

-Texas A&M University-
Department of Recreational Sports
INTRAMURAL SPORTS

OUTDOOR SOCCER

Regulations published in the Texas A&M Rec Sports Handbook will be the governing policies for all intramural sports. Team captains are responsible for possessing a thorough understanding of these regulations and their implications. NFHS Soccer Rules will be used with the following clarifications, modifications, and exceptions.

1. PARTICIPATION

- a. Proper identification must be presented to check in. Proper identification is a government-issued photo ID.
- b. Roster: Each player's name must appear on the roster before he/she enters a game.
- c. Any player disqualified from a contest will be removed from that game and can still play in next contest.
- d. Any player ejected from a game is automatically suspended from all intramural activities pending a meeting with the appropriate intramural staff member.
- e. Intramural staff retain the authority to require an ejected player to leave the facility. Any player instructed to leave must do so immediately.
- f. **Protest Procedure:** Judgment calls may not be protested. If a team wants to protest a rule interpretation, the protest must be made immediately at the time of the questionable incident. Notify the official. The clock will stop while a protest is being filed.
- g. **Eligibility:** The eligibility of all players is the responsibility of team captains and the individual players. Refer to the intramural handbook for details.
- h. **Blood Rule:** Players who sustain an injury causing an open wound will be required to leave the game. A player may not re-enter the contest until the flow of bodily fluids is stopped and the wound covered.
- i. **Jewelry:** Participants are not permitted to wear any jewelry.
- j. **Medical Alert Bracelets** – Permitted, must be taped flush with the skin and may be visible.
- k. **Casts/splints:** Not allowed under any circumstances. Knee braces with exposed metal, hard plastic, or metal hinges must be covered with padding or foam at least ¼ inch thick.
- l. **Religious Headwear** – In the event a participant may not expose his/her uncovered head, the intramural supervisor may approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way that it is highly unlikely to come off during play. This stipulation applies only to religious headwear to cover the head and does not apply to any necklaces/rings/ earrings/ bracelets or any other form of jewelry.
- m. Elastic headbands and hair control devices without metal, hard plastic, or bandanas without knots are permitted. Hard items, including, but not limited to, beads, barrettes and bobby pins are prohibited. Other head decorations or headwear are not allowed.
- n. **Equipment:** If the team does not have the same or similar color, **ALL** team members **MUST** wear jerseys provided by the Department of Recreational Sports. A shirt (must have the sleeves attached) must be worn under the jerseys provided by the Department of Recreational Sports, or the player will not be allowed to play. If a team has its own jerseys with numbers, the numbers must be whole numbers, no more than 2 digits, and the jerseys must be of the SAME/SIMILAR color.
- o. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of own glasses.
- p. Any slippery substance of a foreign nature on equipment, clothing, or an exposed part of the body is illegal.
- q. Players may wear a knit or stocking cap (no caps with bills) and/or soft, pliable, non-abrasive gloves. Bandanas with a knot are not permitted.

- r. Footwear: All players must wear athletic shoes. Metal cleats, spikes, or toe cleats will not be permitted. Five finger shoes are not considered athletic shoes.
- s. Pants – Participants are encouraged to wear athletic style shorts or pants.
- t. All equipment decisions made by the intramural staff or Rec Sports medic on duty shall be final.

2. THE GAME

- a. A match will be played by two (2) teams, each consisting of no more than eight (8) players, one of whom shall be the goalkeeper.
- b. To start and continue a game, a team must have at least five (5) players on the field ready to play.
 - i. If a team is playing with five (5) players and a player receives a yellow card and must be removed from the field, the team may still continue the game. However, if a player receives a red card, this will drop them below the five (5) player minimum and the game will end.
- c. **Forfeits:** Prepared means that IDs and footwear have been checked, or the opposing team will be awarded one goal. The game clock will start at GAME TIME. For each additional three minutes the team is late another goal will be awarded. After ten (10) minutes, a forfeit will be declared and a score of 5-0 will be posted.

Penalization for Being Late				
Minutes Late	Score		Minutes Late	Score
0-1	1-0		6	3-0
1	1-0		7	3-0
2	1-0		8	4-0
3	2-0		9	4-0
4	2-0		10	5-0 Forfeit
5	2-0			

3. SCORING

- a. A goal is scored when the whole curvature of the ball has passed over the goal line, between the goal posts and under the cross bar provided there have been no violations by the attacking team. It is the position of the ball that counts.
- b. The goal will always be credited to the person on the attacking team who last touched the ball.
- c. **A goal may be scored directly from the kickoff.**
- d. **Mercy Rule:** If a team is up ten (10) or more goals at halftime or any time thereafter, the game will end. If a team is up five (5) or more goals within five (5) minutes of the second half, the game will end.

4. EQUIPMENT

- a. Each player must wear shoes. The shoes must cover the feet and be made of a soft pliable upper material (canvas, leather, or synthetic) attached to a molded bottom which may or may not have rubber cleats. **No exposed metal may appear on the shoe. Shoes with front toe cleats, softball cleats, shoes with a raised heel, sandals, boots or hiking boots will not be allowed.**
- b. **Shin guards:** Highly recommended, but not required. If shin guards are worn, they must be completely covered with socks.

- c. **Game Ball:** The department will supply a game ball. The team captains, with the referee's approval, may opt to use a different ball if the captains agree (must be a size 5 ball).
- d. Goalkeepers will wear colors that distinguish them from other players and referees. Opposing goalkeepers may wear the same color.

5. PRE-GAME

- a. The referees will call the captain from each team to center before the start of the game. At this time, the referees will discuss the rules and answer any questions the captains might have. The team captain that wins the toss (paper/rock/scissors) will have the option to kick off or defend a particular end.

6. STARTING THE GAME

- a. All players start on their half of the field and every player on the team opposing the kicker must remain outside the center circle until the ball is kicked.
- b. Once the referee has given the signal, the game will be started by a player kicking the ball **in ANY DIRECTION.**
- c. The kicker cannot play the ball a second time until after it has been touched by another player.
 - i. A free kick will be given if the kicker touches the ball without it touching another player.
 - ii. A goal **CAN** be scored directly from a kick off.
- d. For restarts involving a drop ball, there does not need to be two (2) players to complete a drop ball restart. Drop ball restarts will occur at the point of interruption, unless in the goal box. It will take place on the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped.

7. STARTING THE SECOND HALF

- a. To begin the second half, teams will change ends. The opposite team that kicked-off in the first half will take the kick-off in the second half.

8. DURATION OF THE GAME

- a. **Periods of Play:** Matches will consist of two equal periods of twenty (20) minutes.
- b. **Half-Time Interval:** The half-time interval must not exceed five (5) minutes. The duration of the half-time interval will be at the discretion of the referee.
- c. **Allowance for Time Lost:** There will be **NO** allowance of time lost through substitutions. Instead, teams will **NOT** be allowed to make any substitutions within the last two minutes of either period or overtime period.
- d. **Abandoned Match:** The Department of Recreational Sports will have full authority to assign an outcome to any abandoned match or to order the match replayed. Matches that are merely suspended for any reason will, if possible, be resumed at the point at which they were suspended. A new referee crew may be assigned in such a case.
- e. **Mercy Rule:** If a team is up 10 or more goals at halftime or any time thereafter, the game will end. If a team is up 5 or more goals within 5 minutes of the second half, the game will end.

9. OVERTIME

- a. In regular season play, if the score is tied at the end of regulation play, the game will remain tied and no overtime will be played.
- b. During the playoffs, (1) five-minute sudden death overtime period will be played followed by the penalty kick procedure listed below. A coin toss before the start of the overtime period will determine possession or choice of side.
- c. In All-University, Women's, and Coed championship games, two (2) five-minute sudden victory overtime periods will be played before the penalty kick procedures stated below will be used.

10. KICKS FROM THE PENALTY MARK

If the score is tied after overtime is completed, the winner will be determined by a penalty kick tiebreaker as follows:

- a. The winner of the coin toss may elect to kick first or last.
- b. Each team will select five (5) players to participate in the shootout.
- c. Only players **on the field at the end of the overtime period** will be eligible
- d. If at the end of the match and before the kicks start to be taken from the penalty mark, one team has a greater number of players than its opponents, it must reduce its numbers to equate with that of its opponents and the team captain must inform the referee of the name and number of each player Any player thus excluded may not participate in kicks.
- e. All players on the field at the end of the overtime period are eligible to serve as the goalkeeper. Once a goalkeeper has been designated, they may not be replaced unless they are injured. Goalkeepers are eligible to be a kicker.
- f. The kicks will be taken as normal penalty kicks. Once the player kicking starts his/her approach toward the ball, he/she may not interrupt his/her movement. Failure to kick the ball as specified shall be considered a violation by the attacking team, and the appropriate penalties shall apply.
- g. The goalkeeper must stay on the goal line until the ball is kicked.
- h. The shooter cannot play the ball again once the ball is touched.
- i. Each team will take an initial series of five (5) kicks alternately. The team scoring the greater number of goals will be declared the winner.
- j. If the score is still tied after each team has taken five (5) kicks, the remaining players on the field will shoot in a sudden death manner until a winner is declared. No shooter may be repeated until all players that were on the field at the end of regulation have kicked.
 - a. **** Coed Overtime Modifications:**
 - i. Teams will alternate gender until a gender runs out of players.
Ex. If a team has 4M/2F, they can shoot in the order of MFMFMM or FMFMMM (with the last two shooters being used in sudden death, if necessary).
 - ii. All goals scored during the tie-breaking procedure will count as one goal, regardless of the gender of the player taking the kick.

11. SUBSTITUTIONS

Substitutions are allowed under the following conditions:

- a. On any goal kick
- b. After a goal has been scored
- c. Between periods
- d. In the event of an injury

- e. When a player has been cautioned (yellow-card). The cautioned player **MUST** leave the field and cannot re-enter until the next substitution opportunity
- f. On a team's **own** throw-in or corner kick
- g. On the opposing team's throw-in or corner kick, only if the team with possession of the ball chooses to substitute
- h. When a goalkeeper has been ejected, provided that a field player is removed from the game
- i. If a player has an open wound or blood on their clothing, they must leave the field and may be substituted.
- j. The official **MUST** beckon the player onto the field before the substitution may occur.
- k. No substitutions will be allowed during the last two minutes of a half.
- l. **ALL SUBSTITUTIONS** must be made at the half-way line with the permission of the referee.

12. OFFSIDE

A player is in an offside position when he/she is nearer to his opponent's goal line than the ball, **unless:**

- a. He/she is in his/her own half of the field of play
- b. There are at least two opponents even with the player and/or closer to their own goal line

In the opinion of the referee, a player shall be penalized for being in an offside position at the moment the ball touches or is played by a teammate if the player:

- a. Interferes with play or with an opponent
 - i. Preventing an opponent from playing or being able to play the ball by clearly obstructing the opponent's line of vision or movement of challenging an opponent for the ball.
 - ii. Playing or touching the ball passed or touched by a teammate.
- b. Gains an advantage by being in that position.
 - i. A player who plays a ball that rebounds to himself/herself off a goal post or the crossbar after having been in an offside position, or a player who after being in an offside position plays a ball that rebounds to himself/herself off an opponent, who has not deliberately played the ball or made a deliberate save.

A player shall not be declared offside by the referee under the following situations:

- a. Merely because of his/her being in an offside position; or
- b. If he/she receives the ball directly from a goal kick, corner kick, throw in, or receives the ball from an opponent who deliberately plays the ball.

13. GOALKEEPER PRIVILEGES

Within his/her own penalty area, the goalkeeper has certain privileges that are not given to other players. These privileges include:

- a. **Handling:** The goalkeeper may catch, carry, strike or propel the ball with his/her hands or arms.
- b. **Immunity:** While in possession of the ball, the goalkeeper may not be charged, interfered with or impeded in any manner by an opponent. Possession includes bouncing the ball with both hands as well as dropping the ball for a kick. The referee shall eject without previous caution any player who, with obvious intent, violently fouls the goalkeeper who is in possession of the ball in his/her own penalty area.

With the goalkeeper's privileges comes the capability for certain violations of these privileges that could not be applied to another player. These violations are:

- a. **Restrictions of the goalkeeper:** From the moment the ball is in control by his/her hands as a goalkeeper within his or her own penalty area, the goalkeeper has **SIX** seconds to release the ball. **Penalty:** Indirect free kick from point of infraction.
- b. **Repossession:** Having released it into play, he/she may not touch it again with his hands before it has been touched or played by a player of the opposing team. Throwing the ball into the air and allowing it to hit the ground is considered releasing the ball, and the goalkeeper may not retake possession unless the ball is touched or played by an opponent. **Penalty:** Indirect free kick from point of infraction.
- c. **Pass back:** If a player deliberately kicks the ball with his/her foot (or any part of body below the knee) to his/her goalkeeper or a player throws the ball in to the goalkeeper, the goalkeeper is not permitted to touch it with the hands. **Penalty:** Indirect free kick from point of infraction.
- d. The goalkeeper may not intentionally strike an opponent by throwing or kicking the ball vigorously at him/her or push him/her with the ball while holding it. **Penalty:** Direct free kick from point of infraction.
- e. If the ball is played by the attacking team towards the goal, the goalie **MAY** trap the ball outside of the penalty box, dribble back inside the penalty box and use their hands to pick up the ball. If the ball is played by the defending team the goalie **MAY NOT** use their hands.

14. DIRECT FREE KICK

- a. A direct free kick is one in which a goal can be scored directly from the kick against the offending team.
- b. A direct free kick is awarded to the opposing team if a player commits any of the following seven offenses in a manner considered by the referee to be careless, reckless or using excessive force:
 - i. kicks or attempts to kick an opponent
 - ii. trips or attempts to trip an opponent
 - iii. jumps at an opponent
 - iv. charges an opponent
 - v. strikes or attempts to strike an opponent
 - vi. pushes an opponent
 - vii. tackles an opponent

Any player in a recreational (men's, women's, or Coed) match who, in the opinion of the referee, slide tackles an opponent, will be considered guilty of tackling an opponent in a reckless manner (direct free kick offense) and may be cautioned or red carded (referee's discretion) for unsporting behavior.

- c. A direct free kick is also awarded to the opposing team if a player commits any of the following three offenses:
 - i. holds an opponent
 - ii. spits at an opponent
 - iii. handles the ball deliberately (except for the goalkeeper within his own penalty area)
- d. A direct free kick is taken from the place where the offense occurred.
- e. **Penalty Kick** - A penalty kick is awarded if any of the above ten offenses is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

15. INDIRECT FREE KICK

- a. An indirect free kick is one from which a **goal cannot be scored directly unless the ball has been touched by a player other than the kicker before passing through the goal**. If the ball is not first touched by another player before passing through the goal, a goal kick is awarded to the opposing team.
- b. An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offenses:
 - i. controls the ball with his hands for more than six seconds before releasing it from his/her possession
 - ii. touches the ball again with his/her hands after releasing it from his/her possession and before it has touched another player
 - iii. touches the ball with his/her hands after it has been deliberately kicked to him/her by a teammate
 - iiii. touches the ball with his/her hands after he/she has received it directly from a throw-in taken by a teammate
- c. An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:
 - i. plays in a dangerous manner without contact (i.e., high kick)
 - ii. impedes the progress of an opponent
 - iii. prevents the goalkeeper from releasing the ball from his hands
 - iv. commits any other offense, not previously mentioned, for which play is stopped to caution or send off a player (for example, entering/leaving the field of play without permission, offside, player improperly touching the ball for a second time before it has been played by another player)
- d. The indirect free kick is taken from the place where the offense occurred.

16. PENALTY KICK

- a. A penalty kick is awarded for any infringement of the rules by the defending team within the penalty area that is penalized by a direct free kick.
- b. A penalty kick can be awarded irrespectively of the position of the ball if the violation by the defending team is committed within the penalty area.
- c. The ball shall be placed twelve (12) yards from the goal line.
- d. A goal may be scored directly from a penalty kick.
- e. All players except the kicker and the goalkeeper must be on the field of play outside the penalty box, behind the penalty mark, and at least ten yards from the penalty mark.
- f. The goalkeeper may move laterally along the goal line before a penalty kick, but must not move forward until the ball is kicked.
- g. The player awarded the kick must utilize one fluid motion in playing the ball and the ball must move forward as a result of the kick.

17. GOAL KICK

- a. A goal kick is 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 last been played by a member of the attacking team.

The ball can be placed anywhere within the goal area, but once the ball has been placed it may not be moved. The ball must leave the penalty box before it can be played again by any player.

- b. If the ball is played a second time before it leaves the penalty box, the kick will be retaken.
- c. **A goal can be scored directly from a goal kick.**

****There is no “offside” on a goal kick.**

18. CORNER KICK

- a. A corner kick is taken by a member of the attacking team when the ball passes completely over the goal line, either in the air or on the ground, having last been played by a member of the defending team.
- b. The ball will be placed within the quarter circle at the nearest corner to the spot where the ball went out of play.
- c. Defenders must be at least ten (10) yards away from the corner arc, not the ball.
- d. A goal can be scored directly from a corner kick.

****There is no “offside” on a corner kick.**

19. THROW-IN

- a. A throw-in is taken in order to put the ball back into play after it has passed completely over the touch line either on the ground or in the air.
- b. The throw-in shall be taken by the opposing team of the player who touch the ball last before it went over the touch-line.
- c. The throw-in shall be taken within a yard of where the ball crossed the touch-line.
- d. The thrower, at the moment of delivering the ball, shall 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.
- e. The thrower shall use both hands equally and shall deliver the ball from behind and over his/her head.
- f. Defenders must be at least two (2) yards from the thrower when the throw is made.
- g. A goal may **NOT** be scored directly from a throw-in.
- h. The thrower shall not play the ball a second time before it has been touched by another player.

If the ball fails to enter the field of play before it touches the ground, the ball is awarded to the opponent at the spot of the infraction.

****There is no offside on a throw-in.**

20. DANGEROUS PLAY

A player shall be penalized if he/she engages in play that is of a dangerous nature or likely to cause injury. Some examples of dangerous plays are:

- a. Raising the foot to the level that may endanger an opponent when the opponent is at a normal stance
- b. 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
- c. A player other than the goalkeeper covering the ball while sitting, kneeling, or lying on the ground.
- d. Showing the bottoms of shoes while an opponent is in playing distance.

**Playing the ball while on the ground is NOT automatically a dangerous play foul.

21. CONDUCT

- a. Team captains may discuss plays in a sportsmanlike manner with the referees.
- b. Any player discussing calls with the officials other than the captain will be subject to a yellow card.
- c. Any team displaying unsportsmanlike conduct, foul language, abuse of officials, or unnecessary roughness of play may be eliminated from further play.
- d. **Any team receiving two red cards will automatically forfeit their game.**
- e. It is the responsibility of the team captain to control the actions of his/her players and spectators.

22. CAUTIONS

A participant will be cautioned and shown the yellow card if he/she commits any of the following offenses:

- i. unsporting behavior
- ii. dissent by word or action
- iii. persistent infringement of the rules
- iv. delaying the restart of play
- v. failure to respect the required distance when play is restarted:
- vi. entering or re-entering the field of play without the referee's permission
- vii. deliberately leaving the field of play without the referee's permission
- viii. slide tackling in recreational leagues

PENALTY - An indirect free kick shall be awarded for any of the above offenses if a direct free kick for another offense has not already been awarded. The cautioned player shall leave the field and may be replaced. The cautioned player may re-enter at the next legal substitution opportunity.

23. EJECTIONS

A participant shall be ejected from the game and shown a red card for the following offenses:

- i. serious foul play
- ii. violent conduct
- iii. spitting at an opponent or any other person
- iv. denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
- v. denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
- vi. using offensive, insulting or abusive language and/or gestures
- vii. receiving a second caution in the same match

PENALTY - An indirect free kick shall be awarded for any of the above offenses if a direct free kick for another offense has not already been awarded. **EXCEPTION:** A direct free kick from the point of infraction (penalty kick, if appropriate) is awarded for serious foul play or violent conduct toward an opponent. A participant who has been ejected must **report to the intramural site manager (green shirt) and may, after providing his or her information, remain in the vicinity of the field of play, provided he/she does not become involved in any more disciplinary issues. The officials and**

intramural staff reserve the right to require any player who has been sent off to leave the immediate vicinity of the field.

24. COED MODIFICATIONS

- a. Coed teams will play with four (4) males and four (4) females, and may never play with more than 4 players of either gender at any time.
- b. Teams must have a minimum of (5) players with at least (2) players that are Male and (2) players that are Female to begin a match. The fifth player may be of either gender. The legal gender combinations are: 2M/3F, 3M/2F, 3M/3F, 4M/3F, 3M/4F, 4M/4F.
- c. Team composition in Coed must take into account the gender of a player who is ejected. For example, if a male is ejected, the team must play with three (3) males and four (4) females.
- d. A goal scored by a female player during regulation play or overtime (but not during the tiebreaking penalty kick procedure outlined in item 13) will count as two goals.