1. GENERAL

1.1 Eleven players are allowed on the field by each team (10 fielders, 1 goalie). Eight may start a contest, but 7 players or less causes a team to forfeit a scheduled game.

1.2 **Equipment.** Players may not play in bare feet. Players must wear athletic shoes or rubber-cleated shoes. No metal cleats are allowed.

1.3 **Game time.** A game will consist of two, 20 minute halves. A 3 minute halftime will take place between the halves. The clock will not stop at any time, unless the Intramural Official deems it necessary. If a regular season game score is tied at the end of regulation, the game shall end in a tie (no overtime or shootouts). In the playoffs, if the game is tied after regulation, one-5 minute overtime period will be played. If the game is tied after the overtime period, a series of 5 penalty kicks will determine a winner. The team with the most goals out of their five shots will be determined winner. If tied after 5 penalty kicks, a sudden-death penalty shootout will ensue. If the first team scores on their shot, the other team has to score on their shot or the game is over. If the first shooting team misses and the second shooting team scores, the second team is determined winner. This continues until there is a winning team. Game time is forfeit time. If a team forfeits a regular season game, that team will be immediately disqualified from playoff/tournament competition.

1.4 **Scoring.** Each goal will count for a point.

1.5 **Officials.** Officials have full authority over the game they are working. The officials have the right to stop any contest due to unnecessary roughness or unsportsmanlike conduct. Disqualification from the current game may result in potential disqualification from future intramural games at the discretion of the Coordination of Intramural Sports.

1.6 **Captains.** Each team shall designate a captain to act as team spokesman and make decisions. Only the captain may approach officials in regards to questioning a call or to ask for information related to a play.

1.7 **Season.** A regular season will consist of a set number of games. Teams with a .500 record or better and at least a 2.0 sportsmanship average will be eligible to make the playoffs.

2. RULES OF PLAY

2.1 **Start of Play.** The game shall be started by a player taking a place kick into the opponents half of the field. Every player shall be on his own half of his field. Opposing players must be 10 yards away from the ball until it is kicked off. The kicker may not play the ball again until it has been touched by another player. The ball will be kicked off from the center of the field after each goal and at the beginning of each half.

2.2 **No Sliding or Slide Tackling.** No sliding, slide tackling, or tackling of any kind is allowed (except for the goalie in an attempt to make a save). Sliding is allowed to keep a ball in play as long as there isn’t another player in close vicinity. If a player makes a slide tackle at the ball/opposing player, the slide tackler will immediately receive a yellow card as a warning. If the same player slide tackles again, they will receive a second yellow card, which results in a red card and an ejection from the match. Any red card will be an automatic one game suspension and the player must schedule a meeting to meet with the Coordinator of Intramural Sports to address the incident.
2.3 Out of play. The ball is out of play:
   a) When it has completely crossed the goal line, end line, or touch line, whether on the ground or in the air
   b) When the game has been stopped by the referee.
2.4 Corner Kick. A corner kick is taken when the defensive team kicks the ball over its own end line. The ball is placed by the offensive team in the quarter-circle nearest the side where the ball went out of play.
2.5 Free Kicks. There are two types of free kicks:
   a) "direct" (from which a goal can be scored directly against the offending side)
   b) "indirect" (from which a goal cannot be scored unless the ball has been played or touched by another player).
   c) All free kicks may be kicked in any direction from the point where the infringement occurred, except the penalty kick, which must be taken from the twelve yard mark and kicked forward. All opposing players must remain 10 yards away from the ball until it is kicked.
   d) Direct Kicks: Awarded for any intentional personal foul such as:
      • kicking, striking, attempting to kick or strike, tripping, jumping at an opponent
      • pushing or holding an opponent or handling the ball. If such an infraction occurs within the penalty area, a penalty kick will be awarded
   e) Indirect kicks: Awarded for any infraction of the rules such as:
      • unsportsmanlike conduct; dangerous plays; player kicking a direct kick a second time before it was played by another player; delay of game.
2.6 Off Sides. There is no off sides rule for 11-on-11 Soccer.
2.7 Throw Ins. The thrower, at the moment of delivering the ball, must face the field. He/she must remain in contact with the ground with both feet, release the ball over the head, and follow through with the arms. Possession of the ball will be awarded to the opposing team if an improper throw-in is made.
2.8 Goalie. Once he picks up the ball he/she has 6 seconds to punt it or release it. He/she is allowed to pick up the ball, run with it and then punt it, throw it, or drop it and dribble or kick it. (However, he/she cannot touch it with his/hers hands outside the "Penalty Box" and once he/she drops it he cannot touch it again with his hands until an opponent has touched it). A goalie may also not pick up a ball that teammate has intentionally passed back to him/her, unless it is with their head.
2.9 Goal Kick. Goal kicks are taken when the offensive team kicks the ball over the end line. The ball may be placed within the goal area on the same side of the field that it was kicked over the end line.
2.10 Substitutions. Free, unlimited substitutions may be made at anytime, when the ball is dead on their own throw, corner, any goal, or goal kick. They may also make a substitution on the oppositions throw in if the opposition also wishes to make a substitution.
   Players must check in with the intramural official at the scoreboard in order to obtain permission to enter the game on the next whistle.
2.11 Timeouts. None.
2.12 Fighting and Unsportsmanlike Play. Under no circumstances will fighting or unsportsmanlike behavior be tolerated. Any threats, slurs, or other remarks deemed to be unsportsmanlike fall under this rule. Fighting will result in indefinite suspension and the incident may be reported to the Office of Judicial Affairs. Disqualification of a player and/or team will result in any act of fighting or malicious intent to harm.
2.13 Person Subject to the Rules. Team representatives, including players, spectators, team managers, coaches, and group members are subject to the rules.
2.14 Rule Interpretation. An official has the authority to rule on any point not specifically covered in these rules.
2.15 A mercy rule will take affect if there is a goal differential of seven goals at any point throughout the game.

11V11 Co-Rec Soccer Rules
Updated 6/16/2016

1.1 Each team will consist of 11 players (10 field players and 1 goalie). Aside from the goalie, the field player must be 5 men and 5 female. A team may start with 8 players (7 field players and 1 goalie, 4 men and 4 women including goalie); A team with anything less than 8 players will forfeit a game.
1.2 Each gender must touch the ball in their offensive half before scoring a goal. Once the ball is cleared out of their own offensive half, both genders must touch the ball again (in their offensive half) before scoring.
1.3 Direct kicks, indirect kicks, and corner kicks are gender specific. If one gender has not touched the ball before the kick or foul is awarded, the other gender must touch the ball before being allowed to score. Throw-ins do not count as a touch for that gender.