



Intramural Soccer Rules

Intramural soccer rules are adapted to the Field House and Turf Field from USSF/FIFA rules and may differ from a player's previous experience with the game.

There are no longer any Co-Ed leagues within the Intramural program, which removes all gender requirements for all offerings. We ask all players to respectfully play down to the competition level they are playing if they are playing in a beginner league. Players who cannot respect league skill level will be warned and may be asked to leave the game at the discretion of the supervisor.

Indoor Specific Rules

- Indoor teams will consist of seven players. A team may play with as few as five. A team with fewer than five will forfeit the match.
- A ball that crosses the sideline or touches the ceiling will result in an indirect free kick.
- Space must immediately be given to a player in the four corners of the field. Failure to give space will result in a goal kick for the defending team, or a corner kick for the attacking team.
- Eight yards will be given on any freekick, including kickoff.

Outdoor Specific Rules

- Outdoor teams will consist of eight players. A team may play with as few as six. A team with fewer than six will forfeit the match.
- A ball that crosses the sideline will result in a thrown in.
- Ten yards will be given on any freekick, including kickoff.

General Intramural Soccer Rules and Regulations

- SLIDE TACKLING, BICYCLE KICKS, AND FLIP THROWS ARE NOT ALLOWED IN EITHER INDOOR OR OUTDOOR INTRAMURAL SOCCER. A RED CARD WILL BE SHOWN AND A MINIMUM ONE GAME SUSPENSION ISSUED IF A PLAYER IS IN VIOLATION OF THIS RULE.
- Direct Free Kicks (and possible yellow card) will be awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless or using excessive force:
 - o Kicks or attempts to kick an opponent

- o Trips or attempts to trip an opponent
- o Jumps at an opponent
- o Charges at an opponent
- o Strikes or attempts to strike an opponent
- o Pushes an opponent
- o Tackles an opponent to gain possession of the ball by making contact with the opponent before touching the ball
- o Spits at an opponent
- o Handles the ball deliberately with their hands (except the goal keeper)
- Indirect Free Kicks will be awarded to the opposing team if a player commits any of the following offenses:
 - o Obstruction
 - o Goalie hand ball
 - o Plays in a dangerous manner (high kick)
- If a team is ahead by eight (8) goals or more in the second half and one captain does not wish to continue, the game shall be ended. If both captains agree to continue playing, the remainder of the game shall be played, and the score at the end of the game will be final with the exception that it cannot exceed a difference of eight (8) goals.
- There will be no off sides.
- A goalie may reach outside the goalie box to pick up the ball as long as both feet are within the goalie box. If one or both feet are outside of the goalie box when the ball is touched by the goalie's hands an indirect free kick will be awarded to the opposing team.

Cautions and Dismissals

- A player is cautioned and shown the yellow card if he commits any of the following offenses. The player will be sent off for five (5) minutes:
 - o Unsporting behavior
 - o Shows dissent by word or action
 - o Persistently infringes on the rules
 - o Delays the restart of play
 - o Fails to respect the required distance when play is restarted
 - o The offending team will play one player down for the full five (5) minutes, even if a goal is scored.
- A player is shown the red card, ejected, and suspended for a minimum of one (1) game if he commits any of the following offenses:

- o Slide tackle
- o Serious foul play
- o Violent conduct
- o Spits at an opponent, any other player, or anywhere on the facility.
- o Deliberately handling the ball and denies the opposing team a goal or scoring opportunity
- o Uses offensive insulting or abusive language
- o Receives a second yellow card in the same game
- o The offending team will play one player down for the remainder of the game.
- o If a team receives two red cards in the same game, the offending team plays two players down. The game will continue unless a) the offending team falls below 5 players, or b) the officials feel there is a safety concern or other reasonable justification for canceling the game

During the regular season games can end in ties. The only time extra time is played is during the playoffs.

Playoff Overtime Rules:

- If the score is tied at the end of regulation, a 4min overtime period will be played, golden goal. If the game is still tied after the overtime period, the game is decided on penalty kicks.