

EASTERN MICHIGAN UNIVERSITY™
Recreation/Intramural Department
Outdoor Soccer Rules

Unless otherwise modified, the official NFHSA rules will be in effect.

ELIGIBILITY

1. All eligibility rules listed in the handbook apply.
2. **ALL participants must show their current EMU EagleOne Card or Rec/IM membership card (staff/faculty) to one of the supervisors on duty BEFORE entering into the game. Guest and Forgotten ID passes are not allowed as proof of eligibility.**
3. Participants are eligible to play on one men's team or one women's team & one co-rec team.

TEAM

1. Each team shall consist of seven (7) players. One player being designated a goalkeeper.
2. Six (6) players are required to start a game.

FORFEIT TIME

1. Game time is forfeit time.
 - a. A failure by any team to have the allotted number of players at the appropriate game time will result in the team receiving an automatic forfeit for the game.
 - b. Two forfeits automatically remove your team from participating in the play-offs, and may result in automatic removal from the league.

THE GAME

1. The official game ball will be furnished by the Intramural Department. **This is the ball that will be used during the game unless both teams agree on a neutral ball.**
2. The duration of the game is two 20-minute periods. Half time is 5 minutes.
 - a. The official time will be kept by the official.
3. The soccer fields are 100 yards long by 40 yards wide. Goal and penalty areas are marked accordingly.
4. There are NO OFFSIDES in intramural play.

UNIFORMS/EQUIPMENT

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

SCORE

1. The score will be kept by an Intramural staff member.
2. A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar.
 - a. It is the position of the ball, not the position of the goalkeeper, that determines whether a goal is scored or not.
3. If the game ends in a tie during the regular season, overtime will NOT be played and the game will be recorded as a tie.
4. OVERTIME WILL ONLY BE PLAYED IN THE PLAY-OFFS, in the following format:
 - a. Each team alternates taking five (5) penalty shots.
 - b. 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.
 - c. Each penalty shot must be taken by a different individual provided that player was on the field at the conclusion of regulation time.
 - d. The shooter has ten (10) seconds in which to shoot the ball after the official puts the ball in play.

- e. No faking will be allowed. Once the shooter starts motion toward the ball, the shot must be taken.

SUBSTITUTIONS

1. Officials must be notified BEFORE substitutions occur.
2. Teams may substitute under the following conditions, only after notifying the official:
 - a. On a goal and/or corner kick
 - b. On throw-ins
 - c. After a goal has been scored
 - d. In the event of an injury
 - e. When a player has been cautioned
3. The official must acknowledge the substitute before he/she enters the field of play.
 - a. Failure to do this will result in a Direct Free Kick from the point of infraction.
4. The referee must also be notified of any goalkeeper changes prior to the change.
 - a. A team cannot substitute a goalkeeper on a penalty kick.

GOALKEEPER PRIVILEGES

1. Within own penalty area, a goalkeeper may catch, carry, strike or propel the ball with hands or arms.
2. 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.
3. A goalkeeper shall not touch the ball with his/her hands when receiving it directly from a throw-in by a teammate.
4. Within own penalty area, a goalkeeper 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.

GOALKEEPER VIOLATIONS

1. Steps
 - a. From the moment the keeper takes control of the ball with the hands, he/she is to be penalized for taking more than four (4) 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.
 - a. 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.

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

PENALTY: Penalty Kick if in penalty area.

VIOLATIONS

1. A player shall be penalized for the following actions:
 - a. Kicking, striking, jumping at, tripping, holding, or pushing an opponent
 - b. Violent or dangerous charging
 - c. Fouling a goalkeeper
 - d. 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.)

2. A player is also penalized for:
 - a. Kicking the ball when held by the goalkeeper
 - b. Obstruction -- when a player interposes his/her body as to form an obstacle for an opponent and is not within playing distance of the ball.
 - c. Dangerous plays, including:
 - i. Raising the foot to a level that may endanger the opponent in a normal stance
 - ii. Hitching or double kicking which may endanger an opponent
 - iii. 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
 - iv. A player covering the ball while sitting, kneeling or lying on the ground (excluding goalkeepers.)

PENALTY: Direct Free Kick

MISCONDUCT

1. Cautions shall be issued for the following:
 - a. Player joins his/her team after the kickoff or returns to the field of play without the referee's consent.
 - b. Persistently infringing upon any rules of the game
 - c. Dissent by word of mouth or action to decisions by the referee
 - d. Unsportsmanlike conduct
2. Players may be ejected from the game (WITHOUT REPLACEMENT) for:
 - a. Violent conduct or serious foul play
 - b. Foul or abusive language
 - c. Persisting in misconduct after receiving a caution
3. A player will be issued a yellow card for unsportsmanlike conduct.
 - a. Two yellow cards will result in ejection.
 - b. A player will be automatically ejected if issued a red card.
 - i. 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 KICKS

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 6 yard box. 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 KICKS

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-INS

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

PROTESTS

1. The protest must be made verbally to the plate official of the game before the next legal pitch. If the plate official is not notified before the next legal pitch, the protest will not be considered.
2. Protests based on the judgment of officials will not be considered under any circumstances.
3. All rule interpretation protests must be made by the team captain at the time the dispute occurs and before play continues.
4. If the team is still dissatisfied with the ruling, the captain must notify the Intramural Supervisor on duty. The Intramural Supervisor may rule on any protest. If the protesting team is still not satisfied, then the officials will notify both teams that the game is being played under protest and will so state on the scorecard. The game will continue on as called.
5. A written protest must be submitted to the Intramural Office by **2:00 p.m.** the next working day.
6. Unless the above procedures have been followed, the protest will not be considered. In the event that the protest is upheld, the contest will be replayed from the point of interruption at a date and time to be determined by the opposing captains in conjunction with the Intramural Director.

CO-REC MODIFICATIONS

1. Co-Rec teams shall consist of (8) players - four (4) men and four (4) women. One sex may never outnumber the other by more than one (i.e. 4 men, 3 women or 3 men, 4 women).
2. A goal scored by a female will count as two points.

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