

Intramural Sports Soccer Rules

(in conjunction with NCAA Soccer Rules)

Part 1: Playing Procedures

I. Team Size

- A team consists of 9 men/women playing at one time. There shall be no limit to the number of eligible players on a roster.
- Teams must have at least 7 players present to start a game.

II. Eligibility

- Only players listed on the official roster are eligible to participate on a soccer team. All players must meet the eligibility participation requirements of the UC San Diego Intramural Sports Office.
- Additions and subtractions to official team rosters must be made prior to that team's third league game. No changes to rosters will be accepted after that time. By playing two or more games for a particular team, an individual has automatically committed himself/herself to that particular team.
- If one or both teams do not have 7 players present and ready at 5 minutes after game time, a non-roster player may participate upon approval from opposing team captain, and may only play one game for one particular team. **The referee must be notified concerning the participation of any non-roster player.**
- AN INDIVIDUAL MAY PLAY ON ONLY ONE TEAM.
- No more than three members of the current UCSD men's or women's intercollegiate soccer team are eligible to compete for an intramural 'AAA' soccer team. Any player who has played at least one game as a member of the UCSD varsity team is considered to be a team member.

III. Equipment

- Shoes must be worn by all participants.
- Soft rubber soccer style cleats and screw in rubber spikes are legal, but only if the spikes are ½ inch or shorter.
- Metal screw-in spikes are definitely not legal under any circumstances.
- The referee will have sole discretion on the legality of all footwear, as well as any other article of apparel that is potentially dangerous to other players.
- Teams are suggested to wear the same color shirt for easier recognition. League schedules will indicate if teams should wear dark or light colored shirts.

IV. Starting Time

- Starting times for all games will be given on league schedules published by the IM office.
- Games postponed due to inclement weather will be rescheduled by the IM Director.
- A 5-minute forfeit time will be in effect for any team or teams that are not present or ready to play according to Sec-1.

V. Game Time

- There shall be two 20-minute halves with running time, with a 5-minute rest period between halves.

- **OVERTIME**- There will be no overtime games in the regular season. Tie games in the playoffs will be decided by a penalty kick shootout.
 - Five members of each team on the field at the end of regulation play will attempt a penalty kick alternately by teams. The team with the most goals after the shootout will be declared the winner. If the score is tied after the first five shooters, the remaining players from each team will begin a sudden death shootout, alternating teams equally until a winner is decided.
- Tie games in championship games will be decided by having two, 5-minute sudden death overtimes. If games are still tied, games will go into the shootout.

VI. Time Allowances

- Allowance shall be made for all time loss due to player injuries, official's discussions, etc. and will be administered at the sole discretion of the referee.
- Time shall also be extended if a penalty is called at the conclusion of the game. In this instance, only the defending goal keeper and kicker shall remain on the field.

VII. Scoring

- All goals will be worth one point.
- A goal is scored when the whole of the ball has passed over the goal-line, between the goal post, and under the crossbar, provided it has not been thrown, carried, or propelled by a hand or arm.

VIII. Substitutions

- Substitutions will only be allowed before corner kicks and throw-ins by the team in control of the ball.
- Opposing teams (team without possession) can also substitute at this time but may not initiate substitutions.
- Both teams will be allowed to substitute after a goal is scored, and on goal kicks. The nearest referee must be notified of all substitutions by in-coming players.
- Substitution of the goalkeeper in penalty kick situations will not be allowed.

IX. Coin Toss

- The winner of the coin toss at the beginning of the game shall choose which goal to defend.
- The loser of the coin toss will kickoff.
- In the second half, teams will automatically change direction and the team who did not start on offense in the first half begins the second half on offense.

X. Putting the Ball In Play

- The ball could be played forward or backward for the ball to be in play, and the initial kicker cannot retouch the ball until another player (either team) has touched the ball.
- Defending players must be ten yards away from the kickoff point when play is started and restarted (after a goal).
- A goal can be scored directly from a kickoff.

XI. Drop Ball

- If the game is temporarily suspended for any reason (time-out included) the game will be restarted by the referee dropping the ball where it was when the play was suspended.
- No player may touch the ball until the ball has touched the ground.
- In any event that play is stopped while the ball is in the penalty area, the ball will be dropped at the nearest point to that, outside the penalty area.

XII. 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.
 - When the game has been stopped by the referee.
- The ball is in play at all other times from the start of the match to the finish, including:
 - If it rebounds from a goal-post, cross-bar, or corner-flag into the field.
 - It rebounds off the referee when in the field of play.
 - In the event of a supposed infringement of the rules, until a decision is given (play the whistle). **PLAY ON!!!**

XIII. Free Kick

- Free-Kicks can be classified into two categories:
 - Direct, from which a goal can be scored directly against the defending team.
 - Indirect, from which a goal can be scored only if the ball has been played or touched by any other player other than the kicker before passing over the goal-line.
- When a player is taking a free-kick outside his own penalty area, all of the opposing players shall be at least ten yards from the ball, unless they are standing on their own goal-line between the goal posts.
 - The ball shall be in play when it has traveled the distance of its own circumference.
 - If the kicking team requests that the referee mark off the ten yard area, the kick may be taken only after the referee's whistle.
 - Kicks may be taken without signal by the referee, but the kicking team renounces the advantage of the placement of defensive players ten yards from the kicking point.
- When a player is taking a free kick from within his own penalty area, all opposing players must be outside of the penalty area and at least ten yards away from the ball.
 - The ball shall not be in play until it goes out of the penalty area (goalkeeper cannot receive the ball directly).
 - If the ball is not kicked directly into play outside of the area, the kick shall be retaken.
- In the case of both direct and indirect free-kicks, the referee will mark off the ten yard distance if requested by the kicking team.
- If the defending players persist in not placing themselves at the required distance, this shall be deemed ungentlemanly-like conduct and treated by the referee with a Yellow Card.

XIV. Goalkeeper Handling of the Ball

- Under the new FIFA rules a goalkeeper may not use his hands to pick up the ball played back to him/her by his/her own team. The goalkeeper can only use his/her feet.
 - Only if the ball is played with the head is the goalkeeper allowed pick up the ball.
 - The goalkeeper also is open to be attacked by the opposing team when the ball is played back to him/her by his own team.
- When the goalkeeper receives a live ball from the opposing team into his/her hands, he/she has six (6) seconds to put the ball back in play.
 - During this time, the goalkeeper is free to roam the penalty area.
 - If the goalkeeper controls the ball with his hands for longer than six seconds, an indirect kick is awarded to the opposing team.
- Once a goalkeeper releases the ball he/she is controlling with his/her hands, he/she may not regain control with his/her hands until the ball is touched by a player from the opposing team.

XV. Penalty Kick

- A penalty kick is the punishment awarded the opposing team when the defending team commits any of the direct free kick fouls inside the penalty area: See PART 3, Sec I.

- It shall be taken from the penalty mark (12 yards away from the goal-line). The distance shall be stepped off by the referee to verify the distance.
- All players, except the kicker and the opposing goalkeeper, must be outside of the penalty area and at least ten yards from the ball.
- The kicker must kick the ball forward at least its circumference and he cannot touch the ball again until another player touches it or plays it.
- A goal can be scored directly on a penalty kick. The kicker may not, however, play a ball that has ricocheted directly to him from either the goal post or cross-bar.
- The goalkeeper must assume a position with his/her heels on the goal-line and may not move forward until the ball has been played. However, he/she may move freely laterally along the line before the kick.
- If any defender infringes the rules, the kick shall be retaken if the goal is not scored. If an attacker other than the kicker infringes, and the goal is scored, the kick will be retaken.
- If the kicker breaks a rule (touching the ball a second time), an indirect free kick is awarded to the other team.

Part 2: Violations

I. Offsides

- A player is off-side if he is nearer his opponents' goal line than the ball at the moment the ball is played unless:
 - He is in his own half of the field of play.
 - There are two opponents nearer to their goal-line than he is.
 - The ball was last touched by an opponent or was played by him.
 - He receives the ball directly from a goal-kick, corner-kick, a throw-in, or when it was dropped by the referee.
 - Violation Enforcement: Indirect free kick.
 - Further Clarification: A player shall not be penalized unless in the opinion of the referee he is interfering with the play. Off-side shall not be judged at the moment the player in question receives the ball, but at the moment when the ball is passed to him by one of his own side.
 - A player may be off-side when a free kick is taken, including a penalty kick.

II. Ball Over the Touch Line (Sideline)

- Throw-In: A throw-in will be awarded after the ball crosses the touch-line completely.
- The thrower, at the moment of delivering the ball, must face the field of play with both feet on, or behind, the touch-line on the ground (no part of the feet should be on the field of play).
 - He shall use both hands equally and throw the ball from behind and over his head, releasing it at the level of the forehead, with arms straight at that time. Both feet must be in contact with the ground when releasing the ball.
- A goal cannot be scored directly from a throw-in.
- An improper throw-in will result in the award of the throw-in to the other side.

III. Ball Over the Goal Line (Offensive Touch)

- Goal Kick: When an offensive player kicks the ball over the goal-line of an opposing team, a goal kick is awarded to the defending team.
- The ball is not in play until it has gone outside of the penalty area. If it does not, the kick must be retaken.
- The player taking the goal kick cannot touch the ball until another player (from either side) has. If he does, an indirect free kick is allowed to the other team. If he touches it twice consecutively in the penalty area, the kick is retaken since the ball was not in play until it left

- Members of the team opposing that of the player taking the goal kick shall remain outside of the penalty area while the kick is being taken.

IV. Ball Over the Goal Line (Defensive Touch)

- Corner Kick: When the whole of the ball crosses the goal-line and was last touched by a defensive player, a corner kick is awarded.
- Players of the defending team must be 10 yards away at the time the ball is kicked, and the kicker cannot touch the ball twice consecutively.
- A goal can be scored directly from a corner kick.
- Corner flags (or cones) shall not be removed to take a corner kick.
- Infringement of these rules will result in the award of an indirect free kick to the opposing team.

V. Illegal Substitution

- Failure to notify the referee by an in-coming substitute.
 - Violation Enforcement: Indirect kick is awarded against the offending side from the location of the ball at the time the infraction is discovered.
- Playing with more than the allowed nine players.
 - Violation Enforcement: The referee shall stop play and give a yellow card to the captain of the infringing team.

Part 3: Fouls and Misconduct Penalties

I. Direct Free Kick Fouls

- A player who intentionally commits any of the following offenses shall be guilty of a foul. The team of the offending player shall be penalized by awarding a direct free kick to the opposition at the spot of the infraction.
 - Handling the ball.
 - Holding an opponent.
 - Placing arms or hands on an opponent in an attempt to reach the ball
 - Pushing an opponent.
 - Striking or attempting to strike an opponent
 - Jumping at an opponent.
 - Tripping an opponent.
 - Using the knee on an opponent.
 - Charging an opponent from behind.
 - Charging an opponent violently or dangerously.
 - Charging an opponent while he has both feet off the ground in an effort to head the ball.
 - NOTE: A fair charge made shoulder to shoulder, if it is not violent or dangerous and within "playing distance" of the ball will be the only type of charging allowed.
 - Handling of the ball by the goalkeeper outside the penalty area.
 - Handling the ball by a goalkeeper who is playing that position without properly notifying the referee.
 - Charging the goalkeeper in the penalty area unless he is obstructing an opponent.
 - Goalkeeper intentionally throwing at or striking an opponent with the ball.

II. Indirect Free Kick

- An indirect free kick is awarded for these offenses:

- Playing a ball a second time before it has been played by another player at the kick-off, throw-in, a free-kick, a corner-kick, or a goal-kick if the play has passed out of the penalty area.
- Not Kicking the ball forward on a penalty kick.
- Goalkeeper holding onto the ball for more than six seconds.
- Delay by the goalkeeper in getting rid of the ball.
- Goalkeeper illegally handling the ball given to him/her by his/her own team.
- A substitution being made at an improper time.
- A substitution being made without reporting to the referee.
- Persons other than the players entering the field of play without the referee's permission.
- Dissenting by word or action from a referee's decision.
- Unsportsmanlike conduct.
- Dangerous Play.
- Resuming play after having been ordered off for persistent misconduct or violent action.
- Off-side.
- Charging at an improper time.
- Interfering with the goalkeeper or impeding in any manner until he clears the ball.
- Obstructing other than holding.

III. Warnings and Ejections

- Committing any of the following offenses may result in a warning or ejection.
 - Any flagrant foul.
 - Repeated breaking of rules of the game.
 - Excessive disagreeing with the referee, abusive language, stalling, etc...
- Any action to be taken is totally at the discretion of the referee.
- When cautioning a player, the referee shall note his name and hold up a yellow card.
- When ejecting a player, the referee shall note his name and hold up a red card.
- The second caution will result in the player's being shown a red card.
- An ejected player must leave the field and may not be substituted for (i.e. his team must play shorthanded).

IV. Unsportsmanlike Conduct

- Actions that are potentially dangerous to the participants of the game and/or conduct that are detrimental to the purpose of intramural sports will not be tolerated.
- No players may physically intimidate or verbally abuse student officials.
- Violations of this nature will be considered unsportsmanlike conduct and at the discretion of the official, may result in disqualification from the game.

Fighting – Any acts of aggressive physical violence will not be tolerated. This includes throwing a punch, kicking an individual, or any other aggressive acts. Any player guilty of such an act shall be expelled from further participation in intramural sports for the duration of one year.