

CU • STUDENT REC CENTER INTRAMURALS
OUTDOOR SOCCER • RULES
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Email: imsports@colorado.edu
Website: www.colorado.edu/rec-center/intramurals

ROSTER SIZE IS LIMITED TO 18 PLAYERS
Teams winning a championship will receive a maximum of 11 t-shirts.

Games will be governed by the National High School Federation, with the following modifications:

GENERAL

- Participants should have adequate health insurance to cover any injury which may occur.
- Game time is forfeit time!
- No Buff OneCard = No Play!
- If you forfeit your first game you will be dropped from the league, if you forfeit your 2nd, 3rd, or 4th game you will not advance to the tournament. If you accumulate 2 Honest Effort Forfeits you will not advance to the tournament.
- The Intramural office does not reschedule league play or tournament games once the schedule has been posted. If your team is unable to make a game *the team captain must* email the Intramural Office at imsports@colorado.edu. The Intramural Office will email your game out to all the other teams and if your game is picked up your team will not be credited with a forfeit. If your game is not picked up then your team is responsible for playing that game.
- All games picked up by a team count as a real game and will count on your record and sportsmanship rating.

ELIGIBILITY

- Must be a full-fee paying CU student or Rec-center member.
- Must present your “Buff OneCard” or Rec-Center Membership card in order to check-in before every game. If a player does not have their Buff OneCard or Rec-Center Membership, they will not be allowed to participate.
- Players may play on only one team per sport (with the exception of being allowed to play on a Co-Rec team and a team of their own gender in the same sport).
- A player must have played in at least one of the first four regular season games in order to play tournament.
- **Intercollegiate Athletes:** Current intercollegiate athletes are not eligible to participate in their sport or any related sport. An intercollegiate athlete is any individual participating in intercollegiate contests attending regular practice, whose name appears on the official squad list, or who has won a letter at a recognized senior college. Varsity, red shirts, junior varsity players, and freshman are all considered intercollegiate athletes. You are considered an intercollegiate athlete for one entire school year unless you have been dropped from the squad before the first intercollegiate contest and no longer playing or practicing with the team.
- **Club Players:** A member of a club sport is defined as a student who participated or practiced with the club during the current academic year. Intramural teams are limited to 3 club players per team in their specific sport or any related sport and they must play in the most competitive league.

TEAMS/ SUBSTITUTIONS

- Eight players constitute a starting team. Each team must have six players on the field to start a game.
- In **Co-Rec** you must have at least 2 females or 2 males on the field at all times (you could play with 2 men & 6 women, or 2 women & 6 men, or 4 & 4 etc)
- An Honest Effort Forfeit will be awarded to teams that have only 5 players at game time, teams with any less than this will be given a standard Forfeit.
- Substitutions may occur by a team when they have possession of a throw in.
- Substitutions may be made by either team after a goal is scored or on a goal kick.
- You **cannot** sub on a corner kick. Substitutes must be at the half line when making substitutions.

EQUIPMENT

- A player's equipment may not include any unyielding or dangerous articles.
- Only ref. approved shin guards and soccer shoes or tennis shoes may be used.
- Knee braces or casts are only allowed if deemed safe by the official.

THE GAME

GAME LENGTH

- The game shall consist of two 20 minutes halves. The clock runs continuously.
- There is no overtime in regular season games.

CAPTAIN'S MEETING

- At the beginning of each game there will be a captains meeting. Officials will go over any questions or rules changes with captains at this time.

STARTING THE GAME

- The game shall be started by kicking the ball forward into the opponent's half of the field the distance of its own circumference (27 inches). All opposing players must be at least 10 yards from the ball until after it has been kicked off.

OVERTIME

- There is no overtime in regular season. Overtime only applies to tournament games.
- 5 player shootout on penalty kicks. If there is no winner then it will be followed by a "Sudden Death Shootout". Only players on the field at the end of regulation play may take the penalty kicks.
- During the entire process, no player except the goalie, the player who will kick the penalty, and the referees, should be on that half of the field. Nobody, including spectators, should be behind the goal line. All players must be on the other half of the field.
- No player shall take a second kick until all the players on his/her team including the goalie takes one penalty kick.
- The goalkeeper must remain on his goal line, facing the kicker, between the goalposts until the ball has been kicked.

CLARIFICATION OF THE RULES

OUT OF BOUNDS

- The ball must completely cross the boundary lines, whether on the ground or in the air, to be out of play.
- A throw shall be awarded to a team when the ball last touched a member of the opposing team before the entire ball passes beyond the touchline either in the air or on the ground. During a throw-in:
 - The thrower at the moment of delivering the ball must face the field of play and part of each foot shall be on the ground.
 - If a ball is thrown in to the keeper he/she **CANNOT** pick the ball up with his/her hands.
 - The thrower shall use both hands equally and shall deliver the ball directly over the head.
 - The ball shall be in play immediately after it is thrown, but a goal cannot be scored directly.
 - The thrower may not play the ball until it has been touched by another player.

- A goal-kick arises when the ball has been kicked completely over the goal line by the offensive team. To be in play the ball must be kicked beyond the penalty area, and then touched by another player other than the kicker. A goal cannot be scored directly. A player cannot be offside from a goal kick.
- A corner-kick arises when the ball has been kicked completely over the goal line, excluding that portion between the goal posts, last by the defensive team. The ball is kicked from the nearest corner of the field, and a goal may be scored directly.
- If the ball is kicked over the fence, a person from the team that kicked the ball must retrieve the ball. A substitution, if necessary, is allowed at this time.

OFFSIDES

- A player is off-side if he/she is nearer to the opponent's goal line than the ball at the moment the ball is played unless:
 - Player is in his/her own half of the field of play.
 - There are two opponents as close to their own goal line than he/she.
 - Player receives the ball directly from a goal-kick, a corner kick, a throw-in, or dropped by a referee.

GOALKEEPER POSSESSION

- The goalkeeper in possession of the ball must not be interfered with or impeded in any manner, by an opponent, until he/she clears the ball. This includes the act of dribbling with the hand and also the dropping of the ball for the kick.
- From the moment the goalkeeper takes control of the ball with the hands when playing as a goalkeeper within his/her penalty area, he/she has 6 seconds in which to release the ball into play. During that interval, he/she may hold the ball, bounce it, or throw it into the air and catch it.
- On any occasion when a player deliberately kicks the ball to his/her goalkeeper, the goalkeeper is not permitted to touch the ball with his/her hands.
- A goalkeeper shall not touch the ball with his/her hands when receiving it directly from a throw-in by a teammate.

PENALTIES

- A direct free kick is awarded
 - Kicks, strikes, attempts to kick or strike or jump at an opponent
 - Trips, including throwing, or attempting to throw an opponent by the use of the legs, or stooping in front of or behind.
 - If the goalkeeper attempts to strike, strikes or pushes an opponent with the ball
 - If a player, other than the goalkeeper in his/her own penalty area, handles the ball
 - If a player holds or pushes an opponent.
 - Charges in a violent or dangerous manner.
 - Charges the goalkeeper in the penalty area.
 - Kicks or attempts to kick the ball when it is held by the goalkeeper.
 - Intentionally obstructs an opponent when not playing the ball.
 - Uses a slide tackle except in the Open (most competitive) League.
 - Indulges in tactics which, in the opinion of the ref, are designed merely to hold up the game and thus waste time giving an unfair advantage to their own team.
- A direct free kick is one from which a goal can be scored directly.
- An indirect free kick is awarded for
 - Offsides
 - Goalkeeper violation or second touching

- Dangerous Play
 - Obstruction
- An indirect free kick is one from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal. Indirect kick is signaled by the ref lifting his/her left arm until the ball is touched by a second player. If the referee doesn't raise his/her arm, the kick is direct.
 - On all free kicks and penalty kicks, all opponents must be at least 10 yards from the ball. Players interfering with the start of play will be immediately carded.
 - A player shall be sent off the field of play if, in the opinion of the ref, if the player:
 - is guilty of violent conduct or serious foul play
 - uses foul or abusive language
 - persists in misconduct after having received a caution
 - criticizes, or interferes with the judgment of the referee – after being cautioned.
 - "Any individual who is guilty of flagrant misconduct by intimidating opponents, use of profuse profanity and/or not acting in a manner favorable to the purpose, objective, and intent of Intramurals in an Intramural contest, HAS AUTOMATICALLY SUSPENDED THEMSELVES FROM FURTHER PARTICIPATION.
 - Any individual or team involved in a fight will be dropped from the program.
 - No alcoholic beverages should be brought to the field, no playing while intoxicated.
 - Circumstances not covered in this list should be dealt with according to FIFA soccer rules

CONDUCT/SPORTSMANSHIP

- Fighting and unsportsmanlike conduct will not be tolerated and is be grounds for the entire team being dropped from the program. Any team whose members leave the bench results in the entire team being suspended for at least the semester.
- Any abusive language, physical gestures and untimely questioning of calls directed at an official, scorekeeper, or player, is grounds for a free kick.
- Pre and post game: harassing of officials, scorekeepers, other players, or a supervisor, poor sportsmanlike conduct, or lack of cooperation is subject to penalty from a mild warning to complete expulsion from the program.

TOURNAMENT SCHEDULES

- All teams that do not forfeit any regular season game, do not have 2 or more Honest Effort Forfeits, and have an average of a 3.0 sportsmanship rating will advance to the post season tournament.
- Tournament schedules will be posted the last week of the regular season.