

Soccer Rules

Intramural Sports

Recreation and Wellness Services

University of Akron

Participation in any and all activities within this facility and/or sponsored by The University of Akron is voluntary. All participants understand and agree that use of this facility and/or participation in an activity sponsored by the university is at their own risk and that the university is not responsible for any incidents, injuries or loss of property that may occur.

Soccer rules will be conducted under the National Federation of High School Rules with the following additions, exceptions, and clarifications. If you would like to review or borrow a copy of the NFHS Rulebook, or have any questions, please contact the Manager of Intramural Sports.

GENERAL INFORMATION

- All students, faculty or staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Participants Handbook. All participants must present a valid U of A ID.
- A player may play on only one team per sport.
- Each team shall designate to the Referee a player as the field 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 Soccer Rules, Intramural Sport Participants Handbook, and Sportsmanship Policy.
- Games will consist of 2 teams, 8 players per team including a goalie.
 - Co-rec teams must have 3 women on the field at all times.
 - Games may start with 6 players.

EQUIPMENT

- **Team Jerseys** - Teams shall wear shirts that are of the same color. Team jerseys must contrast with the jerseys of the opposing team. If teams are wearing the same color jersey, the official shall flip a coin to determine who will change. Jerseys may not be tied in a manner that creates any type of knot.
- **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.
- **Supports, Braces, Gloves, and 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 SRWC-IM staff and their decisions shall be final.

- **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.
- **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.
- **Shin Guards** – Shin guards are recommended for play, but are not provided.
- **Goalkeeper** – The goalkeeper must wear a different color shirt than the rest of their teammates.

TIME REGULATIONS

- Games will consist of 2 20-minute halves and a 3 minute half time.
 - The clock will run continuously with the exception of: injuries, referees' time, and time-outs.
- Overtime/Shoot out procedures
 - Tie games in the playoffs will be determined by a shoot out.
 - Round 1 shoot outs will consist of 5 players from each team.
 - The teams will take alternating shots on goal.
 - If after Round 1 a tie still exists teams will take alternating one on one shots until the tie is broken.
 - The Goalie that starts the shoot out must finish the shoot out, no substitutions.
 - Co-Rec Variation: At least 2 kickers must be women in round 1. On alternating one on one shots a kicker must be a woman every other turn.
 - The home team will kick first. The home team is which every team is listed first on the schedule. The referee will choose the goal that will be used.

Kick Off

1. The choice of ends or possession will be determined by the home team. The home team is the first team listed on the schedule.
2. Team switch ends at the start of the second period.
3. Each team will be in their own field of play.
4. All players on the team which is not kicking off shall be at least 10 yards away from the ball until it is kicked

5. The ball must be stationary when kicked and must travel forward before it is played. If it does not go forward, the kick off is repeated.
6. A goal may not be scored directly from a kick off.
7. The player to first kick the ball shall not be allowed to touch the ball a second time until another player has touched it.

Substitutions

1. There is no limit to the number of substitutions a team may make.
2. A substitute that desires to enter the game must report to the midfield touchline to make their intentions known to the line judge. The line judge will notify the official. The substitute may not enter until they are recognized by the official.
3. A team may substitute under the following circumstances:
 - a. After a goal is scored.
 - b. When the ball crosses a touch line.
 - c. On an injury timeout.
 - d. Between halves.
 - e. The teams own corner kick.
 - f. The teams own throw in.
 - g. Goalkeeper substitutes must be approved by the official during a stoppage of play.
4. If a player enters the field of play without notifying the official, an indirect kick will be taken at the point where the ball lies at the time, and a yellow card will be issued to that player.

Ball In/Out of Play

1. Ball in play:
 - a. When it rebounds off a crossbar, post or cone.
 - b. If it rebounds off of referee or line judge.
 - c. When a drop ball hits the ground.
2. Ball out of play:
 - a. When the ball wholly crosses touch line or goal line, whether on ground or in the air.
 - b. When the referee has stopped the game.

Scoring

1. A goal is scored when the whole ball passes completely over the goal line, between the goalpost and under the crossbar, provided no infraction of the rules occurred in the accomplishment of the goal.
2. A goal is legal if the whole ball passes completely over the goal line, between the goalpost and under the crossbar while in the goalie hand(s).
3. Goals may not be scored by a player directly from a:
 - a. Kick off
 - b. Indirect free kick
 - c. Throw-in
 - d. Free kick into a team's own goalIn all above instances, another player on the field must have legal contact with the ball prior to crossing the goal line to be considered a goal.
4. Co-Rec Variation: A goal scored by a female is worth 2, a goal scored by a male is worth 1.

Throw-in

1. A throw-in shall be awarded to a team when the opposing team last touches or plays the ball before the entire ball passes beyond the touchline either in the air or on the ground.
2. The ball shall be thrown in any direction from the point where it crosses the touchline by a player who is facing the field of play and has both feet on the ground and behind the touchline. The thrower shall use both hands with equal force and shall deliver the ball from behind and over the head in one continuous motion. If the ball fails to enter the field of play, it shall be re-thrown.
3. An opponent shall not interfere nor in any way impede the actions of the thrower while throw-in is being taken. Penalty: Indirect free kick awarded to the opponents from the spot of the infraction.
4. On a throw-in, the ball is playable when it has left the hands of the thrower and any part of the ball breaks the plane of the touchline. After the throw-in, the ball may be played by either team. The thrower may not play the ball until it has been touched or played by another player. Penalty: Indirect free kick awarded to the opponents from the spot of the infraction.

Free Kicks

1. Free kicks are classified as either direct or indirect kicks.
2. An indirect kick is one in which a goal cannot be scored unless the ball is played by another player other than the kicker before entering the goal.
3. Free Kick Execution:
 - a. Players opposing the kicker shall be at least 10 yards from the ball until it is kicked, unless they are standing on their own goal line between the goal

post. If the free kick is awarded to the defending team in its penalty area, players opposing the kicker shall be outside the penalty area in addition to being 10 yards from the ball and must remain there until the ball clears the penalty area. Penalty: An official shall caution a player who fails to move the required distance away from the ball.

- b. The ball shall be kicked while it is stationary on the ground at the spot specified by the official. The ball shall be moved at least its full circumference in any direction. If the free kick is awarded to the defending team in its penalty area, the ball is not in play until it is beyond the penalty area and into the field of play. Failure to kick the ball as specified shall result in a re-kick.
 - c. After the free kick, the ball may be played by any player except the one who executed the free kick. The kicker may not play the ball until it has been touched or played by another player.
4. Direct Free Kicks and Red Cards are awarded:
- a. If a player intentionally attempts to kick, strike, or jump at an opponent.
 - b. If a player intentionally trips an opponent.
 - c. If a goalkeeper intentionally attempts to strike or push an opponent with the ball.
 - d. If a player, other than the goalkeeper in his or her own penalty area, intentionally handles the ball.
 - e. If a player intentionally pushes an opponent with the hand(s) or arm(s) extended from the body.
 - f. If a player intentionally holds an opponent or places a hand(s) on an opponent in an effort to reach the ball.
 - g. If a player intentionally charges an opponent in a violent or dangerous manner.
 - h. If a player intentionally charges an opponent who has both feet off the ground in order to play the ball.
 - i. If a player intentionally charges into the goalkeeper.

The following are awarded and taken from the point of infraction:

- a. If the ball is played next by the kicker following a kickoff, a free kick, a penalty kick, a goal throw, a corner kick, or by the thrower following a throw-in.
- b. If a player fairly charges into an opponent when neither is within playing distance of the ball.
- c. If a player, not in possession of the ball obstructs an opponent who is attempting to play the ball.
- d. If a player kicks or attempts to kick the ball while it is in the possession of the goalkeeper.

- e. For dangerous play.
- f. If the goalkeeper takes more than 4 steps before releasing the ball.
- g. If the goalkeeper illegally handles the ball while in his/her own penalty area after once relinquishing possession of the ball.
- h. If the goalkeeper delays in relinquishing possession of the ball.
- i. If the game is stopped for misconduct of a player and no other restart takes precedence.

Penalty Kicks

1. A penalty kick shall be awarded when a foul, which ordinarily results in the awarding of an indirect free kick, occurs within the offending team's penalty area.
2. All players except the kicker and the opposing goalkeeper shall be within the field of play but outside the penalty area and at least 10 yards from the penalty kick line until the ball is kicked.
3. The opposing goalkeeper shall stand with their feet on the goal line, between the goal post, 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.
 - a. Encroachment by the defending team is ignored if the goal is scored. A re-kick is awarded if the goal is not scored.
 - b. Infringement by the attacking team results in a re-kick if a goal is scored. An indirect free kick at the spot of the infraction is awarded if the goal is missed.
 - c. If both teams commit infringements, the ball is re-kicked regardless of the outcome.
4. After the penalty kick, the ball may be played by any player except the one who executed the penalty kick. The kicker may not play the ball until it has been played by another player on either team. **PENALTY:** Indirect free kick awarded to the opponents from the spot of the foul.
5. If the ball touches the goalkeeper before passing between the goalpost, when a penalty kick is taken at or after the expiration of time, it does not nullify any

goal. If necessary, play may be extended so that the penalty kick may be taken. If a penalty kick is taken after the expiration of time, only the kicker may play the ball (once) with the goalkeeper in place.

Corner Kicks

1. A corner kick shall be awarded to the attacking team when the entire ball passes over the goal line, excluding that portion between the goalpost and under the crossbar, either in the air or on the ground, having last been touched or played by the defending team.
2. Players of the defending team shall be at least 10 yds. from the ball until it has been kicked.
3. The ball shall be kicked from the ground within the quarter circle nearest where the ball left the field of play. The ball shall be moved at least its full circumference before it is in play. Failure to kick the ball as specified shall result in a re-kick.
4. After the corner kick, the ball may be played by any player except the one that executed the corner kick. The kicker may not play the ball until it has been touched or played by another player. PENALTY: Indirect free kick is awarded to the opponent from the spot of the foul.

Goalie Throws

1. A goal throw shall be awarded to the defending team when the entire ball crosses the goal line, excluding the portion between the goalpost and under the crossbar, either in the air or on the ground, having last been touched or played by the attacking team.
2. Players opposing the thrower shall remain outside the penalty area until the ball has cleared the penalty area.
3. The throw shall clear the penalty area and enter the field of play. If the ball is not thrown beyond the penalty area, the throw shall be repeated.
4. After the goal throw leaves the penalty area, the ball may be played by any player except the one that executes the goal throw. The thrower may not play the ball until it has been touched by another player.

Goalie Privileges/Restrictions

1. A goalkeeper may not twice distribute the ball with his/her hands, unless a member of the opposing team has touched it.
2. A goalkeeper must distribute the ball within five seconds after gaining control of it.
3. A goalkeeper may not set the ball down and then pick it up again using his/her hands.
4. The ball may not be passed to the keeper's hands from the neutral zone by a member of his/her own team. This includes a series of passes among teammates

back to the keeper's hands. If this rule is violated, an indirect free kick will be awarded to the offended team at the point of the infraction.

5. The goalie must not deliberately delay getting rid of the ball when it is in his/her possession. PENALTY: Indirect Free Kick.
6. The goalie may not intentionally strike the opponents by throwing the ball at them or pushing them with the ball. PENALTY: If foul occurred in penalty area a Penalty Kick is awarded.
7. Outside the penalty area the goalie has no more privileges than any other player.
8. Within his/her own penalty area, the goalie has certain privileges that are not given to any other player. These include:
 - a. Handling - The goalie may catch, carry, strike, or propel the ball with hands and arms.
 - b. Immunity - The goalie may not be charged, interfered with or impeded in any manner by an opponent while in possession of the ball. Possession includes throwing the ball out, and dropping the ball to be kicked. PENALTY: Indirect Free Kick.

Slide Tackling: Not permitted in the University of Akron Intramural League. Penalty: Indirect Free Kick. Player will receive a red card and be ejection from the game.

Offside: A player is judged to be offside if they are nearer to their opponent's goal line than the defenders are at the moment the ball is played to the player. PENALTY: Indirect Free Kick.

Violations, Fouls and Misconduct

1. Kicking-Striking-Tripping-Jumping:
 - a. A player shall not intentionally attempt to or kick, strike, or jump at an opponent.
 - b. A player shall not intentionally trip an opponent. This includes tripping or attempting to trip an opponent by use of the legs, or by stopping in front or behind an opponent in such a manner as to cause a fall or loss of balance.
 - c. A goalkeeper shall not intentionally strike or attempt to strike an opponent by throwing the ball at an opponent or by pushing an opponent with the ball while holding it. PENALTY: Indirect free kick.
2. Handling: A player shall be penalized for intentionally handling, carrying, striking, or propelling the ball with a hand or arm. PENALTY: Indirect free kick.
3. Holding and Pushing:
 - a. A player shall not hold or push an opponent with the hand(s) or arm(s) extended from the body.
 - b. A player shall not place a hand(s) on an opponent in an effort to reach the ball. PENALTY: Indirect free kick.
 - c. Charging: A player shall not intentionally charge an opponent unfairly. An unfair charge is one in which a player does not use shoulder -to-shoulder contact with an opponent and/or does not have arms and elbows close to

his/her body, and/or does not have at least one foot on the ground, when the ball is not being played, and the charge is done in a dangerous manner.

- d. A fair charge is allowed and is one in which a player makes non-violent shoulder-to-shoulder contact with an opponent, with the arms and elbows close to the body, at least one foot on the ground, and the ball within playing distance.
- e. A player having one or both feet on the ground shall not charge into an opponent who has both feet off the ground.
- f. A player shall not charge into the goalkeeper in the penalty area unless the goalkeeper is obstructing the player or dribbling the ball with the feet.
 - i. An official shall disqualify, without caution, any player who flagrantly fouls the goalkeeper in possession of the ball.
 - ii. Possession or control of the ball includes when the goalkeeper has the ball trapped by either or both hands or when bouncing it to the ground or when releasing the ball into play.
 - iii. Outside the penalty area, the goalkeeper has no more privileges than any other player does
- g. A player shall not charge into an opponent when neither player is within playing distance of the ball. PENALTY: Indirect free kick.

4. Obstruction:

- g. Obstruction is the intentional act made by a player not in possession of the ball and not attempting to play the ball. Running between an opponent and the ball or using the body as an obstacle is obstruction.
- h. The goalkeeper in possession of the ball shall not be interfered with or impeded in any manner by an opponent. This includes the act of bouncing the ball, attempting to throw the ball, or tossing the ball in the air to re-catch. PENALTY: Indirect free kick.
- i. A player not attempting to play the ball, but remaining between the ball and an opponent, may be legally charged from behind provided the charge is not violent or dangerous and the ball is within playing distance.

5. Dangerous Play:

A player shall not participate in dangerous play, which is an act an official considers likely to cause injury to any player. This includes playing in such a manner which could cause injury to self or another player (opponent or teammate). PENALTY: Indirect free kick

Player/Team Conduct

1. A Yellow/Red card system will be used to control unsportsmanlike conduct and improper behavior (persistent infringement of any rules of the game) by player, coach and bench personnel.
2. When cautioning a player, coach, or other bench personnel, the official shall display a Yellow card and indicate the person concerned.
3. The second yellow card displayed on the same person in the same contest for any unsportsmanlike conduct shall be a Red card.
4. When ejecting a player, coach, or other bench personnel the official shall display a Red card and indicate the person concerned. A player, coach, or other bench personnel receiving a Red card shall be ejected from the game and will be suspended from the next scheduled game.
5. Should the same player receive another red card during the soccer intramural season they will be suspended for a year from the soccer league
6. Team captains are responsible for the conduct of their players, sidelines, and spectators
 - a. If a player is red carded and refuses to tell his/her name, the captain may be red carded if he/she will not reveal the name and the team may be subject to a forfeit
 - b. Team captains who cannot or will not control their sidelines and/or spectators will be issued a caution (yellow card), and ejection (red card) if necessary
7. Yellow Card
 - a. Persistently infringes upon any of the rules of the game
 - b. Shows dissent by word of mouth or action to decisions given by the referee
 - c. Is guilty of any incidental vulgar or profane language
 - d. Is guilty of unsportsmanlike conduct
 - e. Enters or leaves the field of play without the permission of the referee
 - f. Other team members, besides the captain, address the officials and question their calls
 - g. Intentional direct kicks
8. Red Card
 - a. Revives a second yellow card
 - b. Is guilty of violent conduct or serious foul play
 - c. Is abusive in language or gesture toward a player or official
 - d. Slide tackling
 - e. Persists in misconduct after receiving a caution