



Intramural Sports

Outdoor Soccer Rules

Eligibility Guidelines

1. You must present your APSU ID card to the IM Supervisor on duty in order to play...No exceptions!
2. An individual may only participate on one team in each league (Men's or Women's). Participation on two teams in the same sport is only permitted if one of the teams is Co-Rec. Players who play on more than one team in each league are subject to losing their eligibility for that sport. The opposing team does not have to protest this if caught by a supervisor or official.
3. Players using false identification will be suspended for a period of time determined by the Coordinator and Graduate Assistant of Intramural Sports.

Note: Captains are responsible for ensuring that their team roster is in compliance with the eligibility guidelines of the Intramural Sports Participation Manual.

The Game

1. **The Field:** The field shall be 70 yards long and 50 yards wide
2. **Team:** Teams will consist of a maximum of 14 players. 7 players on the field at a time in single gender (Men's or Women's) play, 8 in Co-Rec play. A team may begin with as few as 5 players.
3. **The Game:** The game shall be played in two 20 –minute halves with a five minute half time. The clock will run continuously except during injuries
4. **Timeouts:** Teams will have 3 timeouts per game. Teams will receive one timeout for all overtime periods. Any unused timeouts in regular season will not be carried over to overtime.
5. **Substitutions:** Unlimited substitutions may occur during the following game situations with the referees consent:
 - Goal kicks
 - Throw-ins
 - Kickoffs

6. **Equipment:** Hats, bandanas, metal cleats or spikes, shorts with pockets, or jewelry **MAY NOT** be worn while playing. Any player found wearing any of the above during the game will be removed from the game and not allowed to re-enter until the equipment has been removed or replaced. Shin guards are strongly recommended for all participants, but not required.

Note: For more detailed equipment guidelines, please refer to the Intramural Sports Participation Manual.

7. **Mercy Rules:** Games will be called when a team leads by 10 goals at any point in the 2nd half, 7 goals with 10 minutes or less remaining in the 2nd half, and 5 goals at any point in the 2nd half.

Note: Teams may not stall games to keep from getting the mercy rule. Any games that are not played competitively by both teams will be forfeited immediately. Games being prolonged to avoid mercy rule will be called immediately. For more details about the Competition Policy, please refer to the Intramural Sports Participation Manual.

Playing Rules

Play will be governed by the Official Soccer Rules as written by the National Federation of High Schools (NFHS), with modifications made by IM Sports.

Slide Tackling/Charging

Slide tackling is not allowed and will be penalized with a red card (automatic ejection)

Charging

Players may not charge the goalie while in the penalty area. Players are subject to ejection without warning.

Kickoffs

A coin toss called by the visiting captain will determine which team will take the kickoff in the first half. The toss must be called before the coin is flipped. The captain who wins the coin toss will choose one of the following options:

- First possession of the ball.
- Defend their goal of choice.

Teams will automatically switch goals in the 2nd half and the team who didn't kickoff in the first half will kickoff.

All kickoffs will be taken from midfield with the opposing team ten yards off the ball. Kickoffs will take place at the beginning of each half and after each goal.

Goalkeeping

- The goalie may only play the ball with his/her hands inside the second goal box. When outside the penalty box, the goalie becomes another fielder and can no longer play the ball with his/her hands.
- Once the goalkeeper gains possession of the ball with his or her hands in his or her own penalty area, s/he must release the ball within 6 seconds. If the goalkeeper releases control of the ball, he or she may not play the ball with his or her hands again until it has been touched or played by a teammate outside of the penalty area or by the opposing team either inside or outside of the penalty area. Any violations of this rule will result in an indirect free kick from the point of the infraction.
- Goalkeepers may not pick up balls that are not intentionally played by their teammates.

Overtime

Should a game be tied at the end of regulation the following procedure will be used to determine a winner:

- A coin toss will be conducted to start the overtime period, which will be called by the visiting team. The winner of the coin toss has the choice to shoot first or shoot second. Goalies will defend the same goal as they did during the 2nd half.
- Each team will alternate five penalty shots with the team scoring the most goals being declared the winner.
- If after five shots there is still a tie, each team will alternate one shot each until a winner is declared. If the first team makes their penalty shot, the second team will be allowed an opportunity to tie the game.
- All team members checked in to play must shoot before any player takes a second penalty shot.

Fouls

The following is a list of fouls that will result in a direct kick:

- Kick or attempting to kick an opponent (red card, automatic ejection).
- Striking or attempting to strike an opponent (red card, automatic ejection)
- Tripping an opponent.
- Jumping at an opponent.

- Violent charge.
- Charging from behind.
- Holding an opponent.
- Pushing an opponent.
- “Intentional” handling of the ball

Note: All fouls will result in direct kicks. This means a goal can be scored by the kicker.

Penalty Kicks

Penalty kicks will be taken when a direct free kick is awarded inside the defense’s penalty area. The kick will be taken from the penalty dot in front of the goal. The goalie must start with both feet on the goal line and all other players must remain outside the penalty box until the ball has been kicked.

Yellow Cards

Yellow cards will be issued for the following:

- Entering or leaving the field without permission of the referee.
- Persistently committing fouls.
- Showing dissent from a decision of the referee.
- Unsportsmanlike conduct.
- An intentional hand ball inside the box.

Note: A player receiving a yellow card must substitute out of the game immediately and remain out of the game for five minutes.

Red Cards

Red cards will be issued for the following:

- Violent conduct or serious foul play
- Using foul or abusive language to another player or referee.
- A second yellow card (cumulative over the course of the season)

Note: A player receiving a red card is automatically ejected and must leave the game and playing area immediately before the game can resume.

Co-Rec Modifications

Co-Rec games may be played with any of the following player ratios in relation to gender:

- 4:3 (male to female or vice versa)
- 3:2 (male to female or vice versa)

The following rules also apply to the Co-Rec game:

- A female must touch the ball when there is a change in possession.
- All goals scored by females will count as two points.
- During a shootout, a team must alternate gender when taking penalty kicks.

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