University of Arkansas

Intramural Sports Outdoor Soccer Rulebook

Regulations published in the Intramural Sports Handbook will be the governing policies for all intramural sports. Participants are responsible for possessing a thorough understanding of these regulations and their implications.

**Eligibility & Guidelines**

All participants must meet the eligibility standards as outlined in the Intramural Sports Handbook.

### ****General Information****

#### 1. The Players

1. The game shall be played between two [2] teams of seven [7] players each. Five [5] players are required to begin a game.
   * **Co-Rec** - Teams shall consist of eight [8] players, four [4] men and four [4] women, including the goalie. A minimum of six [6] players is required to start a game. Co-Rec games may never start with less than two [2] females. The number of males may not be greater than the number of females by more than two [2] and there is a maximum of four [4] males on the field at a time.
2. No less than 50% of the number of players that are required to begin a game must be SIGNED IN by the games start time to avoid a forfeit fine.
3. If, due to injuries, a team drops below the minimum number of players, four [4], it may continue if the Referee feels they still have a chance to win.
4. **All students, faculty or staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Handbook.** Players may only play for one [1] men's or women's team and one [1] co-rec team.
5. Each team member is responsible for checking in with the scorekeeper and must show his/her current U of A ID before being allowed to play. **All participants must present their valid U of A ID – NO EXCEPTIONS!!**
6. **Roster limit will be 12 players.**

#### 2. Rosters

Managers must add players online by **THREE [3] p.m.** the day of their teams’ game in order to be eligible for competition that night. Individuals must be listed on a team’s roster before they participate. Players may be added until the **THREE [3] p.m.** deadline on the last day of regular season play. All players listed must meet eligibility requirements. If you have trouble adding a participant, please contact the Intramural Sports Staff at (479) 575-2986 or via email at imsports@uark.edu before the **THREE [3] p.m.** deadline.

#### 3. Persons Subject to the Rules

Team representatives including: players, substitutes, replaced players, coaches, fans and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of officials assigned to the game.

#### 4. ****Location****

All games will be played at the University Recreation Sports Complex, 1486 Mitchell Street, located on the corner of Mitchell Street and Razorback Road next to the tennis center.

#### 5. Team Captains

Each team shall designate to the Referee a player as the court captain. This person is the only player who can communicate with the officials. The captain’s first choice of any penalty option shall be irrevocable. The captain is responsible for any information contained in the Intramural Basketball Rules, Intramural Sport Handbook.

### ****Uniforms****

1. All teams are required to furnish their own jerseys. The jerseys are not required to be of basketball style, but all must be of the same color.
2. It is required that all jerseys have numbers on the back. No three [3] digit numbers or half numbers will be allowed.
3. A player who is bleeding, or has open wound, or has an excessive amount of blood on his/her uniform must leave the game until the situation is rectified. The player must wait until the next dead ball to re-enter the game.

### ****Equipment****

1. **Jewelry**: Jewelry or hard hair control devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.
2. **Shoes:** Players must wear shoes, either soft soled soccer/football cleats, tennis, or Astroturf shoes. No sandals, boots, or metal/sharp plastic cleats will be allowed. No screw in or detachable cleats will be allowed.
3. **Supports, Braces, & Pads:** No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it with at least ½ inch of closed cell slow recovery rubber or other material of the same minimum thickness and physical properties. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the intramural sports staff and their decisions shall be final.
4. **Headwear:** Players may wear a one-piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps, bandannas (including "Do-rags") or helmets.

**Goalkeeper & Substitutions**

#### ****Goalkeeper****

One player from each team shall be designated as the goalkeeper.

1. The “goalie” shall be allowed to use his/her hands within the box to trap, catch, or   
   hold the ball. The goalie is the only player permitted to take such actions.
2. The goalie is allowed to take four [4] steps or take five [5] seconds while holding the ball.
3. Substitutions may be made for the goalie; however the substitute must also have a distinctively colored shirt. Game officials must be notified of the substitution of a goalie prior to the substitution. A goalie substitution may occur at any time regular substitutions are allowable.

#### ****Substitutions****

1. Either team may substitute:
   1. Between periods
   2. On a goal kick
   3. When a goal has been scored
   4. When play is stopped for any reason (Note: if play is stopped for an injury, the injured player must be replaced)
   5. When a player is cautioned
   6. When a player is disqualified (the disqualified player shall not be replaced)
      1. Exception: During a penalty kick situation
         1. The only substitution permitted is for a player that has been injured or cautioned.
         2. A substitute entering at this time shall not take the penalty kick.
2. Only the team gaining possession may substitute during a throw-in.
3. There are no limits to the number of substitutions on:
   1. Throw-ins
   2. Goal kicks

### ****Scoring & Timeouts****

#### The Game

A game will consist of two [2] 20 minute halves. Halftime shall last five [5] minutes. The clock shall not stop except for charged time-outs.

#### Timeouts

1. Each team is allowed two [2] time-outs per game, each lasting for one [1] minute.
2. Time-outs may only be requested while the ball is not in play.
3. An official may grant a time-out after any player on the field requests one.
4. Time-outs for injuries, disqualifications, and other non-team requested, shall be charged to the official.
5. The clock will only stop for any charged time-outs.

#### Scoring

1. A goal shall be awarded to a team when the ball legally crosses the plane of the goal line between the goal posts and under the crossbar. In the event that a team scores a goal on their own goal box the opponents will be awarded a goal.
2. In co-rec games goals scored by females will count as two [2] points.

#### Mercy Rule

If a team is trailing by seven [7] or more points at any point within five [5] minutes left in the game, the mercy rule will be in effect and the game shall end. In co-rec a team must be down by 10 or more within the last five [5] minutes of the game for the mercy rule to apply.

**Overtime Procedures**

If at the end of regulation the score is tied, then a shoot-out will be used to determine a winner. The following are shoot-out procedures:

1. The shoot-out shall start with a coin toss to decide which team shall shoot on goal first. The team that wins the coin toss will have choice of shooting first or second.
2. Three [3] players per team will be allowed one shot each for the overtime period(s). In Co-Rec games one [1] of the three [3] players must be a female. If after three [3] shots the score is still tied, each team will be allowed one more shot. This process will be repeated until a winner is determined. A different player from the team will take each shot until all players have been used. Once all players have been used the first player will shoot again. The shooting order will remain the same throughout the shoot-out.
3. Goals by females are worth one point during a shoot-out.
4. The goalie may not be substituted for during the shoot-out.
5. The goalie is not permitted to move forward until the ball is kicked.
6. All shots will be taken from the twelve [12] yard penalty line.

### ****Rules of Play****

#### Starting the game

1. A coin toss shall be used to determine which team shall kick-off or defend. The winner of the toss has the choice of deciding who shall kick-off or which goal his/her team shall defend. At the start of the second half, the team that did not kick-off shall kick and teams shall switch goals.

#### Kick-off

1. The ball must be kicked into the opponent’s half of the field and travel at least one [1] yard to be “in play”. The ball must be touched by another player before the kicker plays the ball again.

#### Throw-in

1. When the ball crosses completely over the sideline, a throw-in is awarded to the team that did not touch the ball last before it went out. The throw-in must be made with a two [2] handed, overhead throw, and both feet must be on contact with the ground. The throw in should be made from where the ball went out of bounds.

#### Slide Tackling

1. There is NO SLIDE TACKLING!!! Slide tackling will result in an automatic yellow card.

### ****Penalties****

#### Off-sides

1. No off-sides penalties will be called.

#### Direct Kick

1. A direct free kick or a penalty kick is awarded if any of the following occurs inside the penalty area:
   1. Charging an opponent.
   2. Holding an opponent.
   3. Striking or attempting to strike an opponent.
   4. Pushing an opponent.
   5. Tripping or attempting to trip an opponent.
   6. Kicking or attempting to kick an opponent.
   7. Jumping at or on an opponent.
   8. Touching the ball with your hands.
   9. Slide Tackling

#### Indirect Kick

1. An indirect free kick shall be awarded:
   1. Goalkeeper taking more than four [4] steps or five [5] seconds while holding the ball.
   2. Behaving in a manner considered by the official to be dangerous.
   3. Intentionally obstructing an opponent.
   4. If the ball is played back to the goalie by a teammate and the goalie uses his/her hands to control the ball.

#### Sportsmanship Penalties

1. At any point in a game the game will be ended due to unsportsmanlike conduct if a team receives any of the following:
   1. Two Red cards
   2. One Red card and Two Yellow cards
   3. Three Yellow cards.

#### Inclement Weather

1. In case of inclement weather games will be rescheduled. In order to verify games are cancelled call the Intramural Rec Check line at (479) 575-4950. NOTE: If intramural games are cancelled due to inclement weather, then all participants are not authorized to be at the Intramural fields. Participants or teams that violate this rule are subject to suspension from

### ****Terminology****

1. **Goal Kick**: A kick given after an attacker has kicked the ball over the goal line, but outside the goal.
2. **Corner Kick**: A kick made by an attacking team from within the quadrant marked by a corner flag after a defender last touched the ball before it went over the goal line.
3. **Penalty Kick**: A kick is awarded for fouls committed by the defending team within their penalty area. The kick is taken from twelve [12] yards out. Only the kicker and the goalie are allowed in the penalty area at the time of the kick. The goalie must have both feet on the goal line and may not move until the ball has been kicked. Penalty shots may be attempted by any member of the offended team provided that member is the same gender as the player fouled
4. **Direct Free Kick**: Awarded for major fouls (see list above, Penalties II.) A goal can be scored by a direct kick.
5. **Indirect Free Kick**: Awarded for minor fouls (see list above, Penalties III.) A goal cannot be scored on an indirect free kick. The ball must be touched by another player, from either team, after the free kick before it may be counted as a goal.