



**Intramural 11-on-11
Soccer Rules**

Table of Contents

I. The Game, Players, Equipment, & The Field	
1. Starting Play.....	Page 3
2. Players.....	Page 3
3. Player Equipment.....	Page 3
4. The Field.....	Page 5
II. Game Time is Forfeit Time	
1. Forfeits.....	Page 6
2. Defaults.....	Page 6
3. 10 Minute Rule.....	Page 6
4. Rescheduling.....	Page 6
III. Periods, Time Factors, & Substitutions	
1. Game Length.....	Page 7
2. Substitutions.....	Page 7
IV. Kickoffs & Dead Balls	
1. Kickoff.....	Page 8
2. Dead Ball.....	Page 8
i. Throw-In.....	Page 8
ii. Goal Kick.....	Page 9
iii. Corner Kick.....	Page 9
iv. Drop Ball.....	Page 9
V. Scoring & Shoot-Outs	
1. Method of Scoring.....	Page 10
2. Shoot-Out Procedure.....	Page 10
VI. Penalties	
1. Offside & Slide Tackles.....	Page 11
2. Kicking, Striking, Tripping, & Jumping.....	Page 11
3. Handling.....	Page 11
4. Charging.....	Page 11
5. Dangerous Play.....	Page 11
6. Obstruction.....	Page 12
7. Goal Keeper Possession.....	Page 12
8. Misconduct.....	Page 12
VII. Free Kicks	
1. Description of a Free Kick.....	Page 13
2. Direct Free Kick Offenses.....	Page 13
3. Indirect Free Kick Offenses.....	Page 13
4. Rules for Free Kicks.....	Page 13
VIII. Penalty Kicks.....	Page 14



IX. Co-Rec Modifications.....Page 15

Intramural Sports are offered to UT Martin students on a voluntary basis and each student participates at his/her own risk. Participants are responsible for reading and agreeing to the terms stated in the UTM Campus Recreation Intramural Handbook, ensuring that they are physically fit to participate in the selected sport(s), and are encouraged to check with their family physician or Student Health prior to participation.

National Federation High School soccer rules will govern play with the following modifications:

I. The Game, Players, Equipment, & The Field

1. Starting Play

- A.** Prior to the start of a game, the officials for the game will conduct a captain's meeting in which they will designate which captain shall call the "coin toss".
- B.** The captain winning the toss will have the option of choosing, whether they would like the ball first OR which side of the field they would like to defend. The captain not having the first choice of options will exercise the remaining option(s).
- C.** The first possession of each half and each possession after goals scored will originate from the midfield line within the center field circle.

2. Players

- A.** A match shall be played by 2 teams, each consisting of a maximum of 11 players, including the goalkeeper. A team may start and continue a game with a minimum of 7 players. The game may continue with less than 7 if the team has a chance to win.
- B.** All players not in the game must remain 2 yards off the sideline on their designated half of the field.
- C.** Only dressed players and coaches are allowed on the team's sideline. All spectators must remain on the opposite side of the field behind the fence.
- D.** Each team is allowed 2 designated coaches on the sideline.

3. Player Equipment-Required

Should there be any question regarding the legality of any equipment, the supervisor on duty will make the final ruling.

A. Jersey

- i.** Players of opposing teams must wear jerseys of contrasting color and without pockets (provided if necessary).
- ii.** The goalkeeper shall adorn a jersey of contrasting color to both their team and the opposing team's jersey.

B. Pants/Shorts

- i. All participants must wear shorts or pants with no pockets, belts, belt loops, or exposed drawstrings.

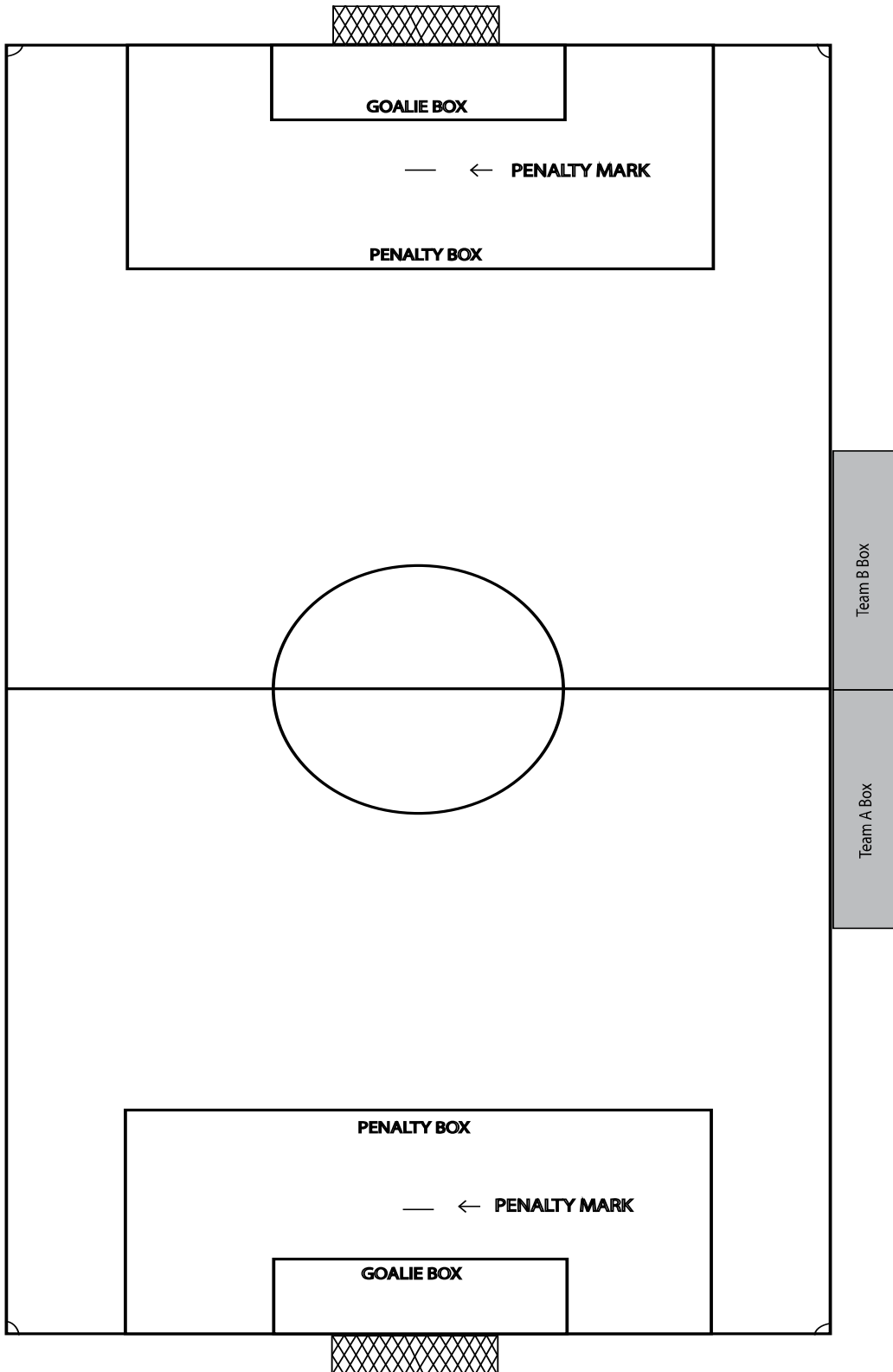
C. Footwear

- i. Shoes shall be made of canvas, leather, or synthetic material, which covers the foot, and attached to a firm sole of leather, rubber, or composition material.
- ii. Cleats are limited to studs or projections which do not exceed ½ inch in length, are not located on the “toe” of the shoe, and are made with nonabrasive rubber or rubber-type synthetic material which does not chip or develop a cutting edge.
- iii. **Metal or plastic cleats, street shoes, and bare feet are prohibited.**
- iv. At the officials discretion teams may be required to line up and have their shoes/cleats inspected for eligibility requirements.

4. Player Equipment-Optional

- A. A player shall not wear anything potentially dangerous to another player or which the referee considers dangerous or hazardous including: hard casts, hard splints, and knee braces made of hard unyielding material (unless hinges are covered on all sides and all of its edges are overlapped)
- B. No helmets, billed hats, caps, or visors with a hard surface (i.e. knots, plastic/metal pieces, etc.)
- C. Headwear/hair pieces with hard, unyielding material will **NOT** be allowed.
- D. Only single cleat shoes will be allowed (baseball cleats or other cleats that can be removed will be inadmissible)
- E. **No Jewelry** (watches, rings, necklaces, etc.)
- F. All piercings must be completely removed. Taped or covered piercings will **NOT** be allowed.

For any infringement of this law, the player will be removed to correct his/her equipment and may not return until a proper substituting time.



II. Game Time is Forfeit Time

1. Forfeits

- A. If a team knows they will not be able to report to a scheduled game time, they must notify the Office of Campus Recreation by 12:00pm on the scheduled day of the event.
- B. If a team does not report to their designated field for their game at the scheduled time they will be assessed a forfeit.
- C. All forfeits will be assessed a \$20.00 Forfeit Fee that **must** be paid prior to the team's next game. No fee will be assessed if prior notice is given.
- D. Teams will only be allowed 2 forfeits in one season. If more than two forfeits are assessed the team will be dropped from that sport and will still be required to pay the forfeit fee. If payment is not received the team could potentially be dropped from considered participation for future sports.

2. Defaults

- A. If a team reports to their game but is incapable of gathering the necessary number of players to play a legal game, the option of a default will be available. In order for a team to obtain a default at least 1 half of a game must be played, otherwise a forfeit will be assessed.
- B. No fees will be assessed for defaults.
- C. After a team has received 2 defaults in one sport, future defaults within that sport will be considered forfeits.

3. 10 Minute Rule

- A. If, at game time, a team does not have enough players to start a legal game the opposing team's captain will have the option of waiting an additional 10 minutes for the other team to obtain enough players to play a legal game.
- B. If the 10 Minute Rule is enacted the game clock will start at the scheduled game time and play will commence once enough players from the offending team have arrived. The amount of time subtracted from the 10 Minute Rule will not be added back on.
- C. If a team exercises their option to grant a 10-minute grace period for a late team, then 1 point will be awarded to the team who granted grace.

4. Rescheduling

- A. If a team knows they will not be able to make it to their scheduled game but would like to reschedule the game they must contact the opposing team's captain and both captains must come by the Office of Campus Recreation and meet with the Coordinator of Intramurals to find a time to reschedule.
- B. A game can only be rescheduled once. If a team attempts to reschedule a game that has already been rescheduled they will be notified that the game has already been reschedule and will be required to play the game or be assessed a forfeit.

III. Periods, Time Factors, & Substitutions

1. Game Length

- A. Game time will be two 15 minutes halves with a continuously running clock and a 5 minute halftime. No time outs will be given.
- B. The clock will stop during injuries. Stoppage time **will not** be added to the end of the game.
- C. The ball is dead at the moment the whistle sounds at the end of either half. A goal cannot be scored if the ball is in the air when the whistle is blown; the ball must have completely crossed the goal line in order for the goal to count.
- D. If the ball makes contact with the goalkeeper prior to the whistle sounding and the ball crosses after the whistle sounds, the goal will count.

2. Mercy Rule

- A. If a team is ahead by 10 goals with 10 minutes remaining or 5 goals with 5 minutes remaining in the second half the game will be considered complete.
- B. The on duty supervisor will use their own discretion, and may end a game early, for any reason they deem necessary (poor sportsmanship, the score has been deemed unattainable, etc.)

3. Substitutions

- A. As many substitutions may be made as the captain/coach chooses, however all substitutes must be placed on the game roster prior to game time and must also be on the original roster on IMLeagues.com.
- B. Players may check in for a game after the game has started, unless it is after halftime, then they will not be eligible to enter the game without the permission of the opposing captain.
- C. Any players on the field may change places with the goalkeeper at any time during a stoppage of the game, provided that a referee is informed before the change is made and the new goalie must change jerseys.
- D. A legal substitution shall occur when the referee is informed of the proposed substitution before it is made. All player substitutions must wait on the officials signal before entering the field of play and may enter during the following time:
 - i. During any dead ball (throw-in, corner kick, etc.)
 - ii. Between halves
 - iii. After a goal has been scored
 - iv. During an injury stoppage
 - v. Following a caution or ejection

IV. Kickoffs & Dead Balls

1. Kickoff

- A. A Kickoff will take place to start each half and after each goal scored.
- B. During a kick-off every player must remain on their own half of the field. The offensive team can have no more than two players located within the center field circle. Defensive players must on their side of the field and outside the center field circle, until the ball has been kicked.
- C. The ball will not be considered in play until it has traveled one full rotation. The kicker shall not play the ball a second time until it has been touched or played by another player.
- D. After a goal is scored the team that allowed the goal will take the offensive position of a Kickoff and the team scoring the goal will assume the defensive position.
- E. To begin the second half the team that did not receive the Kickoff during the first half will take the Kickoff.
- F. A goal can be scored directly from a Kickoff.

*For any infringement of this law, the Kickoff shall be retaken, except in the case of the kicker playing the ball again before it has been touched or played by another player. **Penalty:** Indirect free-kick.*

2. Dead Ball

- A. The ball will be considered in play throughout the match, from Kickoff to the end of each half unless it completely crosses the side, end, or goal line.
- B. The ball will remain in play should any of the following occur:
 - i. The ball rebounding from a goal post, crossbar, or corner flag into the field of play.
 - ii. The ball coming into contact with any official involved in the match.
- C. To restart play after a ball is declared out of bounds a throw-in, goal kick, corner kick, or drop ball will be taken.

i. Throw-In

- a. Taken when the ball completely crosses the sideline
- b. Must be administered outside the field of play nearest to the point of where it exited. The thrower must have both feet maintain contact with the ground throughout the duration of the throw; both hands must be placed on the ball, taken completely behind the head, and thrown in one fluid motion over their head.
- c. A goal **cannot** be scored directly from a Throw-In.

- d. A throw-in cannot be picked up by the goalie unless it has touched another player other than the thrower.

ii. Goal Kick

- a. Taken when the ball completely crosses an end line and was last touched by a member of the attacking team.
- b. Any player from the offended team may take the goal kick. The ball must be at a complete stop, placed within the goalkeeper's box and cannot be touched by a player on the kicker's team until it is outside of the penalty box. Defensive players must remain outside of the penalty box but can make an attempt on the ball at any time after the initial kick.
- c. A goal may be scored directly from a Goal Kick.

iii. Corner Kick

- a. Taken when the ball completely crosses the end line and was last touched by a member of the defending team.
- b. Any player from the offended team may take the corner kick. The ball must be at a complete stop and located within 1-yard of the corner marker. The ball must travel at least one full rotation to be declared a legal kick.
- c. A goal **can** be scored directly from a Corner Kick.

iv. Drop Ball

- a. A drop ball shall take place if, for any reason other than out of bounds or a goal being scored, game play is stopped. A drop ball will involve one member of each team standing one yard apart facing each other and attempting to play the ball after a referee drops the ball. The ball must make contact with the ground in order for it to become live and playable.

V. Scoring & Shoot-Outs

1. Method of Scoring

A goal is scored when the ball has completely passed over the goal-line, between the goal-posts and under the cross-bar, provided it has not been thrown, carried or intentionally propelled by a player's hand or arm. The team scoring the greater number of goals during a game shall be the winner. If no goals or an equal number of goals are scored, the game shall be termed a

“draw.” If a game is determined to be a draw, a shoot out will take place in order to determine a winner.

2. Shoot-Out Procedures

- A. The referees will meet with the team captains to determine who receives the first try and which goal to use. The team winning the toss will have the choice of trying first or declining. The captain losing the toss will make the choice of the goal or accept the decline and chose the kicking order.
- B. Each team captain will select 3 members from their team to participate. All Shoot-Out participants must have been on the field when game time expired.
- C. The team that will attempt the try first will attempt to score from the penalty mark while the opposing team’s goalie defends the goal. The second team will then attempt their try with the opposing goalie defending.
- D. All team members, except the member attempting the try and the opposing goalie, must remain at midfield during the shoot-out. The kicker’s goalie may remain on the goal line away from the goal at a spot designated by the official.
- E. The kicker has 5 seconds to attempt the try after the referee has signaled the ball set.
- F. The teams will alternate tries until all 3 members of both teams have attempted their try, **OR** until one team is up by more goals than can be scored by the other team.
- G. The team with the most successful tries will be declared the winner of the match.
- H. If after the shoot-out the score is still tied, a new shoot-out with three new players for each team will begin.

VI. Penalties

1. Offside and slide tackles

Offside **will not** be called & slide tackles will not be permitted. Any player committing a slide tackle will be assessed a yellow card.

2. Kicking, Striking, Tripping, & Jumping

- A. A player shall not intentionally attempt to kick, strike, trip or jump at an opponent. **Penalty:** Direct free kick.
- B. A goalkeeper may not intentionally strike or attempt to strike an opponent by throwing the ball at the opponent. **Penalty:** Direct free kick.
- C. A player shall not intentionally trip an opponent. **Penalty:** Direct free kick.

3. Handling

- A. A player shall not intentionally handle, carry, strike, or propel the ball with their hand or arm. **Penalty:** Direct free kick,
- B. Unintentional handling occurs when the ball strikes the hands or arms of a player who has not moved their hands or arms to play the ball. **Penalty:** This shall not be penalized and will be assessed according to the official's judgment.
- C. A player shall not hold, push, or impede an opponent with hands or arms extended from the body. **Penalty:** Direct free kick.

4. Charging

- A. A player shall not intentionally charge an opponent unfairly. An unfair charge occurs when a player does not use shoulder-to-shoulder contact, have arms and elbows close to the body, at least one foot on the ground, and the ball within playing distance. **Penalty:** Direct free kick.
- B. A player having one or both feet on the ground shall not charge into an opponent that has no feet on the ground. **Penalty:** Direct free kick.
- C. A player shall not charge into the goalkeeper in the penalty area. **Penalty:** Direct free kick.
 - i. An official shall disqualify any player who flagrantly fouls the goalkeeper in possession of the ball.

5. Dangerous Play

All high kicks above the waist in what the official deems a dangerous manner will be prohibited.

6. Obstruction

- A. Obstruction is the intentional act of a player, not in possession of the ball or not attempting to play the ball, running in between an opponent and the ball or using the body as an obstacle preventing fair play on the ball. **Penalty:** Indirect free kick.
- B. The goalkeeper in possession of the ball shall not be interfered or impeded with in any manner by an opponent. This includes the act of bouncing the ball, dropping the ball for a kick, or attempting to throw the ball. **Penalty:** Indirect free kick.

7. Goalkeeper Possession

- A. A goalkeeper has possession or control of the ball when releasing the ball into play, trapping the ball by either or both hands between their body and the ground, or when bouncing it to the ground.
- B. Outside the penalty area, the goalkeeper has no more privileges than any other player does. **Note:** When a goalkeeper places the ball on the ground, they relinquish their rights as goalkeepers.

- C. From the moment the goalkeeper takes control of the ball with the hands in the penalty area, the goalkeeper is penalized for taking more than 6 seconds without releasing it into play. **Penalty:** Indirect free kick.

8. Misconduct

- A. A player shall be cautioned and given a yellow card when he/she:
 - i. Enters, re-enters, or leaves the field of play without the permission of the referee.
 - ii. Persistently infringes the Laws of the Game.
 - iii. Shows, by word or action, descent from any decision given by the referee.
 - iv. Is guilty of unsportsmanlike conduct.
Penalty: Indirect Free Kick from the spot where the offense occurred.
- B. A player shall be sent off the field of play and given a red card when he/she:
 - i. Is guilty of violent conduct or serious foul play;
 - ii. Uses foul or abusive language;
 - iii. Is guilty of a second cautionable offense after having received a caution.
- C. If play is stopped by reason of a player being ordered from the field for an offense without a separate breach of the Law having been committed, the game shall be resumed by an Indirect Free Kick awarded to the opposing side from the place where the infringement occurred.
- D. If a player receives a red card he/she will be ejected and must meet with the Intramural Coordinator before they will be declared eligible to play again.

VII. Free Kicks

1. Description of a Free Kick:

- A. Free kicks shall be classified as “Direct”, from which a goal may be scored directly, or “Indirect” from which a goal may not be scored unless the ball is touched by another player from either team.
- B. Any player of the offended team may take any free kicks.

2. Direct Kick Offenses

- A. Slide tackles.
- B. Intentionally tripping, kicking, striking **OR** attempting to trip, kick, or strike an opponent.
- C. Deliberately handling the ball.
- D. Pushing, holding, or unfair charging.

- E. Charging the goalkeeper in possession of the ball.
- F. Jumping at an opponent.
- G. Using foul or abusive language or spitting at other persons.

3. Indirect Free Kick Offenses:

- A. Leaving the field of play without permission.
- B. The inbound player playing the ball after a kickoff, free kick, penalty kick, goal kick, or corner kick.
- C. Kicking or attempting to kick the ball while it is in possession of the goalkeeper.
- D. Obstruction.
- E. Any play deemed dangerous by the official.
- F. Goalkeeper illegally handling the ball after relinquishing possession.
- G. Unsportsmanlike conduct (applies to players, coaches, AND fans)

4. Rules for Free Kicks:

Opposing players must be at least 10 yards from the ball until it is kicked, unless standing on their own goal line between the goalposts. If the kick is by a team in its own penalty area, defenders must also be out of the penalty area until the ball clears the penalty area. The ball must be stationary and kicked at least one full rotation in any direction. After the kick, any player except the kicker may play the ball. A kick in a team's penalty area must leave the penalty area before another player may play the ball.

VIII. Penalty kicks

1. A penalty kick is a direct kick awarded for any infringement of the rules by the defending team within the Penalty Box. A penalty kick can be awarded regardless of the position of the ball, if the infraction by the defending team is committed in the penalty area.
2. The penalty kick is taken from any place on the penalty mark line. While being taken, all other players may be anywhere on the field as long as they are outside the offending team's penalty box. Prior to the penalty kick being taken, the opposing goalkeeper may move side to side (not forward or back) on their own goal line. The player making the attempt on the ball must kick the ball forward in one smooth, continuous motion. If the ball is not put into play properly, the kick will be negated. If the ball hits the goalpost or the crossbar and returns to play, the kicker may not play the ball until another player has played it. The goalkeeper may not be substituted for during a penalty kick unless they were injured during the infraction. The kicker must wait for the official to start the play.
3. During a penalty kick, any encroachment by the defending team or foot movement by the defending goalkeeper is not penalized if the goal is scored. If a goal is not scored, 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 is retaken. If there is an infringement by the attacking team and the ball does not go into the goal, there is no re-kick. If the ball rebounds into play, the game shall be stopped and restarted with an 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.

4. If time expires during a penalty kick the complete penalty kick process will take place. If necessary, time of play shall be extended at the end of either half to allow a penalty kick to be taken.

IX. Jack and Jill Modifications

1. Number of Players

Each team will consist of a maximum of 11 players, 5 males, 5 females, and a goalkeeper of either sex. A team must have a minimum of 7 players to start play. The game may continue with less than 5 if the team has a chance to win. At any time during a contest the number of men may exceed the number of women by 1, during this instance a male must be goalkeeper. If during a contest the number of women exceeds the number of men by 1 either sex can play goalkeeper.

2. Substitutions

Substitutions must be made male for male and female for female (exception: goalkeeper). If a team begins a game with less than 7 members but members arrive late who can bring the team to its full complement, the additional player(s) may enter the game at the official's signal.

3. Scoring

Female goals = 2. Male goals = 1. The last offensive person to touch the ball shall be credited with the score.