

**Indiana University South Bend
Intramural Sports
Outdoor Soccer Rules**

General Policies

WAIVERS

Each participant is required to read and sign a WAIVER form before they can participate. The university assumes **NO medical or financial responsibility for any voluntary participation in intramural sports**. The university encourages all intramural participants to maintain their own health and/or accident insurance, as well as insurance to cover personally owned equipment.

ELIGIBLE PLAYERS

- A. Students who are registered for classes, pay IU South Bend tuition, and have valid Student Activities Center (SAC) memberships
- B. Faculty and staff (*not* faculty and staff spouses) who have valid SAC memberships
- C. Dues-paying members of the IU South Bend Alumni Association who have valid SAC memberships
- D. Participants listed on a team/individual the entry forms located at the front desk of the SAC
- E. (Team sports) Players added at any time during the regular season, providing they have not already played for another team. Teams can add a player at game time, provided he/she has proper identification. This player's name is then added to the team roster, after checking eligibility. Rosters are frozen for teams participating in playoffs. Players must have participated in at least one regular-season game to be eligible to participate in a playoff game.
- F. Students, faculty, and staff who can present a **valid IU South Bend picture identification (ID)** card to the game official prior to the start of the game or event. **If an IU South Bend student/faculty/staff picture ID is not presented, the participant cannot play.**
- G. IU South Bend Alumni Association members who can present a valid **SAC membership card and a valid form of picture identification** (e.g., driver's license, state ID, etc.)
- H. A team is limited to the **TWO** former varsity/junior varsity squad members meeting the specified criteria.
 - i. Current intercollegiate (varsity or junior varsity) and military academy players are ineligible. If listed as a member of a varsity sport (or on "Squad List") in the same or related activity and gender during the 2010-2011 academic year you are ineligible.
- I. A team is limited to **TWO** current club soccer members.

FORFEIT POLICY

- A. If game time arrives and one team does not have the minimum number of **five** players, then the team is awarded an additional five minutes for participants to arrive.
- B. If the team has at least **five** players present by the end of the additional time period, then the game must start promptly, and game time is reduced by five minutes.
- C. If, after the additional five minutes, the team does not have the minimum of **five** players, then the game is awarded to the team that has enough players.
- D. If neither team has the minimum of **five** players, then there it is a double forfeit.

Once a participant or team forfeits twice, they are automatically eliminated from league and post-tournament play.

OFFICIALS

Game and event officials are comprised of intramural officials from IU South Bend. Players and coaches are expected to treat officials with respect and dignity.

CONDUCT

All players are encouraged to play to the best of their ability and make every effort to win, within the spirit of the rules. Teams are responsible for the actions and behavior of their players, coaches, and spectators. Please behave in a courteous and responsible manner. Good sportsmanship is required at ALL TIMES.

- Any player ejected from a game must sit out the remainder of that game and cannot play again until they meet with the intramural coordinator.
- If problems on the field/court continue, the player/participant will be asked to leave the field/facility.
- An ejection of a participant is also subject to further discipline that can go to the Office of Student Judicial Affairs at IU South Bend.

AWARDS

The championship team is awarded IU South Bend championship t-shirts immediately following the championship games/tournaments.

National Federation of State High School Association rules will be used with modifications or exceptions indicated in this document

Rule 1: The Field of Play

- A. The field is 70 yards long by 40 yards wide
- B. A goal area shall be indicated on each end of the field.
- C. A penalty area shall be indicated on each end of the field.
- D. The goals shall be placed on the goal line.

Rule 2: The Ball

- A. The official ball will be spherical with a circumference of at least 27 inches and no more than 28 inches. The outer casting of the ball shall be leather or other similar material that is weather resistant.

Rule 3: The Players and Substitutions

- A. Number of Players
 - a. A game shall be played with seven (7) players. Five (5) players is the minimum amount to start a game.
 - i. The game shall be played between two (2) teams of seven (7) players; Each team must have at least one female on the field
 - ii. If a female is not present, the team may only play with 6 players
- B. Each team shall designate a team captain on the field who:
 - a. is the teams representative
 - b. is the only player who may address an official on matters of interpretation
 - c. is the only player who may address an official to obtain essential information.
- C. Substitutions
 - a. Either team may substitute on any dead ball situations
 - b. To request a substitution, the player who desires to come in, comes to the

mid-field and requests a substitution. The player stays there until he or she is beckoned onto the field by the referee. If a goal is scored the player can enter the game without being beckoned by the official but must enter from mid-field.

c. The goalkeeper may change places with a player on the field whenever the clock is stopped or a substitution takes place, provided that the uniforms are switched.

d. If a team repeatedly substitutes to consume time, a referee shall stop the clock during substitutions and notify the captain of the offending team. The repetition may result in an unsportsmanlike conduct.

e. A player entering or leaving the field of play during the progress of the game without consent of a referee shall be guilty of misconduct.

Rule 4: Player Equipment

A. Each player on a time should wear shirts of the same color.

B. The jersey of the goalkeeper shall be distinctly different from that of any official, teammate or opponent, except the other goalkeeper.

C. Players may wear tennis shoes or molded rubber cleats. Bare feet are not allowed. Aluminum, metal or any type of screw-in cleats are not allowed.

D. No jewelry is allowed.

E. No bandanas, regardless of how worn, are allowed.

F. Illegal equipment shall not be worn by any player. This applies to any equipment that, in the opinion of the referee, is dangerous or confusing. Types of equipment, which are always illegal, include the following:

a. Projecting metal or other hard plates, or projections on clothing or person

b. Head, arm, thigh or hip pads containing sole leather, fiber, metal or any unyielding materials, even if they are covered with soft padding.

c. Hard casts or hard splints of any material, even if padded

d. Shin guards which have exposed sharp edges.

e. Face or spectacle guards

f. Helmets, hats, caps or visors

Exception: In inclement weather, players may wear cold weather knit hats

g. Knee braces made of hard unyielding material, unless hinges are covered on all sides, and all of its edges are overlapped: any other hard substances shall be covered with at least ½ inch of closed-cell slow recovery rubber or other material of the same minimum thickness and having similar physical properties.

h. Ankle braces, unless covered by a stocking or other suitable material.

G. When a player is removed for illegal equipment of uniform, there shall be no replacement until the next opportunity to substitute. However, the removed player may reenter during a dead ball after reporting to an official who shall be satisfied the player's equipment and uniform are in order.

Rule 5: Duration of Game

A. The game consists of two (2) twenty (20) minute halves

B. A three (3) minute half time will be issued between halves

C. Tie Games

a. In the regular season a game that is tied will end as a tie.

b. Playoffs

i. when the score is tied at the end of regulation, there will be a five (5) minute overtime period, that will be "Golden Goal"

ii. If the score is still tied after the overtime period the tie will be broken by penalty kicks. No players are allowed to substitute at this time. All coaches, officials, and team captains shall assemble at the halfway line to review the procedure as outlined below:

1. The head referee shall choose the goal at which all the kicks from the penalty mark shall be taken.

2. Each coach/captain will select five players, including the goalkeeper, on the field the final whistle to take the kicks. **In co-rec the order must alternate between male and female.**

3. A coin toss shall be held. The team winning the toss shall have the choice of kicking first or second.
 4. Teams will alternate kickers. There is no follow-up on the kick.
 5. The defending team may change the goalkeeper prior to each team penalty kick.
 6. Following five kicks for each team, the team scoring the greatest number of these kicks shall be declared the winner.
 7. Add one goal to the winning team score and credit the team with the victory.
- iii. If the game is still tied after the first round of five kicks, a second round will take place by taking alternating kicks in a “sudden death” format. No player may kick for a second time until all nine players have attempted a penalty kick after regulation.

Rule 6: The Start of Play

- A. When the referee signals with a whistle, a kickoff shall initiate play at the start of each period and after goals.
- B. At the moment of the kickoff, all players shall be in their team’s half of the field. Players opposing the kicker shall be at least 10 yards from the ball until it is kicked.
- C. The ball shall be kicked while it is stationary on the ground in the center of the field of play. A goal may be scored directly from the kickoff. The ball is in play when it moves forward.
- D. After the kickoff, the ball may be played by any player except the one who kicked off. The kicker may not play the ball until it has been played or touched by another player on either team.

Penalty: Indirect free kick awarded to the opponent at the spot of the foul.

Rule 7: Ball in and Out of Play

- A. The ball is out of play when it has completely crossed a goal line or touchline, whether on the ground or in the air.
- B. The ball is in play at all other times including:
 - a. When it rebounds from a goal post, crossbar, corner flag post
 - b. When it touches an official on the field of play
 - c. Until a referee sounds the whistle
 - d. When a drop ball touches the ground
 - e. When a player who has left the field in the normal course of play plays the ball while it is still on the field of play
- C. The referee shall sound the whistle when needed to indicate that the ball is out of play or for a foul. As soon as the ball is in position to be played, it may be played without a second whistle. A second whistle is required to restart play for the taking of a penalty kick, after a substitution is made, after a caution, disqualification, injury or encroachment.
- D. Drop Ball
 - a. The game is restarted with a drop ball
 - i. When the ball is caused to go out-of-bounds by two opponents simultaneously
 - ii. When the ball becomes deflated
 - iii. Following the temporary suspension of play for an injury or unusual situation in which no team has clear possession of the ball
 - iv. When simultaneous fouls of the same degree occur by opponents
 - b. The ball should be dropped at the location where it became dead unless this is within the goal area, in which case, it shall be dropped on that part of the goal-area line which runs parallel to the goal line nearest the location where the ball was when the play was stopped. If the ball was caused to go of bounds by two opponents simultaneously, the ball is dropped five yards inside the boundary line unless this is the goal area.
 - c. The ball is dropped by an official from waist level to the ground between two opposing players. Other players may be positioned anywhere on the field of play provided they do not interfere with the drop-ball procedure.
 - d. The ball shall touch the ground before it is played.

- E. In case of a temporary suspension due to an injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession of the ball at the point where the ball was when play was suspended. Should there not be a clear possession at the time play is suspended due to an injury or any unusual situation, there will be a drop ball at the spot where the ball was declared dead provided the ball is not in the penalty area.

Rule 8: Scoring

- A. A goal is one (1) point.
- B. A goal is scored when the entire ball passes beyond the goal line, between the goal posts and under the cross bar provided it has not been deliberately thrown, carried or propelled by the hand or arm of a player on the attacking team.
- C. A Goal MAY be scored directly from a:
 - a. Kickoff
 - b. Direct free kick
 - c. Goal kick
 - d. Penalty kick
 - e. Corner kick
 - f. Drop ball
 - g. Goal keepers throw, punt, or drop-kick
- D. A Goal MAY NOT be scored directly from a/an:
 - a. Indirect free kick
 - b. Throw-in
 - c. Free kick into a team's own goal
- E. The score of a forfeited game shall be 1-0 if the game is not started, the score is tied or the offending team is ahead at that time. If the offending team is behind at the time of forfeit, the score at that time is the final score.

Rule 9: Fouls and Misconduct

- A. **Spitting, Kicking, Striking, Tripping and Jumping**
 - a. A player shall not spit, kick, strike, attempt to kick, or strike or jump at an opponent.
 - b. A player shall not trip or attempt to trip, an opponent. This includes tripping or attempting to trip an opponent by use of the legs, or by shooting in front or behind an opponent in such a manner as to cause a fall or loss of balance.
 - c. A goalkeeper shall not strike or attempt to strike an opponent by throwing or kicking the ball at an opponent or by pushing an opponent with the ball while holding it.
 - d. **Penalty: Direct Free Kick**
- B. **Handling**
 - a. A player shall be penalized for deliberately handling, carrying, striking or propelling the ball with a hand or arm.
 - i. Exception: Goalkeeper within his/her penalty area
 - b. **Penalty: Direct free kick**
- C. **Holding, Pushing**
 - a. A player shall not hold or push an opponent with the hand(s) or arms(s) extended from body.
 - b. **Penalty: Direct free kick**
- D. **Charging**
 - a. A player shall be penalized for charging an opponent in a dangerous or reckless manner, or using excessive force. An allowable fair charge is where players make shoulder-to-shoulder contact in an upright position, within playing distance of the ball, have at least one foot on the ground and their arms held close to their body.
 - b. A player shall not, in any manner, charge 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. 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 when releasing the ball into play.

3. holding a shirt, short, etc
 4. deliberate verbal tactics
 5. encroachment
 6. deliberate handball to stop an attack
 7. deliberate tactical foul
 8. faking an injury
 9. simulating a foul
- vii. Use of any tobacco products at the game site during the period of the jurisdiction of the officials

Penalty: A cautioned player shall leave the field and may be replaced. Should the team with the cautioned player elect to play shorthanded, the cautioned player may not re-enter nor be replaced until the next legal substitution opportunity. An indirect free kick shall be awarded to the nonoffending team from the spot of the infraction, unless the game had been stopped for some other reason calling for a different restart.

- b. A player(s), coach or bench personnel shall be disqualified (yellow and red card) and the number of players on the field shall not be reduced for
- i. any delayed, excessive or prolonged acts(s) by which a player(s) attempts to focus attention upon himself/herself and/or prohibits a timely restart of the game
 - ii. subsequent caution

Penalty: an indirect free kick shall be awarded to the nonoffending team from the spot of the infraction, unless the game had been stopped for some other reason calling for a different restart.

- c. A player, coach or bench personnel shall be disqualified (red card) for:
- i. Exhibiting violent conduct
 - ii. Taunting – use of word or act to incite or degrade an opposing player, coach, referee, or other individual
 1. **Penalty: Direct or indirect free kick from the spot of the infraction unless game has been stopped for some other reason calling for a different restart.**
 - iii. committing serious foul play, that is any play in which the player commits one of the offenses punishable with a direct free kick (or penalty kick if the offense take place by a defender in the penalty area) and/or uses disproportionate and unnecessary force when playing for the ball against an opponent. Serious foul play includes the following:
 1. a player anywhere on the field (other than a goalkeeper within his/her own penalty area) who deliberately handles the ball to prevent it from going into the goal
 2. a foul by a player against an opponent who is moving toward his/her offensive goal with an obvious opportunity to score
 3. **Penalty: Direct Free kick from the spot of the infraction unless the game has been stopped for some other reason, calling for a different restart.**
 - iv. spitting at another person
 1. **Penalty: Direct/indirect free kick from the spot of the infraction depending on the situation unless the game has been stopped for some other reason calling for a different restart**
 - v. using insulting, offensive or abusive language or gesture
 - vi. leaving the team area to enter the field where a fight or altercation is taking place unless summoned by an official
 - vii. A disqualified player cannot be replaced except as in b. from above.

Rule 10: Free Kick

A. Description of a Free Kick

- a. Free kicks shall be classified “direct” from which a goal may be scored against the offending team or “indirect” from which a goal may not be scored unless the ball is touched or played by another player of either team.
- b. All free kicks, with exception of kickoffs and penalty kicks, may be taken in any direction. Free kicks are taken from the spot of the foul except for restart following certain temporary suspensions of play e.g., fouls for misconduct committed by bench personnel during a live ball and fouls committed in the goal area on either team.
- c. Any free kick awarded to the defending team within its own goal area may be taken from any point within the goal area
- d. Any indirect free kick awarded to the attacking team within its opponent’s goal area shall be taken from the part of the goal-area line which runs parallel to the goal line at the point nearest to where the offense was committed
- e. Any player of the offended team may take a free kick.

B. When Awarded

- a. Direct free kicks are awarded:
 - i. If a player spits at, kicks, strikes, attempts to kick or strike, or jumps at an opponent
 - ii. If a player trips or attempts to trip an opponent
 - iii. If a goalkeeper attempts to strike, strikes, or pushes an opponent with the ball
 - iv. If a player, other than the goalkeeper in his/her own penalty area, deliberately handles the ball
 - v. If a player pushes an opponent with hand(s) or arm(s) extended from the body
 - vi. If a player holds an opponent
 - vii. If a player charges an opponent in a violent or dangerous manner
 - viii. If a player charges an opponent while the opponent, in the act of playing the ball, has both feet off the ground
 - ix. If a player charges the goalkeeper
- b. Indirect free kicks are awarded and taken from the point of the infraction
 - i. If the ball is played next by the kicker following a kickoff, free kick, penalty kick, a goal kick, a corner kick, or by the thrower following a throw in
 - ii. If a player fairly charges into an opponent when neither is within playing distance of the ball
 - iii. If a player who is not in possession of the ball obstructs an opponent who is attempting to play the ball
 - iv. If a player kicks or attempts to kick the ball while it is in the possession of the goalkeeper
 - v. For dangerous play
 - vi. If the goalkeeper takes more than six seconds before releasing the ball for play
 - vii. If the goalkeeper illegally handles the ball while in his/her own penalty area after once relinquishing possession of the ball
 - viii. If the game is stopped for misconduct of a player, or bench personnel and not other restart takes precedence
The following indirect free kicks are taken from where the ball was when the referee stopped play
 - ix. if a player, or bench personnel enters or leaves the field without permission from the official
 - x. for temporary suspension of play for an injury or unusual situation and one team has clear possession of the ball
 - xi. if the game is stopped because of misconduct by a person in the team and coaching area

C. How Taken

- 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 posts. If the free kick is awarded to the defending team in its own 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

- i. **Penalty: An official shall caution a player who fails to move the required distance away from the ball or engages in time-wasting tactics such as kicking or carrying the ball away after a free kick has been awarded to the opponent's team.**
- b. The ball shall be kicked while it is stationary on the ground at the spot specified by the official. To be in play, the ball shall be moved 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 rekick.
- c. The kicker may not play the ball until it has been touched or played by another player.
 - i. **Penalty: Indirect free kick awarded to opponent from the spot of the foul**

Rule 11: Penalty Kick

- A. A penalty kick shall be awarded when a foul, which ordinarily results in the awarding of a direct free kick occurs within the offending teams penalty area.
 - a. **IN CO-RECREATIONAL play when a player of one gender is fouled in the box, only a player of that gender may take the penalty kick.**
- B. 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 and behind the penalty mark until the ball is kicked.
- C. The opposing goalkeeper shall stand on the goal line, between the goal posts, 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 kicked.
- D. **Penalty (B and C): Encroachment by the defending team is not penalized if the goal is scored. If a goal is not scored on the penalty kick, it is retaken. If there is an infringement by the attacking team and the ball enters the goal, the goal does not count and the kick shall be retaken. If there is an infringement by the attacking team and the ball does not get into the goal, there is no rekick. If the ball rebounds into play, the game shall be stopped and restarted with a n indirect free kick for the defending team at the spot of the foul. If the ball is saved and held by the goalkeeper, play shall continue. In cases where players from both teams are guilty of infringements, the kick shall be retaken regardless of the outcome of the kick.**
- E. The ball shall be kicked while it is stationary on the ground from the spot or any place on the penalty mark. To be in play, the ball shall be moved forward. Once the kicker starts his/her approach toward the ball, he/she may not interrupt his/her movement. Failure to kick the ball as specified shall result in a rekick.
- F. After the penalty kick is properly taken, the ball may be played by any plaer except the one who executed the penalty kick. The kicker may not play the ball until it has been touched or played by another player on either team.
 - a. **Penalty: Indirect Free kick awarded to opponents from the spot of the foul**
- G. If the ball touches the goalkeeper before passing between the goal posts, 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 (a) only the kicker may play the ball and he/she may only play the ball once; (b) the ball is in play until its momentum is spent, it goes out of bounds, or is retouched by the kicker.

Rule 12: Throw In

- A. A throw in shall be awarded to a team when the ball last touched a member of the opposing team before the entire ball passes beyond the touchline either in the air or on the ground. A goal may not be scored directly from a throw-in.
- B. The ball shall be thrown in any direction from the point where it crossed the touchline by a player who is facing the field of play and has both feet on the ground on or behind the touchline. The thrower shall use both hands and shall deliver the ball from behind and over the head in one continuous movement.
 - a. **Penalty: Throw-in awarded to the opponent from the spot of the foul**
- C. An opponent shall neither interfere with nor in any way impede the action of the thrower while the throw-in is being taken.
 - a. **Penalty: An official shall administer a caution for unsportsmanlike conduct**

- D. On a throw-in, the ball is playable when it has left the hands of the thrower and any part of it 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.
 - a. **Indirect free kick awarded to the opponent from the spot of the infraction**
- E. If, on the throw-in, 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.

Rule 13: Goal Kick

- A. A goal kick shall be awarded to the defending team when the entire ball crosses the goal line, excluding that portion between the goal posts and under the crossbar, either in the air or on the ground, having last been touched or played by the attacking team. A goal may be scored directly from a goal kick but only against the opposing team
- B. Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area.
- C. Once spotted, the ball shall be kicked from the ground from any point within the goal area by a player of the defending team. A goal kick shall clear the penalty area and enter the field of play. If the ball is not kicked beyond the penalty area, the goal kick shall be repeated.
- D. After the goal kick leaves the penalty area, the ball may be played by any player except the one who executed the goal kick. The kicker may not play the ball until it has been touched by another player.
 - a. **Penalty: Indirect free kick awarded to the opponents from the spot of the foul.**
- E. the goalkeeper shall not pick up the ball to put it into play

Rule 14: Corner Kick

- A. A corner kick shall be awarded to the attacking team when the entire ball passes over the goal line, excluding that portion between the goal posts and under the crossbar, either in the air or on the ground, having last been touched or played by the defending team. A goal may be scored directly from a corner kick, but only against the opposing team.
- B. Players of the defending team shall be at least 10 yards from the ball until it has been kicked.
- C. An offensive player who is not offside during the corner kick may be put in an offside position during the subsequent play.
- D. After the corner kick, the ball may be played by any player except the one who executed the kick. The kicker may not play the ball until it has been touched or play by another player.
 - a. **Penalty: Indirect free kick awarded to the opponent from the spot of the foul**