

The University of North Carolina at Greensboro
Department of Recreation and Wellness
Intramural Sports

OUTDOOR SOCCER RULES
Open

WARNING: YOU MAY SUFFER FROM PHYSICAL/ MENTAL INJURY FROM PARTICIPATING IN INTRAMURAL ACTIVITIES. PARTICIPATION IN THE RECREATION AND WELLNESS PROGRAM IS COMPLETELY VOLUNTARY. UNCG AND THE DEPARTMENT OF RECREATION AND WELLNESS ARE NOT LIABLE FOR INJURIES SUSTAINED DURING

The Department of Recreation and Wellness's Intramural Soccer will be played according to the National Federation Soccer Rules Book. The following are some highlighted rules and expectations to the Federation Rule Book.

RESPONSIBILITIES OF MANAGERS AND/OR CAPTAINS OF TEAMS

1. Read-know the rules. Have a team meeting.
2. Control teammates and your spectators.
3. Represent your team at meeting and during games.
4. Only the captain may address an official on matters of interpretation and/or for information. Once a game is complete, you may not in any way hassle the officials.
5. All team members must bring UNCG ID to participate.

ELIGIBILITY

1. To be eligible, a player must be currently enrolled at UNCG, or Faculty/Staff who is a member of the Kaplan Center.
2. All eligibility protests must be when the protested first enters the game.
3. Play for one team only
4. Must have played in one regular season game to be eligible for the tournament.
5. Violation of any of the above may mean forfeiture of the game and/or season.

PRE-GAME

1. Teams are encouraged to show up at least 15 minutes before the scheduled game time.
2. Games will start as quickly as possible, so that the maximum time can be used for the game.
Forfeit time is GAME TIME!
3. A team consists of seven (**6 + goalie**) players. Each team must have at least 5 (**4 + goalie**) players present by game time to avoid forfeit.

EQUIPMENT

1. No pockets are allowed. Taping or sewing pockets shut will not be allowed. No tear-away pants are allowed. No pants with belt loops are allowed
2. No hats or bandanas are allowed. Hooded sweatshirts need to have the hood tucked in.
3. Shin guards may be worn. Metal braces (Knees) must be covered. The referee shall not allow a player to wear anything which he/she deems dangerous (i.e. hard casts and splints are not allowed or anything the referee deems as unyielding material)
4. **ABSOLUTELY NO JEWELRY! NO HATS OR BANDANAS! ALL MUST COME OFF! For the safety of all participants!!**
(Exception: Medical Alert Tags – must be taped down)
5. No metal cleats, boots, steel-cleated or hard-toed shoes are allowed.
6. Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before that player can continue playing. If there is blood on an Intramural Sports jersey, you must get a clean one before resuming play.

THE GAME

1. A game consists of 2 periods of 20 minutes each with running time. There is a 5-minute break between periods. The clock will stop for injuries, time-outs, and at the official's discretion.
2. At the beginning of the game, choices of ends or kickoffs shall be decided. The team winning the toss shall have the choice of ends or the kickoff. To start the second half, the kickoff shall be taken by a player of the opposite team to that of the player who started the previous period. "Ends" will automatically be switched.
3. At the referee's signal the game shall be started by a player touching the ball so that it travels forward. Every player shall be in their half of the field and every player on the team opposing that of the kicker shall remain not less than ten (10) yards from the ball until it is kicked off. *A goal may be scored direct from the kickoff.*
4. A penalty kick shoot out will break all tie games, with the exception of playoff games. The shoot out procedure is followed as outlined further in the rules.

1. For playoff games, a five (5) minute Golden Goal (Sudden death) overtime period will be played. This means if a team scores they win. If the score is still tied, follow the above procedures for a tie game penalty kick shoot out.

SCORING

1. Scoring a goal. Each goal is scored as one point. A goal is scored when the entire ball has passed over the goal line, between the goal posts and under the crossbar, provided it has not been intentionally thrown, carried, or propelled by the hand or arm of a player on the attacking side.
2. A goal **MAY** be scored during play directly from a:
 1. Kickoff
 2. Direct free kick
 3. Penalty kick
 4. Corner kick
 5. Drop ball
 6. Goalkeeper's throw, punt, or drop-kick
3. A goal **MAY NOT** be scored during play directly from a/an:
 1. Indirect free kick
 2. Throw-in
 3. Free kick into a team's own goal
 4. Goal kick

GOALKEEPERS

1. Goalkeepers must distribute the ball with a throw, pass or punting of the ball without a delay.
2. Once the goalkeeper takes control of the ball with his or her hands within his or her own penalty area, the goalkeeper must release the ball into play before seven (7) seconds have elapsed.
3. The goalkeeper may not intentionally strike an opponent by throwing the ball vigorously at or pushing the opponent with the ball while holding it.
4. When a player deliberately kicks the ball to his or her goalkeeper, the goalkeeper is not permitted to touch it with the hands (Penalty: Indirect free kick)
 - a. Goalies are allowed to handle the ball if teammate used head, chest, or knee to direct the ball to them.
5. Once the goalkeeper has possession, everyone else **MUST** immediately step away.

SUBSTITUTIONS

1. Players may substitute on an unlimited basis during a dead ball period. Substitutes must wait to enter the game until directed to do so by the game officials. No substitute is permitted for a player ordered off the field by a referee. (Penalty for violation- indirect free kick from the point of where the ball was when infraction was discovered.)
2. Goalies must notify the referee that they are substituting.

THROW-IN

1. When the ball passes **COMPLETELY** over a touch line, either on the ground or in the air, it shall be a throw-in from the point where it crosses the line, in any direction, by a player of the team opposite to that of the player who touched it last.
2. The thrower at the moment of delivering the ball must face the field of play and part of each foot must be either on the touch line or on the ground outside the touch line. The thrower shall use both hands equally and shall deliver the ball from behind or over the head. The thrower may not play the ball until another player has touched it. A goal shall not be scored direct from a throw-in.
3. The player throwing the ball in must have both feet on the ground at the moment the ball is released.
4. If the ball is improperly thrown-in, the throw-in shall be taken by the opposing team except when the throw-in does not enter the field of play.

OFFSIDES

1. There shall be no offsides. However, players cannot intentionally impede the movement or view of the goaltender.

FREE KICKS

1. Free kicks shall be classified as "direct"-one touch (a goal may be scored directly against the offending side) or "indirect"-two touch (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 penalty kick, which must be taken from the penalty spot and kicked forward.
2. 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 will result in a re-kick and 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 another player has touched it. In the case of a free kick awarded to the defending team in their penalty area, the ball must be **KICKED** beyond the penalty area with all opponents outside the penalty area and at least 10 yards from the ball.

GOAL KICK

1. When the ball passes **COMPLETELY** over the end line, excluding between the goal posts and under the crossbar, having last been played by one of the attacking team, it shall be **KICKED** beyond the penalty area, from a point near the corner of the goal area closest to where it crossed the goal line.
2. A goal cannot be scored from a goal kick.
3. Players of the team opposing that of the player taking the goal kick shall remain outside the penalty area until after the kick. Neither team is to touch the ball until it leaves the goal box.

CORNER KICK

1. When the ball passes **COMPLETELY** over the goal line, excluding between the goal posts and under the crossbar, having last been played by the defending team, a member of the attacking team shall take a kick from the nearest corner spot.
2. A goal may be scored directly from such a kick.
3. Players of the team opposing the corner kick shall not approach within 10 yards of the ball until it is kicked. Nor shall the kicker play the ball a second time until another player touches it.
4. Violation of this shall result in an indirect free kick for the opposing team from the spot of the violation.

ADVANTAGE CLAUSE

1. The official shall permit play to continue rather than stopping play to administer the foul. This concept is based on the premise that the foul did not put the offended team at a disadvantage, or the foul, if called, may take away a favorable opportunity for the offended team. The foul may be subsequently called if the advantage does not materialize.

FOULS and PENALTIES

1. Normal, contact fouls result in a direct free kick.
2. Intentional fouls or handballs result in a direct free kick.
3. Obstruction: hindering or preventing the opponent's progress or play. Referee may consider this either a minor or major penalty.
4. The following actions result in automatic ejection from the game:
 1. Continuous unnecessary roughness.
 2. Hitting or shoving officials or players.
 3. Disrespectfully addressing an opponent, spectator, or staff member.
 4. Any other unsportsmanlike conduct in the opinion of the official.
 5. Excessive contacts on slide tackles.
5. Direct Free Kick awarded when:
 1. If a player intentionally spits at, kicks, strikes, attempts to kick or strike, or jumps at an opponent
 2. If a player intentionally trips or attempts to trip an opponent
 3. If a goalkeeper intentionally attempts to strike or push on opponent with the ball
 4. If a player, other than the goalkeeper intentionally handles the ball
 5. If a player intentionally pushes an opponent with the hand(s) or arm(s) extended from the body
 6. If a player intentionally holds an opponent or places hand(s) on an opponent in an effort to reach the ball
 7. If a player intentionally charges an opponent in a violent or dangerous manner
 8. If a player intentionally charges into an opponent while the opponent, in the act of playing the ball, has both feet off the ground
 9. If the goalkeeper illegally handles the ball while in his/her own penalty area after once relinquishing possession of the ball
 10. If a player slide tackles

When any of the above penalties are called on the defense inside the penalty area it is a P.K. (penalty kick).

6. Indirect Free Kicks are awarded and taken from the point of the infraction:
 1. If the ball is played next by the kicker following a kickoff, a free kick, a penalty kick, a goal kick, a corner kick, or by the thrower following a throw-in before the ball is not touched by someone else.
 2. If a player who is not in possession of the ball obstructs an opponent who is attempting to play the ball
 3. If a player kicks or attempts to kick the ball while it is in the possession of the goalkeeper
 4. For dangerous play (Exception: Sliding is a dangerous play but warrants a direct kick)
 5. If the goalkeeper takes more than 7 seconds before releasing the ball for play
 6. Improper Substitution
 7. Unsportsmanlike Conduct

On any indirect free kick awarded to attacking team inside the opponent's penalty box, the spot of the free kick will be the closest location outside of the penalty box.

*The following indirect free kicks are taken from where the ball was when the referee stopped play:

8. For temporary suspension of play for an injury or unusual situation and one team has clear possession of the ball
9. If the game is stopped because of misconduct by a person in the team and coaching area

7. Yellow/Red Card:

1. 2 yellow cards in the same game = 1 red card = Ejection
2. 1 red card = Ejection
3. 3 yellow cards during league = Meeting with Assistant Director or designee to evaluate status in league.
4. 2 red cards in league = Ejection from league for remainder of the season
5. A player shall be **cautioned (yellow card)** for the following offenses:
 1. Leaving or entering the field of play (except through the normal course of play) without first getting the signal from the referee.
 2. Persistently infringing the rules of the game.
 3. Showing by word or action dissent from any decision given by the referee.
 4. Being guilty of unsportsmanlike conduct (i.e. unnecessary delay of game, holding a shirt or shorts, intentional handball to stop an attack).
 5. During a free kick, dancing or making gestures in a way to distract an opponent.
 6. **SLIDING OR SLIDE TACKLING** Goalkeepers may slide head first to secure the ball if it is in their penalty area and if they do not make contact with other players. If contact is made, it will be a penalty.
 7. A player anywhere on the field (other than a goalkeeper within his/her penalty area) intentionally handling a ball to prevent it from going into the goal (goal is scored anyway).
 8. An unsuccessful attempt to deny an opponent an obvious goal-scoring opportunity by foul (goal is scored anyway)

PENALTY: The player receiving a yellow card must be removed from the game for 5 minutes of playing time. His/her team can use an eligible substitute. A cautioned player may only return to play during a dead ball period after receiving permission from an official. Multiple yellow card penalties may be served by the same time simultaneously. The restart after a card has been issued shall be an "indirect free kick" awarded to the non-offending team from the spot of the ball when the referee stopped play, unless the game had been stopped for some other reason calling for a different restart (i.e. foul).

SLIDE TACKLES: Teams participating in both leagues will be allowed to slide in an attempt to play the ball. In order for a slide to be considered legal, it must be initiated from within the ball-handlers' peripheral field of vision and must be an attempt to play the ball. Slide tackles that are initiated from outside of the ball-handlers' peripheral field of vision, is not an attempt to play the ball. Bad slide tackles from a player would either result in a yellow or red card on the official's discretion. Slide tackles with excessive contact will be penalized with a straight red card.

Goalies are free to slide in any direction to play the ball as long as the play is confined to the penalty box.

PENALTY: The restart after a card has been issued shall be an "direct free kick" awarded to the non-offending team from the spot of the ball when the referee stopped play, unless the game had been stopped for some other reason calling for a different restart (i.e. foul)..

6. A player shall be **ejected (red card)** for the following infractions:
 1. Being guilty of violent or serious foul play.
 2. Using foul or abusive language.
 3. Being guilty of misconduct after having received a caution (referee shall show both a yellow and a red card).
 4. A player anywhere on the field (other than a goalkeeper within his/her own penalty area) intentionally handling a ball to prevent it from going into the goal.
 5. An intentional foul by a player against an opponent who is moving toward his/her offensive goal with an obvious opportunity to score (does not score goal)
 6. Conduct which warrants ejection in the judgment of the referee.
 7. Two or more yellow cards in a game.

PENALTY: A disqualified/ejected player (on the field/in the game) cannot be replaced (no substitution and team must play short for the remainder of the game). Ejected bench personnel or an ejected coach does not reduce the number of players on the field. The restart after a card has been issued shall be an "indirect free kick" awarded to the non-offending team from the spot of the ball when the referee stopped play, unless the game had been stopped for some other reason calling for a different restart (i.e. foul)..

NOTE: A player with three yellow cards or more would be suspended for a game. A player with two ejections due to unsportsmanlike conduct could be suspended for the remainder of the season.

Anytime two players from a team have been removed from the contest for unsportsmanlike conduct, fragrant 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 playing area. If he/she returns into the area for any reason, the opposing team will be credited with the win by forfeit and the game will be terminated.

Two Ejections of same individual in a season: Individual automatically out of league.

POINTS OF EMPHASIS

1. Drop ball – must touch ground first
 - a. Ball goes out of bounds by opponents simultaneously
 - b. Temporary suspension of play and no team has clear possession
 - c. Simultaneous fouls of same degree
2. Hand balls only called if intentional.
3. Fouls and penalties on the line (penalty box) are treated as in the box penalties. Outside edge of line is the divider.

SHOOTOUT / PENALTY KICKS

1. Shootout will consist of team's alternating kicks with five (5) players from each team making the attempts.
2. Every player (including goalies) on a team must attempt a kick before a player can shoot a second time.
3. The ball will be placed on the penalty box directly in front of the goal.
4. Once a player who is taking a shot begins his/her approach to the ball, they may not interrupt their movement by faking a kick, stopping or hesitating, then proceeding to kick the ball. Failure to kick the ball as stated in this rule results in a rekick.
5. The goalkeeper may move laterally on the goal line before the ball is kicked. If the goalkeeper violates the provision of the kick such as moving off the goal line before the kicker contacts the ball, a rekick will be awarded if the shot is missed, but the goal will count if made. All players other than the goalkeeper and the kicker must be at least 10 yards from and behind the kicker. Sliding rules for goalies are not enforced during a shootout.
6. **Penalty Kick:** Once the kick is taken, it may be played by anyone other than the kicker. It must be touched by someone else before being played again by the penalty kicker. Substitutes cannot take penalty kicks.