

Truman State University

Intramural Recreational Sports Outdoor Soccer Rules



Truman State University Intramural Soccer will follow National Federation of State High School Associations rules. The following is a listing of the more common rules applying to Intramural play along with Intramural Recreational Sports Modifications. The complete NFHS rulebook is available for viewing online at NFHS.org. All Participants must follow guidelines set forth in the Intramural Recreational Sports Handbook

SECTION 1: GENERAL RULES & REGULATIONS

TEAM REQUIREMENTS

1. A team consists of seven (7) players, but a game may start with five (5) players. A team must have five (5) players on the field at all times, which includes the goalie.
2. If a team has forfeited, the opposing team must have at least five (5) players checked in with the Intramural Supervisor to be credited with the win.
3. Substitutions must be reported to the referee on all occasions. No player may come onto the field without permission of the referee.
4. Substitutions can occur under the following conditions:
 - a. On either teams goal kick, throw in, or corner kick
 - b. When a player has been injured; substitution may only occur for the injured participant.
 - i. The opponents may substitute the same amount of players at this time, even if they have no injured participants.
 - c. When a player has been cautioned (Yellow Card). Each team may substitute one player for each player cautioned.
 - d. After a goal has been scored by either team.
5. All games shall be played on the date and hour scheduled. **GAME TIME IS FORFEIT TIME.**

EQUIPMENT & FACILITIES

1. Teams must wear shirts that are the same shade of color. Goalkeepers must wear a different colored shirt than either team.
2. All players must wear shoes. The shoes must have a rubber sole. Screw-in cleats will be allowed as long as the screw is part of the cleat and no metal is showing or present. Metal spikes or cleats with metal tips are not allowed.
3. Equipment that may be dangerous to another player such as hats, bandanas, casts, etc. are not allowed. The Supervisor on duty will make a determination on any and all equipment and will ask the player to remove the article if deemed dangerous. Any requests to remove dangerous equipment are not to be contested and any participant who refuses will be asked to leave the field.
4. Knee braces made out of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least ½ inch of slow recovery rubber or similar material will be allowed.
5. All jewelry and accessories must be removed prior to participating. This includes earrings, necklaces, wrist watches, fitness trackers, etc. (See rule 3 from Equipment & Facilities)
6. The playing area consists of the Multi-Purpose field located west of the Student Recreation Center, unless otherwise adjusted.
7. The field is measured at 80 yards long by 40 yards wide with all lines and boxes indicated with white field paint.
 - a. Each half is 40 yards long with two additional boxes on each half.

- i. 18 yard box: The area where a goalie is allowed to use their hands. If touched by the goalie outside of this box, it is considered a hand ball. Infractions within this box result in a penalty kick if committed by the defensive team. (See 'Free Kicks' for additional clarification).
 - ii. 6 yard box: This box is located within the 18 yard box and is the safe area for a 'goal kick'. (See 'Free Kicks' for additional clarification).
8. Additional equipment, such as soccer balls and field markers, are provided by the Intramural department.

SECTION 2: GAMEPLAY & RULES

LENGTH OF GAME & TIMING

1. The game will consist of two halves. Halves will be eighteen (18) minutes long with a continuous running clock.
2. There will be a halftime period at the end of the first half, which will not exceed three (3) minutes.
3. There are no timeouts for either team at any time.
4. NO injury time will be added on at the end of the game as the clock will stop for all injuries.
5. The referee or Supervisor on duty reserves the right to stop the clock at his/her discretion for player(s) actions that violate the spirit of the game as well as any conditions that present a hazard to the participants.

THE GAME

1. A coin toss or 'rock, paper, scissors' will determine possession or field selection. The winner can choose when they want to kick off (first or second half) or which side of the field they want to start the game. The loser will get the choice that is left after the winner has decided, whether it be possession or field selection.
2. The referee will whistle the ball into play. The kickoff must be taken from the center of the field. Each team must be completely on their own half and the defensive team must be ten (10) yards from the ball at the time of the kickoff. To kick off the ball, it must roll forward. The player who kicked off the ball may not touch the ball until another player touches the ball.
 - a. Violation of the forward rule will result in a retake of the kickoff. All kickoffs are indirect. If the first player to touch the ball is the same player who took the kickoff, the result is a change in possession.
3. A goal may be scored during play directly from a direct free kick, penalty kick, corner kick, goal kick, or drop ball. A goal may not be scored directly from an indirect free kick or a throw-in. To score a goal, the ball must completely cross the goal line. After the goal, the ball is returned to the center of the field for another kickoff. The team that gave up the goal will kick off.
4. Teams will change ends at halftime. The team that did not kickoff to begin the 1st half will kick off to begin the 2nd half.
5. The ball is out of play when it completely crosses the sidelines or the end lines. The referee will blow his/her whistle to signify when the ball is out of play.
6. The referee blowing his/her whistle warrants a dead ball (even if inadvertent).
7. The ball is still in play if it stays in bounds after rebounding off the goal, referee, or corner flags.
8. To restart play, the following methods are used:
 - a. Throw-ins:
 - i. When the ball crosses the sidelines.
 - ii. Players must use both hands to throw the ball in and must be completely out of bounds when using their hands. If the ball never enters play, the same team will retake. A goal may not be scored on a throw in as the play is considered 'indirect'.
 - iii. The player may not throw it into play to themselves and the ball must be touched by another player before the thrower can play the ball.
 - iv. Improper throw in will result in the opposing team being granted the throw in.
 - b. Goal kick:
 - i. When the ball crosses the end line and the offense touched the ball last.
 - c. Corner kick:
 - i. When the ball crosses the end line and the defense touched the ball last. The ball is placed anywhere within the corner arc and kicked. A goal may be scored directly from the corner kick.
 - d. Direct and indirect free kicks:
 - i. Taken after a foul has been called. The official will indicate if the kick is direct or indirect. (See 'Free Kicks' for additional clarification)

- e. A drop ball:
 - i. Will be called when play is stopped due to an injured player, inadvertent whistle or when it is not clear whom the ball last touched before going out of bounds. A drop ball is when the referee drops the soccer ball between one player from each team; the ball has to touch the ground before it can be kicked by either player.
9. End of Game:
- a. The ball is dead at the moment the whistle sounds to end either half. The whistle shall sound when time expires, there is no injury time.
 - b. A goal cannot be scored if the ball was in the air when the whistle was blown; the ball must have completely crossed the goal line.
 - c. Time may be carried over only for a penalty kick. If the ball touches the goalkeeper during a penalty kick, before passing between the posts or after the expiration of time, the goal is good. If necessary, time of play shall be extended at the end of either half to allow a penalty kick to be taken. If a penalty kick is taken after the expiration of time, only the kicker may play the ball once with the goalkeeper in place.
10. Mercy Rule:
- a. If a team is ahead by seven (7) or more goals at halftime or by five (5) or more goals with five minutes or less remaining in the second half, the game will end. At the same time, if a team is ahead by four (4) goals and is deemed to be stalling, the officials have the option to end the game and sportsmanship points may be deducted.
11. Tie Games
- a. During the regular season, tie games will stand. During playoffs, ties will be broken using a penalty kick shootout. (See 'Playoff Adjustments' for additional playoff rules).

PLAYOFF ADJUSTMENTS

1. Playoff games ending in a tie must go to shootouts immediately following the conclusion of the second half. There will be a brief period for teams to select who will participate in the shootout before the series begins.
 - a. Any five players from each team (including the goalkeeper), that were on the field at the end of the second overtime, will be selected by the team to shoot.
 - b. The goalkeepers will be the same as the goalkeepers from the end of the second half.
 - c. There will be a coin flip or 'rock, paper, scissors' at the end of the second half and the winner chooses to kick first or second.
 - d. Each team has a total of 5 penalty kicks and will alternate each shot. No rebounds are allowed.
 - e. The kicker must wait for the official to start the play on each kick, which is indicated by the whistle.
 - f. The goal keeper must stay on the endline until the ball has been kicked. However, lateral movement is allowed prior to the kick occurring.
 - g. Once the approach to the ball has been started, the kicker's movement may not be interrupted. A continuous forward motion throughout the approach is necessary. If continuous motion does not occur, this will result in a retake, regardless of whether a goal was scored. A second consecutive infraction results in an attempt and a no goal indicated.
2. If the score is tied at the end of the shootout, a sudden death shootout will be held, with any player on or off the field eligible to shoot. A player may not shoot twice unless all other players checked in for the game have shot once.
 - a. The sudden death shootout will have each team alternate kicks until a winner is determined.

SECTION 3: RULE CLARIFICATIONS

SLIDE TACKLES

1. Slide tackles are illegal in Intramural Soccer.
2. Slide tackles are left up to the official's discretion whether or not the tackle will warrant a yellow card, red card, or no call.
 - a. Example: If there is no one around and the player is making a play for the ball it could be considered a no call. If contact is made or a near miss occurs (official's discretion), it will be considered a slide tackle with the possibility of a yellow or red without warning. A red card will result in an ejection and a fair in sportsmanship.
3. Two ejected players on a team in the same game will result in forfeiture of the game and a '1' "Sportsmanship Rating".
4. A goalkeeper may leave his/her feet to play the ball, as long as they do not play the ball with their feet. A goalkeeper leaving his/her feet within 6 feet of another player must do so with their legs in a bent

position and may not at any time attempt to play the ball with their feet while on the ground. Doing so will be deemed a slide tackle.

FOULS & MISCONDUCT

1. There is no offside call.
2. Kicking-Striking-Tripping-Jumping
 - a. A player shall not intentionally attempt to kick, strike, or jump at an opponent.
 - i. Penalty: Direct free kick.
 - b. A goalkeeper may not intentionally strike or attempt to strike an opponent by throwing the ball at the opponent.
 - i. Penalty: Direct free kick
 - c. A player shall not intentionally trip an opponent.
 - i. Penalty: Direct free kick
3. Handling
 - a. A player shall be penalized for intentionally handling, carrying, striking or propelling the ball with a hand or arm.
 - i. Penalty: Direct free kick.
 - b. If a player handles the ball on an obvious (official's judgment) goal-scoring play, the goal will count and the player will be issued a yellow card.
 - c. 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 shall not be penalized.
 - d. A player shall not hold, push or impede an opponent with hands or arms extended from the body.
 - i. Penalty: Direct free kick.
4. Charging
 - a. A player shall not intentionally charge an opponent unfairly. An unfair charge is one in which a player does not use shoulder-to-shoulder contact with an opponent, does not have arms and elbows close to the body, and has at least one foot on the ground and the ball within playing distance.
 - i. Penalty: Direct free kick.
 - b. A player having one or both feet on the ground shall not charge into an opponent that has no feet on the ground.
 - i. Penalty: Direct free kick.
 - c. A player shall not charge into the goalkeeper in the penalty area.
 - i. Penalty: Direct free kick.
 1. An official shall disqualify any player who flagrantly fouls the goalkeeper in possession of the ball.
 2. Possession or control of the ball is when the goalkeeper has the ball trapped by either or both hands or when bouncing it to the ground or when releasing the ball into play. Players should release any forward pressure on a ball when the goalie has possession of the ball.
 3. Outside the penalty area, the goalkeeper has no more privileges than any other player does.
 - a. Note: When goalkeepers put the ball on the ground, they relinquish their rights as goalkeepers.
5. Dangerous Play
 - a. In the opinion of the official, all high kicks above the waist in a dangerous manner will be prohibited.
 - i. Penalty: Indirect free kick.
6. Obstruction
 - a. Obstruction is 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. A player may only obstruct an opponent from the ball legally if the player is within a leg's length of the ball with the ability to play it.
 - i. Penalty: Indirect free kick.
 - b. The goalkeeper in possession of the ball shall not be interfered with or impeded in any manner by an opponent. This includes the act of bouncing the ball or dropping the ball for a kick or attempting to throw the ball.
 - i. Penalty: Indirect free kick
7. Goalkeeper Restrictions
 - a. From the moment the goalkeeper takes control of the ball with the hands in the penalty area, the goalkeeper is penalized if they have not released the ball into play within six (6) seconds.

This includes bouncing or throwing the ball into the air and catching it again, without releasing it into play. The ball must be played by another player for the goalie to be allowed another six (6) seconds.

- i. Penalty: Indirect kick
 - b. A goalkeeper shall not touch the ball with his/her hands after receiving a throw-in or a deliberate kick by a teammate.
 - i. Penalty: Considered a handball outside of the box and results in an indirect free kick. Inside the box, the play will result in a penalty kick.
8. Misconduct
 - a. A player is cautioned and shown the yellow card if he/she commits any of the following offenses:
 - i. is guilty of unsporting behavior
 - ii. shows dissent by word or action
 - iii. persistently infringes the Laws of the Game
 - iv. delays the start of the game
 - v. fails to respect the required distance when play is restarted with a corner kick or free kick
 - vi. enters or re-enters the field of play without referees permission
 - vii. deliberately leaves the field of play without the referee's permission
 - viii. denies the opposing team 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
 - b. player is sent off and shown the red card if he/she commits any of the following offenses:
 - i. is guilty of serious foul play
 - ii. completed disregard for player safety
 - iii. is guilty of violent conduct
 - iv. spits at an opponent or any other person
 - v. uses offensive, insulting or abusive language to opponent or official
 - vi. receives a second yellow card in the same match
 - vii. An official shall disqualify any player who flagrantly fouls the goalkeeper in possession of the ball. Possession or control of the ball is when the goalkeeper has the ball trapped by either or both hands, when bouncing it to the ground, and when releasing the ball into play. Outside the penalty area, the goalkeeper has no more privileges than any other player does.
 1. Note: When goalkeepers put the ball on the ground, they relinquish their rights as goalkeepers.
 - c. Two ejected players on a team in the same game will result in forfeiture of the game.
9. Team Caution
 - a. A team caution is disciplinary action facing an entire team as a result of a violation by a player of that team.
 - b. A team caution may be for, but not limited to, the following violations:
 - i. Encroachment on free kicks
 - ii. Intentional handballs by the defense
 - iii. Unnecessary delay
 - iv. First slide tackle
 - c. Once a team caution is issued, if any player from that team commits the same foul, that player is ejected.
10. Fans and coaches must stay off the field at all times. Continued violations of this rule will result in a yellow card for the captain. If they continue to violate this rule, the captain will be ejected. Another captain will then be appointed and the preceding rules will be applied accordingly.
11. The team which kicked the ball out of bounds is responsible for retrieving the ball and returning it to the goalie or official. Excessive delay may result in a yellow card, which will be issued to the team captain.
 - a. NOTICE: Any participant who leaves the field of play for equipment retrieval should be aware of any hazards outside the field of play such as streets, parking lots, etc.

FREE KICKS

1. Description of a free kick:
 - a. Free kicks shall be classified as "direct" from which a goal may be scored against the offending team or "indirect" from which a goal may not be scored unless the ball is played by another player from either team.
 - b. Any player of the offended team may take all free kicks in any direction.

2. Direct kick offenses:
 - a. Tripping/kicking or attempting to trip/kick an opponent.
 - b. Deliberately handling ball.
 - c. Pushing/Holding.
 - d. Unfair charging.
 - e. Charging the goalkeeper in possession of the ball.
 - f. Striking or attempting to strike an opponent.
 - g. Jumping at an opponent.
 - h. Using foul or abusive language or spitting at other persons.
 - i. Slide tackle
3. Indirect free kick offenses:
 - a. Leaving the field of play without permission.
 - b. The kicker playing the ball next after a kickoff, free kick, penalty kick, goal kick or corner kick or the thrower playing the ball before another player plays the ball.
 - c. Obstruction
 - d. High Kick (Dangerous Play)
 - e. Goalkeeper delay
4. Rules free kick:
 - a. Opposition players must be at least 10 yards from the ball until it is kicked, unless standing on their own goal line between the goalposts. If the kick is by a team in its own penalty area, defenders must also be out of the penalty area until the ball clears the penalty area. The ball must be stationary and may be kicked in any direction. After the kick, any player except the kicker may play the ball.
5. Penalty kick:
 - a. When taken:
 - i. A penalty kick is awarded for any infringement of the rules by the defending team within the penalty area. The foul must be deliberate. 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. A goal may be scored directly from a penalty kick.
 - b. How taken:
 - i. The penalty kick is taken from any place on the penalty mark line. When it is being taken, all players (except for the kicker and the opposing goalkeeper) shall be within the field of play but outside the penalty area and at least ten yards away from the penalty mark. The opposing goalkeeper may move laterally, but is not permitted to advance off the goal line until the ball has been kicked by the offensive player. If the goalkeeper crosses the goal line before the player taking the kick has contacted the ball, the referee will allow the play to finish. If the player scores, the kick will be good, and will stand. If a goal is not scored, a re-kick will be awarded to the player taking the kick. The player taking the kick must kick the ball forward in order for it to be in play. If the ball is not put into play properly, the kick must be retaken. If the ball hits the goalpost or the crossbar and returns to play, the kicker may not play the ball until another player has played it. The goalkeeper may not be substituted for on a penalty kick unless they were injured during the infraction. The kicker must wait for the official to start the play. The distance for a penalty kick is 12 yards from the goal line.
 - c. Infringements on penalty kick.
 - i. During a penalty kick, any encroachment by the defending team or forward movement by the defending goalkeeper is not penalized if the goal is scored. If a goal is not scored, the kick is retaken. If there is an infringement by the attacking team and the ball enters the goal, the goal does not count and the kick shall be retaken. If there is an infringement by the attacking team and the ball does not go into the goal, there is no re-kick. If the ball rebounds into play, the game shall be stopped and restarted with an indirect free kick for the defending team at the spot of the foul. If the ball is saved and held by the goalkeeper, play shall continue. In cases where players from both teams are guilty of infringements, the kick shall be retaken regardless of the outcome of the kick.
6. Goal Kick:
 - a. When taken:
 - i. A goal kick is taken by a member of the defending team when the ball passes completely over the goal line, either in the air or on the ground, having last been touched by a member of the offensive team.
 - b. How taken:

- i. The ball is placed on the ground from any point in the goal area nearest to where it crossed the goal line. The ball must be kicked beyond the penalty area, or the kick will be retaken. The goal kick is a direct kick.
- 7. Corner kick:
 - a. When taken :
 - i. A corner kick is taken by a member of the attacking team when the ball passes completely over the goal line, either in the air or on the ground, having last been touched by the defending team.
 - b. How taken:
 - i. A member of the attacking team shall take a kick from within one yard of the nearest corner. A goal may be scored directly from a corner kick. The opposing team shall not approach within 10 yards of the ball until the ball has been kicked, if the opposing team approaches within 10 yards the kick is retaken. The kicker may not play the ball until another person has touched it. If the ball hits the goalpost and rebounds towards the kicker, he/she still cannot play the ball until another player has touched it.

SECTION 4: GAME VARIATIONS

CO-REC MODIFICATIONS

1. A regulation team consists of seven (7) players, which includes the goalkeeper. A team may play with a minimum of five (5) players.
 - a. The possible combinations are (4f/3m), (3f/4m), (3f/3m), (2f/3m), (3f/2m).
2. In the case of a penalty kick, the person taking the kick must be of the same gender as the person who was fouled originally.
 - a. Example: a female is fouled in the penalty area, the penalty kick must be taken by a female
3. If in the overtime period a shootout occurs, teams must alternate penalty shot takers between male and female. Teams may elect to shoot in the m/f/m/f/m order or the f/m/f/m/f order.
4. Mercy Rule:
 - a. If a team is ahead by seven (7) or more goals by the end of the first half or by seven (7) or more goals with five minutes or less remaining in the second half, the game will end. At the same time, if a team is ahead by six (6) goals and is deemed to be stalling, the officials have the option to end the game and sportsmanship points may be deducted.

SECTION 5: MISCELLANEOUS INFORMATION

PROTESTS

1. Protests shall not be received or considered if they are based solely on a decision involving the accuracy of a judgment call. Only rule interpretations may be protested.
2. A protest must be made with the Supervisor immediately following the call in question or before the next whistle.
3. Protests involving ineligible players may be made any time before the game or upon the participant entering the game. All eligibility protests will be marked by Supervisor as being played under protest, but will complete the game. A written protest must be submitted to the Director by noon the following day in order for the protest to be heard. Protests that do not follow these guidelines will not be heard.

PLAYER/PARTICIPANT CONDUCT

1. We will hold all participants and spectators to a high degree of sportsmanship. This includes respect to authority, other participants and other spectators. Intramural officials may cite any participant or spectator with acts of non-sportsman-like conduct, and we may link spectators to participants for the purposes of assessing penalties.
2. Intramural staff may eject participants and spectators from any contest and/or event facility for acts of non-sportsman-like conduct. Those ejected for any reason may not participate in any further intramural activities until arranging a meeting with the Director of Intramurals to discuss reinstatement.
3. The Intramural Department, in coordination with the Office of Citizenship and Community Standards, will potentially suspend any person ejected from competition two times during the academic year (in any sport or combination thereof) for the remainder of the academic year. If the ejection occurs in the last game of a school year, the penalty will carry over to the next school year, if warranted. These cases are reviewed before a suspension is assessed and handed down.

4. Fighting and malicious contact are strictly prohibited at intramural contests. Those who threaten or physically abuse intramural officials or other applicable authority will potentially be removed from Intramural participation permanently. These cases are reviewed on a situational basis in cooperation with the Office of Citizenship and Community Standards.
5. Participants are responsible for intentional or negligent damage to personal and public property, and the Intramural Department may penalize those involved in such acts as well.

ALL Intramural rules posted in the handbook are applicable with this sport. Each participant is responsible for reviewing Student Recreation Center guidelines and Intramural guidelines available on the website before participating in any event.

<http://www.truman.edu/recreation/intramural-sports/>