

## University of Virginia Intramural Sports Soccer

Each player must present a valid UVA student ID or current Recreation Membership Card and photo ID before each contest to be eligible to participate - No Exceptions. All players must have checked in with an Intramural Supervisor and be recorded on the game sheet before they are allowed to participate.

All Intramural participants are responsible for their own medical expenses. Any participant unsure of his/her physical condition should check with their family physician or the Elson Student Health Center before participating in an Intramural Sports contest.

Game time is forfeit time! Teams that do not have the minimum number of players needed to start a game at game time will be assessed a forfeit. The forfeit will result in expulsion of that team from the remainder of league play.

The officiating will be done by Intramural Officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of participants, coaches, or spectators can result in assessment of an unsportsmanlike penalty, ejection or forfeiture of the game. Two ejections will result in an automatic forfeiture. Spectators must also remain in the area designated by the Intramural Officials. The Intramural Officials and Intramural Supervisors shall have the power to make decisions on any matters or questions not specifically covered in the rules. The winner of a coin toss between both captains prior to the game will choose a side to attack and the loser will receive the kickoff.

National Federation High School soccer rules will govern all play for any rule not mentioned in the following Intramural rules:

### **1. Team Requirements**

- 1.1 A regulation team consists of 6 players (one of which will be the goalkeeper). A team may play with a minimum of 4 players. In Co-Rec games, possible combinations are 3m/3w, 2m/3w, 3m/2w, 2m/2w.
- 1.2 If a player is issued a red card, then he/she will not be allowed a replacement.

### **2. Equipment**

- 2.1 Each team is encouraged to wear a similar colored shirt. Pinnies will be provided. Goalkeepers must wear a different colored shirt than either team.
- 2.2 Shoes must be worn by all participants. Rubber cleated shoes and screw-in cleats will be allowed. Metal cleats of any kind, open heel and/or toe shoes are prohibited.
- 2.3 Billed hats, casts, and/or any other item deemed to be dangerous by the Intramural Supervisor may not be worn during a game. Shin guards are highly recommended.
- 2.4 All jewelry is prohibited and will result in dismissal from the field. Players will not be allowed a replacement until the next opportunity for a legal substitution (see *Section 3*).

### **3. Substitutions**

- 3.1 A team must notify the Official on all substitutions. No player may come onto the field without permission of the Official. Substitutes must enter & exit the field at midfield.
- 3.2 Teams may substitute under the following conditions:
  - a) On either teams' goal kick, or their own corner kick or throw-in.
  - b) When a player has been injured, that team may sub for the injured player.
  - c) When a player has been warned, that team may sub one player for each player warned.
  - d) After a goal, both teams may substitute.

#### **4. Length of Game and Timing**

- 4.1 Each half will be 20 minutes in length with a continuous running clock. Halftime will be 3 minutes.
- 4.2 The clock will stop for all injuries. Any injury time will not be added on at the end of the game.
- 4.3 Time outs will not be allowed.
- 4.4 Teams will change ends at halftime. The team that did not kickoff in the 1<sup>st</sup> half will kick-off in the 2<sup>nd</sup> half.
- 4.5 A game called due to weather with less than 5 minutes remaining in the 2<sup>nd</sup> half will be considered complete.
- 4.6 *Mercy rule*--if a team is winning by **5 goals** or more during the final two minutes, the game will be over.
- 4.7 In the event of a tie score at the end of regulation, an overtime procedure will be conducted (see *Section 9*).

#### **5. Offside**

- 5.1 There will be no enforcement of the offside rule.

#### **6. Rule Clarifications**

##### **6.1 Goalkeepers**

- a) The goalkeeper may not handle the ball if it has been intentionally kicked or thrown to him/her by a teammate. *Penalty - Indirect kick.*
  - b) The goalkeeper may not punt or dropkick the ball at any time.
  - c) From the moment the goalkeeper takes control of the ball with his/her hands, he/she will be penalized for holding or bouncing the ball for more than 6 seconds. *Penalty - Indirect kick.*
- 6.2 To kickoff the ball, it must roll forward. The player who kicked off the ball may not touch the ball until another player touches the ball. Violation of this rule will result in a retake of the kickoff.
- 6.3 A goal is scored when the ball completely crosses the goal line.
- 6.4 A ball is out of play when it completely crosses the sideline or the endline.
- 6.5 The Official blowing his/her whistle warrants a dead ball (even if inadvertent).
- 6.6 To restart play, the following methods are used:
- a) Throw-in = when the ball crosses the sideline. During the throw-in, if the thrown ball never enters the field of play, the throwing team will re-take the throw-in. A goal may not be scored by the throw-in.
  - b) Goal kick = when the ball crosses the endline and the offense touched the ball last. The ball is placed on the endline closest to the side where the ball went out-of-bounds. The ball must be kicked beyond the penalty area, or the kick will be retaken.
  - c) Corner kick = when the ball crosses the endline and the defense touched the ball last. The ball is placed a yard away from the corner marker and kicked (a goal may be scored directly from the kick).
  - d) Direct or Indirect free kick = when a foul has been called (see *Section 8*).
  - e) Drop ball = when play is stopped due to an injured player, inadvertent whistle, or it is not clear who last touched the ball before it went out-of-bounds. The ball can not be kicked until it touches the ground.
- 6.7 The ball is still in play if it stays in-bounds after rebounding off the goal, Official, or corner flag posts.
- 6.8 Teams are responsible for retrieving the ball and returning it to the goalie or Official. If excessive delays occur, the Official will stop the clock and a yellow card will be issued to the team captain.

#### **7. Fouls and Misconduct**

- 7.1 Kicking, striking, and tripping are illegal. *Penalty - Direct kick.*
  - a) Denying an obvious goal scoring opportunity through such action will warrant a red card and ejection.
- 7.2 Handling
  - a) A player shall be penalized for intentionally handling, carrying, striking, or propelling the ball with a hand or arm. *Penalty - Direct kick.*

- b) Unintentional handling occurs when the ball strikes the hands or arms of a player who has not moved the hands or arms to play the ball. This shall not be penalized.
- c) An intentional handball that prevents a goal from being scored (either a shot on goal or a pass to another player with an open shot) will warrant a red card and ejection.

### 7.3 Charging

- a) 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 or does not have arms and elbows close to the body. *Penalty - Direct kick.*
- b) Any player who flagrantly charges an opponent shall receive a red card.
- c) A player shall not charge into the goalkeeper in the penalty area. *Penalty - Direct kick.*

### 7.4 Dangerous Play

- a) In the opinion of the Official, all high kicks above the waist in a dangerous manner will be prohibited. Also, a player lying on the ground may not attempt to play the ball if other players are nearby. *Penalty - Indirect kick.*

### 7.5 Obstruction

- a) A player who does not have possession of the ball may not intentionally run between an opponent and the ball or use his/her body as an obstacle. *Penalty - Indirect kick.*

### 7.6 Misconduct

- a) A player or spectator shall be given a yellow card for persistent infringement of the rules of the game, acting in an unsportsmanlike manner, and/or objecting by word of mouth or action to the decisions given by an Official.
- b) A player or spectator shall be given a red card for persistent misconduct, exhibiting violent conduct, and/or using violent or abusive language. A red card (or a second yellow card) will result in an automatic ejection from the game.

## 8. Free Kicks

### 8.1 Description of a free kick:

- a) Direct - a goal may be scored against the offending team.
- b) Indirect - a goal may not be scored unless the ball is played by another player from either team.

### 8.2 Rules for a free kick:

- a) Opposition players must be at least 10 yards from the ball until it is kicked.
- b) Any player of the offended team may take a free kick (in any direction).

### 8.3 Direct kick offenses include:

- a) Tripping an opponent.
- b) Intentionally kicking an opponent.
- c) Deliberately handling ball.
- d) Pushing or Holding.
- e) Charging the goalkeeper in possession of the ball.
- f) Striking or attempting to strike an opponent.
- g) Jumping at an opponent.
- h) Using foul or abusive language.
- i) Slide tackling with excessive or dangerous contact (ie - cleats up).
- j) Any other unsportsmanlike act.

### 8.4 Indirect free kick offenses:

- a) Entering the field of play without permission.
- b) The same player playing the ball after a free kick, penalty kick, goal kick, corner kick, or throw-in before another player plays the ball.
- c) Kicking or attempting to kick the ball while it is in possession of the goalkeeper.
- d) Obstruction.
- e) Dangerous play.

- f) Delay of game (ie - 6-seconds by the goalkeeper).
- g) Goalkeeper illegally handling the ball after relinquishing possession.
- h) Goalkeeper handling an intentional pass or throw-in.

#### 8.5 Penalty kicks:

- a) A penalty kick is awarded for any direct-kick offense by the defending team within the penalty area. It can be awarded regardless of the position of the ball, if the infraction by the defending team is committed in the penalty area.
- b) The penalty kick is taken from 2 yards inside the top of the penalty box (10 yards).
- c) All players (except for the kicker and the goalkeeper) must be outside the penalty area. The goalkeeper must stand on his/her own goal line until the ball is kicked.
- d) If the ball hits the goalpost or the crossbar and returns to play, the kicker may not play the ball until another player has played it.
- e) The goalkeeper may not be substituted for unless they were injured during the infraction.
- f) If there is an infringement by the defending team and the goal is scored, the goal will count. If the goal is not scored, there will be a re-kick.
- g) If there is an infringement by the attacking team and the goal is scored, the goal will not count and the kick shall be retaken. If the goal is not scored, there is no re-kick.
- h) In cases where players from both teams are guilty of infringements, the kick shall be retaken regardless of the outcome of the kick.

### 9. Overtime procedure

9.0 In the regular season, games that end in a tie during regulation shall be recorded as a tie.

#### **In the playoffs, the following overtime procedure shall be used:**

- 9.1 A three (3) minute sudden death overtime period shall be played. A coin toss will determine kick off and side to defend. If tied after the sudden death period, the following penalty kick procedure shall be used:
- 9.2 Kicks from the Penalty Mark will determine the winner of the contest
- 9.3 The goal keeper at the end of the sudden death overtime period shall remain the goalkeeper during the shootout. Exception: Injury.
- 9.4 Each team will have 3 kicks from the penalty mark, to be administered as a normal penalty kick would during regulation
- 9.5 The team with more goals at the end of the 3 kicks will be the winner. If tied after the original 3 kicks, sudden death penalty kicks will be taken (i.e., 1 kick for each team at a time) to determine the winner.
- 9.6 All team members are eligible to take the penalty kicks. No team member may take a second kick until all members have taken a first kick. In CoRec, no same sex member may take a second kick until all same sex members have taken their first kick. In CoRec, kicking order must rotate between the sexes (i.e. Male, Female, Male or Female, Male, Female) and continue in such fashion until a winner is decided.