

**Intramural Soccer Rules  
Salisbury University  
Campus Recreation Department  
146 Maggs Gym  
410-548-3266**

The rules governing this intramural sport activity are derived from rules used by the National Intramural-Recreational Sports Association (NIRSA), the National Federation of State High School Associations (NFHS), and rules unique to the Salisbury University Intramural Sports Program. This rules sheet is not meant to be all-inclusive; rather it is a summary of the more common rules, policies, and procedures used by the Intramural Sports Program. All important policy information can be found in the Intramural Sports Guidelines. All team managers and players are responsible for reading this document and understanding the rules, policies, and procedures prior to participating in this activity.

**General Eligibility:** See the IMS Guidelines for complete listing of eligibility.

**Club Soccer Team Players:** Team Members are eligible to participate in intramural soccer; however these players must play on a Highly Skilled League team and there may not be more than two (2) club players on a roster. ***Penalty: A team with more than two (2) club players on a roster will automatically forfeit every game in which the ineligible player(s) participated. During playoffs, use of an ineligible player will result from the team being removed from further competition.***

**Intramural Team Participation:** Individuals may only play on one (1) co-rec team per season.

**Identification:** All players **MUST present a GULL Card** to the IMS Supervisor prior to each game.

**Team Rosters:** The official team roster consists only of those individuals who are eligible and who have signed the official roster/waiver. Individuals must be listed on the official roster by the end of regular season play in order to be eligible to participate in playoffs. Confirming that all players are listed on the official roster is the responsibility of the Team Manager.

**Games:**

- 1st game starts at 6:00 pm
- Last game starts at 10:00 pm

**Players:** Co-rec teams will be comprised of seven (7) players including the goalkeeper; but co-rec teams must have at least 2 women on the field at all times.. Rosters may list no more than 16 players.. A team may start with no less than five (5) players. In the event a team is playing with the minimum number (5) of players, and a player becomes injured or has to leave (other than an ejection) the game will continue until it is deemed a farce as determined by the officials and supervisors.

**Field Player Substitutions:** Unlimited substitutions are permitted. All substitutes must enter from midfield after the referee approves the substitution by calling the subs onto the field, and substitutions can only be done during the following situations:

- Prior to a corner kick
- Prior to a goal kick
- After a goal
- Prior to throw in, only if your team has possession of the ball
- When a play has officially stopped (injury, protest, etc.)

**Goalkeeper Substitutions:** Goalkeeper substitutions are unlimited; however goalkeeper subs are only allowed after the referee has been notified and the substitution is approved.

**Ejected Players:** NO substitution is permitted for an ejected player (1 red card or 2 yellow cards). The team will play shorthanded for the remainder of the game.

**Communication with IMS Staff:** Team managers are the only individuals permitted to speak with officials regarding substitutions, calls or questions. If another player attempts to dispute, a warning may be issued. Subsequently, an un-sportsmanlike conduct penalty may be called followed by a possible ejection.

## **Equipment**

**Jerseys:** Will be provided.

**Footwear:** Turf shoes, cleats, and soft, pliable, rubber bottom shoes are permitted. METAL CLEATS, SANDALS & OPEN TOED SHOES ARE STRICTLY PROHIBITED.

**Jewelry:** All jewelry must be removed or taped. This includes, but is not limited to, necklaces, earrings, newly pierced earrings, facial piercings, bracelets and watches. Tape will not be provided.

**Footwear:** Turf shoes, cleats, and soft, pliable, rubber bottom shoes are permitted.

**Soccer Balls:** Teams are encouraged to bring their own soccer ball(s) to practice (warm up) with and use in the game if both teams agree. The game ball shall be issued by the officials. Teams will not be allowed to warm up with a game ball.

**Other Equipment:** Shin guards are not required but highly recommended.

## **Duration of Game**

**Captains' Meeting and Coin Toss:** Five (5) minutes before the game, the officials will conduct a Captains' Meeting with the team manager/assistant managers of each team. Home team calls the toss (team listed first on schedule; if overtime (playoffs only), then opposite team from first half). The team winning the toss shall have their choice of options. The options for each half shall be the following:

- Team winning the toss - chooses whether his/her team will kickoff OR chooses the goal his/her team will defend.

- Team losing the toss - exercises the remaining option.

**Game Length:** Game will be played with two (2) 20-minute halves with a running clock. Clock stops only for timeouts, injuries, and protests and during the final two (2) minutes of the second half, the clock will stop for all dead ball situations.

**Game Time is Forfeit Time!** All intramural events are tightly scheduled based on facility availability to allow for maximum participation, so keeping the games on schedule is very important. Please have your team at the field checked-in and ready to play at least ten (10) minutes before your scheduled game time. Game time is forfeit time! If one team is late or is not present, the team's manager that is present and has the minimum number of participants required ready to play will be given two (2) options (once a decision is made it cannot be changed):

- Take the forfeit immediately.
- Give the team five (5) minutes to show.
- If the team shows, the game must be played with only the remaining amount of time left. If the team still does not show, it will be a forfeit.

**\*\*Reserve Clause:** the IM Staff reserves the right to make time adjustments to accommodate scheduling conflicts

**Mercy Rule:** If a team is down by four (4) goals or more at the two (2) minute mark in the 2nd half, the clock will run continuously (it will not stop on every dead ball situation).

**Half Time:** Half time will not exceed three (3) minutes. Teams will switch directions of play at half time.

**Time Outs:** Each team will be allowed two (2) time-outs per game (1 minute in length). Unused time-outs may not be carried over into the Overtime Period (only used in playoffs).

**Playing Rules** (Current NFHS Rules are in effect with exceptions outlined below.)

**Start of Play:** A kickoff begins from the center of the field of play, on the referees whistle.

- The game shall be started by a player kicking the ball into the opponents half of the field (the ball must travel forward one (1) full circumference of the ball).
- Every player shall be on his/her half of the field at the time of the kickoff.
- Players opposing the ball must remain outside the center circle until the ball is kicked.
- A goal may be scored directly from the kickoff.

**Indirect of Direct Free Kick:** When a player is taking an indirect or direct free kick, all opposing players shall remain at least ten (10) yards away until the ball is kicked.

**Goal Kick:** On a goal kick, players opposing the goalkeeper must remain outside of the penalty box until the ball is kicked.

**Slide Tackling:** Slide tackling is **PROHIBITED!** Slide tackling is a penalty when in the immediate vicinity of an opposing player and a direct free kick will be awarded to the opposing team. Contact does not have to be made in order for a penalty to be called.

- Sliding to keep a ball inbounds or to prevent a goal is not a penalty (as long as it is not intended to make contact with another player).

**Drop Ball:** A drop ball will occur when:

- An injury has transpired and no one has clear control of the ball.
- Both officials are unsure of an out of bounds call.
- There is a double foul (one on each team).

**Legal Throw-In:** For a legal throw to occur:

- BOTH FEET must be on the ground and behind the boundary line,
- The throw must be made with two hands and directly over the head, and
- The ball must not be “spinning” as it leaves the players hands.

\*A violation of any of the above will result in a throw in for the non-offending team.

**Advantage:** The “advantage” rule is used when the team with the ball is better off maintaining possession instead of stopping to enforce the penalty on the opposing team. The referee will yell “PLAY ON” to acknowledge the foul, while maintaining the flow of play. This is strictly a judgment call by the referee and may not be protested.

## **Goalkeepers**

**Intentionally Kicking Ball to GK:** On any occasion when a player deliberately kicks the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch the ball with his/her hands.

- Players may not use trickery to circumvent the rule.
- For example: Players may not flick the ball with their feet to their own head, chest, knee, etc. and then pass it to their own goalkeeper who touches the ball with their hands. In addition, the goalkeeper is not allowed to play the ball with his/her hands directly from a throw in (from his/her own team).

- A goalkeeper in possession of the ball shall not indulge in tactics which, in the opinion of the referee, are designed to waste time, thus giving an unfair advantage to his/her own team.

Goalkeepers have six (6) seconds to release the ball after making a save; however the GK may not leave the goal box until the ball is released.

- If a goalkeeper maintains possession of the ball longer than six (6) seconds, an indirect free kick shall be awarded to the opposing team from the spot the infraction occurs.

The goalkeeper may only use his/her hands within the entire box (penalty area).

The goalkeeper may NOT punt or drop kick the ball across the mid-field line.

- If it is airborne and does not touch any player before crossing the line, the defending team will receive an indirect kick from the mid-field line.

A player shall not, in any manner, charge or make contact with the goalkeeper in the penalty area unless the goalkeeper is obstructing the player or dribbling the ball with his/her feet. **Penalty: Direct Free Kick and possible ejection if deemed malicious or intentional.**

- A player may not attempt to kick the ball when it is in the possession of the goalkeeper.
- A player may not touch the ball while the goalkeeper is trying to clear the ball by throwing or kicking it.
- If the goal keeper drops the ball down and starts to dribble the ball, they have no more privileges than a normal player would.
- If the goalkeeper, while going for a ball, intentionally makes contact (kicks, pushes, heads, knees, etc.) with an opposing player, a direct free kick (penalty shot) will be awarded to the opposing team. (Possible ejection of keeper may be warranted as well.)

### **Fouls and Misconduct**

**Ejections:** A player shall be ejected if he/she intentionally (attempts) kicks, strikes, splits, pushes, trips. **Penalty: Offending player will be ejected and a direct free kick will result from the spot of the foul for the non-offending team.**

**\*\*\* NOTE:** If both teams are involved in misconduct a midfield drop kick will occur. Unsportsmanlike players will be ejected and will be subject to IMS policies and procedures regarding ejected players.

**Direct Free Kicks:** The following infractions will result in a direct free kick:

- Holding, pushing, striking and/or tripping that is “accidental” in nature.
- Fouling the goalkeeper while he/she is in possession of the ball or while he/she is jumping to receive the ball inside the penalty area.
- The goalkeeper intentionally elbowing or kneeing a player as they go up for the ball.
- Slide tackling.

**\*\*NOTE:** Be aware that any flagrant foul by a player is cause for an immediate ejection.

**Indirect Free Kicks:** The following infractions will result in an indirect free kick:

- One (1) player touching the ball twice in succession on the kickoff, throw in, corner kick, or goal kick (i.e., a player may not kick or throw to him/herself).
- Warnings given to a player, coach, and/or spectator for unsportsmanlike conduct.
- Obstruction, other than holding.
- Goalkeeper kicking the ball across the midfield line.
- Goalkeeper playing the ball with his/her hands when it is passed back by a teammate.
- Unsportsmanlike conduct/Delay of game.

- Dangerous play (e.g. Bicycle kick, playing the ball while on the ground, high kicks, etc.). These calls are judgment calls and may not be protested.

\*\*All free kicks (direct and indirect) will be taken from the spot of the foul. **Exception:** If the infraction (against attacking team) is within the defending teams goal area (box), the kick shall be taken from the part of the goal-area line which runs parallel to the goal line at the point nearest to where the offense was committed.

**Red Card Violation:** Player is ejected from the game and their team must play shorthanded for the remainder of the game.

**Yellow Card Violation:** Player must sit out for five (5) minutes. The team can substitute for that player. If a player receives a 2nd yellow card, he/she will be ejected and their team must play shorthanded for the remainder of the game. Ejected players are subject to IMS policies and procedures regarding ejected players.

**Penalty Kicks:** Penalty kicks are awarded for any infraction by the defending team within the penalty area that would normally be penalized by a direct free kick.

- The penalty kick shall be taken at a distance of twelve (12) yards from the goal line.
- A penalty kick shall be taken only from the penalty mark. All players except for the kicker and opposing goalkeeper shall be outside the penalty area and at least ten (10) yards from the spot of the kick.
- *Interrupting a Penalty Kick:* While the kicking player is approaching the ball, the player may NOT fake a kick, stop to hesitate and then proceed to kick the ball.
- The kicker is NOT allowed to play the ball a 2nd time, until it has been touched by another player (the kicker would have to wait for another player to touch the ball if it were to go untouched by the goalkeeper and deflect into play off the goal post).

\*\*The goalkeeper must stand on his/her own goal line until the ball is kicked. The goalkeeper is allowed to move laterally, but cannot come forward off the line until the ball is kicked.

**Infringement:** If there is an infringement during a penalty kick:

By the Defending Team: The kick is to be retaken if a goal has not resulted (the infringement is ignored if a goal is scored).

By the Attacking Team: (other than the player taking the kick) A re-kick is awarded if the ball enters the goal. If no goal is scored, play will stop, and the defending team will receive an indirect kick from the spot of the foul.

**Scoring:** A goal is scored when the whole ball has passed over the goal line between the goal posts and between the crossbar and ground, providing the ball has not been intentionally thrown, carried or propelled, by hand or arm, or by a player of the attacking side.

**Overtime:** Regular season games that end in a tie will be recorded as such. Overtime will only be played for playoff games. Games that end in a tie will result in a five (5) minute sudden death overtime (a new coin toss will be used). The first goal scored will determine the winner. If the game is still tied, a penalty kick (shoot out) tie breaker will be used in the following manner:

- Only the players on the field at the end of the sudden death overtime will be allowed to participate in the shootout initially.
- The away team will call the coin toss to determine the kicking order, with the winner electing to go first or second.
- Each team shall take an initial series of five (5) kicks alternating from the penalty mark. Each kick shall be taken by a different player. Co-Rec teams must alternate male-female. If there is not an equal number of males and females present, members of one sex will shoot again to maintain the alternating order.
- The team scoring the greater number of goals shall be declared the winner. If the score remains tied after the initial five (5) kicks, they shall continue alternating in the same order, allowing each member of their team to kick, until a team has one (1) more goal in the same number of kicks.
- If a team is playing shorthanded because of an ejected player, then the team must have one (1) player kick twice (only if the team is playing with four (4) or less players).
- Each team will be allowed one (1) time out (1-minute in length) during overtime.

## **Definitions**

**Direct Free Kick:** A free kick from which a goal may be scored against an opponent without a second player touching the ball.

**Indirect Free Kick (or spot kick):** A free kick from which a goal may not be scored unless the ball is played or touched by another player of either team.

**Drop Ball:** A method by which a dead ball becomes live. An official drops the ball to the ground between two (2) players from opposing teams. After the ball touches the ground it becomes live and may be played by anyone.

**Penalty Kick:** A kick awarded to a team because an opponent was charged with one of the major offenses, within his/her own penalty area, which requires a direct free kick.

**Throw-in:** A method by which a dead ball becomes live. A player throws the ball using both hands with equal force (no spinning the ball). The ball must be delivered from

behind over the head in one continuous movement, while BOTH feet are on the ground and on or behind the touch line. The player must be facing the field.

**Touch Line:** Longer boundary lines. The entire line is within the field of play.

**Goal Kick:** A goal kick shall be awarded to the defending team when the entire ball crosses the goal line, excluding that portion between the goal posts and under the cross bar, either in the air or on the ground, having last been touched by the attacking team. Players opposing the kicker must remain outside the penalty area until the ball has cleared the penalty area. If the kick does not clear the penalty area, the kick shall be repeated. The ball may be played by anyone except the person who kicked it initially.

**Corner Kick:** A corner kick shall be awarded to the attacking team when the entire ball passes over the goal line, excluding that portion between the goal posts and under the crossbar, either in the air or on the ground, having last been touched by the defending team. Players of the defending team must be at least ten (10) yards from the ball until it has been kicked (the ball must travel at least one (1) full circumference or it results in a re-kick). The ball may be played by anyone except the person who kicked it initially.