



MIDDLE TENNESSEE STATE UNIVERSITY

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## Campus Recreation

### Intramural Sports

#### OUTDOOR SOCCER RULES HANDOUT

##### **ELIGIBILITY RULES:**

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1. You must have an MTSU ID to participate.
2. No Person shall play on more than one single sex and co-rec team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
3. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly Campus Recreation activities for a period of time determined by the Competitive Sports Coordinator.

##### **THE GAME:**

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1. **Field:** The playing field will be 80 yards in length and 40 yards in width. The goal box will be 18 yards in length and 10 yards in width.
2. **Team:** Teams will consist of 7 players, but a team may begin with as few as 4 players, and a maximum of 15 players on the roster.
3. **Game:** The game shall be played in two 15 minute halves with a three minute half time. The clock will run continuously except during injuries.
4. **Substitution:** Teams are allowed to substitute on any dead ball except for the other team's throw-in. The referee will only allow substitutes for either team on dead balls. Do not enter the field until beckoned by the referee.
5. **Equipment:** Teams must wear proper clothing while playing and players must wear appropriate closed-toe footwear. Hats, bandanas, metal cleats or spikes, or jewelry may not be worn while playing. Any player found wearing any of the above during the game will be removed from the game and not allowed to re-enter. Shin guards and socks that completely cover the shin guards are a requirement and individuals not wearing them will not be allowed to play, no exceptions.
6. **Mercy Rules:** 10 Goals @ the 10 minute mark in the 2<sup>nd</sup> half, and 5 goals @ 5 minute mark of the second half.

##### **THE RULES:**

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- **Playing Regulations:** NFHS rules govern all aspects of the match unless otherwise noted on this form.
- **Shoes and Shin Guards:** Participants are required to wear cleats or gym shoes while participating in Intramural Soccer. Shin guards are required for all players.
- **Offside:** There is no offside rule in effect.

- **Slide Tackling:** Slide tackling is not allowed and will result in a yellow card. Slide tackles from behind that are malicious in nature may result in a red card and player ejection.
- **Charging:** An opposing player may not charge the goalie if the goalie is in the penalty area. Players may be removed (ejected) from the game for charging the goalkeeper. No warning is necessary.
- **Kick Off:** Team winning opening coin toss has choice of ball or side they want to defend. Kick off will be taken from the midfield line with the opposing team 5 yards off the ball.
- **Goal Keepers:** Can only play the ball with his/her hands inside the Goal Box, outside that box the goalie becomes another fielder and can no longer play the ball with his/her hands (it'll then be considered a hand ball). The goalkeeper has a maximum of 6 (six) seconds to handle the ball while it is in his/her possession. Possession includes holding, bouncing, or throwing the ball in the air and catching it again. After the goalkeeper releases the ball it must be played by another player before the goalkeeper can touch it again with the hands. Once another player has touched the ball, another six seconds may be allotted. The goalkeeper may not touch the ball with the hands if it is passed to him/her by the foot of a teammate. Trickery used by a teammate in order to pass the ball to his/her goalkeeper will result in a yellow card and a direct free kick will be given to the opposing team. However, there must be clear intent to pass the ball back to the keeper, in order to award a free kick.

#### **START OF THE GAME:**

- “Even and Odds” decides which team will kick off. Each team must stay on its own half of the field and the defending players must be at least 10 feet from the ball until it is kicked. The kickoff is on the half-field line. After a goal the team scored upon will kick off. After half time the teams change ends and the kickoff will be taken by the team opposite to that which started the game. Note: A goal can be scored directly from a kickoff.

#### **FOULS:**

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- Fouls which will be penalized by a direct free kick include:
  - Attempting to and/or kicking, striking, tripping, or jumping at another player
  - Any red card
  - Dangerous Play
  - Intentionally handling the ball (except goalkeeper in his/her penalty area)
  - Charging violently and charging from behind
  - Holding, pushing or spitting
  - Foul or abusive language

Note - Any of the above offenses committed within the penalty box by the defending team will result in a penalty kick.

- All Fouls will be penalized by an indirect free kick and include:
  - Kicks above the waist near another player
  - Any yellow card
  - Obstruction – (ball will be placed to a spot nearest to the outside of the penalty area.)
  - Unsportsmanlike conduct by players on the bench
  - If the goalkeeper holds the ball in possession for longer than 6 (six) seconds
  - If the goalkeeper touches the ball with his/her hands after it has left his/her possession and has not been touched by any other player
  - If the goalkeeper touches the ball with his/her hands after he/she has received the ball after it has been directly kicked to him/her by a teammate

### **Penalty Kicks**

- Will be taken when a direct free kick is awarded to the offense within the defense's penalty area. The kick shall be taken from the first stripe in front of the goal. The Goalkeeper is the only defender; all other players will remain outside the penalty box until the ball is kicked.

### **SPECIAL POINTS OF EMPHASIS:**

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- A "charge" is defined as shoulder to shoulder with at least one foot on the ground, attempting to knock a player with ball off balance in order to steal the ball. This charge becomes illegal when the ball is not within playing distance, when the charge comes from behind a player, or when the charge is done violently.
- A slide tackle is defined as any attempt at the ball by going to the ground. This can occur by going to one knee or sliding in towards the ball. It is only considered a slide tackle if an opposing player is within 5 yards of the slide.
- Free kicks - all players of the opposing team will be 7 yards away from the ball until the ball is kicked. Any disobedience of this rule can result in a yellow card.
- A caution shall be given and shown the yellow card for:
  - Persistently committing fouls.
  - Entering or Leaving the field without Officials' permission
  - Showing dissent from a decision of the referee.
  - Unsportsmanlike behavior.
  - Intentional handball inside goalie box
  - Slide Tackling
  - Being closer than 7 yards on free kick
- A player shall be sent off and shown the red card for:
  - Violent conduct or serious foul play.
  - Using foul or abusive language to either another player or the referee.
  - A second yellow card offense. Cannot be replaced with a sub
  - Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick.
  - A player sent off and show the red card cannot be replaced by a substitute (team will play down one man for the remainder of the match).
  - Slide tackles that are malicious in nature

### **OVERTIME & TIES:**

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- There will be no overtime during regular season games.
- The overtime period will begin with a coin toss immediately after the end of regulation. In this overtime period the teams will alternate taking five penalty kicks with the players who were on the field at the end of regulation. Goalkeeper at the end of regulation is the goalkeeper for the shootouts. If the game remains tied, the teams will then alternate taking one penalty kick until a winner is determined.

### **❖ Resolution of Ties:**

- Ties will be allowed during round robin play  
Outdoor Soccer



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- During tournament play, an overtime method of tie breaking will be employed.
- The overtime period will begin immediately with a new coin toss. In this overtime period the teams will alternate taking five penalty kicks with the players who were on the field at the end of regulation. Goalkeeper stays the same from the end of regulation. If the game remains tied, the teams will then alternate taking one penalty kick until a winner is determined.

### **CO-REC MODIFICATIONS:**

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- The match is played between two teams of 8 players each. Teams must begin and end each match with a minimum of 5 players.
- Co-Rec matches may be played with an uneven male/female or female/male ratio according to the following premise:  
Minus 1: 4/3 male/female and vice versa; or 3/2 male/female and vice versa.
- Penalty shots may be attempted by any member of the offended team.
- During the shoot out of an overtime game: shooters must alternate male/female or female/male.