



Intramural Sports Outdoor Soccer Rules



Intramural Sports Participant Manual

- All participants are required to adhere to the policies of Intramural Sports. This information is located online at <http://intramurals.athletics.cornell.edu/IMWeb/Intramurals..>
- In the Intramural Sports Participant Manual, you will find important information regarding:

Team Information	Participant Information
• Registration	• Eligibility
• Divisions	• Participation
• Playoffs	• Participant Conduct
• Sportsmanship	• Safety
• Forfeits and Cancellations	• Alcohol and Drug Policy
• Protests	
• Champions	

Fields

- All games will be played on the Jessup Field Complex located at the intersection of Jessup Road and Triphammer Road. **These fields are only available for scheduled Intramural Sports activities.**
- Open recreation is available on North Campus behind Appel Commons.
- All participants should park in A-Lot.

Equipment

- No boots, screw-in cleats, steel cleats or hard-toed shoes are allowed. Tennis shoes, turf shoes or molded soccer cleats are recommended.
- No jewelry is allowed (watches, earrings, necklaces, etc.).
- Sweatbands on head or wrist are allowed. No hats, bandanas, or other headwear is allowed. Nothing is allowed which has a knot.
- Shin guards are not required but strongly recommended.
- Injured players are allowed to wear braces, soft casts and protective coverings provided they are covered with 1/2 inch high density padding or wrapped with a similar material with the same minimum thickness. However, the referee shall not allow a player to wear anything which he/she deems dangerous (i.e. hard casts and splints are not allowed or anything the supervisor deems as unyielding material/no give).
- Recreational Services will provide balls. No other balls will be allowed to be used in games.

Timing

- Game shall consist of two twenty (20) minute halves with a five-minute half time. The game clock is continuous and will not stop for a ball going out of play.
- The clock starts on the hour. It is the team's responsibility to be ready to play at the official game time.
- Ties will stand during the regular season. For the playoffs, a five-minute sudden death overtime period will be played. If the score remains tied after one overtime period, then a shoot-out occurs. Each team will get five penalty kicks, alternating kicks between teams. If the game is still tied after the five penalty kicks, the game will go into sudden-death penalty kicks.
- Mercy Rule: The game will end if the difference in score is 7 or more goals with ten-minutes remaining in the second half (or at any point thereafter).

Players

- Eight players per team are allowed on the field at a time. A minimum of six players is necessary to begin and continue play.
- CoRec Modification: Teams will consist of a minimum of three women and three men. A minimum of six players is necessary to begin and continue play. There must be an equal number of each gender, or in the case of 7 players, a difference of one.
- Any number of substitutions may be made during the following dead ball situations:
 - Goal kicks and corner kicks
 - Following a goal
 - During a team or injury timeout
 - The team in possession of the ball for a throw-in may substitute. If the team in possession of the ball chooses to substitute, the opposing team may substitute at that time
- Substitutes cannot take penalty kicks. Only a player on the field at the time of the foul may take the penalty kick.
- The goalkeeper can switch positions with a player on the field at any time a substitution is allowed, provided the referee is informed before the change is made.
- A team **MUST** substitute for a player who is bleeding. Officials can stop play immediately when there is an immediate dangerous situation/injury.

Start of Play (Start of Game, Half-time, following goal, following stoppage in play)

- Games will begin with a flip of a coin at midfield. The team winning the coin toss will have their choice of offense, defense, or side.
- Play begins with a place kick toward the opponent's half of the field. At the moment of the kickoff, all players shall be in their team's half of the field. The opposing team must be ten yards from the ball until it is kicked.
- The ball must roll its circumference or be re-kicked.
- A goal may be scored directly from a kickoff.
- The kicker shall not play the ball a second time until it has been touched or played by another player.
- After a goal is scored, a player of the team losing the goal shall restart the game with another kickoff manner.
- When restarting after halftime, the teams shall switch ends and a player of the team that did not kick off to start the game shall take the kick-off.
- When restarting the game after a temporary suspension of play from any cause not mentioned elsewhere, the team with possession of the ball at the time the suspension of play was called shall be awarded an indirect kick at the point of possession, provided that immediately prior to the suspension the ball had not passed over the touch or goal lines. If neither team had possession of the ball, the referee shall perform a drop ball at the location of the ball when the suspension was called.

General Playing Rules

- Corner Kicks: Corner kicks occur when the ball crosses the end line (not scoring) and is last touched by a defender. A goal can be scored directly on a corner kick. Opponents must stay ten yards away from the kick.
- Free Kicks: Opposing team players must stand ten yards away. The ball must be motionless prior to the kick.
- Goal Kicks: Goal kicks occur when the ball crosses the end line (not scoring) and is last touched by an offensive player. Goal kicks are kicked from in the goal area. Opponents must be outside the penalty area until the ball crosses the penalty area line. The kick must be a place kick. Anyone may take the goal kick.
- Goalkeeper: Hands and arms may be used to stop a ball from scoring while standing in the ten-yard penalty box. Hands may not be used to receive a pass back from the feet of a teammate.

- **Offside:** When less than two opponents are between you and the goal when the ball is played to you. Being even with the second defender is being on-side (EVEN IS ON!). This will be determined from the time that the ball is kicked. **VIOLATION:** Indirect free kick. A player is not offside if that player receives the ball directly from a throw-in, corner kick, or goal kick.
- **Penalty Kicks:** The penalty mark is on the edge of the penalty box, ten yards out from the goal line. The goalkeeper must stand on the goal line until the ball is kicked. A defender committing a foul (direct kick foul) inside the penalty area results in a penalty kick.
- **Throw-Ins:** Throw-ins are taken when the entire ball goes out of bounds over the sideline. The throw is two-handed with equal pressure and continuous. Both feet must remain on the ground and behind the sideline.
- **Handball:** Player touches the ball with any part of his arm, from the armpit down.

Penalties and Fouls

- **A “direct” free kick is awarded to the opposing team if a player:**
 1. spits at, kicks, strikes, attempts to kick or strike, or jumps at an opponent
 2. trips or attempts to trip an opponent
 3. other than the goalkeeper in his/her own penalty area, deliberately handles the ball
 4. pushes or holds an opponent with the hand(s) or arm(s) extended from the body
 5. charges an opponent (including the goalkeeper) in a violent or dangerous manner
- **An “indirect” free kick is awarded to the opposing team if:**
 1. the ball is played next by the kicker following a kickoff, a free kick, a penalty kick, a goal kick, a corner kick or by the thrower following a throw-in
 2. a player who is not in possession of the ball obstructs an opponent who is attempting to play the ball
 3. a player kicks or attempts to kick the ball while it is in the possession of the goalkeeper
 4. a dangerous play occurs
 5. the goalkeeper takes more than six seconds before releasing the ball for play
 6. the goalkeeper illegally handles the ball while in his/her own penalty area after once relinquishing possession of the ball
 7. the ball needs to be put back into play for any other stoppage of play
- **Players will be penalized with a yellow card for:**
 1. an intentional hand ball
 2. entering or leaving the field of play without the permission of an official
 3. persistent infringement of any game rules
 4. verbally or physically objecting any decision given by an official
 5. use of vulgar or profane language
 6. unsportsmanlike conduct
 7. during a free kick, dancing or making gestures in a way to distract an opponent
- A cautioned player shall be substituted for immediately and not return until the next legal substitution opportunity. The restart after a card has been issued shall be an "indirect free kick" awarded to the non-offending team from the spot of the ball when the referee stopped play, unless the game had been stopped for some other reason calling for a different restart.
- **Players will be penalized with a red card and may not be replaced for:**
 1. exhibiting violent conduct
 2. taunting
 3. a player anywhere on the field (other than the goalkeeper) who deliberately handles a ball to prevent it from going into the goal
 4. a foul by a player against an opponent who is moving toward his/her offensive goal with an obvious opportunity to score

5. Using foul or abusive language.
 6. Being guilty of misconduct after having received a caution (referee shall show both a yellow and a red card).
 7. Slide tackles from behind.
 8. Conduct which warrants ejection in the judgment of the referee.
 9. In the event of a fight, any bench personnel that enter the field of play.
- A disqualified/ejected player (on the field/in the game) cannot be replaced (no substitution and team must play short for the remainder of the game). Ejected bench personnel or an ejected coach does not reduce the number of players on the field. The restart after a card has been issued shall be an "indirect free kick" awarded to the non-offending team from the spot of the ball when the referee stopped play, unless the game had been stopped for some other reason calling for a different restart.

All rules not specifically covered in this document will be enforced as NFHS Soccer Rules.

All rules are subject to change by the Intramural Sports professional staff.