



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

B. THE GAME

- a. The game shall be played between two teams of five (5) players. Maximum of (10) on the roster.
- b. Must have three (3) players to start game.
- c. Teams may have a maximum of two (2) 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 5 minutes.

D. OVERTIME- *Playoffs Only*

- a. If a game ends in a tie, a one 5-minute running clock sudden death period shall be played. Rock, Paper, Scissors will determine possession for the overtime kick-off.
- b. If game is STILL tied after sudden death, one shooter from each team will proceed to sudden death penalty kicks and continue to do so where one player from each team kicks until one team scores and the other does not. Kicks must alternate M F M F...

E. SUBSTITUTIONS

- a. Substitutions are unlimited and may be made at any time during the contest
 - i. Players must be within 6ft of the “bench” before sub enters field
 - ii. Players must substitute for the same sex
 - iii. Neither player entering the game nor the player exiting can interact with play/ball when both players are on the field

F. SCORING

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

G. MERCY RULE

- a. Mercy rule is 10 (ten) 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. Out-of-Bounds: If the ball *goes out-of-bounds* in the special marked area or hits ceiling (includes hanging structures) 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 five (5) yards during the free kick.
 - i. If an attacking player hits the ball into the coned area, a goal kick is awarded
 - ii. If a defending player hits the ball into the coned area, a corner kick is awarded
 - iii. If the ball *goes out-of-bounds* into the coned area behind a goal, goal/corner kick is awarded
 - g. No offsides rules shall be enforced
 - h. 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 throw the ball over the midline without contact from the ground or a player.
 - iii. Goalkeepers cannot punt the ball.
 - iv. Goalkeepers cannot dribble the ball past the midline.
 - v. Goalkeepers cannot hold the ball for more than 5 seconds.
 - vi. A goalie throw-in or roll may NOT carry over mid-line without being touched by another player regardless of whether the ball is on the court or in the air. Any time the goalie picks up the ball, they may NOT play it over the mid-line with their feet or hands. THE PENALTY: Indirect free kick at the nearest point the ball carried over the mid - line. At no time may a goalkeeper throw, punt, or drop kick over the mid - line in the air.
 - vii. Goalies may play the ball across the mid-line with their feet, so long as they never had possession of the ball with their hands at any point.
 - i. 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 five (5) yards. The defending players are not allowed to cross the 5-yard barrier until after the ball is touched by the attacking team. If the defenders are not 5 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. If the penalty occurs within the point arc only one (1) defending player may stay in front of the ball and must remain five (5) yards away if possible
- vi. The ball must be stationary before it is kicked. If not, the kick must be retaken.
- vii. 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).
- viii. The kicker may not be the first to touch the ball after it is kicked.

j. PENALTY KICKS

- ix. 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 top of the half circle
 - o Only the shooter and the goalie will be allowed within the arc, all other players will remain outside of the 3-point arc

k. 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

l. 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).

L. WALLS

- a. If play becomes potentially dangerous along the walls, the official will stop play, move the ball away from the wall and restart the game with an indirect kick. It is illegal to use two hands on the wall to gain advantage from another player, obstruction (indirect kick) will be called
- b. A dangerous charge along the wall will result in an automatic caution (yellow card / 5-minute penalty).
- c. A violent charge will result in an ejection (red card) official's discretion.

CO-REC SOCCER

A. PLAYERS

- a. A regulation team consists of 5 players. Maximum of ten (10) on the roster. The possible combinations are 3M/2W, 3W/2M, 2M/2W, 2M/1W, 2W/1M
- b. The four attackers must be comprised of two (2) men and (2) women and the goalie can be either man or woman.

The Department of Recreation and Sports Operations

Email: compsports@uwec.edu

Competitive Sports