

Ithaca College

Office of Recreational Sports

Intramural Outdoor Soccer Rules



**Intramural Office: Hill 102
(607) 274-3320**

**intramurals@ithaca.edu
www.ithaca.edu/sacl/recsports**

General Information

Eligibility:

1. All teams must have two forfeit bonds check on file to play in an intramural league.
2. All participants must be a current student or faculty and staff member at Ithaca College.
3. Participants can be on the roster of only one single sex team and only one co-rec team.
4. Teams may add new players to their roster up to conclusion of the regular season.
5. Players must participate in at least one regular season game to be eligible for the playoffs.
6. A maximum of two (2) club Soccer members may participate on a roster for teams in Semi-Pro leagues, and three (3) club players for Pro leagues. Teams that are found fielding more than the allowed club players will forfeit all games. **NOTE: Leagues with no Pro/Semi-Pro designation will adhere to the three (3) club player rule.**
7. Intercollegiate Soccer players are not eligible for intramural soccer participation. A team will receive a forfeit for any games where intercollegiate soccer members are used. Any player listed on the current varsity/junior varsity roster is considered to have varsity/JV status, even if the player has quit or left the team for any reason during the season. The Office of Intramurals reserves the right to check varsity and junior varsity rosters for status.

**** All players are required to present a valid Ithaca College ID Prior to every intramural contest. Those who fail to show their ID will not be allowed to participate. ****

Forfeits & Forfeit Bonds:

A team who does not field enough players within ten minutes after a scheduled game time will receive a forfeit. If a team forfeits, it will lose its forfeit bond. After the 1st forfeit a team will be e-mailed that their first bond has been deposited, and the next forfeit will result in removal from the league. A 2nd forfeit will result in the second bond deposited and the team being dropped from the league. If a team knows ahead of time they will not be able to field a team for a scheduled game, they may notify the Intramural Office 24 hours before the game if it's on a weekday, and by 5:00pm on Friday for a weekend & Monday game. By notifying the office, the game will be cancelled and the team will receive a default loss instead of a forfeit. Defaulted games will NOT be rescheduled.

- **Penalty after 5-minute grace period:** Opposing team begins with a one (1) goal lead.

Scheduling and Results:

- Due to facility and time constraints, the rescheduling of games will only be done under extreme circumstances as deemed by Recreational Sports.
- The format of the league is round robin regular seasons followed by a single elimination playoff.
- Teams should plan to arrive 10-15 minutes before their scheduled start time, as games will begin on time.
- Game results will be posted on the bulletin board outside the intramural office (Hill Center 102) and online at <http://www.ithaca.edu/sacl/recsports/intramurals/offerings.php>
- In an event of a cancellation, team managers will be contacted. For outdoor sports, rainouts may occur, however assume your game will be played unless contacted by the office. You can also call Hill Center 102 or Hill Center 70 (4-1063) to ask about the status of the game.

Player Conduct

In accordance with IC IM Conduct Policy, all players are expected to remain under control during an intramural event and are expected to treat all other players, officials, and intramural staff with respect. At any time an official or activity supervisor may eject a player for any reason they deem reasonable. If a player is ejected he/she must leave the premises immediately and will be ineligible to play the following game. The player must meet with the Recreational Sports Program Coordinator before they are eligible to play again. Two ejections will result in a player being disqualified from the league.

**** No Smoking or Alcohol Consumption is allowed at an intramural event. ****

Game Location

All games may be played at Emerson Field or Yavits Field.

Rules and Regulations

All rules not mentioned are governed by NCAA Soccer Rules with the following NIRSA modifications.

The Field, Players, and Equipment

- **Field:** The field of play will be a rectangle approximately 80 yards by 35 yards. Each penalty area will be a rectangle 25 yards (wide) by 15 yards. The penalty spot is on the penalty area line directly in front of the goal. A medium-sized soccer goal will be placed on the goal line of each penalty area. Field size for Yavits will be regulation size.
- **Goal Creases:** The crease is designated around each goal. The crease area will be the same as the 6 yard box. Offensive players dribbling the ball or going for a loose ball may enter and shoot in this area. Otherwise, no offensive players are allowed in this area. A violation by an offensive player will result in a goal kick from inside the goal crease. The line defining the crease is considered part of the crease.
- **Captains:** Each team shall designate to the officials a field captain. The captain will speak for the team in all dealings with the officials.
- **Players:** Games shall be played by two teams of 7 players each, including a goalie. Teams must start and finish with a minimum of four players. Games at Yavits will be 9 players including a goalie, and team must start with a minimum of 6 players.
- **Uniform/Equipment:** Each team must wear uniformly colored shirts, with permanent numbers. The team listed first on the schedule is the home team. The home team wears the white or lightly colored shirts. The rule applies if both teams wear the same color shirts. All players are recommended to wear shin guards. All players must wear soft-bottomed (or rubber-molded) shoes. Screw-in cleats are prohibited. Players are prohibited from wearing hats (stocking caps are acceptable), any form of jewelry, cast, wooden or metal splints or braces of any kind (on any part of the body) unless approved in writing by the Department of Campus Recreation.

Periods, Time Factors

- The game consists of two 20 minute halves with a 5 minute intermission.
- There are no time-outs. The clock will stop only for goals, penalty shots and at the official's discretion.
- Substitutions may be made at any time including during a "live" ball situation. All substitutions must be made at the designated substitution zone (within 10 yards from the mid field line) and the substitution may not enter the field of play until the outgoing player has touched (i.e. hand slap) the substitution. Violation of the substitution rule will result in an indirect kick from the spot of the dead ball and possibly a yellow card for unsportsmanlike conduct if this has been a persistent act throughout the course of the game by the offending team.

The Game

- The team winning the coin toss will have the choice of ends of the field or the kickoff.
- If play is stopped by the official for any injury, unusual delay or when the goal becomes dislodged, the ball shall be put back into play by a drop ball. If a team has clear possession of the ball when play is stopped, they shall be awarded an indirect kick. In all cases, the ball is put back into play from where it was when play was stopped.
- Throw ins will be used.
- Corner kicks will be used.
- In goal kick situations, the defensive team will be awarded an indirect free kick from anywhere inside it's own goal crease. The kick must clear the penalty area before another player may touch the ball.
- All shots must be taken from a team's offensive half of the field. (Penalty: Discount goal if scored. Opponent's indirect kick from the mid-field line).
- On all free kicks, the kicker's opponent must remain at least 7 yards from the ball until it is put into play, i.e. travels 27 inches. Any motion toward the ball by a defender before the offense puts the ball into play is

considered encroachment. Failure to heed an official's warning will result in a yellow card for Unsportsmanlike conduct.

- **Co-Rec Modifications:** *At no time can the number of one sex exceed the number of the other by more than one.*
Example: 4 men and 3 women – legal
4 men and 2 woman – illegal
- **THERE ARE NO SLIDE TACKLES AND NO SLIDING TO KICK A BALL.** Any player using a slide tackle (in the judgment of the official) will receive a yellow card.
- A player receiving a yellow card must sit out for **two minutes** of playing time. The entire two minutes of playing time must be served regardless of the developments on the field. The player serving the penalty period cannot be substituted, therefore his/her team plays shorthanded. The official will note the time of the infraction and release the penalized player when the penalty period has expired.
- **Yellow Cards:** Two successive games with yellow cards will disqualify that player for the next game. One game with a red card will disqualify that player for the next game. Three yellow cards, or one red card and two yellows, will disqualify that player for the rest of the season.
- Penalty shots are unobstructed direct free kicks taken from the penalty spot, 10 yards from the goal. All players other than the designated kicker must be behind the shooter. *A missed penalty shot will be a dead ball and play is restarted from mid-field with an indirect free kick for the team that missed the penalty shot.*
- There are no off-sides calls.

Tied Games

- All tie games end as a tie except in playoffs. During playoffs, ties will result in a "SUDDEN DEATH" five minute overtime period. A coin toss will determine which team will kick off/defend goal of choice.
- If the game is still tied a "shoot-out" will determine the winner. A coin toss will determine which team kicks first. Each team will receive the number of penalty shots equal to the number of players it had left "playing on the field" at the end of the overtime.
- Ejected players or players out during penalty minutes are not eligible to participate in any portion of the "shoot-out". Teams will alternate shooters (co-rec. will be male, female).
- If the first series of kicks does not determine a winner then the penalty spot will be moved forward 2 yards until a winner is determined.
- **NOTE:** The Intramural Sports Program reserves the right to act or decide on any issue not covered in sport specific rules, policies/procedures or the handbook.

Officials:

- The officials shall be in charge of: Players, Coaches, Spectators, Ball, Score, and records of the game.

Substitutions:

- A team may substitute (after notifying the official):
 - At halftime
 - After a goal
 - During live play
- A team may *not* substitute:
 - On a goal kick
 - Corner kick
 - Penalties
 - Drop Ball (except after injury)
 - Second Whistle

Advantage "PLAY ON"

- When the official refrains from whistling for an offense, it is important that he clearly indicate by voice and gesture that he is using "advantage" so that everyone knows that the offense has not escaped his/her notice.

Ball In and Out of Play

- *The ball is out of play when:*
 - The ball has wholly crossed the goal line or touch line whether on the ground or in the air.
 - The official stops the game.
- *The ball is in play:*
 - At all other times.
 - If the ball rebounds off the goal posts into the field of play.
 - If the ball rebounds off an official into the field of play.

Fouls

- **The awarding of a direct free kick, or penalty kick, should the offense occur in the penalty area, shall be given to the opposing team if a player:**
 - Kicks an opponent
 - Trips an opponent
 - Jumps into an opponent
 - Charges
 - Charges from behind
 - Strikes, hits, elbows
 - Holds or pushes
 - Touches the ball with his hands
- **An indirect free kick shall be awarded when an opponent:**
 - Plays in a dangerous manner
 - Charges fairly, but when the ball is not in playing distance
 - Obstruction
 - Charges the goalkeeper
 - A goalkeeper takes more than 4 steps
 - Delays the game
- **Caution (Yellow Card)**
 - Illegal substitution
 - Persistent infringing of the rules of the game
 - Dissent by action or word
 - Unsportsmanlike conduct
 - Intentionally sliding into an opposing player
- **Ejection (Red Card)**
 - Violent conduct
 - Foul / Abusive language
 - Persistent misconduct after receiving caution