

Eligibility Guidelines

1. You must present your APSU ID card to the IM staff member 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. Only two (2) non-affiliates are allowed per team.
 - a. Non-affiliates are those individuals who are not currently enrolled at APSU or current APSU faculty/staff.
 - b. An individual must have a Foy Center membership for the duration of the league, paid at the service desk.
4. Players using false identification will be suspended for a period of time determined by the Coordinator of Intramural Sports.
5. The forfeit fee, \$40, will be enforced for every league sport and it must be paid before your next scheduled game.
 - a. A team who forfeits TWICE will be removed from the league and is still responsible for paying the forfeit fees.
6. Roster additions/deletions must be made prior to game time and will not be done by the IM staff at the check-in table.
 - a. Once a player has participated in one game they may not be removed from the roster

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 80 yards long and 40 yards wide.
2. **Team:** Teams will consist of 7 players on the field at a time in a single gender (Men's or Women's) play, 8 in Co-Rec play. A team may begin with as few as 5 players (6 in Co-Rec).
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. **Substitutions:** Unlimited substitutions may occur during the following game situations with referees consent:
 - a. Goal kicks
 - b. Throw-ins
 - c. Kickoffs
 - d. Corner-kick
5. **Equipment:** Hats, bandanas, metal cleats or spikes, 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.

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

6. **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 with 2 minutes or less remaining 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.

Coin Toss

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.

Kickoffs

All kickoffs will be taken from midfield with the opposing team **ten yards** off the ball. A kickoff can be played in any direction: backwards or laterally (sideways), and forward. Kickoffs will take place at the beginning of each half and after each goal.

A coin toss (or Rochambeau) 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.

Scoring

- A goal is scored when the entire ball passes legally beyond the goal line between the goal posts and under the cross bar, provided that it has not been carried, thrown, or propelled by the hand or arm. A ball on the goal line is not considered to have crossed the goal line.
- In Co-Rec play, a goal scored by a female counts for 2 points. **Penalty kicks by females still only result in 1 point, including overtime.**
- If a defending player other than the goalkeeper, intentionally stops the ball with his/her hands or arms to prevent a goal from scoring, then a goal is awarded and no penalty kick is awarded.
- A goal MAY be scored during play directly from a
 - Direct free kick
 - Goal kick
 - Penalty Kick
 - Corner Kick
 - Drop Ball
 - Goalkeeper's throw, punt, or drop-kick
- A goal MAY NOT be scored during play directly from a:
 - Indirect free kick
 - Throw-in
 - Free kick into a team's own goal

Offsides

- There will be no offsides for Intramural Soccer.

Throw-Ins

- A throw-in shall be awarded when the opposing team last touches or plays the ball before the entire ball passes beyond the touchline either in the air or on the ground.
- 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 on or behind the touchline. The thrower shall use both hands with equal force and shall deliver the ball from behind and over the head in one continuous movement.
- On a throw-in, the ball is playable by either team when it has left the hands of the thrower and any part of it breaks the plane of the touchline.

Free Kicks

- Free kicks shall be classified as:
 - Direct - one touch in which a goal may be scored directly against the offending side.
 - Indirect - two touches in which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.

*All free kicks may be kicked in any direction from the point where the infraction occurred, except the penalty kick, which must be taken from the penalty spot and kicked forward.

- Offenses for which a direct free kick may be awarded include the following violations:
 - Handling the ball with hands or arms.
 - Tripping an opponent, including throwing or attempting to throw an opponent by the use of the legs and slide tackling.
 - Pushing an opponent with the hand or with any part of the arm or body.
 - Holding an opponent.
 - Playing dangerously (kicks, strikes, attempts to kick or strike, jumps at an opponent, charges in a violent or dangerous manner, kicking dangerously high in front of opponent).
 - Charging an opponent in a dangerous manner.
- Offenses for which an indirect free kick may be awarded include the following violations:
 - A player playing the ball a second time before it has been played by another player at the kickoff, a free kick, a penalty kick, a corner kick, a goal kick, or by the thrower following a throw-in.
 - Improper substitution.
 - Persons other than authorized players entering the field.
 - Dissension by word or action toward a referee's decision.
 - Unsportsmanlike conduct.
 - To resume play after a player is ordered off the field for persistent misconduct or violent conduct.
 - Illegal obstruction (interfering with an opponent's movement without the ball).
 - The goalie taking more than the allotted six seconds at any one possession.
 - Charging the goalie or not allowing him/her to move with the ball.
- When a free kick is being taken, a player of the opposite team shall not approach within 10 yards of the ball until it is in play. A violation of this may cause player removal from the game. The ball must be stationary when kicked, and after being kicked, the kicker shall not play the ball a second time until it has been touched by another player.

Corner Kick

- A corner kick shall be awarded to the attacking team when the entire ball passes over the goal line, excluding that

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area between the goal posts and under the crossbar, either in the air or on the ground, having last been touched or played by the defending team.

- Players of the defending team shall be at least 10 yards from the ball until it has been kicked.
- The ball shall be kicked from the ground within the quarter circle, including on the lines, nearest where the ball left the field of play.
- After the corner kick, the ball may be played by any player except the one who executed the kick.

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.

Goalkeeping

- The goalie may only play the ball with his/her hands anywhere inside the 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 box or by the opposing team. 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 intentionally played by their teammates.
- Goal kicks will be taken from the 6 yard line mark.
- A goalkeeper shall not touch the ball with his/her hands when receiving it directly from a throw-in by a teammate.
- The referee shall remove without caution any player who intentionally charges and contacts the goalkeeper. Warnings will be issued to players dangerously charging but not contacting the goalkeeper.
- Teams may only switch goalkeepers at the end of a half or injury.

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. The first five shooters must have been in the game at the end of regulation.
- 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

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- A penalty shall also be assessed should two or more defensive players simultaneously make contact with the player who has control 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 penalty dot will fall on the outer edge of the penalty box, 8 yards from 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.

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