



SOCCKER RULES

All players must show their Blugold ID Card before every game to participate.

A. PLAYER ATTIRE

- a. All players must wear athletic attire.
- b. Teams must all wear the same color jersey. Pennies will be provided on a limited basis. All teams will be required to bring one alternate color in case both teams show up wearing the same color. Skins will not be allowed.
- c. **Jewelry is not allowed. All jewelry must be removed before playing – no exceptions.** Any player who enters the game with jewelry will be forced to **leave the game and the opposing team will receive an indirect kick from where ball is.**

B. THE GAME

- a. The game shall be played between two teams of eight (8) players. Maximum of (16) on the roster.
- b. Must have six (6) players to start game.
- c. Teams may have a maximum of three (3) club soccer players on their roster.
- d. Each team shall designate a captain. The captain will act as the spokesperson for the team and help make necessary decisions. Only the captain should talk to officials

C. CLOCK

- a. All games will be two (2) 20-minute halves with a running clock.
- b. Half Time is no longer than 3 minutes.

D. OVERTIME- *Playoffs Only*

- a. If the score is tied at the end of play, teams shall change ends and one 5-minute sudden death overtime period will be played.
- b. If neither team scores during the overtime period, the winner will be decided by a series of penalty kicks. Each team will receive 5 penalty kicks, to be taken by 5 different players.
- c. Teams will alternate kicks, with the winner of a coin toss choosing to kick first or second. The kicks must alternate in a M/F order.
- d. If, after 5 kicks, each team scores the same number of penalty kicks, the same players shall again alternate penalty kicks, in the same order, until the tie is broken by one team scoring when the other fails to score.

E. SUBSTITUTIONS

- a. Substitutions may be made by either team under the following conditions:
 - i. On a goal kick
 - ii. On a throw-in or corner kick by your team, or when the opposite team subs on a throw-in or corner kick
 - iii. After a goal has been scored by either team
 - iv. At halftime
 - v. In the event of an injury, after the official has stopped play
 - vi. When a player has been cautioned
- b. **Substitutions may not be made on the run.** They are only allowed on these above conditions and a referee must be notified of the substitution. Failure to do so will result in a yellow card for the player breaking the rule.

F. SCORING

- a. All goals are worth one (1) point.

G. MERCY RULE

- a. Mercy rule is 8 (eight) goals ahead at half time or at any time during the second half.

- b. Game time is forfeit time. Teams should be ready to play at the scheduled game time. Teams should be ready to play at the scheduled game time. It is beneficial to have your team arrive 15-20 minutes early to ensure that games start on time and that forfeits be avoided.
- H. PLAYER CONDUCT
- a. Abusive or insulting language, acts of unfair play, and managers, coaches, or substitutes on the field of play will result in suspension.
 - b. Team conduct will be registered, by the officials, following the game, on a 1 to 6 scale.
 - c. A team will be made ineligible for the playoffs if their sportsmanship score is less than a 4
 - d. Yellow cards and red cards will be given to players for fouls that are stated in the “Direct Kick Violations” under the “DEFINITION OF PLAYING TERMS” section. The degree of the foul will be determined by the referee. It is in his/her judgment to hand out a yellow or red card based on the severity of the foul.
 - e. Two yellow cards or one red card in a game constitutes an ejection. If a team receives, four yellows, or 2 yellows and 1 red, the game will be ended immediately and will result in a forfeit.
 - f. **Any slide tackling is a yellow, if official deems the tackle to be excessively dangerous an automatic red card may be given.**
- I. POSSESSION
- a. Possession will be determined in Captain’s Meeting by game of Rock, Paper, Scissors
 - i. The winner may choose possession or side to defend, and possession will switch at second half.
- J. TEAM BOX
- a. Only players and one (1) coach may be in the box behind the net (team bench).
 - b. All other fans and spectators must remain in the spectator viewing areas designated by the Competitive Sports staff.
 - i. Any player, coach, or fan that interferes with the play of the game is subject to a technical foul or removal from the playing area.
- K. DEFINITION OF PLAYING TERMS
- a. Rules not specifically covered can be found in the NFHS soccer rule book.
 - b. Direct Kick: May be kicked in any direction and a goal can be scored without the ball being touched by another player after it has been kicked initially.
 - c. Indirect Kick: May be kicked in any direction and a goal cannot be scored unless the ball is touched by another player before it enters the goal.
 - d. Kick Off: A direct kick used to put the ball in play from the center circle at the beginning of each half and after each score. Ball must go forward at least 27 inches and must be touched by another player before the kicker can play the ball again. The opposing team must be outside the kickoff circle prior to the initial pass.
 - e. Drop Ball: The ball is put into play by the referee, by being dropped between two opponents. The ball becomes live when it touches the ground. This takes place when two opponents cause the ball to go out-of-bounds simultaneously, or two (2) fouls are committed simultaneously, or to resume play after stopping for an injury. There will be no drop balls in the penalty area. The ball will be dropped at the nearest point outside the penalty area in the field of play.
 - f. Throw-in: The thrower, at the moment of delivering the ball, must face the field of play and part of each foot shall be either on the sideline or the ground outside the sideline. The thrower shall use both hands equally and shall deliver the ball completely from behind and over their head. A goal may not be scored directly from a throw-in. If the ball is improperly thrown-in, a player of the opposing team shall take the throw-in. The thrower may not play the ball a second time before it has been touched or played by another player. (Penalty: Indirect Free Kick)
 - g. Out-of-Bounds: If the ball *goes out-of-bounds* on the sidelines or end lines the team that did not touch the ball last, puts the ball into play by a free kick from the spot where the ball went out. Players on the defending team may be no closer than ten (10) yards during the free kick.
 - i. If an attacking player hits the ball out of bounds on the end line, a goal kick is awarded
 - ii. If a defending player hits the ball out of bounds on the end line, a corner kick is awarded
 - iii. If the ball *goes out-of-bounds* on the sideline, a throw in is awarded
 - h. No offsides rules shall be enforced
 - i. Goalkeepers: can touch the ball with their hands inside the goalkeeper box surrounding the goal.

- i. If a goalkeeper touches the ball with their hands outside of the goalkeeper box, a handball is awarded to the opposing team.
- ii. Goalkeepers cannot dribble the ball past the midline.
- iii. Goalkeepers cannot hold the ball for more than 5 seconds.
- j. FREE KICKS
 - i. A *direct kick* can result in a goal being scored directly from the kick.
 - ii. An *indirect kick* cannot result in a goal being scored directly from the kick. Another player (from either team) must first touch the ball before a goal can be scored.
 - iii. Any player on the offended team may take a free kick.
 - iv. Players on the defending team may be no closer than ten (10) yards. The defending players are not allowed to cross the 10-yard barrier until after the ball is touched by the attacking team. If the defenders are not 10 yards away, delay the kick until they move outside the boundary. If the defending team stands in front of the ball to delay the kicking for any reason, referee will give a verbal warning. If he/she persists, a yellow card may be issued.
 - v. The ball must be stationary before it is kicked. If not, the kick must be retaken.
 - vi. The ball may be kicked in any direction and is in play immediately (unless being played out of a team's own penalty area, in this case, the ball is not in play until it is beyond the penalty area).
 - vii. The kicker may not be the first to touch the ball after it is kicked.
- k. PENALTY KICKS
 - viii. For penalties resulting from a goalie box violation by the defending team or the goalie using their hands outside of the goalie box
 - o The shooter will line up at the penalty kick line
 - o Only the shooter and the goalie will be allowed within the goalie box, all other players will remain outside of the goalie box
- l. DIRECT KICK VIOLATIONS
 - i. If any of the below fouls are committed outside the penalty area by either team, a direct kick is awarded to the opponents at the spot of the foul.
 - ii. If the defensive team, inside their own penalty area, commits any of the following fouls, a penalty kick is awarded to the offensive team...
 1. Kicks, strikes, attempt to strike, or kick
 2. Tripping of an opponent
 3. Use of arms or hands on the ball intentionally, handling
 4. Dangerously charging an opponent dangerously.
 5. Holding or pushing
 6. Charging the goalkeeper
 7. Goalie carrying the ball outside the penalty area
 8. Using foul or abusive language or spitting on other persons
- m. INDIRECT KICK VIOLATIONS
 - i. No goal may be scored unless the ball is touched or played by another player after the kick is made.
 1. Goalkeeper handling the ball for more than six (6) seconds with hands
 2. Goalkeeper throwing or kicking the ball across midfield in the air
 3. Dangerous play
 4. Player kicking the ball while being held by the goalkeeper
 5. Obstruction
 6. Unsportsmanlike conduct other than foul, abusive language or spitting
 7. The goalkeeper handling a ball that is thrown into them or kicked to them by their own teammate. (A goalkeeper may handle a ball that is played off the head of their teammate when it is headed back to them).

CO-REC SOCCER

A. PLAYERS

- a. A regulation team consists of 8 players. Maximum of sixteen (16) on the roster. The possible combinations are 4M/4F, 3M/4F, 4M/3F, 3M/3F.

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