

2009-2010 INTRAMURAL 11 v 11 SOCCER RULES **(New Updated Rules)**

Regular season games cancelled due to bad weather or poor field conditions will be rescheduled if possible. Intramural Soccer will be played by the National Federation High School rules with the following modifications:

GENERAL INFORMATION

- 1) All Intramural soccer games are played at the Outdoor Center Fields located at 1st Street and Stadium Drive in Champaign.
- 2) All participants must have their University of Illinois Student Identification Card (I-card) with them at all times. The captain must complete the scorecard roster prior to each game with first and last names of players.
- 3) All men's, women's and coed divisions play 11 on 11 soccer. The minimum required to play is 7. See attached coed modifications for coed player policies.
- 4) Each team shall designate to the Referee the team captain or captains for the contest. The captain is required to sign the scorecard at the end of each game. The team captain is responsible for all information contained in the Intramural Soccer Captain's Packet and Intramural Policies and Procedures Manual.
- 5) Teams should complete the score card with first and last names of all players, and be warmed up and ready to play as soon as the previous game ends on their field.

Players

- 1) The game shall be played by two teams of 11 players, one of which shall be the goalkeeper.
- 2) The minimum number of players required to begin a game shall be 7 players. A team must begin if at least 7 players are present. If a team drops below 7 players for any reason it shall be the referee's discretion if the game shall continue.

No Show for 10 minute wait period

- 1) If a team not present and ready to play by **the scheduled game time** (scorecard completed, jerseys on, minimum number of players on the field) the team ready for play shall begin the game with penalty kick at the time the opposing team becomes ready for play. Once the penalty kick has been taken and made or missed, the team taking the penalty kick will also be awarded the ball for the kickoff to begin play.
- 2) If neither team is ready the game shall begin when both teams become ready with no penalty kick. The clock will start at the original game time – no extra time will be added.
- 3) At the 10-minute mark the game shall be declared a no show and the score recorded as 1-0.

Equipment and Uniforms

- 1) All players are required to bring a valid UIUC (I-card) to all Intramural Soccer games.
- 2) Teams are required to **bring** and **wear their own** similar colored jerseys or T-shirts. The goalkeeper shall wear a jersey or T-shirt that is different from all other players. Jerseys may not be tied in a manner that creates any type of knot.
- 3) Balls will be provided by the Office of Campus Recreation. No other balls will be allowed to be used in games. **In addition, game balls will not be provided to participants to warm up.**
- 4) Only athletic type soccer, running, court, or turf shoes with or without molded plastic or rubber cleats are allowed. All cleats must be less than ½ inch. All players must wear athletic shoes. No sandals, boots, or bare feet.
- 5) All players must be dressed in appropriate athletic apparel – shorts, sweat pants, t-shirts, etc. with **no exposed metal.**
- 6) Baseball style hats, bandannas, and sunglasses are not permitted. However, the goalkeeper may wear a soft brim cap or plastic sunglasses. No other headwear with knots or dangerous materials is allowed.
- 7) Players may not wear casts/splints under any circumstances at any time and all pads/braces must be above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it.
- 8) Players may wear covered knee braces, kneepads, gloves, headbands, and knit caps.
- 9) Players may not wear any exposed jewelry of any type.
- 10) If a player is bleeding, or if any of their clothing is stained with blood, they must be removed from the contest until an Intramural Staff member clears them to play.

Starting the game/ Half-time

- 1) The referee will conduct a coin toss. The winner will select to kick-off or a goal to defend.
- 2) The game will begin with a kick off. During the beginning of each half, at the moment of the kick off all players must be in their own half of the field and all defenders must be at least 10 yards from the ball.
- 3) The ball is in play when it moves forward.
- 4) After the ball is kicked, the kicker may not play the ball again until it is touched by any other player.
- 5) When restarting halftime, ends shall be changed and the kick-off shall be taken by a player of the team that did not kick off to start the game.

Timing

- 1) Games shall consist of two 20-minute halves with a 3-minute halftime.
- 2) The officials will be in charge of keeping time.
- 3) There will be no charged time outs during the game.
- 4) A game shall be considered "official" if after the 10 minute mark of the second half the game is stopped for inclement weather.
- 5) Game time is the scheduled league time, unless the previous game goes over the allotted time.

- 6) At the end of the game, team captain are required to check and verify all information by signing the scorecard.
- 7) **GAMETIME IS FORFEIT TIME.** Teams should report to the Intramural Supervisor a minimum of 15 minutes prior to the scheduled game time to complete the scorecard. **Legal team may give short team 10 minutes from game time to field a legal team or take the win by forfeit. Game clock starts at game time if the 10 minutes is awarded. However see *No show for 10 minute wait period* for procedures.**

Scoring

- 1) A ball must be 100% over the line to count as a goal.
- 2) A goal may be scored directly from a kick-off, a direct free kick, a goal kick, a penalty kick, a corner kick, a drop ball, or a goalkeepers' throw, punt, or drop kick.
- 3) A goal may NOT be scored directly from an indirect kick, a throw in, or a free kick into a team's own goal.
- 4) **MERCY RULE:** If a team leads by **(7)** goals anytime in the **second half** or by **(5)** goals in **the last two minutes of the game**, then **the game will end immediately.**

Substitutions

- 1) Substitutes for either team may enter the game during halftime, after a goal and on goal kicks.
- 2) Substitutes for the team in possession may enter on a throw in.
- 3) When a player(s) has been cautioned, or if a player is injured, he/she may be substituted. If such a substitution is made, the opponent shall have the opportunity to make a like number of substitutions.
- 4) Players wishing to sub must report to the cone at mid-field and wait to be waved in by the officials.

Ball in and out of play

- 1) The ball is OUT of play when it has completely crossed a goal line or touchline either on the ground or in the air.
- 2) The ball is IN play at all other times including: when it rebounds from a goal post, cross bar, or corner flag; when it touches an official in the field of play; until the whistle sounds; after a free kick or kick-off; when a drop ball touches the ground.
NOTE: A player may be out of bounds and legally play the ball.

Free Kicks (Direct and Indirect)

- 1) Free kicks shall be classified DIRECT (from which a goal may be scored directly) or INDIRECT (from which a goal may not be scored directly unless the ball is touched by a player other than the kicker).
- 2) All free kicks are taken from the spot of the foul. Direct free kicks awarded to the attacking team in the penalty area are penalty kicks.
- 3) For all direct and indirect kicks, the defending team must be at least 10 yards from the ball.
- 4) Direct free kicks are awarded for the following offenses:
 - a) Spitting, kicking, striking, attempting to kick or strike, or jumping at an opponent.
 - b) Tripping or attempting to trip an opponent.
 - c) Goalkeepers striking, pushing or attempting to strike or push opponents.

- d) Intentionally handling the ball by players other than the goalkeeper.
 - e) Pushing an opponent with hands or arms extended from the body.
 - f) Holding or placing hands on an opponent in an attempt to reach the ball.
 - g) Any player charging an opponent at any time.
 - h) NOTE: Direct kick penalties called against the defensive team inside their own penalty are (18 yard line) will result in a penalty kick.**
- 5) Indirect free kicks are awarded for the following offenses:
- a) If the ball is played next by the kicker following a kick off, a free kick, a penalty kick, a goal kick, or by the thrower following a throw in.
 - b) Offside
 - c) Obstructing an opponent when not in possession of the ball.
 - d) Kicking or attempting to kick the ball while in possession of the goalkeeper.
 - e) Dangerous play.
 - f) The goalkeeper takes more than six seconds before releasing the ball for play.
 - g) The goalkeeper touches with his or her hands a ball deliberately kicked or thrown back to them by a teammate.

Penalties

A player shall be **cautioned (yellow card)** for the following offenses:

- a) Leaving or entering the field of play without first getting the signal from the referee.
- b) Persistently infringing the rules of the game.
- c) Showing by word or action dissent from any decision given by the referee.
- d) Being guilty of unsportsmanlike conduct (i.e. unnecessary delay of game, holding a shirt or shorts, intentional handball to stop an attack).
- e) During a free kick, dancing or making gestures in a way to distract an opponent.

PENALTY: A cautioned player shall be substituted for immediately and not return until the next legal substitution opportunity. The restart after a card has been issued shall be an "indirect free kick" awarded to the non-offending team from the spot of the ball when the referee stopped play, unless the game had been stopped for some other reason calling for a different restart. The Intramural Sports Program shall keep a record of yellow cards given in all games. Once a player

has earned 2 behavior related yellow cards in the league, he/she must sit out the remainder of the current game and meet with the Protest Board prior to his/her next game. The duration of the player suspension shall be determined by the Protest Board according to existing ejection procedures. In the event that a player receives 2 behavior related yellow cards in the same game, the player will be ejected and the team WILL play shorthanded for the remainder of the game.

NOTE: The exception to the cumulative yellow cards rule shall be non-sportsmanship related offenses such as wearing jewelry. Final decisions concerning sportsmanship issues shall be made on site according to the officials and Intramural Supervisor.

A player shall be **ejected (red card)** for the following infractions:

- a) Being guilty of violent or serious foul play.
- b) Using foul or abusive language.
- c) Being guilty of misconduct after having received a caution (referee shall show both a yellow and a red card).
- d) A player anywhere on the field (other than a goalkeeper within his/her own penalty area) intentionally handling a ball to prevent it from going into the goal.

- e) An intentional foul by a player against an opponent who is moving toward his/her offensive goal with an obvious opportunity to score.
- f) Slide tackles from behind.
- g) Conduct which warrants ejection in the judgment of the referee.

PENALTY: A disqualified/ejected player (on the field/in the game) cannot be replaced (no substitution and team must play short for the remainder of the game). Ejected bench personnel or an ejected coach does not reduce the number of players on the field. **The restart after a card has been issued shall be an "indirect free kick" awarded to the non-offending team from the spot of the ball when the referee stopped play, unless the game had been stopped for some other reason calling for a different restart.**

TEAM PENALTY: Any team that receives any combination of two ejections penalties will result in forfeiture of the game. Example: 2 yellow cards and a red, 2 reds, or 4 yellow cards.

Advantage clause: The referee shall refrain from penalizing when it would be an advantage to the offending team. When this occurs, the referee will signal that advantage is being called, and give the verbal indication "play on."

Policies

As in all intramural sports contests, if a participant is ejected from a contest, he/she is immediately ineligible for further competition in any Division of Campus Recreation Intramural program until cleared by the Protest Board. It is the participant's responsibility to schedule an appointment with the Protest Board to review his/her behavior and subsequent eligibility to continue in the Intramural Sports Program. Any unsportsmanlike conduct by players or fans may cause a team to be disqualified from further competition. In addition, players, coaches, and spectators may not harass the officials (verbally or physically) after the contest has ended. Offender(s) are subject to the same penalties and procedures as players being ejected from the contest.

Participants should be aware that there is a risk of injury in participation of intramural sports due to the inherent nature of the activity. Individuals are encouraged to have a physical examination and to obtain adequate health and accident insurance prior to participation. Individuals participate in intramural activities at their own risk! **Participants who are bleeding must be removed immediately from the game and may not return until the wound is properly covered. All soiled clothing must be changed before being allowed again in the game. Officials can stop play immediately when there is an immediate dangerous situation/injury.**

Club Team Members

No more than one (2) members of the U of I Soccer Club are allowed to play (be on the roster) for an intramural team. The list of team players is available for review at the Division of Campus Recreation Intramural Office.

Penalty Kick

- 1) 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 within the penalty area.

- 2) The ball must be in play for a penalty kick to be awarded.
- 3) All players except the kicker shall be outside the penalty area, on the field of play at least 10 yards from the ball, and behind the penalty line or spot until the ball is kicked.
- 4) The goalkeeper shall be able to move laterally along the goal line prior to the kick.
- 5) The ball should be kicked while it is stationary on the ground from the penalty line or spot. The ball must be kicked so that it moves forward. Failure to kick the ball as specified shall result in a re-kick.
- 6) 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.
- 7) 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 the infraction.

Goal Kick

- 1) 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.
- 2) Players opposing the kicker shall remain outside the penalty area until the ball moves out of the penalty area.
- 3) The ball shall be kicked from the ground from within the goal area. A goal kick must clear the penalty area and enter the field of play. Failure to do so will result in a re-kick.
- 4) After the goal kick leaves the penalty area any player, except the one who takes the goal kick, may play the ball. The kicker may not play the ball until it has been touched by another player.
- 5) The goalkeeper shall not pick up the ball and play it, nor receive it with the hands directly from the goal kick.

Corner Kick

- 1) 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.
- 2) Defending team players shall be at least 10 yards from the ball until it has been kicked.
- 3) The ball shall be kicked from the ground within the quarter circle nearest where the ball left the field of play. It is in play when the ball moves.
- 4) After the corner kick, any player may receive the ball except the one who executed the corner kick

Throw-in

- 1) 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 touch line (sideline).
- 2) The ball shall be thrown in any direction from the point where it crossed the touchline by a player who is facing the field of play and has both feet on the ground outside or on the touch line.
- 3) The thrower shall use both hands with equal force and shall deliver the ball from behind and over the head in one continuous movement.
- 4) If the ball fails to enter the field of play, it shall be re-thrown.

- 5) After the throw-in, the ball may be played by either team. The thrower shall not play the ball before it has been touched by another player.

Offside

- 1) A player is in an offside position if he or she is nearer the opponent's goal line than the ball unless:
 - a) The player is in his or her own half of the field of play, or
 - b) There are at least 2 opponents as near to their own goal line as the player
 - c) It is the position of the player's head, torso, or legs/feet that determines their position, and NOT the player's arms or hands.
- 2) A player shall not be penalized for being in an offside position if the ball is received directly from a goal kick, corner kick, or throw in.
- 3) A player shall be penalized for being in an offside position **only** if at the moment the ball is played by a teammate, the player is involved in active play by:
 - a) Interfering with play or with an opponent, or
 - b) Gaining an advantage by being in that position.

Slide tackles

- 1) Slide tackles are legal in Intramural Soccer.
- 2) Good sportsmanship must be exhibited, and contact must be kept to a minimum.

Tie Breaker Procedure

- 1) Any players who were on the field at the end of regulation are eligible for the tiebreak procedure.
- 2) Following the Tiebreak Captain's Meeting, each team will have 2 minutes to designate 7 total kickers, in order, which may include the goalkeeper.
- 3) The first 5 kickers from each team will take penalty shots. If the score remains tied the next 2 kickers will take **SUDDEN VICTORY** penalty shots in alternating order. These 7 kickers will continue kicking in order using **SUDDEN VICTORY** format until a winner is determined.
- 4) The goalkeeper in goal at the end of regulation must remain in goal for the entire tiebreak procedure unless he/she becomes injured.
- 5) An Intramural Staff member must be present for all tiebreak procedures.

2008-2009 INTRAMURAL SOCCER RULES

COED MODIFICATIONS

Players

- 1) Each team shall consist of not more than eleven (11) players playing at one time.
- 2) A minimum of 8 players are required to start a game, 4 men and 4 women.
- 3) At all times, the number of **women** may exceed the number of **men** by any quantity.
- 4) At all times, the number of men on the field may not exceed 6.

Scoring

- 1) A goal by a male counts as 1 point
- 2) A goal by a female counts as 2 points.
- 3) Own goals by either sex are 1 point.

Protection

- 1) Women may use their hands and arms to protect themselves above the waist and below the neck, provided their arms and hands are "glued" to the body; that is, the arms and hands are merged as closely as possible with the part of the body they are protecting.
- 2) Men may also protect themselves below the waist provided their hands are next to their body.

Goalkeeper

- 1) The goalkeeper may be either male or female, but cannot be substituted for on the fly. The captain must notify the official at a time when the ball is dead.
- 2) If a penalty kick is awarded, the goalkeeper who was in the goal at the time of the infraction must remain in the goal for the penalty kick.

Penalty kick

- 1) A penalty kick taken by a woman will be counted as 1 point. A penalty kick taken by a man will be counted as 1 point.
- 2) 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 2 points. If a male takes the penalty kick it will be worth 1 point.

Tie Breaker Procedure

- 1) Any players who were on the field at the end of regulation are eligible for the tiebreak procedure.
- 2) Following the Tiebreak Captain's Meeting, each team will have 2 minutes to designate 7 total kickers, in order, which may include the goalkeeper. 3 of these kickers MUST be female.
- 3) Teams may choose to start with a male or female kicker, but must then ALTERNATE GENDERS for the remainder of the tiebreak procedure.
- 4) The first 5 kickers from each team will take penalty shots. If the score remains tied the next 2 kickers will take **SUDDEN VICTORY** penalty shots in alternating order. These 7 kickers will continue kicking in order using **SUDDEN VICTORY** format until a winner is determined.
- 5) The goalkeeper in goal at the end of regulation must remain in goal for the entire tiebreak procedure unless he/she becomes injured. Replacement keepers must be same gender.
- 6) Female goals count for 1 point only.
- 7) An Intramural Staff member must be present for all tiebreak procedures.