

5-on-5 Open SOCCER RULES

I. THE GAME

A. The Field:

The playing field will be on our turf Field located just North of the IMA. The field size is abbreviated, The playing field will be smaller than a regulation high school field; 40yd. x 80yd. There will be two fields running side by side (35 yards wide).

B. Required Equipment:

UNIFORMS:

Teams will be designated as home (**Light colored** shirts) and away (**Dark colored** shirts), as indicated on the game schedules. A jersey or shirt, shorts, suitable shoes, and **shin guards which shall not be altered or modified from their original state and shall not be handmade out of cardboard, paper, or plastic materials**. The jersey of the goalkeeper shall be distinctly different from that of any official, teammate, or opponent, except the other goalkeeper.

C. Illegal Equipment:

1. Helmets, hats, caps, or visors;
2. Cast of any material;
3. Knee braces of hard material, unless hinges are covered by at least 1/2 inch of padding on all sides;
4. Face or spectacle guards;
5. Projecting metal or other hard plates;
6. Pads containing any unyielding material, even if covered with padding;
7. Any type of jewelry, except for religious or medical medals, which shall be taped to the body;
8. Shoes with a front toe cleat (i.e. baseball, football) or metal cleats;
9. Shin guards with exposed sharp edges.

D. The game shall consist of two twelve minute halves with a one minute half-time.

E. The Program Coordinator and game officials shall have the authority to modify the length of the game if circumstances warrant (disciplinary, time constraints, etc.).

F. Each team will consist of five players, with ten maximum on a roster. Four players are needed to start and continue the game. When a team has the required minimum number (4) of players present to start a game, the game shall begin. Players not available at the start of the game may enter the game during a stoppage of play provided that the names of the players are on the team roster.

G. Substitutions: Substitutions may occur on the "fly" within a team's defensive half of the field. The exiting player must be off the field before the substitute can enter. A penalty kick will be awarded for this infraction if done to prevent a breakaway.

II. BALL IN AND OUT OF PLAY

A. The ball is out of play when it has completely crossed a goal line or touchline, whether on the ground or in the air.

B. The ball is in play at all times, including:

1. when it rebounds from a goal post, cross bar, corner post, or cone marker;
2. when it touches an official in the playing field;
3. until an official blows the whistle;
4. when a drop ball touches the ground;
5. after a free kick travels the circumference of the ball.

EXCEPTION: A free kick awarded to a team within their own penalty area is in play after the ball exits the penalty area.

- C. A drop ball occurs:
1. when two opponents simultaneously cause the ball to go out-of-bounds;
 2. if the ball becomes deflated;
 3. following a temporary suspension of play for an injury or unusual situation and no team has clear possession of the ball;
 4. when a simultaneous foul of the same degree occurs by opponents.

The spot of the drop ball is where the ball becomes dead, unless this is in the goal area, in which case the spot is the nearest point outside the goal area in the field of play.

III. SCORING

One point is scored by a male or a female when the entire ball passes legally beyond the goal line, between the goal posts and under the crossbar provided it has not been intentionally thrown, carried, or propelled by the hand or arm of a player of the attacking team (*except by a goalkeeper's throw, punt, or drop-kick*). A male or female scoring on their own team's goal is only worth one point for the opposing team.

- A. A goal may be scored directly from a:
1. direct free kick;
 2. penalty kick;
 3. corner kick;
 4. drop ball;
 5. goalkeeper's throw, punt, or drop-kick;
 6. goal kick.
- B. A goal may not be scored directly from a:
1. kickoff;
 2. indirect free kick;
 3. throw-in;
 4. free kick into a team's own goal.

IV. OFFSIDES

This rule is **not in effect**.

V. SLIDE TACKLES

Slide tackles **are not allowed** in intramural soccer competition.

VI. MISCONDUCT

- A. A player shall be cautioned (YELLOW CARD) for:
1. unsportsmanlike conduct, including but not limited to:
 - a. encroachment of free kicks;
 - b. unnecessary delay (kicking, throwing the ball away on a free kick, etc.);
 - c. holding a shirt, short, etc.;
 - d. deliberate verbal attacks;
 - e. deliberate handball to stop an attack;
 - f. deliberate tactical foul;
 - g. faking an injury;
 - h. simulating a foul.
 2. persistent infringement of the rules of the game;
 3. objecting by word or action to any decision given by an official (dissent);
 4. entering or leaving the field of play without the permission of an official;

5. any incidental use of vulgar or profane language.

PENALTY: A cautioned player shall leave the field immediately, may be replaced, and may not return until the next legal substitution opportunity. An indirect free kick shall be awarded to the non-offending team from the spot of the ball.

- B. A player shall be ejected (RED CARD) for:
1. using insulting, offensive or abusive language or gesture;
 2. taunting;
 3. any subsequent act of misconduct after having been cautioned;
 4. exhibiting violent conduct or committing a serious foul play:
 - a. a foul by a player against an opponent who is moving toward his/her offensive goal with an obvious opportunity to score;
 - b. a player, other than a goalkeeper within his/her own penalty area, who deliberately handles a ball to prevent it from going into the goal.
 5. leaving the team area to enter the field where a fight or altercation is taking place.

PENALTY: Direct free kick from the spot of the ball unless the game has been stopped for some other reason calling for a different re-start. A disqualified player may not be replaced.

NOTE: A player who is *disqualified or accumulates two yellow cautions during the regular season* must present him/herself to the Associate Director of Programmed Activities before participating in another game. Failure to comply with this rule will result in suspension of both the player and his/her team captain. Any games won under violation of this rule shall be forfeited. One red card ejection or two cautions during playoffs equals dismissal from the playoffs.

VII. FREE KICK

- A. There are two types of free kicks:
1. direct, from which a goal may be scored against the offending team;
 2. indirect, from which a goal may not be scored unless the ball is played by another player of either team.
- B. Any player of the offended team may take the kick. Players opposing the kicker shall be at least 10 yards from the ball, or on their own goal line, until it is kicked. The ball shall be kicked while it is stationary at the spot specified by the official.
- C. Direct free kick offenses:
1. deliberate attempts to kick, strike, spit at or jump at an opponent;
 2. deliberately trips an opponent;
 3. a goalkeeper deliberately attempts to strike or push an opponent with the ball;
 4. a player other than the goalkeeper in his/her penalty area deliberately handles the ball;
 5. deliberately pushes an opponent with the hand(s) or arm(s) extended from the body;
 6. deliberately holds an opponent or places a hand(s) on an opponent in an effort to reach the ball;
 7. deliberately charges an opponent who has both feet off the ground in order to play the ball;
 8. deliberately charges an opponent in a violent or dangerous manner;
 9. deliberately charges into the goalkeeper.
- D. Indirect free kick offenses:
1. the ball is played next by the kicker following a kickoff, a free kick, a penalty kick, a goal kick, a corner kick, or by the thrower following a throw-in;
 2. fairly charges into an opponent when neither is within playing distance of the ball;
 3. a player who is within playing distance of the ball obstructs an opponent who is attempting to play the ball;
 4. kicks, or attempts to kick, the ball while it is in the possession of the goalkeeper;
 5. dangerous play;
 6. goalkeeper takes more than six seconds before releasing the ball into play;

7. goalkeeper illegally handles the ball in his/her own penalty area after once relinquishing possession of the ball (parrying);
8. goalkeeper delays in relinquishing possession of the ball;
9. game is stopped for misconduct of a player and no other restart takes precedence;
10. a player slide tackles, or attempts to slide tackle, an opponent.

VIII. PENALTY KICK

- A. A penalty kick is awarded if a direct kick offense is committed by the defending team within their own penalty area.
 1. all players, except the kicker and the opposing goalkeeper, must remain outside the penalty area and at least ten yards from the ball until the ball is kicked;
 2. the opposing goalkeeper must be stationary and with both feet on the goal line until the ball is kicked;
 3. the distance of the penalty kick shall be twelve yards;
 4. after the penalty kick, the ball may be played by any player except the kicker.

IX. THROW-IN

- A. A throw-in will be awarded when the entire ball passes beyond the touchline.
 1. the ball may be thrown in any direction from the point where it crossed the touchline;
 2. the thrower must face the direction of the throw with both feet on the ground on or behind the touchline;
 3. the ball must be released above the head with equal force of both hands and from behind and over the head with one continuous movement.

X. GOAL KICK

- A. A goal kick shall be awarded when the entire ball crosses the goal line, having been last played by the attacking team.
 1. the attacking team must remain outside the penalty area;
 2. the goal kick must exit the penalty area before it can be played;
 3. the goalkeeper may not pick up the ball.

XI. CORNER KICK

- A. A corner kick shall be awarded when the entire ball crosses the goal line, having been last played by the defending team. The procedure shall follow that of a direct free kick.

XII. GOALKEEPER

- A. From the moment the goalkeeper takes possession of the ball with the hands within his/her own penalty area, he/she has six seconds in which to release the ball into play. 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 may not touch it again with the hands until it has been played or touched by another player of the same team outside of the penalty area, or by a player of the opposing team either inside or outside the penalty area.
- B. On any occasion when a player deliberately kicks the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch it with her/his hands.
- C. A goalkeeper shall not touch the ball with his/her hands when receiving it directly from a throw-in by a teammate.

XIII. TIE GAME PROCEDURE (Playoffs Only)

- A. If the score of a game is tied at the end of regulation time during round robin play, it shall be recorded as a tie.
- B. If the score of a game is tied at the end of regulation time during the elimination rounds of the tournament, the game will proceed to a shoot-out:
 - 1. Each team will select any three players, including the goalkeeper, on or off the field to take the kicks in a sudden victory situation, wherein if one team scores and the other team does not score, the game is ended without more kicks being taken.
 - 2. A coin toss shall be held, and the team winning the toss shall have the choice of kicking first or second.
 - 3. Teams will alternate kickers. Men and women must alternate kicks. All kicks are worth one point.
 - 4. The defending team may change the goalkeeper prior to each kick.
 - 5. If the score remains tied, continue the sudden victory kicks with each team selecting three different players to take the kicks.

XV. POINTS OF EMPHASIS

- A. The Department of Recreational Sports Programs **STRONGLY RECOMMENDS** that all participants have an accident/medical insurance plan in effect which covers intramural competition.
- B. Injured Players: If an official stops the game so an injured player(s) may be attended to, that player(s) shall be substituted for. With the official's discretion, that player(s) may re-enter the game at the next opportunity for substitution. No player will be allowed on the field with a bleeding injury, or with blood on his/her clothes. If a player starts to bleed during play, the official will stop play and the player will be substituted for. The bleeding must be stopped, the open wound covered and the area cleaned. If there is an excessive amount of blood on the uniform, it must be changed before the program coordinator will allow that person to resume play.
- C. Shin guards: There continues to be concern with players modifying or not wearing shin guards, thus jeopardizing their own safety. Shin guards shall not be altered, shall be worn properly, and shall afford each player's shins reasonable protection.
- D. The team captain is the representative for his/her team and may address an official on matters of interpretation or to obtain information, if it is done in a courteous manner. The team captain must take a visible leadership role and must stress respect for opposing players and officials and tolerate no conduct which demeans or embarrasses others, this includes the taunting and baiting of opponents and unnecessarily rough play.
- E. Officials are required to declare a contest forfeited when an individual or team displays flagrant poor sportsmanship or is involved in a physical altercation. In each case, the individual or team will be dropped from further competition. See the *Intramural Sports Handbook* for additional details.
- F. Exhibit respect for officials: The officials are impartial arbitrators who perform to the best of their ability. Mistakes by all those involved in the contest are part of the game. One should not rationalize his/her own poor or unsuccessful performance or behavior by placing the responsibility on an official. The rule of good sportsmanship is to accept and abide by decisions made.