PLAYERS AND ATTIRE

Each team will consist of eight (8) players, including the goalkeeper, with a maximum of sixteen (16) players on the roster. A team must have six (6) players to start a game, no exceptions. Teams having less than six (6) players are subject to forfeiture of the game.

Each team shall designate a captain. The captain will act as the spokesperson for the team and make all decisions. Only the captain may talk to officials. Team representatives, including players, spectators, team managers, coaches, score keepers, and group members are subject to these rules.

Teams must all wear the same color jersey except for the goalkeeper. Pennies will not be provided. 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.

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.

GAME, FIELD, AND EQUIPMENT

The use of dangerous equipment is prohibited. Shoes must be worn – basketball, tennis, soccer style or comparable shoes. No open-toed shoes, sandals, or slippers. Cleated shoes must conform to NFHS standards. No metal cleats are allowed. All exposed metal on knee braces must be covered. No ball caps/hats are allowed. Shin guards are optional but recommended.

INITIAL POSSESSION, LENGTH OF GAME, AND TIME CONSTRAINTS

All games will be two (2) 20-minutes halves with no time outs. The clock runs continuously except in the case of severe injuries. Time between halves is three (3) minutes.

Game time is forfeit 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.

SUBSTITUTIONS AND TIEBREAKERS

Substitutions may be made by either team under the following conditions:

- On a goal kick
- On a throw-in or corner kick by your team, or when the opposite team subs on a throw-in or corner kick
- After a goal has been scored by either team
- At halftime
• In the event of an injury, after the official has stopped play
• When a player has been cautioned

**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.

**Playoffs Only:** 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. 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. Teams will alternate kicks, with the winner of a coin toss choosing to kick first or second. 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. A player does not need to be in the game at the end of the overtime to participate in the penalty kick shootout.

**DEFINITION OF PLAYING TERMS**

Rules not specifically covered can be found in the NFHS soccer rule book.

**Corner Kick:** A kick made by the attacking team from the corner. (It is a direct kick)

**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.

**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.

**Goal Kick:** Kick made by the defending team from the goal area. May be kicked in any direction but must leave the penalty area before it is touched by another player of either team.

**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.

**Penalty Kick:** Is taken from the penalty kick mark 12 yards from the front of the goal. The goalkeeper must not break the plane of the goal line until the kick is taken. If the goalkeeper moves prior to the kick, a re-kick will be issued if a goal was not made. The penalty taker may be changed if a re-kick is awarded.

**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.

**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 throw-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)
BALL IN PLAY, DEAD BALL, OUT OF BOUNDS
On all free kicks the opponent must be at least 10 yards from the ball. Players will be given yellow cards if they fail to do so after a verbal warning from the referee.

If the ball goes out-of-bounds on the sidelines the team that did not touch the ball last, puts the ball into play by a throw-in from the spot where the ball went out.

If the ball goes out-of-bounds on the end of the field and the attacking team touches it last, it is a goal kick.

If the ball goes out-of-bounds on the end of the field and the defending team touches it last, it is a corner kick.

The lines are considered in-bounds and the ball must pass completely over a line be out-of-bounds or a goal.

No offside rules shall be enforced.

DIRECT KICK VIOLATIONS
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. If the defensive team, inside their own penalty area, commits any of the following fouls, a penalty kick is awarded to the offensive team.

- Kicks, strikes, attempt to strike or kick
- Trips an opponent
- Use of arms or hands on the ball intentionally
- Charges on an opponent dangerously or from the rear
- Holding or pushing
- Charging the goalkeeper
- Goalie use of hands or carrying the ball outside the penalty area
- Using foul or abusive language or spitting on other persons

INDIRECT KICK VIOLATIONS
The following fouls are penalized by an indirect kick. No goal may be scored unless the ball is touched or played by another player after the kick is made.

- Goalkeeper handling the ball for more than six (6) seconds with hands
- Dangerous play
- Kicking the ball being held by the goalkeeper
- Obstruction
- Improper substitution
- Unsportsmanlike conduct or misconduct other than foul or abusive language or spitting
- 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).

SCORING GOALS
Each goal is worth one (1).

Mercy Rule: If a team is ahead by eight (8) goals after the first half has been completed, or anytime thereafter, the game is over.
PLAYER CONDUCT

Abusive or insulting language, acts of unfair play, and managers, coaches, or substitutes on the field of play will result in suspension.

Team conduct will be registered, by the officials, following the game, on a 0 to 6 scale. If your team does not have a 4 average on their team conduct, at the end of the regular season, they will not be allowed to play in the season ending all campus tournaments. Yellow cards and red cards will be given to players for fouls that are stated in the Direct Kick Violations section. The degree of the foul will be determined by the referee. It is in their judgment to hand out a yellow or red card based on the severity of the foul. Two yellow cards or one red card in a game constitutes an ejection. If a team receives, four yellows, or 2 yellows and a red, the game will be ended immediately and will result in a forfeit. Prior to being able to play again in a game, it will be required of the ejected player to visit the Intramural Director for reinstatement. Slide tackles from behind, will not be tolerated, and will constitute in an automatic red card and ejection.

CO-REC SOCCER STIPULATIONS

A regulation team consists of 8 players (one of which is the goalkeeper). A team may play with a minimum of 6 players. The possible combinations are 4m/4w, 3m/4w, 4m/3w, 3m/3w.