

# Intramural Outdoor Soccer Rules

The following set of rules addresses gameplay for intramural soccer. Any additional situations that arise will be ruled on according to the FIFA Laws of the Game. Additionally, the intramural handbook addresses intramural policies that apply to all sports and should be read prior to registering an intramural team.

**Postings:** Schedules, league updates, game results, and playoff brackets will be posted on IMLeagues as that information becomes available. Team captains should check the site regularly to check for changes.

**Eligibility:** All students are eligible to participate in the Intramural Sports Program, provided they are enrolled during that semester/block at St. Olaf.

All faculty, staff, and spouses are eligible provided they have a current Recreation Pass, have signed the necessary waivers, and paid the necessary pass fees.

All eligibility protests must be presented to the supervisor before the game or when the protested player first enters the game.

All players must have played in one regular season game to be eligible for the playoffs.

**Pre-Game:** All participants must present a valid Ole Card to participate in any intramural activity.

There will be no exceptions to this policy. If participants do not present valid identification, they will not be allowed to participate in the Intramural activity.

## **No ID, No Play!**

**Equipment:** The intramural staff will provide pinnies. However, teams may provide their similar colored shirts or jerseys if they like.

No jewelry or hard brimmed hats may be worn.

If braces are worn, they must be covered with a soft, pliable material.

Hard casts may not be worn.

**Forfeits:** To avoid a forfeit, teams must have the minimum number of players checked in by five (5) minutes past game time.



**Timing:** Each game consists of two halves of 20 minutes each. The clock will run continuously for the duration of each half.

Injury time will be added at the end of each half at the discretion of the referee.

**Extra Time:** There is no extra time in the regular season. Rather, the game will end in a tie.

During playoffs, 5-minute golden goal periods will be played.

If there is no winner after two extra time periods, the outcome will be decided by kicks from the mark in accordance with the procedures below:

1. A coin flip will be used to determine which team will shoot first.
2. All kicks will be shot towards the same goal.
3. Only players on the field at the end of the overtime period will be eligible to participate in the shootout.
  - a. If one team has more players on the field than the other, that team shall reduce their number of players to match the opponent's. (In co-rec, the team must reduce the same gender as the opponent's missing player).
4. Teams will alternate kickers.
  - a. In co-rec games, each team shall alternate the gender of their kickers as well.
5. The team scoring the most times out of the five kicks shall be declared the winner.
6. If the score is tied after five kicks, teams will continue alternating shooters in the same order until one team has scored and the other has not.
  - a. The sixth and seventh eligible kickers must shoot before the order begins over with the first shooters..

**Mercy Rule:** The mercy rule is 5 goals at the 5-minute mark in the second half.

**Players:** The game is played by teams of 7 players. Teams must have at least 5 players to avoid a forfeit.

For open games, there is no minimum or maximum number of males and females to play.

For CoRec games, there must be at least 2 females and 2 males on the field at all times.

**Substitutions:** Substitutes who wish to enter the game should stand at midfield until beckoned onto the field by the referee.



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The referee will beckon substitutes onto the field at a stoppage of play that precedes a kickoff, goal kick, or throw-in by the substituting team.

If a team substitutes prior to their own throw-in, the opponent may also substitute during that dead ball.

**Kickoffs:** The game and each subsequent period will begin with a kickoff. Kickoffs will also be used after a goal is scored to restart play.

For kickoffs, each player must begin in his/her half of the field. The kick is considered a direct free kick. It does not need to be kicked forward.

**Throw-Ins:** Throw-ins will be used to restart play when the ball exits the boundaries through either touchline. The team that did not cause the ball to exit the field of play will be awarded the throw-in at the spot.

A proper throw-in must be made with two hands straight over the head and both feet must remain on the ground through the throw. Throw-ins are indirect, so a goal cannot be scored by a throw-in.

**Goal Kicks:** Goal kicks are used to start play when the ball exits the boundaries through the goal line and is caused out of play by the attacking team. A goal kick is a direct free kick taken by the defending team that must be taken from inside the goal area. The kick must exit the penalty area before it may be touched by a field player.

**Corner Kicks:** Corner kicks are used to start play when the ball exits the boundaries through the goal line and is caused out of play by the defending team. A corner kick is a direct free kick taken by the attacking team that must be taken from no more than 1 yard from the corner flag.

**Boundaries:** The boundaries will be clearly marked whenever possible.

The entire ball must cross the entire line to be considered in or out of play. For out of bounds, the team contacting the ball last is deemed to have caused it out of play.

Additionally, the entire ball must cross the entire goal line between the posts and under the crossbar for a goal to be scored.

**Scoring:** A goal is scored when the whole of the ball has passed over the goal line between the goal posts and under the crossbar.



**Goalkeeper:** Once a goalkeeper has picked up the ball they have six seconds to release the ball. They may punt it, throw it, or set it down. If set down, the goalkeeper may not pick it back up with their hands.

Goalkeepers may not play the ball with their hands if the ball was passed back to them by a teammate. This includes throw-ins.

The above infractions will result in an indirect free kick for the offended team.

**Sliding:** Slide tackling is not permitted in intramural soccer. If a player takes the ball away from an opponent by sliding, a direct free kick will be issued.

**Offsides:** Offsides will not be called in 7v7 soccer.

**Fouls:** A player who commits any of the following offenses will be penalized by the award of a direct free kick (DFK) for the opposing team:

- Kicking or attempting to kick an opponent
- Tripping an opponent
- Charging an opponent.
- Striking or attempting to strike an opponent
- Spitting at an opponent
- Holding an opponent
- Pushing an opponent
- Deliberately handling the ball
- Slide tackling an opponent
- Diving or intentionally falling to embellish contact or a foul

**Free Kicks:** A direct free kick is one in which the ball can be scored as soon as it is kicked. A direct free kick is awarded for a foul or deliberate handball.

An indirect free kick is one in which the ball cannot be scored until it touches a second player. The second player can be of either team. An indirect free kick is awarded for an offsides offense, goalkeeper violation, dangerous play, or obstruction of an opponent.

During the taking of a free kick, all opponents must be at least 7 yards from the ball. If an opponent intentionally infringes on that distance, he/she will be issued a yellow card.

Additionally, the free kick must be taken while the ball is stationary, and the kicker may not touch the ball again until it touches another player.

**Penalty Kicks:** Penalty kicks will be awarded when the defending team commits a direct free kick infraction inside the penalty area.



Penalty kicks will be taken from the penalty mark – 12 yards from the goaline.

Penalty kicks are live once the ball is kicked and moves forward.

The attacking team must declare a kicker. The kicker must wait for the official's whistle before he/she kicks the ball. The kicker may not play the ball again until it has been contacted by another player.

**Cards:**

If a player is issued a yellow card, that player has been formally warned. If a player is issued a second yellow card in one game, that player will be issued a red card.

A red card will result in an ejection, and the offending player's team will play shorthanded for the remainder of the game.

