

# 2015 SOCCER RULES

IM Sports follows the rules established by the **National Federation (High School) Soccer Rules** except for the following modifications that encourage sportsmanship, provide for the safety of the participants, and to adhere to time restrictions.

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## Rule 1: Facility and Equipment

**Article 1. Facility** – Intramural Sports Fields: Ferris Drive (across from Department of Public Safety and Cramer Hall)

- Ferris State Intramural Sports has a zero tolerance policy for alcohol, tobacco, or any other drug at intramural events. Furthermore, Intramural Sports staff reserves the right to remove participants or fans suspected to be under the influence of drugs or alcohol. The removal process may involve the assistance of authorities such as Ferris State DPS or a member of the Big Rapids Police Department.
- Pets:** Due to health and safety concerns, pets are not allowed at the Intramural Sports Fields. This includes both formal intramural competitions/events and informal recreational activities.

## **Article 2. Equipment**

- Players of opposing teams must wear contrasting colored jerseys.
- Shoes must be worn and **CLEATS WITH METAL TIPS OR ANY METAL ARE ILLEGAL!**
- Shin guards are highly recommended.
- Balls will be provided by IM Sports. Teams may play with another ball if both teams agree.
- Jewelry is illegal. All head/facial piercings must be removed.**
- Hats or bandanas are not allowed. Soft headbands and “beanies” are ok.

## Rule 2: Eligibility and Game

### **Article 1. Eligibility**

- Ferris State students, staff, and faculty are allowed to participate in IM Sports.
- NO ID, NO PLAY. NO EXCEPTIONS!** All players must present their own personal FSU ID card before every game in order to participate.
- If you are caught trying to use someone else’s ID, your team will forfeit that game, and the other person will need to come to the UREC office the following day to retrieve his/her ID.
- Former varsity soccer athletes can participate in Intramural soccer if they are not currently on the varsity team. The maximum number of former varsity soccer players allowed per team is 2.
- Soccer club athletes can participate in Intramural soccer. The maximum number of club soccer players allowed per team is 2.



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## Article 2. The Game

- a) The 7 on 7 soccer field shall be 100 yards long by 45 yards wide. The penalty box extends 14 yards from the end line and is 30 yards wide. The goal box extends 5 yards from the end line and is 15 yards wide.
- b) Men's and Woman's teams consist of 7 players. 5 players are required at game time to avoid a forfeit.
- c) If a team is reduced to less than 5 players at any time during the contest, a default will result.
- d) There is no limit to the number of substitutions a team may make. A sub that wants to enter must report to the nearest official to make their intentions known. The substitute may not enter until they are recognized by the official(s).
- e) A team may substitute under the following circumstances:
  - 1) After a goal is scored
  - 2) When the ball crosses the touch line
  - 3) On an injury timeout
  - 4) Between halves
  - 5) The team's own corner kick
  - 6) The team's own throw in

**\*\*Goalkeeper substitutes must be approved by the official during a stoppage of play.\*\***
- f) Games will be two 20 minute halves with a 5-minute intermission, and the clock will run continuously unless there is an injury or time out called. Teams will reverse ends after halftime.
- g) Each team will be allowed 2 timeouts per half and they do not carry over. They can only be called during a dead ball.
- h) A goal is scored when the WHOLE BALL crosses into the net passing the goal line.
- i) **Mercy Rule:** 5 at 5. If a team is ahead by 5 or more goals with 5 minutes or less remaining, the game will be ruled a victory for the leading team.
- j) Games that end in a tie during the regular season will have a shootout to determine a winner.

## Article 3. Injured Player

- a) Any player that is injured or apparently injured when the ball is live or dead, the play will be stopped for them and they are required to sit out until the next substitution opportunity.
- b) **Any player that is found to be bleeding must immediately be removed from the game and must receive attention to stop the bleeding.**
- c) **Within the official's judgement that leads to an unusual delay (more than 30 seconds) to administer the first aid, the player who is bleeding must be substituted for.**

## Article 4. Regular Season

- a) Regular season will consist of 4 games.
- b) All players must be listed on the team roster before the end of the second week during the regular season.
- c) **Rosters will be frozen at the start of the THIRD WEEK of the regular season.** This means that all players **MUST** be signed up on IMLeagues on the roster of that team AND paid for prior to the beginning of the third week of the season. No additions will be allowed unless approved by the Intramural Coordinator.
- d) IM Sports recommends that you have at least two extra players than the required amount on your roster in case you need subs throughout the regular season and playoffs.

## Article 5. Playoffs

- a) Every team makes the playoffs as long as they have the proper sportsmanship average (2.75). The fans sportsmanship can also have an effect on your team's sportsmanship rating.
- b) Once in playoffs, a team must maintain a 3.0 sportsmanship rating to advance.



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## Article 6. Overtime

- a) In the event of a tie in the end of regulation in playoffs, a 1 minute break will be taken followed by a 5 minute overtime. The first team to score a goal is declared the winner (the golden goal).
- b) The choice of ends and the kickoff will be decided by a coin toss.
- c) In case of a tie after the overtime period, a shootout will occur. Four players from each team will kick at the opponent's goal, rotating teams (**CoRec**: 2 males and 2 females must kick).
- d) A coin toss will occur to determine which team shall kick first in the shootout.
- e) If the game is still tied after this shootout, then another shootout will take place, and will continue until there is a winner.
- f) Any player is eligible to kick once during a shootout. A player may shoot again after all the members have kicked.

## Rule 3: Intramural Soccer Specifics

### Article 1. Goalkeeping

- a) The goalkeeper may use his/her hands only within the penalty area. The goalkeeper must play the ball out of the penalty area within 6 seconds after control has been established.
- b) A goalie may drop kick the ball at any time and the ball may pass midfield.
- c) During a goal kick, no players can touch the ball before it leaves the penalty area besides the player taking the kick.
- d) A goalkeeper may not, after releasing the ball into play, touch the ball again with his hands before it has been touched by another player of the same team outside the penalty area or by an opposing player either inside or outside the penalty area. If the goalkeeper plays the ball to a teammate and the teammate passes the ball back to the goalkeeper, he/she may not use his/her hands to play the pass. Penalty for violation of this rule is an indirect free kick.
- e) A goal keeper shall not touch the ball with his/her hands via a throw-in from his/her own team or a deliberate kick by a teammate. Penalty is an indirect free kick.

### Article 2. Playing the Ball

- a) **Kickoff Procedure:** A coin toss before the beginning of the game will determine which team kicks off and which has the choice of ends. The team not receiving the ball first will have possession to begin the second half.
- b) On the referee's signal, the game shall start or resume following a goal with a kick from the center of the field.
- c) All players shall be within his/her half of the field. Opponents of the kicking team must be outside of the 8 yard center circle until the ball is kicked.
- d) The ball must be kicked forward for the ball to be in play. If the ball is not passed forward across the midfield line, the same team will re-kick.
- e) The kicker shall not play the ball a second time until another player (of either team) has touched the ball. The penalty for this is an indirect free kick.

### Article 3. Out of Bounds

- a) After the ball completely crosses the sidelines, either on the ground or by air, the team that did not touch the ball last shall be awarded the throw-in.
- b) **Throw-ins:** The ball must be thrown in with two hands on the ball, extending directly behind the head and releasing when the arms are over the head. Both feet must remain on the ground at all times. The back foot can be dragged.
- c) A goal cannot be scored directly from a throw-in. An improper throw will result in the award of the throw to the other team.



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- d) **Goal Kicks** are awarded when the ball crosses the end line, either on the ground or by air, and was last touched by an OFFENSIVE player. The ball is then placed anywhere within the goal area (box).
- e) The player taking the goal kick cannot retouch the ball until another player has touched it.
- f) **Corner Kicks** are awarded when the ball crosses the end line, either on the ground or by air, and was last touched by a defensive player. The ball must be placed on the ground on the quarter circle near the corner of the field.
- g) A goal may be scored directly from a corner kick. The opposing team must be 10 yards away at the time of the kick. The kicker cannot retouch the ball until it is touched by another player of either team.

## Article 4. In-Field Play

- a) **Offsides:** There are NO OFFSIDES in Intramural Recreational Soccer.
- b) **Slide Tackling:** There is NO slide tackling in Intramural Recreational Soccer. This rule applies to all players including the goalkeeper. A slide tackle occurs when a player leaves his/her feet and leads with his/her feet to play the ball, while the ball is in the proximity of another player. A slide tackle does not require that need of contact between the players.
- c) **Restarts:** When restarting the game after a temporary suspension of play (i.e. an injury), except on a free kick or throw-in, the team that was clearly in possession of the ball at the time of the suspension shall be awarded an indirect free kick from the spot the ball was at the time of the suspension.
- d) If neither team was in clear possession of the ball, the referee shall drop the ball at the place where it was when the play was suspended and the ball is in play when it touches the ground. If the play was stopped with the ball in the goal area, the ball is dropped at the nearest point outside the goal area.

## Article 5. Direct Free Kick

- a) When the referee stops play for certain fouls, he/she may award a team a direct free kick, meaning that team will resume play from the spot of the infraction with a pass or a shot at goal (goals may be scored against the offending team).
- b) The direct free kick may be taken by any player of the offended team on the field of play at the time of the offense.
- c) Members of the opposing team must be at least 10 yards away when the ball is kicked.
- d) The ball must be stationary when a direct free kick is taken. The kicker shall not play the ball again until it has been touched by another player from either team. The ball may be kicked in any direction.
- e) **Direct free kicks are awarded to the opposing team if a player commits any of the following 7 fouls:**
  - 1. Kicks or attempts to kick an opponent
  - 2. Trips or attempts to trip an opponent
  - 3. Jumps at an opponent
  - 4. Charges at an opponent
  - 5. Strikes or attempts to strike an opponent
  - 6. Pushes an opponent
  - 7. Holds an opponent

**\*\*All the fouls above can result in an EJECTION as well if the referee considers these fouls to be careless, reckless, or using excessive force.\*\***

## Article 6. Indirect Free Kick

- a) An indirect free kick is a free kick from which a goal may not be scored unless the ball is touched by another player from either team. Members of the opposing team must be at least 10 yards away when the ball is kicked, and the ball must be stationary when an indirect free kick is taken. The kicker shall not play the ball until it has been touched by another player of either team. The ball may be kicked in any direction.
- b) **Indirect free kicks are awarded to the opposing team if a goalkeeper, within his own penalty area, commits any of the following 4 fouls:**



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1. Takes more than 4 steps while controlling the ball with their hands, before releasing it from his/her possession
  2. Touches the ball again with their hands after it has been released from his/her possession and the ball did not touch any other player
  3. Touches the ball with their hands after it has been deliberately kicked to him/her by a teammate
  4. Touches the ball with their hands after he/she has received it directly from a throw-in by a teammate
- c) **An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee, commits any of the following 4 fouls:**
1. Plays in a dangerous manner
  2. Impedes the progress of an opponent
  3. Prevent the goalkeeper from releasing the ball from his hands
  4. Commits any other foul, not previously mentioned, for which play is stopped to caution or dismiss a player

## Article 7. Penalty Kicks

- a) A penalty kick is awarded after a serious or intentional rule or infraction takes place in the penalty area by the defensive team. A penalty kick can be awarded regardless of the position of the ball, if the infraction by the defending team is committed in the penalty area. It is not awarded for infractions that call for an indirect free kick.
- b) The penalty kick shall be taken from anywhere on the penalty mark, 12 yards from the goal line.
- c) The penalty kick may be taken by any player of the offended team on the field of play at the time of the offense.
- d) All players except the goalie must stay outside the penalty area and at least 10 yards from the penalty mark.
- e) The goalkeeper must stand on the goal line and may not move forward until the ball is kicked. The goalkeeper may move laterally.
- f) The kicker must wait for the official to start the play. The kicker must kick the ball forward. If the ball is not put into play properly, the kick will be retaken. Any action to deceive the goalkeeper by the kicker is illegal.
- g) Following the kick, the ball shall be deemed in play if it remains on the field of play; however, the kicker shall not play the ball a second time until it has touched another player of either team.
- h) For any infringement by the defending team, the kick shall be retaken if a goal has not resulted. For any infringement by the attacking team other than by the kicker, the kick shall be retaken if a goal has resulted.

## Article 8. Fouls and Misconduct

- a) A player who commits any of the following fouls shall be penalized by the award of an indirect free kick or direct free kick (as noted) to be taken by the opposing team from the spot where the infraction occurred:
  1. [Indirect] **Dangerous play:** In the opinion of the official, all high kicks above the waist or any attempt to make a play on the ball while kneeling or laying on the ground in a dangerous manner shall be prohibited.
  2. [Indirect] **Charging a player not in possession of the ball:** A player shall not intentionally charge an opponent unfairly. A player shall not charge into the goalkeeper who is not in possession of the ball.
  3. [Indirect] **Obstruction:** The intentional act by a player, not in possession of the ball or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle.
  4. [Indirect] **Goalkeeper holding the ball longer than 6 seconds after he/she receives it:** Goalkeeper touching the ball with their hand when received by a throw-in or a deliberate kick from a teammate.
  5. [Indirect] **Interfering with the goalkeeper:** No player of the opposing team shall interfere with a goalkeeper in possession of the ball.
  6. [Indirect] **Delay of game:** No player or team shall unnecessarily delay the play of the game.
  7. [Direct] **Kicking or striking an opponent:** A player shall not intentionally attempt to kick or strike an opponent. The goalkeeper may not intentionally strike an opponent by throwing the ball at the opponent.



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8. [Direct] **Jumping at or tripping an opponent:** A player shall not intentionally jump at nor intentionally trip an opponent.
9. [Direct] **Charging a player in possession of the ball:** A player shall no intentionally charge an opponent unfairly. Offenses include violently and/or dangerously charging a player or charging from behind.
10. [Direct] **Holding, pushing, or impeding an opponent:** A player shall not use his/her hands or arms to hold, push, or impede an opponent.
11. [Direct] **Hand ball (handling):** A player shall be penalized for intentionally handling, carrying, striking, or propelling the ball with a hand or arm. Unintentional handling occurs when the ball strikes the hands or arms of a player who has not moved the hands or arms to play the ball; this unintentional handling shall not be penalized.

## Article 9. Yellow and Red Cards

- a) After awarding a free kick or penalty kick, a referee may take further disciplinary action against a player by showing him/her a yellow or red card.
- b) **Yellow cards:** A player is cautioned and shown the yellow card if he/she commits any of the following 6 fouls:
  1. Unsportsmanlike behavior that is not ejection worthy
  2. Shows dissent by word or action
  3. Persistently infringement of the rules of the game
  4. Delays the restart of play
  5. Fails to respect the required distance when play is restarted with a corner kick or free kick
  6. Enters or re-enters the field of play without the referee's permission
- c) **Red cards:** A player is ejected and shown the red card if he/she commits any of the following 7 fouls:
  1. Is guilty of serious foul or dangerous play
  2. Is guilty of violent conduct
  3. Spits at an opponent or any other person
  4. Denies an opponent a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
  5. Denies an opponent a goal or an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
  6. Uses offensive, insulting or abusive language at teammates, opponents or officials
  7. Receives a second caution in the same match
- d) A team caution, a disciplinary action facing an entire team as a result of a violation by a player of that team, may be assessed by the referee in the following instances: encroachment on free kicks, intentional hand balls by the defense, and unnecessary delay. Once a team caution has been issued, if any player from that team commits the same foul, that player will be ejected.

## Article 10. Disqualification

- a) A red card that results in the dismissal of the offending player from the game. The dismissed player may not be replaced and may not return to the match until a goal is scored by the opposing team.
- b) If a goal is scored by the direct free kick or penalty kick that is awarded for the slide tackle offense, the offending player must remain out of the game and the offending team will continue to play a person down until the next goal (a second goal) is scored by the opposing team.
- c) Once the proper goal is scored, the offending player or another substitute may re-enter the field for the team.



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## Article 11. Ejection

- a) A red card that results in the ejection of the offending player from the match. The ejected player may not return for the remainder of the match, must leave the facility, and may not be replaced by a substitute.
- b) Teams will play (finish the match) a player down for each red card/ejection. Ejected participants are immediately suspended from all IM play and must complete the reinstatement procedure to participate in future contests.

## Rule 4: CoRec Modifications

### Article 1. Teams

- a) CoRec teams need a minimum of 8 players (4 males and 4 females) in order to avoid a forfeit.
- b) A team shall not start a game with less than 6 players. Legal ratios are:
  - 4 males and 4 females
  - 4 males and 3 females
  - 4 females and 3 males
  - 3 males and 3 females
  - 4 males and 2 females
  - 4 females and 2 males
- c) **Teams may not have more than 4 of either gender on the field at a time.**

### Article 2. Goalkeeping

- a) **Designating a goalie:** A male must be in the goal for one half and a female must be in goal for the other half. The teams will agree on what half will be for what gender. After that, the goalies can be switched at any time as long as it is the same gender.

### Article 3. Penalty Kicks

- a) The person taking the penalty kick must be of the same gender as the person who was fouled originally.

## Rule 5: Captain Responsibilities and Sportsmanship

### Article 1. Captain Responsibilities

- a) The Captain must maintain control of his/her team's sportsmanship. Your team will be graded each game and must maintain a 2.75 average to make the playoffs. Every team makes the playoffs as long as they have the proper sportsmanship average. The Captain is also in charge of the fans that come to support his/her team. The fans sportsmanship can also have an effect on your team's sportsmanship rating.
- b) **GAMETIME IS FORFEIT TIME.** If your team does not show up ON TIME for your scheduled game, your team will receive a forfeit and a 0 sportsmanship rating. If at least one member of the team shows up before the scheduled start time, a 5 minute grace will be added to the forfeit time.
- c) If your team forfeits, a \$35.00 fee will be issued to the Captain, and will need to be paid by 3pm prior to the next game. Failure to do so will result in a second forfeit.
- d) If your team forfeits a second time, by any means, the Captain will be issued another \$35.00 fee and their current team will be removed for the rest of the season.
- e) **Defaults** are an alternative to forfeiting a game. If your team will not be able to make it to a scheduled game, you may contact the Intramural office by **1:30 on the day of the game (1:30 on Friday for Sunday games)** and let us know you will default the game. Your team will receive a loss, but you will not have to pay a forfeit fee.





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## Article 2. Appeal Play/Protest

- a) Protests will not be received or considered if they are based solely on a decision involving the accuracy of judgement on the part of an umpire.
- b) The appeal/protest must be made before the next legal or illegal pitch or before the defensive team has left the field of play. The following may be appealed/protested:
  - 1) Misinterpretation of a playing rule
  - 2) Failure of an umpire to apply the correct rule to a given violation
  - 3) Failure of an umpire to impose correct penalty for a given violation

**ONLY THE CAPTAIN IS ALLOWED TO APPEAL THE PLAY/PROTEST THE GAME.**

\*\*\*Written protests may be filed in the Intramural Office anytime between the initial time of the incident to the following day by 3pm. (See desired articles under Rule 3: Intramural Sport Specifics for rule clarifications.)\*\*\*

