

Intramural Soccer Rules

The National Federation of High School Sports will govern play with the following exceptions.

Participation Warning

There are inherent risks of mental and physical injury in intramural soccer; therefore, you may be mentally and/or physically injured by participating. Our goal is to reduce or eliminate as many risks as reasonably possible to provide safe programs. This does not mean that injuries will not happen. We ask for your full cooperation in following instructions regarding proper conduct, proper use of equipment and facilities, and adherence to the rules of soccer as established by the Intramural Sports Program. Participants are responsible for the cost of any injuries; therefore, you are encouraged and recommended to have adequate health insurance.

Intramural Policies

1. **Eligibility:** All students, faculty, staff, and their spouses are eligible to participate in soccer. An individual is considered eligible if registered for at least one credit. If a spouse participates, they must purchase a spouse card from Cashier in the Student Center before participating. The cost is \$36.50 per semester.
2. **Bleeding:** During any soccer game, if an intramural employee detects a participant who is bleeding, has an open wound, or has an excessive amount of blood on their clothing, the game shall be stop. The participant must receive medical attention. In order for the participant to continue to play, they must have the bleeding stopped, the wound covered, and clothing changed.
3. **Jewelry:** No jewelry may be worn while participating in games. The following is considered jewelry: watches, bracelets (including friendship), earrings, rings, necklaces, chains, and headgear (barrettes, plastic clips, etc.). Note: Head-bands or bandannas may be worn if they are no wider than 2 inches and made of non-abrasive cloth.
4. **Sportsmanship:** Unsportsmanlike conduct will NOT be tolerated. **Any person may be ejected from a game and playing area at any time without warning for unsportsmanlike conduct, this includes spectators.**
 - Each time a player, manager, and/or spectator is ejected from a **league** game; the player will be ineligible for their next game in that league, (i.e. if player is ejected in a men's game, they will miss their next men's game).
 - Each time a player, manager, and/or spectator is ejected from a **tournament** game; the player will be ineligible for their next scheduled game, regardless of what league it is in, and even if the team they were ejected from losses.
 - Any Player who receives three or more yellow cards during league and/or tournament play will be required to miss their next game before he/she can continue to play. If player get three or more yellow cards during league play, player will miss the next league game. If player gets three or more yellow cards during tournament play, they will miss their next scheduled game.
5. **Identification Requirements:** All participants must present their ID to an intramural supervisor and/or a scorekeeper each week of play. **If they do not have their ID at every game, they will not play. No other form of ID will be accepted.**
6. **Players may not play on more than one team per division.** Divisions are: Men's and Co-Rec. Example: men may play on one Men's and Co-Rec teams.
7. **Intercollegiate and Sport Club Eligibility:** Teams cannot have more than four (4) current or former USU

soccer varsity or club members. Co-Rec teams can only have two players of each gender.

8. **If poor weather conditions** or any unsafe conditions occur, the intramural staff and/or officials have the right to postpone or cancel games. Canceled games may or may not be re-scheduled. All tournament games will be re-scheduled. Teams that have games canceled will have additional money added to their refund.
9. **Awards and Refunds:** All awards and refunds must be picked up in the intramural office before the last day of the semester.
10. **Sportsmanship Rating System:** The sportsmanship rating system is intended to be an objective scale by which teams' attitudes and behaviors can be assessed. Behavior before, during, and after an intramural contest is included in each rating. Each team manager is responsible for educating **ALL players and spectators** affiliated with his/her team about the system. **Teams must maintain a 3.0 average to qualify for the tournament. Teams must also maintain a 3.0 average during tournament play.** The Intramural Staff will determine the score for the teams after each intramural contest. Intramural staff reserves the right to review and/or change any sportsmanship rating given. Managers inquiring about their team's sportsmanship rating should do so the business day following the contest by contacting the Intramural Director, Scott Wamsley, in HPER 126 or call 797-1504.

Protests: Any team has the right to file a protest. Any protest must be filed within 48 hours of the game. A \$10.00 protest fee must be paid to the HPER Service Desk at time of filing protest. If the ruling is overturned, the team will receive their \$10.00 back, but if the ruling stands, they will not receive a refund.

The sportsmanship rating system is based on the following criteria, but not limited to:

A - Excellent Conduct and Sportsmanship (4.0)

- Team members cooperate with and demonstrate good sportsmanship toward members of opposing teams, spectators, and ALL campus recreation staff.
- Team manager exhibits control over his/her team and spectators, converses reasonably and rationally with officials about rule interpretations, and cooperates by providing any information requested by any intramural staff member.

B - Good Conduct and Sportsmanship (3.0)

- Team members verbally complain about some of the decisions made by the officials and/or show minor dissensions, which may or may not merit an unsportsmanlike conduct penalty.
- Teams receive one unsportsmanlike conduct penalty will receive no higher than a "B" rating.

C - Average Conduct and Sportsmanship (2.0)

- Team shows verbal dissent toward officials and/or the opposing team, which may or may not result in an unsportsmanlike conduct penalty.
- Manager exhibits minor control over team/spectators, but is in control of him/herself.
- Teams receiving multiple unsportsmanlike conduct penalties will receive no higher than a "C" rating.
- Team is unable to produce a team at game time, resulting in a forfeit.

D - Below Average Conduct and Sportsmanship (1.0)

- Team constantly complains to the officials and/or opposing team from the field/court/sidelines.
- Team manager exhibits little or no control over team/spectators or him/herself.
- Teams that have a player ejected will receive no higher than a "D" rating.

F - Poor Conduct and Sportsmanship (0.0)

- Team is completely uncooperative; manager has no control over team/spectators/self.
- Teams play with ineligible participants or withhold any information requested.
- Damage or destruction of any campus recreation facility/equipment.
- Multiple player ejections or causing a contest to be forfeited by any reason than not having enough players

will receive an "F" rating.

-Any threatening behavior (verbal/nonverbal) towards any player, spectator, or campus recreation employee.

*****Teams receiving an "F" rating during tournament will not be allowed to advance.**

*****Teams receiving a "D" rating during tournament must have their manager meet with the Intramural Director before their next scheduled contest.**

*****Teams that do not maintain a 3.0 average during Tournament play will be required to meet with the Intramural Director before their next scheduled contest.**

9. *Further information on intramural participation policies can be found in the USU Intramural Sports Handbook.*

Team Regulations

- .1. Teams may have up to twenty (20) players on their roster. Additions to the roster can be made any time during league play and up to your first tournament game. Once your roster is full you may not add any more players. **You may not remove players from the roster once they have signed.** Teams consist of 11 players. Co-Rec Rule: Teams consist of 5 men and 5 women with the goalie being either gender.
- .2. You may start and finish a game with seven (7) players. If for any reason a team has less than seven (7) players, the game shall be forfeited. In Co-Rec leagues, 2 or more of the players must be female.
- .3. There will be unlimited substitution. **Substitutions for both teams are allowed on throw-ins, goal kicks, between periods, and after a scored goal. Substitutions during corner kicks may only be made of the team with possession of the ball.** In case of an injury, only the injured player can be substituted for.

Equipment Regulations

- .1. Shoes that are judged unsafe by the officials (liable to cause injury to another player) will not be allowed. **Metal cleats of any kind will not be allowed under any circumstances. No toe cleats allowed.**
- .2. It is recommended that all players wear shin guards and a mouth piece. **If worn, shin guards must be covered at all times by stockings.** Shin guards must conform to FIFA Standards.
- .3. Teams are encouraged to furnish their own practice balls. A game ball and a jersey for each player will be provided each game. **Players must wear T-shirts with sleeves when using our jerseys due to hygiene reasons.**

Rules of the Game

- .1. Length of games: Two 20 minutes halves. A running clock will be used except for injuries. There will be a 5 minute half-time break. No time outs are allowed.
- .2. The choice to kick-off or to defend which goal is determined by a coin-toss. The team winning the toss shall have the option of choice of goal or the kick-off.
- .3. The ball is in play at all times from the start of the game to the finish including:
 - a. if it rebounds from the goal-post, cross-bar, or corner flag post into the field of play.
 - b. if it rebounds off either the referee or linesmen when they are in the field of play.
- .4. The ball is out of play when it has fully crossed the goal-line or touch-line, whether on the ground or air.
- .5. If a game ends in a tie, it will be considered a tie. **Exception:** In tournament games a shoot-out will occur. The following **shoot-out procedure** will be used:
 - a. The visiting team shall call the coin-toss to determine the first team to kick. The winner of the toss

shall elect to kick first or last. Each team shall take an initial series of five (5) kicks alternatively. The team scoring the greatest number of goals shall be declared the winner. The kicks shall end at the point where a winner has been determined.

- b. If the score is still tied after each team has taken five (5) kicks, teams shall continue kicking in the same order, alternating until a winner is declared (the team with one more goal in the same number of kicks).
- c. Each kick shall be taken by a different player until the 10 kicks have been taken. If the number of kicks goes beyond 10, the initial order of kicking shall be repeated.
- d. Only players who have played in the game are eligible to take penalty kicks.
- e. The nonparticipating goalkeeper shall stay on the field of play at one corner of the penalty area. All eligible players except for the kicker and the designated goalkeeper shall remain in the center circle.
- f. **The goalkeeper that plays in the shoot-out will be the goalkeeper that ended the game**, he/she shall not be replaced unless injured; and his/her replacement must be one of the permissible players.

Off-sides

- .1. A player is off-sides if he/she is nearer to his opponents' goal-line than the ball, unless:
 - a. the player is in his/her own half of the field.
 - b. the player is not nearer to their opponents goal-line than at least two of their opponents.
- .2. A player shall only be declared off-sides and penalized for being in an off-side position, if, at the moment the ball touches, or is played by one of his/her team, he/she is in the opinion of the referee:
 - a. interfering with play or with an opponent.
 - b. seeking to gain an advantage by being in that position.
- .3. A player shall not be declared off-side by the referee:
 - a. merely because that player is in an off-side position.
 - b. if a player receives the ball direct from a goal kick, a corner kick, or a throw-in.
4. If a player is declared offside, the referee shall award an indirect free-kick, which shall be taken by a player of the opposing team from where the infringement occurred, unless the infringement is committed by a player in his opponents' goal area, in which case the free-kick shall be taken from any point within the goal area.

Violations and Misconduct

- .1. A player shall be penalized and a **direct free-kick** awarded for:
 - a. kicking, striking, attempting to kick or strike, spitting, or jumping at an opponent.
 - b. tripping - including throwing or attempting to throw an opponent by the use of legs, or by stooping in front of or behind an opponent.
 - c. charging an opponent in a violent or dangerous manner.
 - d. charging an opponent from behind unless the latter is obstructing.
 - e. holding or pushing an opponent with the hand(s) or with the arm(s) extended from the body.
 - f. handling the ball, i.e. carrying, striking, or propelling the ball with a hand or arm. (This does not apply to the goalkeeper within his own penalty area).
 - g. as goalkeeper; intentionally striking or attempting to strike an opponent by vigorously throwing the ball or by pushing an opponent with the ball while holding it.

Note: any push or shove is considered a fight.

Direct free-kicks: Are to be taken from the place where the violation occurred, unless the violation is committed by a player in his opponents' goal area, in which case the free-kick shall be taken from any point within the goal area.

Note: Should a player of the defending team intentionally commit one of the above violations within

the penalty area, that player shall be penalized by a penalty-kick. Penalty-kicks can be awarded irrespective of the position of the ball, if in play, at the time an offense within the penalty area is committed.

- .2. A player shall be penalized and an **indirect free-kick** awarded for:
- a. playing in a manner considered by the referees to be dangerous.
 - b. charging fairly (i.e. with the shoulder) when the ball is not within playing distance of the players concerned and they are definitely not trying to play it.
 - c. not playing the ball and intentionally obstructing an opponent (i.e. running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent).
 - d. charging the goalkeeper except when he/she:
 1. is holding the ball or obstructing an opponent.
 2. has passed outside his goal area.
 - e. when playing as a goalkeeper and within his own penalty area:
 1. when taking control of the ball, he/she takes more than 4 steps in any direction while holding, bouncing, or throwing the ball into the air and catching it again, without releasing it into play.
 2. having released the ball into play before, during, or after the 4 steps, he/she touches it again with his hands, before it has been touched or played by a player, either inside or outside of the penalty area, or by a player of the same team outside the penalty area.
 3. touches the ball with his/her hands after it has been deliberately kicked to him/her by a teammate.
 4. indulges in tactics, which in the opinion of the referee, are designed to hold up the game and thus waste time and so give an unfair advantage to his own team.

Indirect free-kicks: Are to be taken from the place where the infringement occurred.

- .3. A player **shall be cautioned and given a yellow card** if he/she:
- a. enters or re-enters the field without the referee's permission.
 - b. persistently infringes the rules of the game.
 - c. shows by word or action, dissent for any decision or ruling made by the referee.
 - d. is guilty of unsportsmanlike conduct.

Indirect free-kicks: Are to be taken from the place where the infringement occurred.

- .4. A player **shall be sent off the field and given a red card** if he/she:
- a. is guilty of violent conduct or serious foul play.
 - b. uses foul or abusive language.
 - c. persists in misconduct after having received a caution.
 - d. is guilty of a second caution (yellow card).
 - e. in the opinion of the referee, a player is moving toward his/her opponents' goal with an obvious opportunity to score a goal and is intentionally physically impeded by unsportsmanlike thus denying the attacking player's team the aforesaid scoring opportunity (*Penalty: free kick or penalty kick*).

Sportsmanship Policy

Unsportsmanlike conduct will NOT be tolerated. To provide a more positive atmosphere the following sportsmanship policy will be strictly enforced:

- .1. Player(s) who receives three yellow cards during league and/or tournament play will be required to miss their next game before he/she can continue to play. For each additional yellow card received he/she must miss another game.
- .2. Player(s) who receives one red card in one game are automatically disqualified and will be ineligible for their next game in that league, unless it is during tournament play, where the player will miss their next scheduled game regardless of league.

- .3. **Any person may be disqualified from a game and/or playing area at any time without warning for unsportsmanlike conduct.**

Free-kicks

- .1. **Direct - a goal can be scored direct against the offending team.**
- .2. Indirect - a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.
- .3. When a player is taking a direct or an indirect free-kick inside his/her own penalty area, all of the opposing players shall be at least ten yards from the ball and shall remain outside the penalty area until the ball has been kicked out of the area.
- .4. When a player is taking a direct or an indirect free-kick outside his/her own penalty area, all of the opposing players shall be at least ten yards from the ball, until it is in play, unless they are standing on their own goal-line, between the goal posts.
- .5. The ball must be stationary when a free-kick is taken, the kicker cannot play the ball a second time. **until it has been touched by another player.**
- .6. Any free-kick awarded to the defending team, within its own goal area, may be taken from any point with the goal area.
- .7. Any indirect free-kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal area line which runs parallel to the goal-line, at the point nearest to where the offence was committed.

Penalty-Kick

- .1. A penalty-kick shall be taken from the penalty-mark and, when it is being taken, all players with the exception of the player taking the kick, properly identified, and the opposing goalkeeper, shall be within the field of play but outside the penalty area, and at least 10 yards from the penalty-mark. The opposing goalkeeper shall stand on the goal line, between the goal posts, until the ball is kicked. Lateral movement is allowed, but the goalkeeper is not permitted to come off the line by stepping or lunging forward until the ball is in play.
- .2. The player taking the kick must kick the ball forward, he/she cannot play the ball a second time until it has been touched or played by another player.

Throw-in

- .1. The thrower at the moment of delivering the ball must face the field of play and part of each foot shall be either on the touch-line or on the ground outside the touch-line.
- .2. The thrower shall use both hands and shall deliver the ball from behind and over his/her head.
- .3. The thrower cannot again play the ball until it has been touched or played by another player.
- .4. **If the ball never enters the actual playing field, the ball will be awarded to the opposing team in the form of a throw-in.**