



CAMPUS RECREATION

Illinois State University

Intramural 7v7 Outdoor Soccer RULES OF PLAY

Please consult the [Intramural Sports Participant Handbook](#) for the complete list of Intramural Sports rules.

National Federation of State High School Associations rules will in effect except for the following modifications:

General Information

- Prior to Game Time:
 - Players must check in at the court they are scheduled to play. Valid IDs must be presented at check-in. Acceptable forms of IDs are:
 - Current Illinois State University student ID.
 - Current faculty/staff ID with photo ID.
- The carrying, smoking, burning, inhaling, or exhaling of any kind of lighted pipe, cigar, cigarette, hookah, weed, herbs, or other lighted smoking equipment is prohibited. This also includes products containing or delivering nicotine intended or expected for human consumption. Smokeless tobacco and electronic cigarettes are prohibited. Anyone found consuming alcohol or using tobacco products will be asked to leave the facility and may face additional disciplinary action. Participants who appear to be under the influence will also be asked to leave.
- Location for all intramural sport activities can be found on IM Leagues.
- Please give yourself plenty of time to get to your games ahead of schedule. Remember that all team members must be signed in and ready to play at game time to avoid a forfeit.

Players

- A legal team shall consist of 7 players (6 plus a goalkeeper). A team may start a game with the minimum of five (5) players (4 plus a goalkeeper).
- A speaking captain must be designated for each team. They alone may appeal to the official, and then only on interpretations of the rules. Judgment calls may not be protested. If a protest occurs, the game is to be stopped immediately and proper documentation must be filled out before play resumes.
- Please reference the [Intramural Sports Participant Handbook](#) for any eligibility or sportsmanship clarification.

Equipment

- **No jewelry is permitted during play.**
- Teams must wear shirts that are the same shade of color. Goalkeepers must wear a different colored shirt. If a team is not able to provide shirts, jerseys will be provided.
- All players must wear closed toe shoes. No screw-in or metal cleats will be allowed.
- Head decorations, headwear, and bandanas are illegal. Only elastic headbands and hair control devices are permitted.
- No casts, splints, and metal braces will be allowed unless they have been sufficiently padded and approved by Comp Sports Admin (see below)
- Each team is encouraged to bring a soccer ball to warm-up. Competitive Sports will supply a game ball. A different ball than provided can be used as the game ball given both teams agree to its use.
- **NOTE:** You must schedule an appointment with an Competitive Sports Professional Staff member prior to playing if you have a special equipment need (i.e. religious or medical). All equipment decisions made on site by the Competitive Sports Staff on duty shall be final.

Game Regulations

- Major Sports will be divided into competitive and recreational leagues.
 - Competitive Leagues – Designed for players that want a more competitive environment and want to compete for a championship.
 - Format: Four scheduled regular season games. The top two teams of each pool will advance to a single elimination playoff, dependent on number of teams registered.
 - Recreational Leagues – Designed for players that want to participate in sport with a more relaxed, recreational environment.
 - Format: Four scheduled regular season games. The top two teams of each pool will advance to a single elimination playoff, dependent on number of teams registered.
- Each half will be 18 minutes in length with a continuous running clock.
- Halftime shall not exceed three (3) minutes.
 - No injury or stoppage time will be added at the end of the half (the clock only will stop for all injuries).
- Time-outs will not be allowed.
- Slide tackles are illegal and will result in a card.
- The offside rule is not in effect at any time.
- A goal may be scored during play from a penalty kick, corner kick, or drop ball. A goal may not be scored directly from a throw-in. To score a goal, the ball must completely cross the goal line. After the goal, the ball is returned to the center of the field for another kickoff. The team that gave up the goal will kick-off.
- The official blowing their whistle warrants a dead ball (even if inadvertent).

Dead Balls

- The ball is out of play when it completely crosses the sidelines or the end lines. The official will blow their whistle to signal when the ball is out of play.
- A throw-in will be awarded to the team opposite who touched it last when it goes out on a sideline. Both feet must be in contact with the ground when the ball leaves the thrower's possession and both hands in contact with the ball. The ball must completely travel behind the head and straight forward. If the person violates this, the official will award a throw-in to the opposing team from the same location.
- A goal kick is awarded to the defensive team when the ball is kicked out by the attacking team on the defensive goal line. On a goal kick, only the kicker can be in the 14 yrd box and the ball must completely travel outside of the 14 yrd box (second and largest of the two goal boxes) before it can be touched by another player.
- A dropball will occur at the place of an injury (if there was no foul committed) as a way to resume play fairly.
- A corner kick is awarded when the defensive team kicks the ball out on their own goal line.

Grace Period

- If at game time a team is not ready for play, a 10 minute grace period will be automatically enacted.
 - Step 1 - 0 – 9:59 minutes, a team which is not ready to play will be penalized and start the game down 3 goals with a 3-0 score and cannot receive more than a 3 sportsmanship rating.
 - Step 2 – Competitive Sports Supervisor will call forfeit at the 10 minutes if a team is not ready for play (dressed, on the court, signed in) mark and a forfeited team will receive a 0 sportsmanship rating.

Minutes Late	Penalty	Sportsmanship
0-9:59 minutes	Starting score 3-0	Max 3
10 minutes	Forfeit	Max 0

Mercy Rule

- If a team is ahead by five (5) or more goals with five (5) minutes or less remaining in the second half, the official will blow their whistle three times to signal the end of the game.

Substitutions

- Players shall notify the official before entering as a substitute; players can begin walking to the half-line. There are no subs "on the fly", only on the below dead balls, after the official signals the player(s) on.

- Substitutions may occur during goal kicks, half time, goals (before kick-off), injuries, & throw-ins or corner kicks. Only the team in possession of the ball on a corner kick or throw in may substitute but if the team in possession of the ball chooses to substitute, the opposing team may also substitute at that time.
- If a player receives a yellow card during the game, they are required to be substituted off the field. The player is allowed to come back into the game at the next available substitution chance. If a team is playing with no substitutes available, the player receiving the yellow card will still be required to exit the field until the next possible substitution.

Goalkeeping

- The goalkeeper within their own penalty area shall not take more than six seconds while in possession of the ball or deliberately delay getting rid of the ball when it is in her or his possession. The ball must be played by another player for the goalkeeper to be allowed another possession. If the goalkeeper plays the ball to a teammate and the teammate deliberately passes the ball back to the goalkeeper, the goalkeeper may not use their hands.
- The goalkeeper has possession (control) of the ball when they are touching the ball with any part of their hands or arms. From the moment the goalkeeper takes control of the ball (including a "parry") with hand(s) or arm(s), after releasing the ball, they may not touch the ball with their hands again until it has been played anywhere by the opposing team.
- A goal may not be scored directly from a goal kick.
- **NOTE:** An opposing player shall not hinder a goalkeeper in possession of or releasing the ball (boxing-in, face guarding, waving the arms, yelling, etc.)

Fouls and Misconduct

For this specific league, all foul calls will be applied as an indirect kick (no direct foul restarts, except for penalty shots). Below is the breakdown of indirect calls and some common fouls. Please note that ultimately, it is at the discretion of the official depending on the circumstances of the play.

- Misconduct
 - A player or spectator shall be cautioned for: persistently infringing upon the rules of the game or acting in an unsportsmanlike manner and/or objecting by word of mouth or action to the decisions given by an official.
 - A player or spectator will be disqualified for persistent misconduct or a second caution and/or exhibiting violent conduct or using violent or abusive language.
- Persistent Infringement
 - If a player or team continuously fouls or does not adhere to any specific rule throughout the game, any player may be cautioned for the same offense after a point the official deems the rule infringement has occurred often enough.
- Indirect Kick:
 - Kicking-Striking-Tripping-Jumping
 - A player shall not intentionally attempt to kick, strike, or jump at an opponent.
 - A goalkeeper may not intentionally strike or attempt to strike an opponent by throwing the ball at the opponent.
 - A player shall not intentionally trip an opponent.
 - A player shall not slide near another player in attempt to gain control of the ball or cause an opponent to lose control.
 - Handling
 - A player shall be penalized for intentionally handling, carrying, striking or propelling the ball with a hand or arm.
 - If a defensive player handles the ball on an obvious (official's judgment) goal-scoring play and they are in the box the player will be issued a red card (ejected) and the offensive team will receive a penalty kick.
 - A player shall not hold, push or impede an opponent with hands or arms extended from the body.
 - Charging

- A player shall not intentionally charge an opponent. A charge is one in which a player does not use shoulder-to-shoulder contact with an opponent, does not have arms and elbows close to the body, and has at least one foot on the ground and the ball within playing distance.
- A player having one or both feet on the ground shall not charge into an opponent that has no feet on the ground.
- A player shall not charge into the goalkeeper in the penalty area.
- An official shall disqualify any player who flagrantly fouls the goalkeeper in possession of the ball.
 - Possession or control of the ball is when the goalkeeper has the ball trapped by either or both hands or when bouncing it to the ground or when releasing the ball into play.
 - Outside the penalty area, the goalkeeper has no more privileges than any other player does. Note: When goalkeepers put the ball on the ground, they relinquish their rights as goalkeepers.
- Keeper Fouls:
 - Strikes or attempts to strike a player by throwing or kicking the ball or by pushing an opponent with the ball
 - If someone commits a flagrant foul against the keeper, it will result in an indirect free kick
- Dangerous Play
 - All high kicks above the waist (of the person kicking) in a dangerous manner will be prohibited.
- Obstruction
 - Obstruction is the intentional act by a player, not in possession of the ball or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle.

Red and Yellow Cards

- Yellow card: Will be given to players that exhibit poor behavior and/or commit a hard foul.
 - Examples: Dissent towards an official, slide tackling, sliding, unsportsmanlike act to another player, etc.
- Soft Red card: This will be given to an individual player receiving two yellow cards. When a player receives the 2nd yellow card, show the yellow card, and then immediately show the red card to the individual.
 - When a team's player receives a soft red, the team may not substitute a person for the offending individual
- Red card: An immediate red card will be awarded for any player exhibiting extremely poor sportsmanship or a severe penalty.
 - Examples: Extreme dissent to an official, attempt at or actual act of fighting, etc. When a team's player receives a red card, the team may not substitute a person for the offending individual.

Playoffs

- In order to make the playoffs, teams must meet the following criteria:
 - The team must maintain at least a 3.5 team sportsmanship rating throughout the season.
 - No team that forfeits any regular season game will be allowed to participate in the playoffs.
- Playoffs Only: One five (5) minute sudden death ("golden goal") overtime period will be played. The first team to score is the winner. If a tie still occurs at the end of the overtime period, then a penalty kick shootout will follow
- Teams are able to add players to their roster at any point, including playoffs.