



## Intramural Sports Outdoor Soccer Rules

### GENERAL RULES:

1. All participants must meet the eligibility requirements listed in the Intramural Sports Participant Handbook. **Each player must be an NIU student or current NIU Recreation Member (faculty/staff).** All expired memberships must be updated before the individual may play in any game.
2. Participants must have their *NIU OneCard* at every game. Any games in which an ineligible player signs in will be considered a forfeit.
3. All intramural participants must personally sign the **Waiver Release** and are responsible for their own medical expenses.
4. **Teams are responsible for keeping their players and spectators under control.** Misconduct of players, coaches, managers or spectators can result in penalty, ejection or forfeiture of the game. Spectators must also remain within the area designated by the IM Sports staff.
5. Alcoholic beverages, smoking, and pets are prohibited from all intramural contests.
6. IM Sports Officials/Supervisors will have absolute authority during the contest and can make decisions on any matter or question not specifically covered in the rules.
7. National Federation of State High School Association rules apply except where NIU Intramural Sports has made adaptations.

### The Game

1. All games shall be played on the date and hour scheduled.
2. **If all team members (to make the minimum number required) are not signed in and ready to play by game time, the opposing captain has the option to give them a five (5) minute GRACE PERIOD. However, the five (5) minute grace period will be deducted off of the game clock. If the team does not have the minimum amount of players signed in and ready to play by the end of the 5 minute grace period, a forfeit will be called.**
3. Games consist of two 20 minute halves with a continuous clock. The clock may be stopped at the officials' discretion for injuries and other such occurrences.
4. Halftime shall be three minutes in length. There are NO team timeouts.
5. The team winning the coin toss shall have the option of:
  1. kicking off
  2. choosing which end of the field to defend
6. Teams shall change sides after each period.
7. Regular season games may end in ties. In the case of a regulation tie during playoff games, a 5-minute sudden death overtime period will be played. If the game is still tied after one overtime period, a shootout will decide the game. The shootout will consist of five players who must be present on the field at the end of overtime from each team alternating shots at the goal selected by the captains.

1. Only the shooter and the opposing goalkeeper will be allowed in the area during the shootout. IF the game is still tied after the first five shooters, then the shootout will continue alternating shots in a sudden death format until a winner is determined.
2. Each player signed in from a team must attempt one shot before any player may to attempt their second.
3. Mercy Rule: If a team is leading by 8 or more goals with 10 minutes or less remaining in the 2nd half, the game shall be ended.

### **The Field**

1. The field shall be approximately 120 yards long by 75 yards wide.
2. The goal box extends 18 yards from the end line and is 44 yards wide.
3. The goals will be 8 feet by 24 feet.

### **The Players**

1. The game shall be played between two teams of eight (8) players. A team can play with a minimum of five (5) players. A team's roster shall have a maximum of 14 players.
2. Players may be added to the roster throughout the regular season. Rosters will be frozen at noon of playoff Sunday.
3. Players can compete on one men's/women's team, and one co-rec team, regardless of division (A, B).
4. All players must have checked in with the official and be recorded on the game sheet before they are allowed to participate.
5. Any player who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

### **Player Equipment**

1. Players must wear similar colored team jerseys, with the goalkeeper having a distinctive jersey. If teams do not have team jerseys, mesh pullovers will be issued.
2. All jewelry must be removed before participating. If jewelry is discovered during the game, a yellow card will be issued to the offender.
3. All players must wear close-toed shoes.
4. Rubber cleated shoes will be allowed. No screw-in cleats, open toe, open heel or hard soled shoes will be allowed. Metal cleats may not be worn.
5. Shin pads/guards are strongly encouraged.
6. Players may not wear hats with hard bills or any other head gear with a protruding knot.

### **Substitutes**

1. Any team may substitute an unlimited number of players during any dead ball period.

2. Either team may substitute between periods, when a goal is scored or when a player is injured and removed from the field, on a goal kick, or when a player from either team is cautioned or disqualified.
3. If a team substitutes for an injured player during a penalty kick situation, then that substitute may not take the penalty kick.
4. Teams may not substitute for a player that has been disqualified. The team must play the remainder of the game shorthanded.
5. A team that begins a game shorthanded may add additional players during a stoppage of play.
6. Substitutes may not enter the field until beckoned by the official.
7. The goalkeeper may change places with a player on the field during any dead ball period.
8. When a player from either team is cautioned, the cautioned player must leave the field and may be replaced. The cautioned player may not reenter the game until the next legal substitution opportunity for his or her team.

### Rule Modifications

1. Slide tackling is not permitted. Anyone who completes a slide tackle will receive an automatic yellow card.
  1. Slide tackling is defined as any player leaving his/her feet and leading with his/her feet to play the ball while the ball is being controlled by an opponent. It is considered to be dangerous play. Contact between two opponents need not occur for slide tackling to be considered illegal.
  2. The goalkeeper may lead with his/her feet in an attempt to make a save, provided that the ball is not being controlled by an opponent.
  3. Any slide tackle involving contact with an opponent will result in a red card being issued to the offender.
  4. There is no offside rule.

### Kickoffs

1. When the official sounds the whistle, a kickoff shall initiate play at the start of each period and after goals.
2. At the moment of kickoff, all players shall be on their team's half of the field. Players opposing the kicker shall be at least 10 yards from the ball until it is kicked.
3. The ball shall be kicked while stationary on the ground in the center of the field. A goal may be scored directly from the kickoff after the ball is touched. The ball is in play once it has moved forward.
4. After the kickoff, the ball may be played by any player except the one who kicked off. The kicker may not play the ball until it has been played by someone else.
  - a. **Penalty:** Indirect free kick awarded to the opponent at the spot of the foul.

## Boundaries

1. The ball is out of play when it has completely crossed a goal line or touchline, whether on the ground or in the air.
2. The ball is in play at all other times, including:
  - a. When it rebounds from a goal post, crossbar, or flag post.
  - b. When it touches an official in the field of play.
  - c. After a free kick or kickoff.
  - d. When a drop ball touches the ground.
  - e. When a player who is outside the boundary lines plays the ball while it is still in the field of play.

### Drop Ball:

1. The game is restarted with a drop ball when:
  - a. The ball is caused to go out of bounds simultaneously by two opponents.
  - b. When the ball becomes deflated.
  - c. When simultaneous fouls of the same degree occur.
2. The spot of the drop ball is where the ball became dead, unless it is inside the goal area, in which case the ball will be dropped on the part of the goal area line which runs parallel to the goal line nearest to where the ball was when play was stopped. If the ball is caused to go out of bounds simultaneously by opposing players, then the ball will be dropped five yards inside the boundary line.
3. The ball is dropped by an official from waist level to the ground between two opposing players. Other players may be positioned anywhere on the field, as long as they do not interfere with the drop ball.
4. The ball shall touch the ground before it is played.
  - a. **Penalty:** If the ball is played before it touches the ground, an official shall drop the ball again. A second violation by the same player on the same drop ball situation may result in a caution (yellow card). Play shall be restarted with a drop ball.

## Goals

1. A goal is scored when an entire ball passes beyond the goal line within the area of the goal provided it has not been deliberately thrown, carried, or propelled by the hand or arm of a player of the attacking team.
2. A goal MAY be scored during play directly from a:
  - a. Direct free kick.
  - b. Goal kick.
  - c. Penalty kick.
  - d. Corner kick.
  - e. Drop ball.
  - f. Goalkeeper's throw or drop-kick.
3. A goal MAY NOT be scored during play directly from:
  - a. An indirect free kick.
  - b. A throw-in.
  - c. A free kick into a team's own goal.

- d. A goal kick into a team's own goal.
- e. A corner kick into a team's own goal

## Fouls and Misconduct

### Spitting, Kicking, and Striking:

1. A player shall not spit, kick, strike, attempt to kick or strike, or jump at an opponent.
2. A player shall not trip, or attempt to trip, an opponent.
3. A goalkeeper shall not strike an opponent by throwing or kicking the ball at an opponent or by pushing an opponent with the ball in hand.
  - a. **Penalty:** Direct free kick.

### Handling:

4. A player shall be penalized for deliberately handling, carrying, striking, or propelling the ball with a hand or arm.
  - a. **Penalty:** Direct free kick.

### Holding, Pushing:

5. A player shall not hold or push an opponent with the hands or arms extended from the body.
  - b. **Penalty:** Direct Free Kick.

### Charging:

6. A player shall be penalized for charging an opponent in a dangerous or reckless manner, or using excessive force.
  - a. An allowable fair charge is when opposing players make shoulder-to-shoulder contact while in an upright position and while within playing distance of the ball. Each player must have at least one foot on the ground and their arms held within the frame of their shoulders.
    - i. **Penalty:** Direct free kick.
7. A player shall not charge into the goalkeeper in the penalty area unless the goalkeeper is obstructing the player or dribbling the ball with the feet.
  - a. An official shall disqualify any player who flagrantly fouls the goalkeeper in possession or control of the ball.
  - b. Outside the penalty area, the goalkeeper has no more privileges than any other player.
    - i. **Penalty:** Direct free kick.
  - c. The goalkeeper in possession of the ball shall not be interfered with or impeded in any manner by an opponent.
  - d. A player shall not charge into an opponent when neither player is within playing distance of the ball.
    - i. **Penalty:** Indirect free kick.

### Obstruction:

8. Obstruction is a deliberate act of a player, not in possession of the ball and/or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle.

- a. **Penalty:** Indirect Free Kick.

**Dangerous Play:**

9. A player shall not participate in dangerous play, which is an act an official considers likely to cause injury to any player.
  - a. **Penalty:** Indirect Free Kick

**Restrictions on the Goalkeeper:**

1. From the moment the goalkeeper takes control of the ball with the hands when playing as a goalkeeper within his/her own penalty area, he/she has six seconds in which to release the ball back into play. Once the ball has been released into play, the goalkeeper may not touch it again with the hands until it has been played by a player of the same team outside of the penalty area, or by an opposing player anywhere on the field of play.
2. The goalkeeper is not allowed to touch a ball deliberately kicked to him/her by a teammate with the hands.
3. A goalkeeper may not touch the ball with his/her hands when receiving it directly from a throw-in by a teammate.
4. The goalkeeper may punt the ball.

## Yellow Cards

1. The presentation of a yellow card by an official will result in that player entering the penalty box for two minutes. His/her team will be required to play a man short for the duration of the penalty or until the OPPOSING team scores a goal. The penalty time will be kept by the supervisor and will ONLY start when play is resumed after the foul or misconduct.
2. If a team commits a second yellow card offense within the time frame of the first penalty, a substitute will be permitted for this second violation. When the penalty time for the first player elapses (Officials Indication), he/she will return to the substitution zone. The second penalized player will serve out his penalty time.
3. If a PLAYER receives two yellow cards during the course of game, the said player will be shown a red card and removed from the facility. However, the team will be permitted a substitute for this player.
4. If a TEAM receives two yellow cards and a red card within two minutes the official has the discretion to declare the game a FORFEIT and the opposing team will receive a win.

### Yellow Card Fouls

- Offenses for which the official feels a yellow card is warranted.
- Too many players on the floor.
- Entering or leaving the arena without the permission of the official.
- Fans that disrupt play. (Assessed against captain)
- Hands on opponents back when near the wall.
- Use of vulgar or profane language.
- Excessive substitutions for time-wasting purposes.
- Trickery i.e. flicking the ball up to the head to pass it back to the goalkeeper.
- Taunting.
- Deliberate handball to stop an attack.

- Slide Tackling
- Playing the ball while not standing

## Red Cards

1. If a red card is issued by an official the game shall be stopped and a report written. The player must also leave the facility and CANNOT BE REPLACED. The player ejected will be immediately suspended from all Intramural Sport activities until he/she sets up an appointment and meets with the Assistant Director of Intramural Sports and Sport Clubs.

### **Yellow Card Fouls**

- Violent Conduct
- Committing serious foul play
- Deliberately handling a ball to prevent a goal
- A foul on an opponent who has an obvious opportunity to score
- Spitting at another person
- Using foul or abusive language
- Leaving the team area to enter the field of play where a fight or altercation is taking place unless summoned by the referee.

\*\*\*Contact of any kind will be penalized as to the severity of the contact.

Unintentional/Unavoidable contact will result in a foul and an indirect kick by the opposing team. A deliberate intent to tackle or check an individual will result in a yellow card or red card depending on the severity of the foul. All malicious contact with intent to injure will result in a red card and automatic ejection. \*\*\*

## Sportsmanship

1. Sportsmanship is an important part of intramural sports. Teams receive sportsmanship ratings at the conclusion of each game on a scale of 1 to 5 with 5 as an excellent rating. Teams must average a 3.0 during the regular season to qualify for the playoffs.
2. Teams are responsible for keeping their spectators under control. Misconduct of spectators and players may result in ejection and/or forfeiture of the game. Spectators must remain in the out-of-play areas. Only players are permitted in the playing area.
3. Any player who uses foul language, violently protests a call, or curses an official or supervisor, will be removed from the game and will automatically be suspended from his/her team's next game. Any player who touches an official or supervisor will be placed on suspension from all Intramural activities for a minimum period of one calendar year from the time of the incident.
4. If at any time a team has 2 players or spectators ejected from the game, the offending team will immediately forfeit the game.
5. Teams shall assist in removing trash and equipment from their game area at the conclusion of their game, if the area is determined to be not picked up by the team, the team will face a deduction of sportsmanship rating.
6. Officials and supervisors are college students employed by Campus Recreation to provide a service to the participants of Intramural Sports. Officials are employed regardless of experience to fulfill a need for a large number of officials to cover all the

games being played. Officials undergo clinics and evaluations to help them to constantly improve in their abilities. Supervisors are trained to handle conflicts that occur during games and are there to answer questions that participants may have regarding Intramurals. The supervisors can be identified by the IM polo they will be wearing. IM supervisors are veteran officials or trained tournament personnel who have complete authority to make decisions regarding problems or special situations. Supervisors have been selected for their knowledge of intramural sports regulations and rules, maturity, professionalism and a sincere interest in intramural sports.

**5 - Excellent** - Players and spectators were positive throughout the game and completely respectful towards the supervisors officials, and opposing team. If the captain converses with the officials about rule interpretations and calls he/she does so respectfully and calmly. No verbal warnings. No instances of unsportsmanlike physical contact. The team captain has full control of his/her teammates/fans. Players and spectators show appreciation toward Intramural Staff and opponents at the end of the game.

**4 - Good** - Players and spectators cooperate with the supervisors and officials and show respect for opposing team members most of the game. Emotions were kept under control. No instances of excessive physical contact. Team members respectfully disagree about some decisions made by Intramural Staff or show minor dissension which may not receive an unsportsmanlike penalty (technical foul, yellow card). Shows respect toward opponents throughout game and pre game captains meetings. All complaints or concerns are filtered through captain to voice to Intramural Staff.

**3 - Average** – Team/spectators show minor verbal dissent toward Intramural Staff or opposing team, which may or may not merit an unsportsmanlike penalty. Most complaints or concerns are filtered through captain to voice to Intramural Staff. A few instances of physical contact. A few instances of vulgar language and/or profanity are displayed by members of the team. Captain exhibits control over team and spectators. Teams receiving one unsportsmanlike penalty and/or warning will receive no higher than a “3” rating.

**2 - Poor** – Teams/spectator constantly commenting disrespectful verbiage to Intramural Staff or opposing team. Captain exhibits minor control over team and spectators. Vulgar language and/or profanity are displayed by members of the team. Players/Team/Spectators use racial insults, anger motivated outburst, demeaning, degrading and derogatory statements or homophobic comments before, during or after a game. Teams receiving three unsportsmanlike penalties and/or warning or one player ejection will receive no higher than a “2” rating.

**1 - Extremely Poor** – Team is completely uncooperative toward Intramural Staff. Captain has absolutely no control over team, spectators, and/or his/herself. Team, player or spectator makes intimidating physical contact with a staff and/or opposing team. A team, player or spectator threatens harm or violence toward the staff. Any team causing a game to be forfeited by result of unsportsmanlike behavior or have multiple unsportsmanlike penalties and or having more than one player ejected will receive no higher than a “1”



