



## St. Cloud State University INTRAMURAL OUTDOOR SOCCER RULES



### The Number of Players (Substitutions)

- Men's League: 7 players, plus 1 goalkeeper (minimum of 6 players).
- Women's League: 7 players, plus 1 goalkeeper (minimum of 6 players)
- Co-Rec League: 7 players, plus 1 goalkeeper (minimum of 6 players)
  - There MUST be three (3) females on the field at all times.
- Unlimited substitutions may be made, with the consent of the referee at the following times:
  - A. Prior to a throw-in by team with possession of the ball
  - B. Prior to a corner kick by team with possession of the ball
  - C. Prior to a goal kick, by either team
  - D. After a goal, by either team
  - E. After an injury, by either team
  - F. At halftime
  - G. Player receiving a caution (yellow card) must sit out until next substitution situation
- Substitutes only enter the field of play at the halfway line.
- The goalkeeper may be changed at any stoppage for which the team is allowed to substitute provided the referee is informed before the change is made. If a team changes goalkeepers without notifying the referee, at the next stoppage of play caution both players (yellow card) and restart the game based on the original stoppage of play.

### The Player's Equipment

- A player must not use equipment or wear anything which is dangerous to him/herself or another player. Absolutely no jewelry of any kind may be worn during play (including rings, watches, bracelets--either cloth or metal, necklaces--either cloth or metal, nose rings or earrings) with the exception of medical identification tags which are completely taped. Earrings must be removed--they may no longer be taped!
- No metal spikes are allowed or spikes showing metal. Footwear must be worn
- Shin guards are strongly encouraged to be worn.
- No hats except for the goalkeeper who may wear a soft billed cap.
- Each goalkeeper must wear a jersey which distinguishes him/herself from the other players and officials.

### The Duration of the Match

- A match lasts two 20 minute periods with a 3 minute halftime interval.
- Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of overtime periods during playoff games.
- 1. In case of a tie, a one-minute rest period is followed by a five-minute overtime with the first team scoring a goal wins. The clock will run continuously for the first 4 minutes with stop time on each whistle during the last 1 minute. If the score is still tied after the overtime period the game will end in a tie. For the playoffs, if the score is still tied after the first overtime period, a second overtime will be played following the same procedures as the first. If the score remains tied after the second overtime the game will end in a shoot out.

### The Start and Restart of Play

- The winner of the coin toss decides which goal it will attack in the first half. The other team takes the kick-off to start the game. The team which wins the toss takes the kick-off to start the second half.
- In the second half of the match the teams change ends and attack the opposite goals.
- Kick-off
  - A. All players are in their own half of the field.

- B. Opponents of the team taking the kick-off must be at least 10 yds away from the ball until it is in play.
- C. The ball is stationary at the center mark.
- D. The referee gives a signal.
- E. The ball is in play when it is kicked and moves forward.
- The kicker cannot touch the ball a second time until it has touched another player--otherwise an indirect free kick is awarded to the opposing team.
- For all other infringements, the kick-off is retaken.
- A goal may be scored directly from the kick-off.

#### Dropped Ball

- A. The referee drops the ball where it was located when play was stopped (except in the goal area).
- B. Play restarts when the ball touches the ground.

- \* If the ball is touched by a player before it makes contact with the ground, the ball is dropped again.

#### The Ball In and Out of Play

- \* The ball is out of play when it has wholly crossed the goal line or touch line whether on the ground or in the air and/or when play has been stopped by the referee.
- \* The ball is in play at all other times, including when it rebounds from a goalpost, crossbar or corner flagpost and remains in the field of play or when it rebounds from either the referee or an assistant referee when they are on the field of play.

#### The Method of Scoring

- \* A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

#### Offside

- \* It is not an offense in itself to be in an offside position.
- \* A player is in an offside position they are nearer to the opponent's goal line than both the ball and the second last opponent.
- \* A player is not in an offside position if:
  - A. Player is in their own half of the field of play.
  - B. Player is level with the second last opponent or level with the last two opponents.
- \* A player in an offside position is only penalized if, at the moment the ball touches or is played by one of the player's team, the player is, in the opinion of the referee, involved in active play by:
  - A. Interfering with play.
  - B. Interfering with an opponent.
  - C. Seeking to gain an advantage by being in that position.
- \* There is no offside offense if a player receives the ball directly from:
  - A. A goal kick.
  - B. A throw-in.
  - C. A corner kick.
- \* For any offside offense, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred (except in the goal area).

#### Fouls and Misconduct

- A direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee to be careless, reckless or using excessive force:
  - A. Kicks or attempts to kick an opponent.
  - B. Trips or attempts to trip an opponent.
  - C. Jumps at an opponent.
  - D. Charges an opponent.

- E. Strikes or attempts to strike at an opponent.
  - F. Pushes an opponent.
- A direct free kick is also awarded to the opposing team if a player commits any of the following four offenses:
    - A. tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
    - B. Holds an opponent.
    - C. Spits at an opponent.
    - D. Handles the ball deliberately (except for the goalkeeper within their own penalty area).
    - E. SLIDE TACKLES ARE ILLEGAL!
  - A direct free kick is taken from where the offense occurred (except in the goal area).
  - A penalty kick is awarded if any of the above ten offenses is committed by a player inside their own penalty area, irrespective of the position of the ball, provided that it is in play.
  - An indirect free kick is awarded to the opposing team if a player, in the opinion of the referee, commits any of the following three offenses:
    - A. Plays in a dangerous manner.
    - B. Impedes the progress of an opponent.
    - C. Prevents the goalkeeper from releasing the ball from their hands.
  - An indirect free kick is also awarded to the opposing team if a goalkeeper, inside their own penalty area, commits any of the following five offenses:
    - A. Takes more than four steps while controlling the ball with their hands, before releasing it from their possession.
    - B. Touches the ball again with their hands after it has been released from their possession and has not touched any player.
    - C. Touches the ball with their hands after it has been deliberately kicked to them by a team-mate.
    - D. Touches the ball with their hands after it has been received directly from a throw-in taken by a team-mate.
    - E. Wastes time.
  - An indirect free kick is taken from where the offense occurred (except in the goal area).
  - A player is cautioned and shown the yellow card if they commit any of the following seven offenses:
    - A. Is guilty of unsporting behavior.  
For example: A player standing in front of the ball when a free kick has been given against their team in order to waste time and allow their team to organize the defensive wall or a player who kicks or carries away the ball with their hands after a free kick has been given against the player's team.
    - B. Shows dissent by word or action.
    - C. Persistently infringes the Laws of the Game
    - D. Delays the restart of play.
    - E. Fails to respect the required distance when play is restarted with a corner kick or free kick.
    - F. Enters or re-enters the field of play without the referee's permission.
    - G. Deliberately leaves the field of play without the referee's permission.
  - A player is sent off and shown a red card if they commit any of the following seven offenses:
    - A. Is guilty of serious foul play.
    - B. Is guilty of violent conduct.
    - C. Spits at an opponent or any other person.
    - D. Denies an opponent a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to the goalkeeper with their own penalty area).
    - E. Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick.
    - F. Uses offensive, insulting, or abusive language.
    - G. Receives a second caution in the same match.

## Free Kicks

- \* For both direct and indirect kicks, the ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player.
- \* A goal may be scored directly on a direct free kick (except if it is kicked directly into the team's own goal in which case a corner kick is awarded to the opposing team).
- \* A goal may not be scored directly on an indirect kick.
  - A. If an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded.
  - B. If an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.
- \* For a direct or indirect free kick taken by the defending team in the penalty area:
  - A. All opponents are at least 10 yds from the ball.
  - B. All opponents remain outside the penalty area until the ball is in play.
  - C. The ball is in play when it is kicked directly beyond the penalty area.
  - D. A free kick awarded in the goal area is taken from any point inside that area.
- \* For an indirect free kick taken by the attacking team in the penalty area:
  - A. All opponents are at least 10 yds from the ball until it is in play, unless they are on their own goal line between the goalposts.
  - B. The ball is in play when it is kicked and moves.
  - C. An indirect free kick awarded inside the goal area is taken from that part of the goal area line which runs parallel to the goal line, at the point nearest to where the infringement occurred.
- \* For an indirect free kick taken by the attacking team outside the penalty area:
  - A. All opponents are at least 10 yds from the ball until it is in play.
  - B. The ball is in play when it is kicked and moves.
  - C. The free kick is taken from the place where the infringement occurred.

## The Penalty Kick

- \* A penalty kick is awarded against a team which commits one of the ten offenses for which a direct free kick is awarded, inside its own penalty area and while the ball is in play.
- \* A goal may be scored directly from a penalty kick.
- \* Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of periods of extra time.
- \* Procedure
  - A. The ball is placed on the penalty mark.
  - B. The player taking the penalty kick is properly identified.
  - C. The defending goalkeeper remains on their goal line, facing the kicker, between the goalposts until the ball has been kicked (the goalkeeper may move back and forth along the goal line before the ball is kicked--but cannot move forward until the ball is kicked).
  - D. The remaining players take up positions inside the field of play, outside the penalty area, behind the penalty mark and at least 10 yds away from the penalty mark.
  - E. The referee does not signal for a penalty kick to be taken until the players have taken up position in accordance with the Law.
  - F. After the signal from the referee, the player taking the penalty kicks the ball forward. The kicker may not play the ball a second time until it has touched another player.
  - G. The ball is in play when it is kicked and moves forward.
- \* A goal is also awarded if, before passing between the goalposts and under the crossbar, the ball touches either or both of the goalposts and/or the crossbar, and/or the goalkeeper.

## The Throw-In

- \* A throw-in is awarded when the whole of the ball passes over the touch line, either on the ground or in the air, from the point where it crossed the touch line to the opponents of the player who last touched the ball.
- \* A goal cannot be scored directly from a throw-in.

- \* At the moment of delivering the ball, the thrower must:
  - A. Face the field of play.
  - B. Have part of each foot either on the touch line or on the ground outside the touch line.
  - C. Use both hands.
  - D. Deliver the ball from behind and over their head
- \* The ball is in play immediately after it enters the field of play.
- \* If, after the ball is in play, the thrower touches the ball a second time (except with their hands) before it has touched another player, an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.
- \* If, after the ball is in play, the thrower deliberately handles the ball before it has touched another player, a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred. Unless the infringement occurred in the thrower's penalty area in which case a penalty kick is awarded (If the goalkeeper was the thrower and deliberately handles the ball inside their own penalty area before it has been touched by another player, an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred).
- \* If the ball does not enter the field of play, the throw is retaken.
- \* If an opponent unfairly distracts or impedes the thrower, they are cautioned for unsporting behavior and shown a yellow card.
- \* For any other infringement of this Law, a throw-in is awarded to the opposing team.

### **The Goal Kick**

- \* A goal kick is awarded when the whole of the ball having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored.
- \* Procedure:
  - A. The ball is kicked from any point within the goal area by a player of the defending team.
  - B. Opponents remain outside the penalty area until the ball is in play.
  - C. The kicker does not play the ball a second time until it has touched another player.
  - D. The ball is in play when it is kicked directly beyond the penalty area.
- \* A goal may be scored directly from a goal kick, but only against the opposing team.
- \* If the ball is not kicked directly into play beyond the penalty area, the kick is retaken.

### **The Corner Kick**

- \* A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored.
- \* Procedure:
  - A. The ball is placed inside the corner arc at the nearest corner flagpost.
  - B. The corner flagpost is not moved.
  - C. Opponents remain at least 10 yds from the ball until it is in play.
  - D. The ball is kicked by a player of the attacking team.
  - E. The ball is in play when it is kicked and moves.
  - F. The kicker does not play the ball a second time until it has touched another player.
- \* A goal may be scored directly from a corner kick, but only against the opposing team.
- \* On a corner kick, the ball may be placed on the corner arc.

### **Kicks from the Penalty Mark (Shootout)**

In the playoffs if the score is tied, a 5 person shootout will be used to determine the winning team.

- \* The referee chooses the goal at which the kicks will be taken.
- \* The referee tosses a coin and the team whose captain wins the toss takes the first kick.
- \* The referee keeps a record of the kicks being taken (player number and result).
- \* Both teams will alternate in taking five kicks.
- \* If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken.

- \* If, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, kicks continue to be taken in the same order until one team has scored a goal more than the other from the same number of kicks.
- \* Only those players who are on the field of play at the end of the second period are allowed to take kicks from the penalty mark.
- \* Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick.
- \* An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken.
- \* All players, except the player taking the kick and the two goalkeepers, must remain within the center circle.
- \* A minimum of one (1) female MUST kick for each team in a shootout situation.

### **ALCOHOL**

It is the University policy that alcoholic beverages may not be consumed on Campus Recreation areas or at events. Please help us enforce this policy with both you, your teammates, and your spectators. If your team or fans fail to cooperate, it may result in forfeiture of the game and possibly suspended indefinitely from the Intramural program. Any player removed from a game for alcohol suspension will have to see the Intramural Coordinator before they are allowed to participate again.

### **MERCY RULE**

The game will be called if a team is up ten (10) goals at any point in the game.

### **BLEEDING**

Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with bandage before that player can continue playing.

### **FOREFIETS**

**1<sup>st</sup> Forfeit:** \$5 re-entry fee, which must be paid within 24 hours of the forfeit.

**2<sup>nd</sup> forfeit:** Team is automatically dropped from the league!

### **EJECTIONS:**

Anytime 2 players from a team have been removed from the contest for unsportsmanlike conduct, flagrant foul, or fighting, the contest shall be declared a forfeit for the team. Any manager, coach, or player ejected from the game may be asked to leave the gym area. If he/she returns into the gym area for any reason, the opposing team will be credited with the win by forfeit and the game will be terminated and campus security will be notified