of the game (throw in, corner kick, free kick),
 - does not assume the 10 yards on a corner kick or free kick,
 - any other violation or foul the officials deem as a yellow card violation.
 - If the same player is given two yellow cards, that player is ejected from the game and subject to disciplinary actions by the Intramural Sports Program.

Article 2. Red Card

A red card issued to a player means that player is to be immediately ejected from the game. One (1) red card means a player is ejected from the game and **THAT PLAYER CAN NOT BE REPLACED.** The team will play one player down. Two (2) red cards or a combination of two (2) yellow card and one (1) red or three (3) yellow cards and one (1) red card for sportsmanship related issues will result in that team forfeiting the game immediately.

- A player shall be issued a **red card** (ejected from game) if she or he:
 - demonstrates violent conduct,
 - demonstrates serious foul play,
 - uses foul and abusive language,
 - spits,
 - receives a second yellow card in the same game,
 - intentionally physically impedes a player with an obvious opportunity to score a goal,
 - denies his opponent a goal by intentionally handling the ball,
 - any other violation or foul the officials deem as a red card violation.

Article 3. Dangerous Play:

Any action by a player that is unsafe to him or another player, in the judgment of the referee. When contact is made, the referee will consider whether it was "careless, reckless or there was excessive force". The penalty for some types of dangerous actions such as tripping is a direct kick, but for others such as a high kick the penalty is an indirect free kick. Dangerous plays will be penalized for the safety of our participants. Dangerous plays include, but are not limited to:

- High kicks with opponents in the immediate area.
- Attempting to head a ball at or below the waist area of players in the immediate area.
- Goalies going to secure a ball in the air with knees raised and opponents in the immediate area.
- Goalies using elbows to clear space while attempting to play the ball.
- Player flying into a group of players in an attempt to play a ball.

Article 4. Unsportsmanlike Conduct

Updated 8.26.19

Players shall not commit acts of unsportsmanlike conduct. This includes, but is not limited to, arguments with officials by players, substitutes, or spectators, flagrant fouling, fighting, striking or attempting to strike an opponent or an official. Any team receiving four (4) yellow cards or two (2) red cards or any combination equaling four (4) yellow cards for sportsmanship related issues will forfeit the game automatically.

Article 5. Disqualified Players

If a player is ejected from a game for any violation of the rules, policies or procedures of the Intramural Sports Program or for the posted rules of the IMS Fields, that player must IMMEDIATELY leave the complex. That player(s) is ineligible from further participation in any and all intramural activities until they have met with the Coordinator – Intramural Sports. That team will also play the remainder of the game a man down – you may not substitute for a player ejected by a red card of multiple card violations

RULE 4. PLAYOFFS AND OVERTIME PROCEDURES

SECTION 1. PLAYOFFS

Article 1. Captain's Playoff Meeting

A captain's playoff meeting will take place prior to the start of the single elimination tournament. This meeting will be **MANDATORY** for captains or team representatives. We will discuss playoff clarifications and your schedule will be given out at this meeting. Any team missing this playoff captains' meeting will be removed from the bracket.

Article 2. Play-Off and Tie Breaker Procedure

- If at the completion of the game the score is tied, the game will continue with a five (5) minute overtime period. There will be a coin flip to choose side or kickoff of the overtime period.
- During the overtime period, the first team to score will be declared the winner.
- If at the completion of the overtime period the game is still tied, the game will continue into a shootout.
- Only players who are on the field at the end of the game may kick in the tiebreaker.
- Each team shall designate three (3) kickers, which may include the goalkeeper.
- The first three kickers from each team will take penalty shots. If the score remains tied, the next five (5) kickers (or however many are left on the field), will take SUDDEN DEATH PENALTY SHOTS in alternating order.
- The goalkeeper in goal at the end of regulation must remain in goal for the entire tiebreaker procedure unless he/she becomes injured.
- If the score is still tied after all eight (8) players have taken penalty shots, then the SUDDEN DEATH will continue with the same order the kickers kicked in originally.
- The IMS Site Manager must be present for all tie-breaker procedures.

RULE 5. CO-REC MODIFICATIONS

Article 1. Teams

Team will consist of eight (8) players. Four (4) males and four (4) females will constitute a team. Teams must have a minimum of six (6) players, comprised of three (3) males and three (3) females to start and continue a game. If a team has only seven players, they must play three of one sex and four of the other (either combination). A team may not continue with fewer than five (5) players unless they have a reasonable chance to win.

Article 2. Scoring

A goal by a male counts as one (1) point. A goal by a female will count as **TWO (2) points**. An own goal by either sex is one (1) point. A goal scored off a penalty kick is one (1) point.

Article 3. Protection

Women may use their arms and hands to protect themselves above the waste and below the neck, provided their arms and hands are "glued" to their body; that is, the arms and hands are merged as closely as possible with the part of the body they are trying to protect.

Article 4. Goalkeeper

The goalkeeper may be either male or female, but cannot be substituted for on the fly. The captain must notify the officials of the switch during a dead ball period.

Updated 8.26.19

If a penalty kick is awarded, the goalkeeper who was in goal at the time of the infraction must remain in the goal for the penalty kick.
This also goes for overtime periods.

Article 5. Penalty Kicks

A penalty kick taken by either sex will be counted as one point.

When a defensive player stops an obvious goal-scoring opportunity for a woman by committing a direct free kick foul and a female takes the penalty kick, the goal will be worth two points. If a male takes the penalty kick, it will be worth one point.

Article 6. Play-Off and Tie Breaker Procedure

- If at the completion of the game the score is tied, the game will continue with a five (5) minute overtime period. There will be a coin flip to choose side or kickoff of the overtime period.
- If at the completion of the overtime period the game is still tied, the game will continue into a shootout.
- Only players who are on the field at the end of the game may kick in the tiebreak.
- Each team shall designate three (3) kickers, which may include the goalkeeper. The order of the kickers must alternate gender (i.e. male, female, male, female, etc.)
- The first three kickers from each team will take penalty shots. The teams must alternate female/male/female for the first three kicks. If the score remains tied, the next five (5) kickers (or however many are left on the field), will take SUDDEN DEATH PENALTY SHOTS in alternating order.
- Female goals are only worth one (1) point.
- The goalkeeper in goal at the end of regulation must remain in goal for the entire tiebreak procedure unless he/she becomes injured. The replacement goalie must be the same sex.
- If the score is still tied after all eight (8) players have taken penalty shots, then the SUDDEN DEATH will continue with the same order the kickers kicked in originally.
- The IMS Site Manager must be present for all tie-breaker procedures.