I. Eligibility

1. Players are subject to the eligibility rules which are listed in the current Intramural Sports Handbook.

II. The Field, Players, and Equipment

1. The field of play will be a rectangle approximately 80 yards by 35 yards. Each penalty area will be a rectangle 25 yards wide by 15 yards. A goal will be placed 10 yards inside each penalty area. The crease is designated around each goal. The crease area extends in a 5 yard semicircle in front of each goal. The crease area continues 3 yards behind the goal. The penalty spot is on the penalty area line directly in front of the goal.

2. Each team shall designate to the officials a field captain. The captain will speak for the team in all dealings with the officials.

3. Games shall be played by two teams of 6 players each. Teams must start and finish with a minimum of four players. There are no goalkeepers in this game.

4. Each team must wear uniformly colored shirts, with permanent numbers. The team listed first on the schedule is the home team. The home teams wear the white or lightly colored shirts. The rule applies if both teams wear the same color shirts.

5. All players must wear soft-bottomed shoes. Screw in cleats are prohibited. Players are prohibited from wearing hats, any kind of jewelry, cast, wooden or metal splints or braces of any kind unless approved by Jameson.

III. Periods, Time Factors, and Substitutions

1. The game consists of two 20-minute halves with a 5-minute intermission.

2. There are no time-outs. The clock will stop only for goals, penalty shots and at the official’s discretion.
3. Unlimited substitutions may be made at any time including during a live ball situation. All substitutions must be made at the designated substitution zone and the sub may not enter the field of play until the outgoing player has touched the sub. Violation of the sub rule will result in an indirect kick form the spot of the deal ball and possibly a yellow card for unsportsmanlike conduct if this ha been a persistent act throughout the course of the game by the offending team.

III. The Game

1. The team winning the coin toss will have choice of ends of the field or the kickoff.

2. If play is stopped by the official for any injury, unusual delay or when the goal becomes dislodged, the ball shall be put back into play by a drop ball. If a team has clear possession of the ball when play is stopped, they shall be awarded an indirect kick. In all cases, the ball is put back into play from where it was when play was stopped. However, the ball is not to be dropped inside the penalty area, but at the nearest spot outside the area.

3. There are no throw-ins. Instead, a ball crossing the sideline (whole ball over the whole line) will be put back into play via a “kick ball.” The ball is placed within a yard of the sideline at the spot where the ball exited the field and the team “kick in” is awarded an indirect kick.

4. In the instance where a corner kick would normally be awarded, the offensive team will be awarded a “kick in” from the spot where the ball crossed the end line.

5. In goal kick situations, the defensive team will be awarded an indirect free kick from anywhere inside it’s own goal crease. The kick must clear the penalty area before another player may touch the ball.

6. All shots must be taken from a team’s offensive half of the field. (Penalty: discount goal if scored opponents indirect kick from the midfield line.)

7. On all free kicks, the kicker’s opponent must remain at least 7 yards from the ball until it is put into play, i.e. travels 27 inches. Any motion toward the ball by a defender before the offense puts the ball into play is considered encroachment. Failure to heed an official’s warning will result in a yellow card for unsportsmanlike conduct.

8. The offside rule is not in effect.

9. No slide tackles! Any player using a slide tackle will receive a yellow card.
10. A player receiving a yellow card must sit out for 2 minutes of playing time. The entire 2 minutes of playing time must be served regardless of the developments on the field. The player serving the penalty period cannot be substituted therefore his/her team plays short handed. The official will note the time of the infraction and release the penalized player when the penalty has expired.

11. If the ball comes to rest inside the crease, but not inside the goal, the defensive team will be awarded a goal kick.

12. No player on either team is allowed to contact the ball while he/she or the ball inside the crease. If a defensive crease violation occurs, the offensive team is awarded a penalty shot. If an offensive player commits a crease violation, no goal can be scored and the defense will be awarded a goal kick.

13. Penalty shots are unobstructed direct free kicks taken from the penalty spot, 10 yards from the goal. All players other than the designated kicker must be behind the shooter. A missed penalty shot will be a dead ball and play is restarted from mid field with an indirect free kick for the team that missed the penalty shot.

V. Tie Games

1. All tie games will result in a “sudden death” five minute overtime period. A coin toss will determine which team will kick off/defend goal of choice. If the game is still tied a “shoot out” will determine the winner. A coin toss will determine which team kicks first. Each team will receive the number of penalty shots equal to the number of players it had left playing on the field at the end of overtime. Ejected players or players out during penalty minutes are not eligible to participate in any portion of the “shoot out”. Teams will alternate shooters (co-rec will be male, female). If the first series of kicks does not determine a winner then the penalty spot will be moved forward 2 yards until a winner is determined.

Basic Soccer Rules

Point System- Points shall be awarded for each game on the following basis:

- Win 2 points
- Tie 1 point
- Loss 0 points

End of season tie breakers -- At the end of the season, if any number of teams in a division are tied in points, the following procedure shall be used to determine the final standings:

- Overall Record
- Head-to-Head Competition
- Goals Against
- Goal For

Playoff Overtimes - League playoffs and championship games:
- After completing regulation time and the score is tied. The teams will play two 7.5 minute periods (not sudden death) IF still tied one set of five penalty kicks per team taken alternatively. If score tied, each team shall kick one penalty kick in a sudden death fashion.

School Championships
- After a tied game, the team will play two 10 minute periods. If still tied, then penalty kicks. Remember only the players on the field at the end of regulation time may participate in the kicks. Each player kicks once, and then if necessary go through order again. Goalkeeper doesn’t participate in the kicks.

Officials
- The officials shall be in charge of: Players Coaches Spectators Ball Score and records of the game
- Three-official system

Substitutions
- A team may substitute (after notifying the official):
  - At halftime
  - After a goal
  - Own throw in

- A team may not substitute:
  - On a goal kick
  - Corner kick

Penalties
- Drop Ball (except after an injury)
- Second Whistle
  There will be no second whistle for free kicks, corner kicks, or throw ins except when the official deems it necessary.
- Sliding Tackles
  Sliding tackles shall be illegal. BALL TURNED OVER ON SLIDE TACKLES.
Advantage- When the official refrains from whistling for an offense, it is important that her clearly indicate by voice and gesture that he is using “advantage” so that everyone knows that the offense has not escaped his/her notice.

Goalkeeper-The goalkeeper shall be allowed 4 steps while in possession may bounce the ball as this is considered in possession. He may also roll the ball while in the penalty area, but he should note that once he places the ball on the ground (except for bouncing) it is considered live and may be played by an opposing player. Once the ball has been played on the ground it must be played by a member of either team before the goalie may obtain possession. An opposing player may stand stationary in front of the goalkeeper while the goalkeeper is throwing or kicking the ball. If the player plays the ball back to his keeper intentionally with his foot, then the keeper may not use his hands to play the ball. Same is true if the ball is thrown to the keeper. A player can use his head, chest, etc. to play the ball back to the keeper and the keep is then allowed to use his hands to play the ball. If this is violated, an indirect kick from the spot of the foul is given.

Ball In and Out of Play

- The ball is out of play when:
  The ball is wholly crossed the goal line or touch line whether it is on the ground or in the air. The official stops the game.

- The ball is in play:
  At all other times. If the ball rebounds off the goal posts into the field of play. If the ball rebounds off an official into the field of play.

Fouls- The awarding of a direct kick, or penalty kick, should the offense occur in the penalty area, shall be given to the opposing team if a player:

- Kicks an opponent
- Trips an opponent
- Jumps into an opponent
- Charges
- Charges from behind
- Strikes, hits, elbows
- Holds or pushes
- Touches the ball with his hands

An indirect free kick shall be awarded when an opponent:

- Plays in a dangerous manner
- charges fairly, but when the ball is not in playing distance
- Obstruction
- Charges the goalkeeper
- A goalkeeper takes more than 4 steps
- Delays the game
- Caution (yellow card)
- Illegal substitution
- Persistent infringing of the rules of the game
- Dissent by action or word
- Ungentlemanly conduct
- Intentionally sliding into an opposing player
- Ejection (red card)
- Violent conduct
- Foul/Abusive language

Persistent misconduct after receiving caution- Two successive games with yellow cards will disqualify that player for the next game. One game with a red card will disqualify that player for the next game. Three yellow cards, or one red card and two yellows, will disqualify the player for the rest of the season.

Free Kicks- When a player is taking a goal kick, a direct free kick or an indirect free kick while in his penalty box: All opponents must remain outside the penalty box until the ball has left the box. The ball must travel beyond the box before it may be touched by another player.

- Direct Free Kicks and Corner Kicks
  A goal may be scored directly (played by only one player).
- Indirect Free Kicks, Goal Kicks, and Kick Offs
  A goal may be scored only after the ball has touched two players of either team.
- Thrown In
  Both feet must be on the ground. Throw the ball straight over the head. The ball must touch another player before entering the goal.

Player Equipment- Goalkeepers must wear a distinguishing jersey color. No screw-in cleats allowed on the turf. No watches or jewelry (including earrings). No hats with hard bills or bandannas. Stocking caps are allowed when weather is extreme. No player will be allowed with splints, casts, or padded casts. No team animals allowed.

Id and fee cards are required.

A WAIVER must be signed for every player.