

**Eastern Michigan University
Recreation/Intramural Department
Outdoor Soccer Rules**

TEAM

Each team shall consist of seven (7) players. One player being designated a goalkeeper. Six (5) players are required to start a game. Co-rec teams shall consist of (8) players - four (4) men and four (4) women. At all times, one sex may never outnumber the other by more than one (i.e. 4 men, 3 women or 3 men, 4 women).

ELIGIBLE PLAYERS

1. Any EMU student or current member of the REC/IM is eligible to play.
2. All participants will be listed on the score sheet.
3. Students working out with or trying out for the Varsity Soccer team are ineligible. A former varsity team member for soccer must sit out a *full calendar year from the last game played*. A team is limited to one former varsity squad member regardless of whether a letter was won.
4. Any additional rules and regulations regarding eligibility are listed in the Manager's Handbook.

ENTRY FEE

The team entry fee must be paid upon registration. Failure to pay the entry fee will result in being dropped from the schedule. Any team forfeiting a game may be dropped from the schedule.

RAINOUT POLICY

Rained-out games will not be rescheduled during league play. A decision to play or not play will be made by 4 p.m. Please contact the Intramural Hotline (487-1234) or the Office (487-1338) for announcements concerning cancellation. The team manager is responsible for obtaining rescheduling information during playoffs.

GAME RULES

The official NFHSA rules will be used except for rules designated by the Rec/IM.

Field of Play

The soccer fields are 100 yards long by 40 yards wide. Goal and penalty areas are marked accordingly.

Players' Equipment

Players cannot wear anything that is dangerous to another player. A player must use athletic shoe of some sort. Sandals and boots are not acceptable. Cleats are allowed provided that they are not metal (screw-ins will be permitted). Knee braces should be covered so that no metal parts are exposed. Players are not allowed to wear hats or bandanas. Anything worn on the head must be made of elastic material.

Players and Substitutions

Either team under the following conditions may substitute after notifying the official:

- on a goal kick
- on a corner kick
- on throw-ins
- after a goal has been scored
- between periods
- in the event of an injury
- when a player has been cautioned

When substituting, the referee must acknowledge the substitute before he/she enters the field of play. Failure to do this will result in a Direct Free Kick from the point of infraction. The referee must also be notified of any goalkeeper changes prior to the change. *A team cannot substitute a goalkeeper on a penalty kick.*

Time Factors

The duration of the game is two 20-minute periods. Half time is 5 minutes. Regular season games that end in a tie after regulation will be recorded as a tie.

Overtime

During playoffs, if a game is tied following regulation time, the following overtime procedure is followed. Each team alternates taking five (5) penalty shots. If after five penalty shots the game is still tied, one penalty kick will be taken on an alternating basis until an advantage is achieved. Each penalty shot must be taken by a different individual provided that player was on the field at the conclusion of regulation time. The shooter has ten (10) seconds in which to shoot the ball after the official puts the ball in play. No faking will be allowed. Once the shooter starts motion toward the ball, the shot must be taken.

Scoring

A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar. It is the position of the ball, not the position of the goalkeeper, that determines whether a goal is scored or not.

Offsides

There is no offsides in intramural play.

Violation

A player shall be penalized for the following actions:

- kicking an opponent
- striking an opponent
- jumping at an opponent
- tripping an opponent
- holding an opponent
- pushing an opponent
- violent or dangerous charging
- fouling a goalkeeper
- slide tackles

Penalty: Direct Free Kick from point of infraction (All direct free kicks awarded in the penalty area against the defending team are given as a penalty kick.)

A player is also penalized for:

- kicking the ball when held by the goalkeeper
- obstruction (Obstructing is when a player interposes his/her body as to form an obstacle for an opponent and is not within playing distance of the ball.)
- dangerous plays (These include (1) raising the foot to a level that may endanger the opponent in a normal stance; (2) hitching or double kicking which may endanger an opponent; (3) lowering the head to a position level with or below the waist in an effort to head the ball in the presence of an oncoming player; and (4) a player covering the ball while sitting, kneeling or lying on the ground (excluding goalkeepers).)

Penalty: Direct Free Kick

Goalkeeper Privileges

Within own penalty area, a goalkeeper may:

1. Catch, carry, strike or propel the ball with hands or arms. On any occasion when a player deliberately kicks the ball to his/her goalkeeper, the goalkeeper is not permitted to touch it with his/her hands. A goalkeeper shall not touch the ball with his/her hands when receiving it directly from a throw-in by a teammate.

2. May not be charged at, interfered with or impeded in any manner by an opponent while in possession of the ball.

Penalty: Direct Free Kick from the point of infraction unless in the goal area.

Violations of the goalkeeper include:

1. Steps. From the moment the keeper takes control of the ball with the hands, he/she is to be penalized for taking more than four steps while holding, bouncing or throwing the ball in the air and catching it again after releasing the ball into play. He/she touches the ball again with hands before it has been touched or played by another player.
2. Deliberate delay of getting rid of the ball. The goalkeeper has five (5) seconds to release the ball back into play.
3. Rushing an opponent with the ball.

Penalty: Indirect free kick from the point of infraction unless in the goal area.

3. Intentionally striking an opponent by throwing the ball vigorously at him/her.

Penalty: Penalty Kick if in penalty area.

Misconduct

Cautions shall be issued for the following:

1. Player joins his/her team after the kickoff or returns to the field of play without the referee's consent.
2. Persistently infringing upon any rules of the game
3. Dissent by word of mouth or action to decisions by the referee
4. Unsportsmanlike conduct

Players may be ejected from the game (without replacement) for:

1. Violent conduct or serious foul play
2. Foul or abusive language
3. Persisting in misconduct after receiving a caution

A player will be issued a yellow card for unsportsmanlike conduct. Two yellow cards will result in ejection. A player will be automatically ejected if issued a red card. Red card violations include but are not limited to fighting, flagrant fouls, excessive verbal abuse of officials, and intent to injure.

Penalty: Indirect Free Kick from point of infraction, or Direct Free Kick from point of infraction in case of serious foul play.

Free Kicks

A free kick is taken to resume play after a referee has stopped play. Free kicks are classified as "direct" or "indirect." A goal can be scored directly from a direct free kick, but the ball must be touched at least once for a goal to score after an indirect free kick.

When a free kick is being taken, all players of the opposite team must be ten (10) yards from the ball. As soon as the ball is in position to be played, play can resume (there is no need for a second whistle). The ball must travel the distance of its own circumference to be in play. The kicker may not play the ball a second time until another player has touched it.

Penalty: Direct Free Kick from point of infraction

Note: When a free kick is awarded to the defending team in the penalty area, the ball is not in play until it enters the field of play beyond the penalty area.

Penalty Kicks

Penalty kicks are awarded for any infringement of the rules by the defending team within the penalty area that is penalized by a direct free kick. A penalty kick can be awarded irrespective of the position of the ball, if the infraction is committed within the penalty area.

The kick is taken from any place on the penalty kick line. All players must be outside the penalty area and at least ten (10) yards from the ball. The opposing goalkeeper must stand stationary until the ball is kicked. The kicker may not play the ball a second time until another player has touched it.

For any infringement by the defending team, the kick shall be retaken if a goal has not resulted.

Goal Kick

Goal kicks are taken by a member of the defending team when the ball passes completely over the goal line, either in the air or on the ground, having been last played by the attacking team.

The ball is placed on the ground at any point on the goal line. The ball may be kicked in any direction, however, it must be kicked beyond the penalty area before it can be played. (Re-kick if played beforehand.) All opposing players must remain outside the penalty area until the kick has been taken.

The goalkeeper cannot receive the ball into his/her hands from a goal kick. The kicker may not play the ball a second time after it has passed beyond the penalty area and before another player has touched it.

Penalty: Direct Free Kick from point of infraction

Corner Kick

A member of the attacking team takes corner kicks when the ball passes completely over the goal line, having last been played by the defending team.

A member of the attacking team shall take a kick from within the quarter circle at the nearest corner flag. A goal can be scored directly from a corner kick. Players of the opposing team must be ten (10) yards from the ball, or the kick shall be retaken. The kicker may not play the ball a second time after the ball is in play until another player touches it. If the ball hits the goal post and rebounds back to the kicker, he/she may still not play the ball again until another player touches it.

Penalty: Direct Free Kick from the point of infraction

Throw-In

Throw-ins are taken to put the ball back into play after it has completely passed over a touchline from the point where it crossed the line. A player of the opposite team can throw the ball in any direction.

The thrower, at the moment of delivering the ball, must face the field of play and part of each foot must be on the ground. The thrower shall use both hands equally and shall deliver the ball from behind and over the head. A goal may not be scored direct from a throw-in. If the ball is improperly thrown in, the opposing team is awarded a throw-in from the same location.

The thrower may not play the ball a second time before another player has touched it.

Penalty: Direct Free Kick from the point of infraction

COREC SCORING

A goal scored by a female will count as two points.

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