

-Sam Houston State University-
INTRAMURAL SPORTS
7 v 7 SOCCER RULES

All games will be governed by the 2007-2008 National Federation of State High School Associations Rules Book (NFHS) with Intramural Sports modifications.

RULE DIFFERENCES FROM 11 v 11 SOCCER

1. There are no slide tackles. If you slide tackle and contact an opponent, you will be automatically EJECTED! NO EXCEPTIONS!
2. There is no OFFSIDES in 7 v 7 soccer.
3. You must be in your offensive half of the field to score a goal.
4. There are no THROW INS! Instead, there are KICK-INS. Every situation that calls for a throw in during regular soccer, will now require a KICK IN. The ball will be placed where it crossed the boundary line and kicked in.
5. In case of a tie, the penalty kick shootout is not normal penalty shots. Instead, dribble up penalty kicks (the same as hockey) will be used. (more detailed description under Tie Breaker Procedures)
6. On all free kicks, the defense only has to be 8 yards from the ball, not 10 yards.
7. Substitutions can be made on the fly. You do not have to wait for the ball to go out of bounds to make a substitution. The player leaving the field must be completely off before the new player enters the field of play.

Players and Equipment

1. Each participant must present a current, validated SHSU student or faculty/staff ID card in order to be eligible to participate.
2. The game shall be played between two teams of 7 players each (including 1 goalkeeper). Each team must have a minimum of 6 players in order to begin a game. In Co-Rec play, each team will consist of 3 men and 3 women on the field at all times plus a goalkeeper of either sex. At no time may the difference between males and females on a team be greater than one.
3. Due to injury, a team may continue with less than the minimum number of required players. An ejection that leaves a team with less than the minimum number of required players will result in a forfeit by that team.
4. A game ball will be provided for each game, or teams may choose to provide their own upon agreement by both teams.
5. Each team is urged to wear numbered shirts of one distinguishable color. Any team not dressed in like-colored shirts may wear the colored intramural jerseys provided by Intramural Sports. Each goalie should wear a shirt which contrasts in color to that of the other players.
6. **Shoes:** Regulation, rubber-soled cleats, plastic cleats, detachable rubber cleats that screw into the shoe, and tennis shoes are the only permissible footwear. Cleats are recommended! Players may not play barefooted. No combat or hiking boots may be worn. No steel cleats or shoes with steel detachable cleats that screw onto the shoes may be worn.
7. **Shin guards are recommended during play for personal safety.** Shin guards will be provided by Intramural Sports or players may choose to provide their own.
8. Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces made of any hard material must be covered with at least one-half inch of padding for safety reasons. Under no circumstances will a player wearing a cast or splint be permitted to play.
9. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own eyeglasses.
10. **Jewelry:** No jewelry or any other item deemed dangerous by the official may be worn. Any player wearing exposed permanent jewelry (i.e. body piercings) will not be permitted to play.

11. **Headwear:** Players may wear a knit or stocking cap (no caps with bills) during play. Bandanas which are tied with a knot are not permitted.
12. For specific rules concerning the eligibility of players, such as current or former club sport or varsity team members, refer to the Intramural Sports Handbook.

Game Format

1. The field will be modified to 70 x 45 yards.
2. Each game will consist of two 20-minute halves with a running clock. The clock will only stop for injuries. The game officials will be responsible for keeping the game clock.
3. **Forfeit time is 10 minutes after scheduled game time.** A team must have the minimum number of players to start a game. The minimum number of players for Men's, Women's, and Co-Rec play is seven. The game clock will begin running at the scheduled game time.
4. A coin toss at the beginning of the game shall determine which team has the choice of a goal to defend or kicking off first. The loser of the toss shall have the remaining option. Between halves, each team shall exchange ends and alternate the kickoff.

Timing

1. Teams should have completed the score card with first and last names of all players, and be warmed up and ready to play as soon as the previous game ends on their field.
2. Games shall consist of two 20-minute halves with a 5-minute halftime. The officials will be in charge of keeping time.
3. A game shall be considered "official" if after the start of the second half the game is stopped for any reason, including inclement weather.
4. Game time is the scheduled playing time, unless the previous game goes over the allotted time.
5. At the end of the game, team captains are required to verify all information by signing the scorecard.

Ball in and out of play

1. The ball is OUT of play when it has completely crossed a goal line or touchline either on the ground or in the air.
 2. The ball is IN play at all other times including: when it rebounds from a goal post, cross bar, or corner flag; when it touches an official in the field of play; until the whistle sounds; after a free kick or kick-off; when a drop ball touches the ground.
- NOTE: A player may be out of bounds and legally play the ball.

Kick-In

1. A kick-in (**NOT A THROW IN**) shall be awarded to a team when the opposing team last plays or touches the ball before the entire ball passes beyond the touchline (sideline).
2. If the ball fails to enter the field of play, it shall be re-kicked.
3. After the kick-in, the ball may be played by either team. The kicker shall not play the ball again before it has been touched by another player.

Goal Kick

1. A goal kick is awarded to the defending team when the entire ball crosses the goal line after the attacking team last played or touched the ball.
2. Players opposing the kicker shall remain outside the penalty area until the ball moves out of the penalty area.
3. The ball shall be kicked from the ground from within the goal area. A goal kick must clear the penalty area and enter the field of play. Failure to do so will result in a re-kick.
4. After the goal kick leaves the penalty area, the kicker may not play the ball again until it has been played by another player.

5. The goalkeeper shall not pick up the ball and play it, nor receive it with the hands directly from the goal kick.

Corner Kick

1. A corner kick shall be awarded to the attacking team when the entire ball passes beyond the goal line after the defending team last played or touched the ball.
2. Defending team players shall be at least 8 yards from the ball until it has been kicked.
3. The ball shall be kicked from the ground within the quarter circle nearest where the ball left the field of play. It is in play when the ball moves.
4. After the corner kick, any player may receive the ball except the one who executed the corner kick.

Scoring

1. A ball must be 100% over the line to count as a goal.
2. The ball must be played from the offensive half of the field to count as a goal.
3. A goal may be scored directly from a kick-off, corner kick or direct kick.
4. A goal may NOT be scored directly from an indirect kick, goal kick, kick in, or a free kick into a team's own goal.
5. In Coed games, female goals count 2 points, male goals 1 point, and own goals 1 point.

Substitutions

1. Substitutes for either team may enter the game at any time, it does not have to be a dead ball situation. It is the same as in hockey.
2. All substitutions will take place at the centerline.

Free Kicks (Direct and Indirect)

1. Free kicks shall be classified DIRECT (from which a goal may be scored directly) or INDIRECT (from which a goal may not be scored directly unless the ball is played or touched by a player other than the kicker).
2. All free kicks are taken from the spot of the foul. Direct free kicks awarded to the offensive team in the penalty area are penalty kicks.
3. For all direct and indirect kicks, the defensive team must be at least 8 yards from the ball.
4. Direct free kicks are awarded for the following offenses:
 - a. Spitting, kicking, striking, attempting to kick or strike, or jumping at an opponent.
 - b. Tripping or attempting to trip an opponent.
 - c. Goalkeepers striking, pushing or attempting to strike or push opponents.
 - d. Intentionally handling the ball by players other than the goalkeeper.
 - e. Pushing an opponent with hands or arms extended from the body.
 - f. Holding or placing hands on an opponent in an attempt to reach the ball.
 - g. Any player charging an opponent at any time.
5. Indirect free kicks are awarded for the following offenses:
 - a. Obstructing an opponent when not in possession of the ball.
 - b. Kicking or attempting to kick the ball while in possession of the goalkeeper.
 - c. Dangerous play.
 - d. The goalkeeper takes more than six seconds before releasing the ball for play.

Slide Tackles

1. **Slide tackles are illegal!!! If you slide tackle an opponent and make contact, you will be EJECTED!**

Tie Breaker Procedure

1. Each team shall designate 3 kickers, which may include the goalkeeper.
2. The first 3 kickers from each team will take penalty shots. If the score remains tied the remaining kickers will take SUDDEN DEATH penalty shots in alternating order.

3. In coed games, teams may choose to start with a male or female kicker, but must then ALTERNATE SEXES for the remainder of the tiebreak procedure.
4. Female goals count for 1 point only.
5. Only players who have participated in the game will be eligible to kick in the tiebreak procedure.
6. Penalty kicks will NOT be normal penalty shots from 12 yards out.
 - a. The shooter will start 30 yards out and will dribble towards the goal.
 - b. The shooter will have five seconds to release (shoot) the ball. After 5 seconds the shooter can not touch the ball.
 - c. The goal keeper is allowed to come off the goal line when the whistle is blown to start the 5 second count.
 - d. The shooter has ONLY ONE attempt to score. If the shot is blocked by the goalie, the shooter can NOT shoot again even if the 5 seconds is still running.

COED MODIFICATIONS

Players

1. Coed teams will consist of 3 men and 3 women, and the goalkeeper may be either sex. At no time can the number of males or females on the field (not including the goalkeeper) be 4.

Scoring

1. A goal by a male counts as 1 point
2. A goal by a female counts as 2 points.
3. Own goals by either sex are 1 point.

Protection

1. Women may use their hands and arms to protect themselves above the waist and below the neck, provided their arms and hands are "glued" to the body; that is, the arms and hands are merged as closely as possible with the part of the body they are protecting.
2. Men may also protect themselves below the waist provided their hands are next to their body.

Goalkeeper

1. The goalkeeper can be of either sex, but goalies cannot be substituted for on the fly. The captain must notify the official at a time when the ball is dead.
2. If a penalty kick is awarded, the goalkeeper who was in the goal at the time of the infraction must remain in the goal for the penalty kick.

Penalty kick

1. A penalty kick taken by a woman will be counted as 1 point. A penalty kick taken by a man will be counted as 1 point.
2. When a defensive player stops an obvious goal-scoring opportunity for a woman by committing a direct free kick foul and a female takes the penalty kick the goal will be worth 2 points. If a male takes the penalty kick it will be worth 1 point.