University of Minnesota
Intramural Soccer Rules

Note: Rules apply to all soccer disciplines (Arena, Outdoor, Fieldhouse, Dome and Stadium) unless otherwise specified. Intramural soccer will be played by the following rules. Captains are responsible for the eligibility and conduct of all their players. Every participant is responsible for knowing the rules and regulations in the Intramural Handbook, which can be viewed at http://www.recwell.umn.edu/intramurals/

I. General Provisions
   A. All students, staff, and faculty MUST present a valid U of M identification card; non-affiliates (applicable to summer Co-Rec teams only) MUST present a valid non-affiliate card and picture I.D. to participate in any Intramural activity. There will be no exceptions to this policy. If participants do not present a valid U of M identification and/or a valid non-affiliate card they will NOT be allowed to participate in the Intramural activity. Penalty for attempting to use a false identification card will be suspension from the league. Suspended individuals MUST meet with the Intramural Director for possible reinstatement into the program.

II. Adding Players to Your Roster

All players must be on your roster (this includes accepting their invitation) by 2 PM the day of the scheduled match for the player(s) to be eligible. For matches scheduled on Sundays, players must have been accepted to the roster by 2 PM on the Friday.

Visit http://www.recwell.umn.edu/intramurals/

Adding Players as a Captain

- Click on "My Teams" in the upper right hand corner of your IMLeagues screen.
- Click "Invite Members to Your Team".
- Enter the invitees' email addresses separated by a comma.
- Once the invitee receives an invite and accepts your invitation, they will be added to your team.
- IMPORTANT: If you do not see a player on your roster, they have not accepted your invitation and are ineligible to participate.

Adding Yourself to a Friend's Team

- First, create your IMLeagues account.
- Click "Player Signup" on the upper right hand side of your screen.
- Find the team that you would like to join.
- Click "Join Team".
- Fill out the waiver.
- Once the captain has accepted your request, you will be added to the team.
- IMPORTANT: You will not be added to the roster until the captain accepts your request.
III. Referees and Supervisors
A. His/Her authority and the exercise of the powers granted to him/her by the rules of the game commence as soon as any member of any team arrives on site and to extend until such point as all members of all teams have left the site.

B. Two referees shall be appointed in each game (11v11 soccer will be appointed three referees). His/Her power of penalizing shall extend to offenses committed when play has been temporarily suspended, when the ball is out of play, and before and after the game has ended. His/Her decision on factual events connected with the play shall be final.

C. The Site Supervisor is given full authority and powers to institute on-site decisions. In addition, the Site Supervisor and/or the Senior Supervisor has the authority to ask for photo identification in the case of questionable eligibility, eject players from the game and/or complex, and terminate play if s/he sees fit. Any questions should be directed toward the Site Supervisor, whose decision shall be final.

D. Referees and Supervisors have the final decision on sportsmanship ratings.
   i. If approached in a respectable manner, a captain may briefly discuss the ratings. Otherwise, both referees and supervisors do not have to discuss the sportsmanship ratings that were given.

IV. Players’ Equipment
A. The basic required equipment for a player shall consist of a team jersey or shirt of the same color as the rest of the team. Shoes and socks will be required at all times.
   i. Outdoor, Dome, and Stadium
      1. Soccer Cleats are legal pieces of equipment.
      2. Metal cleats are not allowed and will need to be removed before continuing play.
      3. Shoe equipment with a toe-cleat (ex. Football cleats) will not be allowed.
   ii. Fieldhouse and Arena
      1. Cleats are not allowed.

B. A player shall not wear anything that is dangerous to another player (including, but not limited to: watches, bracelets, necklaces, rings, baseball hats, etc.).

C. If the referee finds that a player is wearing articles not permitted by the rules and may constitute a danger to other players, the referee shall ask the player to remove them. If the player fails to do so, then the participant shall not take part in the match.
   i. Fieldhouse
      1. Only Intramural approved Fieldhouse soccer balls will be allowed.
   ii. Arena
      1. Indoor soccer balls shall be used.

D. Dress Code
   i. T-Shirt
      1. Unaltered full length/full neck t-shirt with full length short or long sleeves. We follow the same dress code as the Rec Center at all locations
   ii. Pants/Shorts
      1. Please wear athletic pants or shorts
2. Inappropriate items are those that may damage the equipment vinyl such as jeans, khakis, belts and chains, or rivets.

iii. Shoes
1. Please wear closed toe/closed heel athletic shoes
2. Inappropriate items would include those that may not provide proper protection during a match such as open heels/open toes, form fitting "barefoot-style" footwear, exposed forefoot, or visibly exposed exposed toes.

V. Duration of the Game
A. Game time is forfeit time. Teams not having enough players to begin the game will receive a default if one or more of their players are present. Teams will forfeit if no members of the team are present and no member of said team has contacted the Intramural Office prior to game time. **Teams who default/forfeit twice (or any combination of the two) will be removed from the league without a refund.**

B. The duration of the game (for **Arena**, **7v7 Dome**, **Outdoor**, and **Fieldhouse**) shall be two equal halves of 23 minutes unless otherwise mutually agreed upon by the participating teams.
   i. **Stadium**
      1. Halves shall be 20 minutes in duration.

   ii. **11v11 Dome**
      1. Will be played in one continuous time frame (no half time).
      2. Captains will be called at the start of a 54-minute clock. From there, teams have 4 minutes to warm up and get ready to start.

C. An intermission of no less than 2 minutes and no greater than 5 minutes will be allowed between halves.

D. Halves may be shortened by the Site Supervisor to make up any delays that may have occurred.

E. **Supervisor on site has the right to terminate games for any reason what-so-ever.**

F. During regular season play, games ending in a tie will remain a tied game.

G. Tie games during playoffs will be decided according to the following rules:
   i. One 7-minute sudden death overtime period will be played.
      o **Stadium**
         - One 5 minute sudden death overtime period will be played
      o **11v11 Dome**
         - Tied games will go directly into kicks from the mark (5 kicks per team).
   ii. If the game is still tied after the overtime period, kicks from the mark shall commence governed by the following:
      1. A coin flip will determine which team shoots first.
      2. Each of the players on the field (including the keeper) as the overtime period expires, is eligible to participate in the shoot-out.
      3. If a team is down a player, then the opposing team will choose which of their players will not participate in the shoot-out.
         a. For CoRec, the player removed must be of the same gender.
      4. Teams shall alternate kickers.
         a. In CoRec games, shooters must alternate according to gender.
      5. Out of 5 kicks for each team, the team scoring the most goals shall be declared the winner.
6. If the game is still tied, the teams will alternate kickers, using the same kicking rotation that was established for the first five kicks (the sixth player and seventh players of the field must attempt a shot before the kicking rotation is reset), for one penalty kick in a sudden death shootout. In this situation, each team will be allowed one shot. This continues until one team has scored and the other team has not.

VI. The Start of Play
A. Each team will start with the following number of players
   i. Fieldhouse, 7v7 Dome, Stadium, and Outdoor
      1. Games will be played with 7 players on each team.
         a. A minimum requirement of 5 players is needed in order to start or continue play.
      2. In Co-Rec games, a maximum three field players must be male and a maximum of three players must be female. Goalie can be of either gender but does not count towards the gender restriction.
         a. Minimum of 2 male and female players are needed in order to start or continue play.
      3. If a player obtains an injury during the match and cannot continue, under the discretion of the supervisor, and the gender restrictions are no longer satisfied; the game would result in a default loss.
   ii. 11v11 Dome
      1. 11 players per team
         a. A minimum requirement of 7 players is needed in order to start or continue play.
   iii. Arena
      1. 6 players per team
         a. A minimum of 4 players is needed in order to start or continue play
      2. In Co-Rec games, the first half a team will play with a maximum of 3 guys and 2 girls, and in the second half, the team will play with a maximum of 2 guys and 3 girls. The goalie is gender neutral.
   B. At the beginning of the game, choice of ends and the kick-off shall be decided by the toss of a coin or a game of odds and evens. The winning team shall have the choice of which half to start on. The game shall be started after the referee has indicated the start of play by blowing their whistle. The beginning of play will start with a kick-off. Kick-offs are considered to be an indirect free kick at the center of the field of play. Every player shall be in his/her own half of the field. The ball does not need to roll forward to start play.
   C. After a goal has been scored, the game shall be restarted with a kick-off for the team that was scored on.
   D. When restarting after half-time, teams shall switch sides of the field and the team who did not start play in the first half will start the second half.

VII. Boundaries
A. The ball is out of play under the following circumstances:
   • When it has wholly crossed the end or sideline, whether on the ground or in the air.
In *Fieldhouse* and *Dome* - Ball is out of play when the ball hits the ceiling
  - **Fieldhouse** - Play is restarted with a kick-in from the side.
  - **Dome** - Play is restarted with an in-direct free kick at the spot straight above where the ball struck the ceiling.

**Dome**
- The ball is out of play when the ball hits the ceiling
- Should the ball go out of play, the game shall be restarted with a kick in from the side

In **11v11 Dome**
- If the ball hits the wired cord that is located above and across the field, then the ball is **IN PLAY**.

• When the referee has stopped the game.

**B.** The ball is in play at other times from the start of the match to the end including:
  i. If it rebounds from a goal post, crossbar, or corner flag.
  ii. If it rebounds off the referee(s) when they are in the field of play.
  iii. In the event of a supposed infringement, until a decision has been made.

**C.** Stadium
  i. Dimensions
     1. The length of the field will extend from sideline to sideline of the football field.
     2. The width of the field will be from the back of the end zone to the near 40 yard line.
  ii. Penalty Area
     1. The length of the Penalty Area will extend from the goal line to the bottom of the football field number yard markers.
     2. The width of the Penalty Area will extend from the 0 yard line to the 30 yard line on the football field.

**VIII. Substitutions**

A. When a player is to be replaced by a substitute, the following conditions shall be observed:
  i. The referee must be notified prior to a goal keeper substitution.
  ii. A referee does not need to be notified of player substitution(s).
     1. Substitutions are on the fly, meaning players may substitute anytime during game play.
  iii. Players shall enter the field from the half-way line.
  iv. It is the responsibility of the teams to substitute players correctly. If an illegal substitution is made, play will be stopped and the non-offending team will be given an IFK at the spot of last play.
     a. Illegal substitutions include but are not limited to:
        i. Entering the field anywhere except the halfway line.
           1. Do not abuse subbing on the fly.
        ii. Too many players on the field.
        iii. A substitution resulting in the incorrect amount of male and female players on the field during CoRec play.
        iv. Any violation may result in a Yellow Card to the player coming on the field.

**IX. Goalkeeper Privileges**
A. Goalkeepers are entitled to slide and play the ball with their hands within the designated penalty area. Once out of this area they are subject to the same rules as field players.
   i. Keepers cannot slide in Arena Soccer
B. Goalkeepers may not play throw-ins (kick-ins) with their hands.
C. Goalkeepers have up to 6 seconds to throw, dropkick, or set the ball down.
   i. Stadium
      1. Any ball drop kicked past the second set of hash marks (about 2/3 across the field) in the air shall be whistled down and an IDFK shall be given to the non-offending team.
   ii. 7v7 Dome
      1. Any ball drop kicked past the second yellow line (about 2/3 across the field) in the air shall be whistled down and an IDFK shall be given to the non-offending team.

X. Offsides
A. Outdoor and 11 v 11 Dome:
   i. Offside position
      1. It is not an offense in itself to be in an offside position.
      2. A player is in an offside position if:
         a. he is nearer to his opponents’ goal line than both the ball and the second-last opponent
         b. A player is not in an offside position if:
            i. he is in his own half of the field of play or
            ii. he is level with the second-last opponent or
            iii. he is level with the last two opponents
   ii. Offense
      1. A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by:
         a. interfering with play or
         b. interfering with an opponent or
         c. gaining an advantage by being in that position
   iii. No offense
      1. There is no offside offense if a player receives the ball directly from:
         a. a goal kick
         b. a throw-in
         c. a corner kick
   iv. Infringements and sanctions
      1. In the event of an offside offense, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred
   v. Arena, Stadium, Fieldhouse, and 7v7 Dome
      1. There are no offside violations under any circumstances

XI. Throw-ins
A. A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touchline, either on the ground or in the air. A goal cannot be scored directly from a throw-in.
B. Goalkeepers are NOT allowed to handle throw-ins from a teammate with their hands.

C. **Fieldhouse**,
   1. An IFK will be used from the point the ball went out of play instead of a throw-in.
   2. Opposing players must allow 3 yards of open space between themselves and the ball prior to the kick.
   3. Goalkeepers are NOT allowed to handle kick-ins from a teammate with their hands.

XII. **Goal Kick**
A. A goal kick is awarded to the defending team when the ball wholly passes over the goal line outside of the goal, having last been played by a member of the attacking team.
B. Goal kicks are considered to be an IFK, and can be taken anywhere inside of the 6 yard goal box.
   i. **Stadium and Arena**
      1. Goal Kicks are taken from the goal line as an IFK.
      2. The ball may not pass the second set of hash marks (approximately 2/3 length of the field) in the air
         a. Violation of this rule shall result in an IFK for the non-offending team.

XIII. **Corner Kick**
A. A corner kick is awarded to the attacking team when the ball wholly passes over the goal line outside of the goal, having last been played by a member of the defending team.
B. Corner kicks are considered to be a DFK, taken from the nearest corner.

XIV. **Scoring**
A. A goal is scored when the whole of the ball has passed over the goal line between the goal posts and under the crossbar.

XV. **Fouls and Misconduct**
A. A player who intentionally commits any of the following offenses will be penalized by the award of a direct free kick (DFK) by the opposing team:
   - Kicking or attempting to kick an opponent.
   - Intentionally tripping an opponent.
   - Charging an opponent in a violent or dangerous manner.
   - Charging an opponent from behind (unless the opponent is obstructing).
   - Striking or attempting to strike an opponent or spitting at him/her.
   - Holding an opponent.
   - Pushing an opponent.
   - Handling the ball (i.e. carrying or touching the ball with his/her hand or arm). This does not apply to the goalkeeper within their allotted area.
   - Attempting or completing a bicycle kick.
   - Deliberately faking a dive or intentionally falling in any direction, in any fashion (except the goalkeeper within his allotted area).
   - Slide tackling
Sliding is PROHIBITED in any Intramural soccer match. Sliding will result in an immediate Yellow Card and will be started as a direct free kick.

A slide tackle is considered as the following:
- A slide that makes contact with an opponent without touching the ball.
- A slide that makes contact with the ball that results in contact with the opponent.

A slide tackle will result in an immediate Red Card.

A goalie may slide inside the penalty area, but once outside the area, they shall be treated as if they are a player on the field.

Slides and slide tackles are judged by the opinion of the referee and are considered final.

Note: A slide is not a stab!! A stab is when the player has one foot firmly planted flat on the floor and the other is outstretched trying to play the ball.

- Arena:
  - Pushing players or going shoulder to shoulder with a player who then hits the wall is strictly prohibited.
    - If you go shoulder to shoulder with a player and they hit the wall because of the shoulder to shoulder play, it will be an automatic yellow card.
    - If you push a player into the wall, it is an automatic red card.

B. A defending player who intentionally commits one of the above offenses within the penalty area shall be penalized by awarding the other team with a penalty kick (PK).

C. Other offenses will be penalized by the award of an indirect free kick (IFK) to the opposing team, at the spot of the offense.

D. Yellow and red cards will be given at the referees’ discretion, depending on the severity of the offense committed.

  - One yellow card is a formal warning.
  - Cautioned player must go off the field, if subbed for, may return to the field after the next stoppage of play and authorization by the referee and supervisor. Referee and supervisor has the right to leave the player out of the field if he/she may still need more time to settle down.
  - Two yellow cards is equal to one red card. THERE ARE NO SOFT REDS.
  - All red cards result in a game disqualification and at minimum a game suspension. Further suspensions may be imposed based on the offense. Suspended individuals may meet with the Intramural Director before reinstatement into the program.
  - Substitutions will be allowed only on yellow cards. Any player receiving a yellow card will be asked to sub off the field for a “cool down” period. That player may return to play at the next legal substitution. If there are no subs, the team must play short until the next legal substitution.

XVI. Free Kick

A. Free kicks shall be classified under two headings:
• Direct- from which a goal can be scored directly.
• Indirect- from which a goal cannot be scored unless the ball has been
touched by another player.

B. When a player is taking a DFK or IFK, all of the opposing players must be at least
seven yards from the ball, until it is in play. The ball shall be in play when it has
traveled the distance of its own circumference.

11v11 Dome

1. The opposing players must be at least ten yards from the ball.

C. If an opponent encroaches into the penalty area, or within seven yards of the ball
before a free kick is taken, the referee shall delay the taking of the kick until the rule
is complied with and will result in a Yellow Card.

D. The ball must be stationary when a free kick is taken, and the kicker shall not play
the ball a second time consecutively.

XVII. Penalty Kick
A. A penalty kick (PK) is a DFK taken from the penalty mark. When it is being taken, all
players except the player taking the kick and the opposing goalkeeper must be
behind the goalie box.
B. The opposing goalkeeper must stand on his/her own goal line, between
the goal
posts, until the ball is kicked. The goalkeeper is allowed to move laterally on the line
before the ball is contacted.
C. The player taking the PK must kick the ball forward in one fluid motion.
D. Should that player not score, and the ball rebound off
the post, the player is not
allowed to touch the ball until another player of either team touches it. If the player
does touch it two consecutive times, the other team will be awarded an IFK at the
spot of the infraction.

XVIII. Mercy Ruling
A. If a team is 7 or more goals ahead, or becomes 7 goals ahead during any time of the
second half, the officials will end the game. The teams may use the time remaining
to scrimmage (without referees) if agreed upon by both captains and the referees.
B. If a team is 5 or more goals ahead, or becomes 5 or more goals ahead in the last five
minutes of the game, the game shall be ended by the referees.
C. There will be no mercy rule for the 11v11 league unless deemed necessary by the
site supervisor.

XIX. Sportsmanship
The Intramural Program provides opportunities to anyone who is able to perform and
behave in a respectful and appropriate manner. This league has been established as an
appropriate sportsmanship league. Participating teams are expected to behave in a manner
that is respectful of teammates, opponents, and Intramural Program Staff members at all
times. With this in mind, the following rules pertaining to sportsmanship are in effect:
A. Teams receiving a sportsmanship rating of 2.0 or lower may be asked to meet with
the Program Director.
B. Any team receiving a hard red card during playoffs can be eliminated from playoffs,
regardless of the score of the game, at the discretion of the Supervisor, Senior
Supervisor or Program Director.
C. After every match, Captains are required to initial their sportsmanship rating to
indicate that they are aware of the rating that they were awarded.
D. Upon initialing, the sportsmanship rating is considered final.

XX. Playoff Rankings
A. After meeting all the playoff requirements, the rankings will be done using the following formula
i. \( \text{# of wins} \times \text{average sportsmanship} = \text{Total points} \)

Players/Teams who get ejected from any Intramural game, for any reason, are automatically suspended from all further Intramural participation, regardless of sport, until they are reinstated by the Intramural Program Director, this includes subsequent games on the same day. Suspended players must see the appropriate Intramural Program Staff within 48 hours of the infraction. Any team that uses a suspended player will be removed from the league.