

# Department of Recreational Sports Intramural Sports

## Soccer Rules

### I. GOVERNING RULES

The rules of the National Federation of State High School Athletic Associations will apply in all cases except where a special Oregon State University Intramural Sports rule applies.

### II. ELIGIBILITY

All participants must be either students registered at Oregon State University or Faculty/Staff/Affiliate with a Recreational Sports Membership. For more information on eligibility, consult the Intramural Sports Handbook.

### III. UNIFORMS/EQUIPMENT

- A. **No jewelry (earrings, necklaces, bracelets, rings, etc.) will be allowed on the field at anytime. Players will need to remove items immediately or leave the game.**
- B. Athletic, closed toe shoes must be worn. Soccer appropriate shoes are permitted. No baseball or football cleats. No all-metal cleats are permitted
- C. Shinguards (covered by socks) for each player are required for your protection.
- D. No braces, casts, guards, or supports that may cause other players harm will be permitted.
- E. No hats are allowed. Players are permitted to wear head bands or stocking caps provided they do not contain any hard, unyielding, or still material.
- F. Team jerseys must be worn at all times. Teams will be responsible for wearing either white or dark shirts depending on the league schedule. Grey shirts are not permitted as they do not contrast either white or dark shirts.
- G. Teams must provide their own game ball. Soccer balls may be checked out from Equipment Issue in the Dixon Recreation Center.

### IV. PREGAME

- A. All participants will need to bring their ID card to the field.
- B. Team managers must fill out the score sheet listing players participating in that day's game. If a player is not currently printed on the score sheet, the player must see a supervisor to gain approval before playing. Players will need their ID to be added.
- C. Team managers need to check in with the supervisor on duty before each game to verify their team's roster.
- D. Team managers must take part in meeting with the officials prior to game time.

### V. GAME TIME

- A. The game time listed on the schedule is the official start time.
- B. Teams play with eight (8) players on the field including the goalie; Teams may start with six (6) players otherwise a forfeit will be awarded to the opposing team.
- C. The officials are the official timekeepers of the match.
- D. The clock will not stop during the game except for injuries, official's timeouts, or unexpected delays in the game.

### VI. PLAYING TIME

- A. The game will consist of two 20-minute halves.
- B. There will be a five minute halftime interval between the first and second half.
- C. At the completion of the game each manager must sign the score sheet.

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#### PLAYING TIME (Continued)

##### D. Substitutions:

1. Time for Substitutions: either team may substitute an unlimited number of players,
  - a. On a goal kick;
  - b. When a player is injured and attended to on the field
  - c. When a player from either team is cautioned (yellow card)
  - d. When the ball has gone past the sideline or end line
  - e. When a player from either team is disqualified (red card)
2. The team in possession of the ball may substitute an unlimited number of players during a throw-in or on a corner kick.
3. The team not in possession of the ball may only substitute players during a throw-in or corner kick if the team in possession of the ball is also substituting. Officials need to be notified on substitutions and players must be beckoned in by an official.
4. Players must report to the officials if they wish to substitute for the goalkeeper.
5. There is no limit on the number of team substitutions.
6. Disqualified players cannot be replaced nor reenter the game.

##### VII. OFFSIDE

- A. There will be no offside in Intramural Soccer

##### VIII. THROW-INS

- A. The ball must go completely over and behind the head before it is thrown and the thrower must use both hands.
- B. Both feet must be in contact with the ground.
- C. The ball cannot be dropped, it must be thrown.
- D. There should be no twisting of the body. The whole body must be facing the direction the ball is thrown during the initial throw-in.
- E. The throw-in must take place within one yard of the spot where the ball crossed the touchline.
- F. A failure to follow the proper throw-in procedure results in a throw-in being awarded to the other team.

##### IX. GOAL KICKS AND CORNER KICKS

- A. A goal kick results from the following:
  1. The ball crosses completely over the goal-line (excluding the portion between the goal posts) either in the air or on the ground and must be last touched or played by the attacking team.
  2. A player of the defending team will kick the ball directly into play beyond the penalty area from a point within the goal area.
  3. A goal may be scored from a goal kick.
- B. A corner kick results from the following:
  1. The ball crosses completely over the goal-line (excluding the portion between the goal posts) either in the air or on the ground and must be last touched or played by the defending team.
  2. A player from the attacking team shall kick the ball from the nearest corner.
  3. A goal may be scored from a corner kick.

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- C. Once the goalie picks up the ball (in play), he/she has six (6) seconds to put it back into play.
- D. The goalie may not pick up the ball when kicked back by a teammate. (A goalie may pick up the ball if the back pass is off a header). The penalty for a back pass is a direct free kick.

X. FREE KICKS

A. Direct kicks:

- 1. Awarded to the opposing team for infractions such as tripping, kicking, handling the ball, pushing, holding, dangerous play, charging the goalkeeper, abusive language etc.
- 2. A goal can be scored directly against the defending team on a direct free kick.

B. Indirect kicks:

- 1. There will be no indirect kicks

C. Penalty kicks:

- 1. Awarded when a foul, which ordinarily results in a free kick, occurs within the penalty box of the team committing the foul.

XI. TIE BREAKER PROCEDURES

- A. There will be a two minute interval between the second period and the first overtime period.
- B. If the game is tied after regulation play, a five (5) minute overtime will be played.
- C. If the game is still tied after overtime, a best-of-five shoot-out will take place.
  - 1. Only players on the field at the end of overtime are eligible to participate in the shoot-out.
  - 2. Everyone, including the goalie, must take a shot before a person can kick a second time.

XII. CONDUCT

- A. The Intramural Sports program promotes positive sportsmanship at all contests and activities. Unsportsmanlike conduct includes actions which are unbecoming to an ethical, fair, and honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting.

XIII. EJECTIONS

- A. Any player ejected from a game will be immediately suspended from participating in all Intramural Sports activities. The ejected player must then make an appointment with the Coordinator of Intramural Sports and Sports Coordinator to determine the length of suspension and any other sanctions. **Disqualified players cannot be replaced.** The following actions can result in ejections from Intramural Sports Soccer:

- 1. Improper language
- 2. Unsporting conduct

The following actions will result in an immediate ejection from Intramural Sports Soccer:

- 1. Red Card
- 2. 2<sup>nd</sup> Yellow Card

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**CO-REC MODIFICATIONS**

I. PLAYERS

- A. Each team will consist of eight (8) players; Four (4) men and Four (4) women.
- B. Six (6) players may start a game. If a team plays with seven players they can have either 4-3 combination of players.
- C. Teams playing short must maintain a (+1) gender ratio on the field at all times including the goalie.
- D. Substitutions are allowed on a man-for-man and women-for-women basis only.
- E. In the case of injuries or shortage of players teams may only have one more person of one gender than the other in the game at any time.

II. SCORING

- A. Scoring will be the same for men and women.

III. DEFENSE

- A. There are no restrictions as to whom players may defend.

IV. All other Intramural Sport Policies and Soccer Rules will apply.