10 on 10 Outdoor Soccer Rules

Each player must present a Rowan ID card before each contest to be eligible to participate.

All intramural participants are responsible for their own medical expenses. Any student unsure of their physical condition should check with their family physician or the Student Infirmary before participating in intramural sports.

Game time is start time. If necessary, each team has until 5 minutes after game time until the game will be called a forfeit. For each minute after game time that the game must be delayed, the team in which everyone is waiting will be penalized by spotting the opposing team a goal per minute.

The officiating will be done by officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a penalty, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. The officials shall have the power to make decisions on any matters or questions not specifically covered in the rules.

National Federation High School soccer rules will govern all play for any rule not mentioned in the following intramural rules:

1. Equipment

1.1 Teams must wear the same shade of shirts. Goalkeepers must wear a different colored shirt than either team.
1.2 All players must wear shoes. The shoes must have a rubber sole, and screw-in cleats will be allowed as long as the screw is part of the cleat. **Metal spikes or cleats with metal tips are not allowed.**
1.3 Equipment that may be dangerous to another player such as hats, bandannas, casts, or any form of clothing with visible knots are not allowed. **Hooded sweatshirts are also prohibited.** The trainer/supervisor/official will determine if an article is dangerous and will ask the player to remove the article. If the player refuses he/she will be asked to leave the field. Shin guard use is strongly encourage. Long socks must be worn to cover the shin guards fully.
1.4 Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 1/2 inch of slow recovery rubber or similar material will be allowed.
1.5 Jewelry, rubber bands, bands or strings may not be worn, regardless of religious or sentimental value.
1.6 The Intramural Department will provide balls. However if one team wishes to use a personal ball that they brought then that is allowed so long as both teams agree to using that ball

2. Players and Substitutes

2.1 A regulation team consists of 9 players (one of which will be the goalkeeper). A team may play with a minimum of 6 players.

2.2 A maximum of 3 total club or former NCAA players are permitted per team. An NCAA and Club player is considered part of that team for the full academic year, regardless of semester played.
2.2 If a player has been disqualified (red card), or 2 yellows resulting in a red card , he/she will not be allowed a replacement.
2.3 A team must notify the referee on all substitutions. No player may come onto the field without permission of the referee.
2.4 Either team may substitute under the following conditions:
a. On either teams goal kick or their own throw-in or their own corner kick.
b. When a player has been injured, and only for the injured person. The opponents may substitute a like number of players.
c. When a player has been cautioned (yellow card). Each team may substitute one player for each player cautioned. The player cautioned must leave the field until his/her team's next substitution opportunity.
d. After a goal.

3. The Game

3.1 The game will be a running clock with 20 minute halves. Halftime will not exceed 5 minutes.
3.2 Any injury time will be added on at the end of the game.
3.3 The referee reserves the right to stop the clock at his/her discretion for player(s) actions that violate the spirit of the game.
3.4 Time outs will not be allowed.
3.5 Winner of the coin toss will choose which either if they want the ball in the 1 st half or which goal they want to defend.
3.6 The referee will whistle the ball into play. The kickoff must be taken from the center of the field. Each team must be on their own half, and the defensive team must be 10 yards off the ball at the time of the kickoff. To kickoff the ball, it must roll forward. The player who kicked off the ball may not touch the ball until another player touches the ball. Violation of the forward rule will result in a retake of the kickoff. All kickoffs are indirect.
3.7 A goal may be scored during play directly from a direct free kick, penalty kick, corner kick, goal kick, or drop ball. A goal may not be scored directly from an indirect free kick, kickoff, or 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 kickoff.
3.8 Teams will change ends at halftime. The team that did not kickoff in the 1st half will kick off in the 2nd half.
3.9 The ball is out of play when it completely crosses the sidelines or the end lines. The referee will blow his/her whistle to signify when the ball is out of play.
3.10 The referee blowing his/her whistle warrants a dead ball (even if inadvertent).
3.11 To restart play, the following methods are used:
a. Throw-ins: When the ball crosses the sidelines.
b. Goal kick: When the ball crosses the end line and the offense touched the ball last.
c. Corner kick: When the ball crosses the end line and the defense touched the ball last. The ball is placed a yard away from the corner marker and kicked. A goal may be scored directly from the corner

kick.
d. Direct and indirect free kicks: Taken after a foul has been called.
3.12 Ball in play: The ball is still in play if it stays in-bounds after rebounding off the goal, referee, or corner flags.
3.13 A drop ball will be called when play is stopped due to an injured player, inadvertent whistle or when it is not clear whom the ball last touched before going out of bounds. A drop ball is when the referee drops the soccer ball between a person from each team; the ball has to touch the ground before it can be kicked by either player.
3.14 Mercy Rule: If a team is ahead by ten or more goals at half time or by five or more goals with five minutes or less remaining in the second half, or the game will end. At the same time, if a team is ahead by four goals and is deemed to be stalling, the officials have the option to end the game and sportsmanship points may be deducted.
3.15 During the regular season, tie games will stand. During playoffs, ties will be broken using the following rules: Two 5-minute consecutive sudden death overtime periods will be played. The first team to score is the winner. If there is no score in the first overtime, play is stopped, teams switch ends of the field, and possession changes as if starting a new half. If there is no scoring in the second overtime, then a shootout (penalty kicks) will be conducted.
3.16 Regular season games cancelled due to extenuating circumstances will be considered a tie. If inclement weather causes a playoff game, which has already been started to be cancelled, the game will be continued from the point where it was suspended.

4. Offside

4.1 A player is in an offside position when nearer to their opponent's goal line than the ball, unless (1) the player is in his/her own half of the field of play or (2) the player is not nearer to the opponents' goal line than at least two opponents (3) the player is level with the last two defenders.
4.2 A player will be penalized for offside if, at the moment the ball touches/is played by a teammate, that player is, in the opinion of the officials:
a. Interfering with the play or an opponent.
b. Gaining an advantage by being in that position. Penalty: Indirect free kick at the spot of the foul.
4.3 A player shall not be penalized for offside if they receive the ball direct from a:
a . corner kick
b . throw in
c . drop by an official

5. Rules Clarifications

5.1 Coaches must stay off the field at all times. Fans must be in the stands. Continued violations of this rule will result in an unsportsmanlike conduct for the captain. If they continue to violate this rule, the captain will be ejected. Another captain will be appointed and the preceding rules will be applied. Ejected players must go to the stands and if they are unruly, they will be told to leave the facility.
5.2 The team which kicked the ball out of bounds is responsible for retrieving the ball and returning it to

the goalie or official. Excessive delay may result in a yellow card, which will be issued to the team captain.

6. Fouls and Misconduct

6.1 Kicking-Striking-Tripping-Jumping
a. A player shall not intentionally attempt to kick, strike 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
6.2 Handling
a. A player shall be penalized for intentionally handling, carrying, striking or propelling the ball with a hand or arm. Penalty: Direct free kick.
b. If a player handles the ball on an obvious (official's judgement) goal-scoring play, the goal will count and the player will be issued a red card.
c. Unintentional handling occurs when the ball strikes the hands or arms of a player who has not moved the hands or arms to play the ball. This shall be penalized at the discretion of the official if advantage is gained by the handling.
d. A player shall not hold, push or impede an opponent with hands or arms extended from the body. Penalty: Direct free kick.
6.3 Charging
a. A player shall not intentionally charge an opponent unfairly. An unfair 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. 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.

1. An official shall disqualify any player who flagrantly fouls the goalkeeper in possession of the ball.
2. 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.
3. 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.

6.4 Dangerous Play - In the opinion of the official, all high kicks above the waist in a dangerous manner will be prohibited. Penalty: Indirect free kick.
6.5 Obstruction
a. 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. Penalty: Indirect free kick.
b. The goalkeeper in possession of the ball shall not be interfered with or impeded in any manner by an

opponent. This includes the act of bouncing the ball or dropping the ball for a kick or attempting to throw the ball. Penalty: Indirect free kick

6.6 Goalkeeper Restrictions

a. 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 five seconds bouncing or throwing the ball into the air and catching it again, without releasing it into play. The ball must be played by another player for the goalie to be allowed another five seconds. Penalty: Indirect kick

b. A goalkeeper shall not touch the ball with his/her hands after receiving a throw-in or a deliberate kick by a teammate.

c. A goalkeeper may not hold the ball for more than five seconds after taking possession/control.

6.7 Misconduct

A player is cautioned and shown the yellow card if he/she commits any of the following offenses:

- is guilty of unsporting behavior
- shows dissent by word or action
- persistently infringes the Laws of the Game
- delays the start of the game
- fails to respect the required distance when play is restarted with a corner kick or free kick
- enters or re-enters the field of play without referees permission
- deliberately leaves the field of play without the referee's permission
- denies the opposing team a goal or an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick

A player is sent off and shown the red card if he/she commits any of the following offenses:

- is guilty of serious foul play
- is guilty of violent conduct
- spits at an opponent or any other person
- uses offensive, insulting or abusive language
- receives a second yellow card in the same match
- 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, when bouncing it to the ground, and 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.

Two ejected players on a team in the same game will result in forfeiture of the game.

6.8 Team Caution

a. A team caution is disciplinary action facing an entire team as a result of a violation by a player of that team.

b. A team caution may be for, but not limited to the following violations:

- Encroachment on free kicks.
- Intentional handballs by the defense.

- Unnecessary delay
- First slide tackle

c. Once a team caution is issued, if any player from that team commits the same foul, that player is ejected.

7. Free Kicks

7.1 Description of a free kick:

a. Free kicks shall be classified as "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 played by another player from either team.

b. Any player of the offended team may take all free kicks in any direction.

7.2 Direct kick offenses:

a. Tripping/kicking or attempting to trip/kick an opponent.

b. Deliberately handling ball.

c. Pushing/Holding

d. Unfair charging.

e. Charging the goalkeeper in possession of the ball.

f. Striking or attempting to strike an opponent.

g. Jumping at an opponent.

h. Using foul or abusive language or spitting at other persons.

i. Slide tackle

7.3 Indirect free kick offenses:

a. Leaving the field of play without permission.

b. The kicker playing the ball next after a kickoff, free kick, penalty kick, goal kick or corner kick or the thrower playing the ball before another player plays the ball.

c. Offsides.

d. Kicking or attempting to kick the ball while it is in possession of the goalkeeper.

e. Obstruction.

f. Dangerous play.

g. Taking more than five seconds by the goalkeeper to release the ball.

h. Goalkeeper illegally handling the ball after relinquishing possession.

i. Delay of game.

j. Unsportsmanlike conduct

7.4 Rules free kick:

Opposition players must be at least 10 yards from the ball until it is kicked, unless standing on their own goal line between the goalpost. 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 may be kicked 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.

7.5 Penalty kick: When taken.

A penalty kick is awarded for any infringement of the rules by the defending team within the penalty area. The foul must be deliberate. 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. A goal may be scored directly from a penalty kick.

7.6 Penalty kick: How taken.

The penalty kick is taken from any place on the penalty mark line. When it is being taken, all players (except for the kicker and the opposing goalkeeper) shall be within the field of play but outside the penalty area and at least ten yards away from the penalty mark. The opposing goalkeeper may move laterally, but is not permitted to advance off the goal line until the ball has been kicked by the offensive player. The player taking the kick must kick the ball forward in order for it to be in play. If the ball is not put into play properly, the kick must be retaken. 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 on a penalty kick unless they were injured during the infraction. The kicker must wait for the official to start the play. The distance for a penalty kick is 12 yards from the goal line.

7.7 Penalty kick: Infringements

During a penalty kick, any encroachment by the defending team or forward movement by the defending goalkeeper is not penalized if the goal is scored. If a goal is not scored, the kick 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 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.

7.8 End of time variations

The ball is dead at the moment the whistle sounds to end either half. The whistle shall sound when time expires, unless the official needs to put time on for injuries or prolonged delays for out of bounds. A goal cannot be scored if the ball was in the air when the whistle was blown; the ball must have completely crossed the goal line. Time may be carried over only for a penalty kick. If the ball touches the goalkeeper during a penalty kick, before passing between the posts or after the expiration of time, the goal is good. If necessary, time of play shall be extended at the end of either half to allow a penalty kick to be taken. If a penalty kick is taken after the expiration of time, only the kicker may play the ball once with the goalkeeper in place.

7.9 Goal Kick: When taken

A goal kick is taken by a member of the defending team when the ball passes completely over the goal line, either in the air or on the ground, having last been touched by a member of the offensive team.

7.10 Goal kick: How taken

The ball is placed on the ground from any point in the goal area nearest to where it crossed the goal line. The ball must be kicked beyond the penalty area, or the kick will be retaken. The goal kick is a direct kick.

7.11 Corner kick: When taken

A corner kick is taken by a member of the attacking team when the ball passes completely over the goal line, either in the air or on the ground, having last been touched by the defending team.

7.12 Corner Kick: How taken

A member of the attacking team shall take a kick from within one yard of the nearest corner. A goal may be scored directly from a corner kick. The opposing team shall not approach within 10 yards of the ball until the ball has been kicked, if the opposing team approaches within 10 yards the kick is retaken. The kicker may not play the ball until another person has touched it. If the ball hits the goalpost and rebounds towards the kicker, he/she still cannot play the ball until another player has touched it.

7.13 Throw-in: When Taken

A throw-in is taken after it has passed completely over a sideline, either on the ground or in the air.

7.14 Throw-in: How Taken

The thrower, at the moment of delivering the ball, must face the field of play with both feet behind or on the line and both feet on the ground. The thrower shall use both hands equally and shall deliver the ball from behind and over his head. The ball shall be in play when it enters the field of play. If the ball never enters the field of play, the same team will retake the throw-in. A goal may not be scored by the throw-in. If the ball is improperly thrown in, a member of the opposing team shall take the throw-in. The thrower cannot play the ball until someone else has touched it. Penalty: Indirect free kick from point of infraction.

8. Shootouts

8.1 Any five players from each team, that were on the field at the end of the second overtime, will be selected by the team to shoot.
8.2 The goalkeepers will be the same as the goalkeepers from the end of the second overtime.
8.3 A coin flip will decide which team will shoot first. (The winner of the flip chooses whether to kick first or second.)
8.4 Each team has a total of 5 penalty kicks and will alternate each shot. No rebounds are allowed.
8.5 The kicker must wait for the official to start the play on each kick.
8.6 If the score is tied at the end of the shootout, a sudden death shootout will be held, with any player on or off the field eligible to shoot. A player may not shoot twice unless all other players have shot

once.
8.7 The sudden death shootout will have each team alternate kicks until one of the teams misses a shot.

9. Slide Tackles

9.1 Slide tackles are illegal in Intramural Soccer.
9.2 On the 1st offense, if the slide tackle is made and is not deemed malicious, it will result in a yellow card, direct free kick and an automatic 3 "Sportsmanship Rating". The entire team will be given a verbal warning.
9.3 On the 1st offense, if the slide tackle is made and is deemed malicious (playing the player and not the ball and/or from behind), it will result in a red card, direct free kick for the other team and an automatic 1 "Sportsmanship Rating". The entire team will be given a verbal warning. The second offense by any player on the team will result in a second ejection.
9.4 Two ejected players on a team in the same game will result in forfeiture of the game and a 0 "Sportsmanship Rating".
9.5 A goalkeeper may leave his/her feet to play the ball, as long as they do not play the ball with their feet. A goalkeeper leaving his/her feet within 6 feet of another player must do so with their legs in a bent position and may not at any time attempt to play the ball with their feet while on the ground. Doing so will be deemed a slide tackle.

10. Co-Rec Soccer

10.1 A regulation team consists of 10 players (one of which is the goalkeeper). A team may play with a minimum of 6 players. The possible combinations are 5m/5w, 4m/5w, 5m/4w, 4m/4w, 4m/3w, 3m/4w, 3m/3w.
10.2 In the case of a penalty kick, the person taking the kick must be of the same gender as the person who was fouled originally. (Example: a female is fouled in the penalty area, the penalty kick must be taken by a female)
10.4 If in the overtime period a shootout occurs, teams must alternate shots on goal between male and female. Females must attempt at least 2 shots on goal.
10.5 Any female scoring a goal will be awarded 1 point, including penalty kicks and goals which deflect off a female on the offensive team from another teammate.

10.6 Mercy Rule: If a team is ahead by ten or more goals by the end of the first half or by seven or more goals with five minutes or less remaining in the second half, the game will end. At the same time, if a team is ahead by six goals and is deemed to be stalling, the officials have the option to end the game and sportsmanship points may be deducted.