

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. PREGAME

- A. Team managers need to check in with the Sport Program Associate on duty before each game to verify their team's roster.
- B. Team managers must take part in a meeting with the officials 5 minutes prior to game time.

IV. UNIFORMS/EQUIPMENT

- A. **No jewelry (earrings, necklaces, bracelets, rings, etc.) will be allowed on the field at anytime. Players wearing jewelry on the field will receive a yellow card. Players will need to remove items immediately or leave the game. Appropriate sport athletic attire must be worn. No exposed hoods on hoodies are allowed.**
- 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. Shin guards completely covered by socks are required for all players for everyone's 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 colors 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.

V. PLAYING FIELD

- A. The playing field will be approximately 80 yards long by 65 yards wide.
- B. When playing on a field with football markings, the center "circle" will be a rectangle, 10 yards from midline on either side and extended to the hash marks.
- C. Boundary lines are considered part of the playing field. The ball will be considered out of bounds when the entire ball crosses over the outside of the boundary line.
- D. Cleats may not be worn on the track surface of Whyte Track. Failure to comply will result in a yellow card.

VI. 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.

Department of Recreational Sports

Intramural Sports

Soccer Rules

VII. 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 kickoff, all players must be on their side of the field and defensive players must be 10 yards away from the ball until it is kicked. The ball can be kicked in any direction to start play.
- D. At the completion of the game, each manager must sign the score sheet to validate score and the individuals who participated.
- E. Substitutions must be made through the center of the field.
 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 (the disqualified player may not be substituted)
 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 re-enter the game.

VIII. OFFSIDE

- A. There will be no offside in Intramural Soccer

IX. 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 and may not touch the field of play before releasing the ball.
- 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.
- G. A player may not score on an untouched throw-in.

X. 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 lastly touched or played by the attacking team.
 2. A player of the defending team will kick the ball directly into play beyond the penalty

Department of Recreational Sports Intramural Sports

Soccer Rules

- area from a point within the goal area.
- 3. A goal may be scored from a goal kick.
- 4. A goal kick that is touched by a player before it leaves the penalty box will result in a re-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.
- 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 intentionally kicked back by a teammate. (A goalie may pick up the ball if the back pass is off a header). The penalty for illegal touching inside the penalty box is a direct free kick taken at the closest spot along the penalty box.

XI. FREE KICKS

- A. Direct kicks:
 - 1. Awarded to the opposing team for infractions such as tripping, kicking, handling the ball, pushing, holding, dangerous play, handball, 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 in intramural soccer.
- 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.
 - 2. Penalty kicks will occur at the 12 yard line.

XII. DROP BALL

- A. The game is restarted with a drop ball:
 - 1. When the ball is caused to go out-of-bounds by two opponents simultaneously
 - 2. When the ball becomes deflated.
 - 3. Following a temporary suspension of play for an injury or when no team has clear possession of the ball.
 - 4. When simultaneous fouls of the same degree occur by opponents.
- B. The ball should be dropped at the location where it became dead, on the goalie box line that runs parallel to the goal line when inside the goal area, or 5 yards inside the boundary line if the ball is caused to go out-of-bounds.
- C. The ball will be dropped by the official from waist level between two opposing players and must touch the ground before it is played.
 - 1. If the ball is played before it touches the ground, the official shall drop the ball again.
 - 2. A second violation by the same player on the same drop ball will result in a yellow card to the offending player and play shall be restarted with a drop ball.

Department of Recreational Sports Intramural Sports

Soccer Rules

XIII. TIE BREAKER PROCEDURES

- A. If the game is tied after regulation play, a five (5) minute overtime will be played.
- B. There will be a two minute interval between the end of the half and overtime.
- C. If the game is still tied after overtime, a best-of-five penalty kick 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.

XIV. 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.
- B. Teams must have an overall 3.0 sportsmanship rating in order to qualify for playoffs.

XV. 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 Soccer:
 1. Improper language
 2. Unsporting conductThe following actions will result in an immediate ejection from Intramural Soccer:
 1. Red Card
 2. 2nd Yellow Card

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. 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.
- B. If penalty kick situation, kickers must alternate genders on each attempt.

III. DEFENSE

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

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