

CU • STUDENT REC CENTER INTRAMURALS
OUTDOOR SOCCER • RULES
Office Line: 303-492-2893 • Email: imsports@colorado.edu
Website: www.colorado.edu/rec-center/intramurals
Last reviewed August 2025

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 current rules of the National Intramural and Recreational Sports Association (NIRSA), with the following modifications and points of emphasis:

GENERAL

- Participants should have adequate health insurance to cover any injury which may occur.
- Alcoholic beverages and drugs are prohibited in the Student Recreation Center, on any recreation center property and at all Intramural Sports sanctioned events. Participation while under the influence of these substances is also prohibited in these areas. Any violation of this policy will be grounds for immediate ejection, forfeiture and possible suspension.
- **No Buff OneCard or Government issued ID = No Play! All intramural participants are required to have either their Buff OneCard or Government issued ID with them at EVERY intramural event. Failure to do so will result in ineligibility. NO EXCEPTIONS!**

FORFEITS

GAME TIME IS FORFEIT TIME! All teams should arrive 15 minutes prior to the scheduled start of the game to check in and get the necessary equipment for the game. Any team failing to report ready to play at the scheduled starting time will forfeit to their opponent, be assessed a fee, and become ineligible for playoffs.

- **Teams who forfeit will have all of their members suspended until the forfeit fee has been paid. The forfeit fee will be \$30.**
- The captain of the team will be emailed a notification of the forfeit fee. Teams can pay the forfeit fee online (Link) or at the guest services desk at the Student Recreation Center.
- Once the fee has been paid teams will bring their receipt to the IM Sports office to be reinstated.
- 10-Minute Grace Period: If one team is present and ready to play, they can choose to grant their opponents a 10-minute grace period.
 - The game clock will start at the original start time.
 - If the required minimum number of players arrives within 10 minutes, the game will be played and recorded as an official game.
 - The waiting team will be given a point for every minute they wait.
- If neither team has the required number of players at the scheduled contest time, both teams will be given 10 minutes to complete their team.
 - No scoring advantage will be given to either team in this case.
- **Teams that have a second forfeit will be assessed an additional forfeit fee and dropped from the league.**

Defaults

If your team is unable to make a regular season game, your team captain must email the Intramural Office at imsports@colorado.edu by 2:00 pm the day of your scheduled game, and by no later than 2:00 pm on the Friday preceding a Sunday game time. This will result in a default and keep your team from being assessed a forfeit fee.

Teams that default a second game in a season will be treated as a forfeit and be given a forfeit fee.

ELIGIBILITY

The following people are eligible for participation in Intramural Sports:

- Students: All **full fee-paying** students are eligible to participate in the Intramural Sports Program. Graduate students who opt out of paying Recreation Center fees and who are not members of the Recreation Center are not eligible to participate in Intramurals.
- Faculty, Staff, and Alumni Members: All faculty, staff, and alumni members that have a Recreation Center Membership are eligible to participate in the Intramural Sports Program.
- Part-Time Students and Continuing ED: All **full-fee** paying part-time and continuing education students or part-time and continuing education students who are members of the Student Recreation Center are eligible to participate in the Intramural Sports Program. Part-time and continuing education students who opt out of paying Recreation Center fees and are not members of the Recreation Center are not eligible to participate in Intramurals.
- Student/Faculty/Staff Spouses: Spouses of eligible undergraduate students, graduate students, faculty and/or staff members who have a valid Recreation Center Membership are eligible to participate in Intramurals.
- The minimum age to participate is 15 years old.
- Miscellaneous: All other persons who have a valid Recreation Center Membership (minimum monthly membership that is active) are eligible to participate in the Intramural Sports Program.
- [Link to Rec Membership page](#)

*****All participants must present their Buff OneCard or any government-issued photo identification at every game to check-in. *****

TEAMS/ SUBSTITUTIONS

- A team consists of eight players on the field at a time (including a goalie), with at least three players of a different gender for Co-Rec play.
 - Teams must have at least six players on the field by game time to be eligible to start the game, with at least one player being of a different gender for Co-Rec play.
- 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

- Players must wear athletic-style clothing. Some examples of inappropriate clothing would be such items as jeans, button-down shirts, sandals, dress shoes, etc. The Intramural Staff has the final discretion on what is deemed appropriate and inappropriate.
- Players must wear athletic footwear (tennis shoes, cross trainers, molded cleats, etc.). No Crocs, flip-flops, toe shoes, sandals, boots, dress shoes or shoes of the like are allowed during play.
- Players may not wear hats, watches, headphones or any sort of jewelry.
- Teams are required to wear shirts of the same color, which is chosen by their captain at the time of registration. If both teams are wearing the same color jersey, scrimmage vests will be given to the away team.

- Shin Guards may be used but must be approved by the Intramural Official.
- Braces or casts are only allowed if deemed safe by the Intramural Supervisor on site.

THE GAME

GAME LENGTH

- The game shall consist of two, 20 minutes halves with a running clock.
- There is no overtime in regular season games.

TIMEOUTS

- There are no timeouts in Intramural Outdoor Soccer

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 ten yards from the ball until after it has been kicked off.

MERCY RULE

- If a team is ahead by ten or more goals with ten minutes or less remaining in the second half, the game is over.

OVERTIME

- There is no overtime in the regular season. Overtime only applies to tournament games. In the post-season tournament, a five-player shootout will occur 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 take one penalty kick.
- The goalkeeper must remain on his goal line, facing the kicker, between the goalposts until the ball has been kicked.

FOULS/PENALTIES

- A direct free kick is awarded when:
 - 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**
 - 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:
 - Guilty of violent conduct or serious foul play
 - **Slide Tackles are an Automatic Red Card**
 - 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 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 NIRSA or NFHS soccer rules.

RULE CLARIFICATIONS

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 offsides 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.

CONDUCT/SPORTING BEHAVIOR

We will be using a “2, 3, 4” method of determining eligibility for all leagues and major tournaments. The following will be in effect for the activity’s season:

- The accumulation of **TWO (2)** unsporting conduct fouls in a game will result in the ejection of the individual from the game, and procedures outlined in the “Ejections” section.
- The accumulation of **THREE (3)** total unsporting conduct fouls during an activity’s season will result in the dismissal of the individual from the activity for the remainder of its season.

The accumulation of **FOUR (4)** unsporting conduct by a team will result in the forfeiture of the contest.

- The accumulation of **FIVE (5)** total unsporting conduct fouls by the team’s participants during an activity’s season will result in the dismissal of the team from the activity for the remainder of the season.

**Unsporting totals rollover to playoffs*