

-Sam Houston State University-
INTRAMURAL SPORTS
SOCCKER RULES
Fall 2008

All games will be governed by the 2008-2009 National Federation of State High School Associations Rules Book (NFHS) with the exception of the following Recreational Sports modifications.

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 11 players each (including 1 goalkeeper). Each team must have a minimum of 7 players in order to begin a game. In Co-Rec play, each team will consist of 5 men and 6 women or 6 men and 5 women. 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. 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 100 x 55 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. If a team does not have the minimum number of players to begin the game at game, the following penalties will be enforced:
 - a. **Team Ready for Play (TRP) receives choice of side for the first half.**
 - b. **TRP receives choice of side for the first half and receives a penalty kick at 3 minutes.**
 - c. **TRP receives everything above plus a goal at 6 minutes.**
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.
5. In the event that a score remains tied at the end of regulation play, the tie will be broken by a shootout consisting of a series of penalty kicks. The shoot-out will proceed as follows:
 - A. The referee shall choose the goal at which all of the penalty kicks shall be taken.
 - B. Each captain will select any three players, including the goalkeeper, on or off the field (except those who may have been disqualified) to take the penalty kicks. In Co-Rec play, the three players shall consist of 2 men and 1 woman or 1 man and 2 women.
 - C. Teams can switch goalies before the shootout if they so choose.
 - C. The winner of a coin toss shall have the option of kicking first or second.
 - D. Teams will alternate kickers. There is no follow-up on the kick.
 - E. Following three kicks for each team, the team scoring more goals shall be declared the winner.
 - F. If the score remains tied after each team has had 3 penalty kicks, each team will select three different players (other than those who have already kicked) to take kicks in a sudden death situation. Each team will alternate kicks until one team scores and the other team does not score, thus ending the game without more kicks being taken.
 - G. If the score still remains tied, the sudden death kicks will continue with each team selecting three new players to take the next set of alternating kicks. No player may take an additional kick until all those players on a team have kicked.

Start of Play

1. At the referee's signal, a kickoff shall initiate play at the start of each half and after goals. All players shall be in their team's half of the field and all players of the team opposing that of the kicker shall be at least 10 yards from the ball until it is kicked.
2. The kicker may not play the ball again on the kickoff until it has been touched or played by another player on either team. **Penalty:** Indirect free kick at the spot of the foul.
3. The ball is in play when it moves forward.
4. Between halves, teams will exchange goals to defend and the team who did not kick off first half will kick off second half.
5. A goal may be scored directly from the kickoff.

Substitutions

1. Substitutions will be permitted on any throw in, any goal kick, and after a score
2. Substitutes must be recognized by the referee and must enter the field only after a player has left the field of play.
3. The goalkeeper may change positions with a player on the field during a stoppage of play or a substitution, provided the uniforms are legal and the official is notified prior to the change.

Scoring

1. A goal is scored when the entire ball passes legally beyond the goal line between the goal posts and under the cross bar, provided that it has not been carried, thrown, or propelled by the hand or arm. A ball on the goal line is not considered to have crossed the goal line.
2. In Co-Rec play, a goal scored by a female counts for 2 points. The only instance in which a penalty kick made by a female is worth 2 points is if a female is fouled to cause the penalty kick and a female makes the penalty kick as well. If a male is fouled in the penalty box and a female makes the penalty kick, it is only worth one goal. If a female is fouled and a male makes the penalty kick, it is also only worth one goal.
3. In overtime shootouts, female penalty kicks equal one goal.
4. A goal MAY be scored during play directly from a:
 - A. Kickoff
 - B. Direct free kick
 - C. Goal kick
 - D. Penalty Kick
 - E. Corner Kick
 - F. Drop Ball
 - G. Goalkeeper's throw, punt, or drop-kick
5. A goal MAY NOT be scored during play directly from a:
 - A. Indirect free kick
 - B. Throw-in
 - C. Free kick into a team's own goal

Offsides

1. A player is in an offside position when he/she is nearer to the opponent's goal line than the ball, unless:
 - A. The player is in his/her own half of the field of play.
 - B. The player is not nearer to the opponent's goal line than at least two opponents.
2. A player is not in an offside position if the ball is received directly from a goal kick, a corner kick, or a throw-in.
3. It is not an offense in itself to be in an offside position. An indirect free kick will only be awarded if, at the moment the ball touches or is played by a teammate, that player is in active play by:
 - A. Interfering with play or with an opponent; or
 - B. Gaining an advantage by being in that position.

Goalkeeper Play

1. The referee shall remove without caution any player who intentionally charges and contacts the goalkeeper. Warnings will be issued to players dangerously charging but not contacting the goalkeeper.
2. The goalkeeper may take as many steps as he/she wants while in possession of the ball. However, the goalkeeper has 6 seconds to release the ball after gaining possession (throw, punt, or drop the ball)
3. The goalkeeper in possession of the ball must not be interfered with or impeded in any manner by an opponent.

4. On any occasion when a player deliberately kicks the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch the ball with his/her hands. (Penalty: Indirect free kick at the spot of the foul)
5. A goalkeeper shall not touch the ball with his/her hands when receiving it directly from a throw-in by a teammate. (Penalty : Indirect free kick at the spot of the foul)

Fouls and Misconducts

1. A player shall be penalized if he/she:
 - A. Handles the ball with his/her hands or arms. This does not apply to the goalkeeper within his/her own penalty area, provided he/she releases the ball within the prescribed four steps.
 - B. Trips an opponent, including throwing or attempting to throw an opponent by the use of the legs. **NO SLIDE TACKLING IS PERMITTED. ANYONE WHO SLIDE TACKLES AND MAKES CONTACT WILL RECEIVE AN AUTOMATIC RED CARD AND IS EJECTED FROM THE GAME.**
 - C. Pushes or holds an opponent with the hand or with any part of the arm or body.
 - D. Plays dangerously (kicks, strikes, attempts to kick or strike, jumps at an opponent, charges in a violent or dangerous manner, kicks dangerously high in front of opponent).
 - E. Illegally obstructs an opponent by interfering with an opponent's movement without the ball.
2. A penalty shall also be assessed should two or more defensive players simultaneously make contact with the player who has control of the ball.
3. A player or coach will be cautioned (yellow card) for the following:
 - A. Entering the field of play without the permission of an official.
 - B. Persistent infringement of any of the rules of the game.
 - C. Verbal objection or action indicating dissent toward the official.
 - D. Use of vulgar or profane language.
 - E. Unsportsmanlike conduct, which will be at the discretion of the official.
4. A player or coach will be disqualified (red card) for the following:
 - A. Exhibiting violent conduct (i.e. slide tackling) or committing serious foul play including, but not limited to, deliberately handling a ball to prevent it from going into the goal or committing a foul against an opponent who is moving toward his/her goal with an obvious opportunity to score.
 - B. Using foul or abusive language.
 - C. Fighting.
5. If a player is disqualified (2 yellow cards or a red card), he/she may not be replaced under any circumstances. The team must play down a player the rest of the game.

Free Kicks

1. Free kicks shall be classified as:
 - A. Direct - a goal may be scored directly from the kick.
 - B. Indirect – a goal cannot be scored unless the ball has been played or touched by any player other than the kicker before passing through the goal.

All free kicks may be kicked in any direction from the point where the infraction occurred, except the penalty kick, which must be taken from the penalty spot and kicked forward.
2. Offenses for which a **direct** free kick may be awarded include the following violations:
 - A. Handling the ball with hands or arms.
 - B. Tripping an opponent, including throwing or attempting to throw an opponent by the use of the legs and slide tackling.
 - C. Pushing an opponent with the hand or with any part of the arm or body.
 - D. Holding an opponent.

- E. Playing violently (kicks, strikes, attempts to kick or strike, jumps at an opponent).
 - F. Charging an opponent in a dangerous manner.
3. Offenses for which an **indirect** free kick may be awarded include the following violations:
 - A. A player playing the ball a second time before it has been played by another player at the kickoff, a free kick, a penalty kick, a corner kick, a goal kick, or by the thrower following a throw-in.
 - B. Improper substitution.
 - C. Persons other than authorized players entering the field.
 - D. Dissension by word or action toward a referee's decision.
 - E. Unsportsmanlike conduct.
 - F. To resume play after a player is ordered off the field for persistent misconduct or violent conduct.
 - G. Obstruction (interfering with an opponent's movement without the ball).
 - H. The goalie taking more than the allotted 6 seconds to release the ball.
 - I. Charging the goalie or not allowing him /her to move with the ball.
 - J. A player that is ruled to be offsides.
 - K. Dangerous plays (kicking dangerously high near opponent, diving header near the defender's foot, playing the ball while on the ground).
 4. When a free kick is being taken, a player of the opposite team shall not approach within 10 yards of the ball until it is in play. A violation of this may cause player removal from the game. The ball must be stationary when kicked, and after being kicked, the kicker shall not play the ball a second time until it has been touched by another player.

Penalty Kicks

1. A penalty kick shall be awarded when a foul, which ordinarily results in the awarding of a direct free kick, occurs within the offending team's penalty area.
2. All players except the kicker and the opposing goalkeeper shall be within the field of play but outside the penalty area and at least 10 yards from and behind the penalty mark until the ball is kicked.

Throw-in

1. A throw-in shall be awarded when the opposing team last touches or plays the ball before the entire ball passes beyond the sideline either in the air or on the ground.
2. The ball shall be thrown in any direction from the point where it crossed the sideline by a player who is facing the field of play and has both feet on the ground on or behind the sideline. The thrower shall use both hands with equal force and shall deliver the ball from behind and over the head in one continuous movement.
3. On a throw-in, the ball is playable by either team when it has left the hands of the thrower and any part of it breaks the plane of the sideline.

Goal Kicks

1. A goal kick shall be awarded to the defending team when the entire ball crosses the goal line, excluding that area between the goal posts and under the crossbar, either in the air or on the ground, having last been played or touched by the attacking team.
2. Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area.
3. The ball shall be kicked from the ground from any point within the goal area by a player of the defending team. If the ball is not kicked beyond the penalty area, the goal kick shall be repeated.

Corner Kick

1. A corner kick shall be awarded to the attacking team when the entire ball passes over the goal line, excluding that area between the goal posts and under the crossbar, either in the air or on the ground, having last been touched or played by the defending team.
2. Players of the defending team shall be at least 10 yards from the ball until it has been kicked.
3. The ball shall be kicked from the ground within the quarter circle, including on the lines.
4. After the corner kick, the ball may be played by any player except the one who executed the kick.

Myths About the Rules

1. **All high kicks are dangerous.** Many players believe this because officials called it that way when they were growing up. High kicks are not dangerous when no other players are near the high kick. It's only when players have their ability to play the ball hampered by the high kick of an opponent that it becomes a dangerous play.
2. **Players cannot play the ball while on the ground.** Similarly, when a player plays the ball while on the ground and it is not a danger to himself/herself or an opponent, there is no infraction. When there are opponents around, then the actions of the player might be dangerous since the player on the ground may be kicked inadvertently. Wait a moment and determine if such a kicking situation develops, then quickly take the appropriate action.
3. **Punish little fouls by an indirect; punish big fouls with a direct.** Those fouls are usually described that way by the uninformed: a little push in the back that causes a player to miss a header earns an indirect free kick; a shove that knocks a player down is a big push. The rules make no such distinction. Penal fouls are infringements committed against opponents and punished with a direct free kick (or penalty kick in the penalty area). Lesser infringements, such as impeding an opponent are technical in nature and should be punished by awarding an indirect kick.
4. **You must warn players before punishing them.** Some officials and players believe that a caution is a two-step process. At the first instance of misconduct, they believe that they must first be warned, and then, at the next infraction receive a caution. Players will believe that verbal warnings are cautions because you are trying to keep them from committing fouls. Verbal warnings are not cautions and you should penalize accordingly.
5. **You must caution a player before sending them off.** A corollary to number 4 is that players believe they should be given a yellow card before being given a red card. This is NOT a two-step process either for unfair plays. We are focusing on clean play and sportsmanship. If a player is committing violations that warrant an immediate red card, that is what they deserve.

If one team shows up late, the following penalties apply:

Game Time:	TRP receives the choice of side for 1st half.
At 3 Minutes:	TRP receives a penalty kick.
At 6 Minutes:	TRP receives 1 goal and a penalty kick.