

Men's and CoRec Outdoor Soccer Rules

Season League

Games are played at Alpine Turf Fields

Number of Players: 7 vs. 7

MAXIMUM OF 14 PLAYERS ON A ROSTER

1. GOVERNING RULES

- a. Situations not specifically covered or implied by these rules shall be governed by the National Federation of High School Soccer Rules except where a special University of Colorado Colorado Springs Intramural Sports rule applies.

2. ELIGIBILITY

- a. All Participants must be either students registered at the University of Colorado Colorado Springs or Faculty/Staff/Affiliate with a Recreational Sports Membership.

3. PREGAME

- a. All participants will need to bring their ID card to sign in for their game.
- b. Team managers must fill out jersey numbers of players participating in that night's game. If a player is not currently printed on the score sheet, the player must see a supervisor to gain approval before playing. Players will need their ID to be added.
- c. Team captains will take part in meeting with the officials prior to game time.
- d. Teams must have jerseys with numbers (each player must have their own number). Team jerseys may be checked out at Equipment Issue.

4. GENERAL

- a. All participants **must** bring their current UCCS ID to each game. Participants without proper identification will **not** be allowed to play. No other forms of identification (driver's license, class schedule, etc.) will be accepted. **Every player must sign in at least one time in order to be eligible for the playoffs.**
- b. **Intramural regulations and policies concerning eligibility are in effect.**
- c. **All** injuries must be reported to the supervisor on duty. IM supervisors are trained in first aid and CPR.
- d. Regulations published in the Intramural Sports Captain's Manual will be the governing policies for all intramural sports. Team captains are responsible for possessing a thorough understanding of these regulations and their implications. They alone may appeal to the official, and then only on interpretations of the rules. Judgment calls may not be protested.

SPECIFIC GAME RULES AND SITUATIONS

1. NUMBER OF PLAYERS:

- a. A team consists of seven 7 players. A maximum of six 6 field players and a designated one 1 goal keeper. A team can start with a **minimum** of five 5 players including a goalkeeper.

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- b. All teams that are CoRec shall be played between 2 teams of 7 players, 3 men and 3 women field players and 1 goalie of either gender. Teams with 5 players shall be 2 men and 2 women in the field and 1 goalie of either gender. Six players, 3 men and 2 women, 2 men and 3 women field players with 1 goalie of either gender is permitted. There may be no more than 1 greater man or woman on the field. The game may be continued with less than 5 players as long as the team has a chance to win.

2. EQUIPMENT:

a. Game Ball

- i. Campus Recreation 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).

b. Jersey

- i. Each team member must provide his/her own jerseys that are identical in color. Pennies are available at the field upon request. **Goalkeeper must wear different colors than teammates and opponents.** Jewelry **will not** be allowed, unless approved by the Coordinator of Intramural Sports prior to play.

c. Jewelry

- i. Participants are NOT permitted to wear any visible jewelry. This includes any metal or plastic hair bands and bobby pins. If participants choose to wear jewelry, it must be completely covered BEFORE arriving at the game site, with a Band-Aid or athletic tape. If covered, jewelry must remain flush with the skin and not be protruding out; this is for the protection of all participants.
- ii. ** Exceptions to the jewelry policy are medical alert bracelets and necklaces, but they have to be taped down as not to be a hazard to other players. The player must supply his/her own tape.

d. Shoes/Shin Guards

- i. 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 must be worn at all times. Shoes with front toe cleats, softball cleats, and shoes with a raised heel, sandals, boots or hiking boots will not be allowed. In addition, shin guards are highly recommended. If shin guards are worn, they must be completely covered with socks.

3. ILLEGAL EQUIPMENT:

- a. A player cannot wear anything that is dangerous to another player. Headbands may be worn as long as there is no knot in it. Hair-clips made of metal will not be allowed, but "scrunchies" or other elastic hair retaining devices are acceptable. No hats or knotted bandanas will be allowed. Failure to remove the article at the referee's request may disqualify that player from the game. Under no circumstances will a player wearing a cast or splint be allowed to play.

4. THE GAME:

a. Kickoff

- i. Players may not cross the mid-field stripe until the ball is kicked forward or backward.

- b. **Fouls**
 - i. Tripping, striking, kicking, holding, pushing, charging or jumping at, handling the ball, sliding, and dangerous play are all fouls. High kicks, bicycle and scissor kicks, and playing the ball while sitting or lying on the ground are all examples of dangerous play. All fouls will be restarted by a free kick at point of infraction, or on the penalty kick mark for a penalty kick if it is a defensive foul in the goalie box. All free kicks on fouls are direct free kicks.
- c. **Red and Yellow cards**
 - i. If, in the official's judgment, the foul is serious, a yellow or red card will be given. A player receiving two yellow cards in the game will be automatically ejected and will be suspended for the next intramural competition.
- d. **Red Card Misconduct**
 - i. The intramural Official and Supervisor has the right to eject a player, coach, or spectator before, during, or after the game. Their suspension will be determined by the Coordinator of Intramural Sports.

5. STARTING THE GAME:

- a. **Possession Decision**
 - i. Five minutes before the start of the game the Referee shall call captains to find a fair and simple solution to decide possession. (ex. rock paper scissors, coin flip, etc). All officials shall be present for the decision.
 - ii. The winning captain shall have a choice of options for the first half or shall defer their option to the second half. The options for each shall be:
 - 1. To choose whether their team will start on offense or defense.
 - 2. To choose the goal their team will defend. The captain, not having the first choice of options for a half, shall exercise the remaining option
- b. 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. Once the referee has given the signal, the game will be started by a player kicking the ball. The kicker cannot play the ball a second time until after it has been touched.

6. 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.

7. DURATION OF THE GAME:

- a. **Periods of Play**
 - i. Matches will consist of two equal periods of 20 minutes. This may not be altered by any agreement between the referee and the two teams.
- b. **Half-Time Interval**
 - i. The half-time interval must not exceed 3 minutes. The duration of the half-time interval will be at the discretion of the referee.
- c. **Forfeit time**
 - i. Five minutes after game time is forfeit time.
- d. **Allowance for Time Lost**
 - i. 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.

e. **Mercy Rule**

- i. 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.

8. **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. In all CoRec games, a goal scored by a female or male player during regulation play or overtime shall only count as **ONE** goal. A goal may be scored directly from the kickoff.

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. In the playoff tournament games, two five-minute sudden victory overtime periods will be played before the penalty kick procedures stated below will be used.
 - i. A possession decision before the start of the overtime period will determine possession or choice of side.

10. **PENALTY KICKS:**

- a. If the score is tied after overtime is completed, the winner will be determined by a penalty kick tiebreaker as follows:
 - i. The winner of the coin toss may elect to kick first or last. Each team will select 5 players to participate in the shootout. Only players on the field at the end of the overtime period will be eligible to take part in the tiebreaker. In CoRec play, the kicking order must alternate gender. It does not matter which gender shoots first and may be different for each team.
- b. 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 excluded. Any player thus excluded may not participate in kicks. For example, if one has 8 players and other has 7 players, both teams may only have 7 players eligible to participate in the shootout as kickers. For CoRec, if a team has 4M/3F and the other has 3M/4F, only 3M/3F are eligible from both teams to kick.
- c. 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. Goalkeepers are eligible to be a kicker, as well.
- d. The kicks will be taken as normal penalty kicks. The player taking the kick must use one fluid motion.
- e. The goalkeeper must stay on the goal line until the ball is kicked.
- f. The shooter cannot play the ball again once the ball is touched.
- g. Each team will take an initial series of five kicks alternately. The team scoring the greater number of goals will be declared the winner. For CoRec, 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).
- h. All goals scored during the tie-breaking procedure will count as one goal, regardless of the gender of the player taking the kick.

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- i. If the score is still tied after each team has taken five 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.
- j. In championship finals games, two 5-minute sudden death overtime periods will be played before the penalty kick procedure stated above will be used.

11. SUBSTITUTIONS:

- a. Substitutions are allowed under the following conditions:
 - i. On any goal kick.
 - ii. After a goal has been scored.
 - iii. Between periods.
 - iv. In the event of an injury.
 - v. When a player has been cautioned (yellow-card). The cautioned player **MUST** leave the field and cannot re-enter until the next substitution opportunity.
 - vi. On a team's own throw-in or corner kick.
 - vii. On the opposing team's throw-in or corner kick, only if the team with possession of the ball chooses to substitute.
 - viii. When a goalkeeper has been ejected, provided that a field player is removed from the game.
 - ix. If a player has an open wound or blood on their clothing, they must leave the field and may be substituted.
- b. The official must beckon the player onto the field before the substitution may occur. No substitutions will be allowed during the last two minutes of a half. **ALL SUBSTITUTIONS** must be made at the half line.

12. OFFSIDE:

- a. A player is in an offside position when he/she is nearer to his opponent's goal line than the ball, unless:
 - i. He/she is in his/her own half of the field of play
 - ii. There are at least two opponents even with the player and/or closer to their own goal line
- b. 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:
 - i. Interferes with play or with an opponent
 - ii. Gains an advantage by being in that position.
 - iii. A player shall not be declared offside by the referee under the following situations:
 - 1. Merely because of his being in an offside position; or
 - 2. If he/she receives the ball directly from a goal kick, corner kick, or throw in.

13. GOALKEEPER PRIVILEGES:

- a. Within his/her own penalty area, the goalkeeper has certain privileges that are not given to other players.
- b. These privileges include:
 - i. Handling: The goalkeeper may catch, carry, strike or propel the ball with his/her hands or arms.

UCCS Campus Recreation

UNIVERSITY OF COLORADO **COLORADO SPRINGS**

- ii. 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.
- c. 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:
 - i. 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.
 - 1. Penalty: Indirect free kick from point of infraction.
 - ii. 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.
 - iii. 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. 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.
- b. Any player in a recreational 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:

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- 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 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)The indirect free kick is taken from the place where the offense occurred.

16. PENALTY KICKS:

- 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. A penalty kick can be awarded irrespective of the position of the ball if the violation by the defending team is committed within the penalty area. The ball shall be placed 12 yards from the goal line. A goal may be scored directly from a penalty kick. 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. The goalkeeper may move laterally along the goal line before a penalty kick, but must not move forward until the ball is kicked. 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. If the ball is played a second time before it leaves the penalty box, the kick will be retaken. A goal can be scored directly from a goal kick.
- b. 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. The ball will be placed within the quarter circle at the nearest corner to the spot where the ball went out of play. Defenders must be at least 10 yards away from the corner arc, not the ball. A goal can be scored directly from a corner kick.
- b. 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. 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. The throw-in shall be taken within a yard of where the ball crossed the touch-line. 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. The thrower shall use both hands equally and shall deliver the ball from behind and over his/her head. Defenders must be at least two yards from the thrower when the throw is made. A goal may not be scored directly from a throw-in. 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.
- b. There is no "offside" on a throw-in.

20. DANGEROUS PLAY:

- a. A player shall be penalized if he/she engages in play that is of a dangerous nature or likely to cause injury.
- b. Some examples of dangerous plays are:
 - i. Raising the foot to the level that may endanger an opponent when the opponent is at a normal stance.
 - ii. 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.
 - iii. A player other than the goalkeeper covering the ball while sitting, kneeling, or lying on the ground.
 - iv. Showing the bottoms of shoes while an opponent is in playing distance.
- c. 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. Any player discussing calls with the officials other than the captain will be subject to a yellow card. Any team displaying unsportsmanlike conduct, foul language, abuse of officials, or unnecessary roughness of play may be eliminated from further play. Any team receiving two red cards will automatically default their game.
- b. Any player who is ejected from a contest must schedule a meeting with the Coordinator of Intramural Sports before being eligible to play their next game. It is the responsibility of the team captain to control the actions of his/her players and spectators.

22. CAUTIONS:

- a. A participant will be cautioned and shown the yellow card if he/she commits any of the following offenses:
 - i. Unsportsmanlike 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:
 1. Corner kick = 10 yards from the arc
 2. Free kick = 10 yards from the spot of the kick
 3. Throw-in = 2 yards from the spot of the throw-in
 - 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.
- b. **Penalty**
 - i. 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. 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.
- b. **Penalty**
 - i. 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.