

**CU • STUDENT REC CENTER INTRAMURALS**  
**OUTDOOR SOCCER • RULES**  
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**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 JEWELRY is allowed in any intramural competition.
- **Game time is forfeit time! Players should check in with the Intramural Supervisor at least 15 minutes before their scheduled game time. If you do not have enough players to field a team at game time, your team will receive a Forfeit. NO EXCEPTIONS!**
- **No Buff OneCard = No Play! All intramural participants are required to have either their Buff OneCard or Rec Center membership card with them at EVERY intramural event. Failure to do so will result in ineligibility. NO EXCEPTIONS!**
- The following are situations in which your team WILL NOT be allowed to advance to the post-season tournament:
  - If you forfeit one regular season game.
  - If you accumulate two or more Honest Effort Forfeits (HEF).
  - If your team fails to average a 3.00 or better sportsmanship rating.
- The Intramural Sports Office **DOES NOT** reschedule regular season or post-season tournament games once the schedule has been posted. If your team is unable to make a regular season game, **your team captain must** email the intramural office at least 24 hours prior to your scheduled game time Monday-Friday, and by no later than 5:00pm on the Friday preceding a Sunday game. The intramural office will then be responsible for offering out your game. If your game is picked up by another team, your team will not be credited with a Forfeit. However, if your game is not picked up by another team, your team is still responsible for playing that game. Failure to notify the intramural office by the deadline stated will result in a Forfeit. Failure to show up to a game where no replacement team was found will result in an Honest Effort Forfeit (HEF).
- All games picked up by a team count as a real game and will count towards your record and sportsmanship rating.

**FORFEIT POLICY**

- **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 shall forfeit to their opponent. Any team that forfeits will be removed from the league for the remainder of the season.
- If you are not playing at least 50% of your scheduled games due to other teams forfeiting, please contact the intramural office to see if we can schedule more games for your team.

## ELIGIBILITY

- Every eligible intramural participant must be a full fee paying University of Colorado student or recreation center member.
- Every eligible intramural participant must present their Buff OneCard or Student Recreation Center Membership Card in order to check in before every game. If a player fails to have one of these two proofs of identification, they will not be allowed to participate. NO EXCEPTIONS!
- Players may play on no more than one team in the Equal Opportunity division and one in the Co-Rec division per sport per session.
- A player must have played in at least one of the first four regular season games in order to be eligible to play in the post-season 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 academic 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 three club players per team in their specific sport or any related sport, and athletes must play on a team in the most competitive league offered.

## 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.
- An Honest Effort Forfeit (HEF) will be awarded to teams that have only three players at game time, teams with any less than this will be given a standard Forfeit. Any team receiving an HEF will be given 3.0 points towards their sportsmanship rating.
- 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.
- Only ref. approved shin guards may be used.
- 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 six or more points they must play a player down. If a team is ahead by ten or more goals with four minutes or less remaining in the second half, the game is over.

### **OVERTIME**

- There is no overtime in 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 takes 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 except in the 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

## **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 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.

### **GOALKEPPER 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/SPORTSMANSHIP

- Fighting and unsportsmanlike conduct will not be tolerated and are grounds for the entire team and all its members being dropped from the league and/or from Intramural Sports. Any team whose members leave the bench will result in the entire team being suspended for at least the semester.
- Any abusive language, physical gestures and untimely or inappropriate questioning of calls directed at any intramural staff, participant or spectator is grounds for ejection. Team technicals may be given and team captains are therefore responsible for controlling their respective benches.
- Pre and post-game harassing of any intramural staff, participant or spectator, as well as any unsportsmanlike conduct or lack of cooperation, is grounds for program penalty, suspension or expulsion.
- The Intramural Supervisor has the ability to award penalties and/or ejections to any Intramural Participant or Spectator at any point in time.
- Only captains may address the intramural staff on matters of interpretation and discussion.
- Teams are required to clean up after themselves and keep the intramural playing area clean. Failure to do so can impact your sportsmanship rating.
- **Teams must average no less than a 3.0 sportsmanship rating. Failure to do so will result in expulsion from the post-season tournament.**

## TOURNAMENT SCHEDULES

- Teams are considered ineligible for the post-season tournament for the following reasons:
  - Accruing one Forfeit.
  - Accruing two Honest Effort Forfeits (HEF).
  - Receiving less than a 3.0 sportsmanship rating average.
- Post-season tournament schedules will be posted the last week of the regular season.

**Forfeit Score: 3-0**

**Needed to Start: 8 players (3 of a different gender of Co-Rec)**

**Minimum to Start: 6 players (1 of a different gender for Co-Rec)**

**HEF: 3 players**