

**Each player must meet one of the following conditions to sign-in:**

- 1) Present their own, valid UF Gator 1 Card before each contest to be eligible to participate.**

**OR**

- 1) Have a registered Rconnect.recsports.ufl.edu profile and be part of the team's roster. The participant must verify his/her UF Gator 1 status OR show a government-issued photo ID to be eligible to participate.**

**NO EXCEPTIONS!**

All Intramural Sports participants are responsible for their own medical expenses. Any student unsure of their physical condition should check with their family physician or the Student Health Care Center before participating in Intramural Sports.

Game time is forfeit time.

A team forfeits when they fail to have any players legally signed in and properly attired to play at the scheduled game time. If a team has less than the minimum number of players, but at least one person legally signed in and properly attired to play, a team will be given ten minutes from scheduled game time to reach the minimum number of players needed to begin a contest. Participants will not be given warm-up time for showing up after scheduled game time. Please refer to the Participants Guide for more information.

**SHIN GUARDS ARE REQUIRED!**

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. The officials are in absolute control of the game.

The 2018-2019 National Federation of State High School Association soccer rules will govern all play for any rule not covered in the following Intramural Sports rules:

**1. Equipment**

**1.1** Each team is required to wear a shirt with the same shade of the same color. Goalkeepers must wear a different colored shirt than either team. **TEAMS (INCLUDING GOALKEEPERS) ARE NOT PERMITTED TO WEAR YELLOW JERSEYS!** Each team must bring an alternate white jersey to each game.

**1.1.1** In the event that both teams fail to bring enough alternate white jerseys, the result of the match will be a double forfeit.

**1.2** All players must wear athletic shoes. The shoes must have a rubber sole, regular 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 which may be dangerous to any player (such as hats and bandannas) is not allowed. The 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.

**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 ½ inch of slow recovery rubber or similar material will be allowed.

**1.5** Exposed jewelry, rubber bands, chains, rings, or earrings may not be worn. Medical alert bracelets may be taped to the body.

**1.6** Shin guards must be worn and completely covered by socks at all times. Players without shin guards that are not covered will not be allowed to participate. Shin guards must be worn properly according to NFHS rules. Final judgment as to whether shin guards are worn legally is left to the discretion of the intramural supervisor.

**2. Players and Substitution**

**2.1** A regulation single-gender team consists of seven (7) players (one of which will be the

goalkeeper), with Co-rec consisting of 8 players. A team must have a minimum of five (5) players to play. (6 players for Co-Rec)

**2.2** If a player has been disqualified (red card), or two (2) yellows resulting in a red card, he/she cannot be replaced in that game.

**2.2.1** For Co-Rec games, a team with a disqualified player will play down a player of the gender that was disqualified (e.g. A full team with a male who is disqualified will continue the game 3M/4F, not 4M, 3F).

**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** The following conditions apply to substitutions:

**2.4.1** Either team may substitute on any goal kick or kick-off.

**2.4.2** The team in possession may substitute on their throw-in or corner kick.

**2.4.3** The team NOT in possession may substitute an unlimited number of players on an opponent's throw-in or corner kick if the possessing team substitutes.

**2.4.4** Either team may substitute if a player has been injured.

**2.4.5** Either team may substitute once if a player has been cautioned (yellow). The cautioned player MUST leave the field and can return at the next substitution opportunity.

**2.5** A team may play with less than five players once the game has started if, during the course of the game, a player must leave due to injury, illness, or disqualification. A team must have at least 3 players to continue a game.

**2.6** Goalie substitutions must be notified to the official and done in a timely manner.

### 3. The Game

**3.1** Each half will be 20 minutes in length with a continuous running clock. However, the clock will stop with each whistle within the last two (2) minutes of the second half. Half-time will not exceed five (5) minutes. The clock will be stopped at the referee's discretion for injuries and excessive delays. No injury time will be added at the end of the game and the game is over when the clock expires.

**3.2** Time-outs will not be allowed.

**3.3** Possession and side will be determined before the start of the game. At the beginning of the second half the team that did not kickoff in the first half will then do so.

**3.4** The referee will whistle the ball into play. The kick off must be taken from the center of the field. Each team must be on its own half, and the defensive team must be at least 10 yards away until the ball is kicked. The player who initially kicked the ball may not touch the ball until another player has touched it (double touch results in indirect kick for opposing team). On the initial kick, the ball is in play when it is kicked and moves.

**3.5** All kickoffs are DIRECT.

**3.6** 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 or 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 was scored upon will kickoff.

**3.7** Teams will change ends at half time. The team that did not kick off the first half will kick off the second half.

**3.8** The ball is out of play when it completely crosses the touchlines or goal lines.

**3.9** The referee blowing his/her whistle warrants a dead ball (even if inadvertent).

**3.10** To restart play, the following methods are used:

**3.10.1** Throw-in: When the ball crosses the touchlines. Possession is given to the team the referees deemed did not touch the ball last.

**3.10.2** Goal kick: When the ball crosses a goal line, last touched by the offense.

3.10.2a The ball must be stationary and is kicked from any point within the goal area by a player of the defending team.

3.10.2b The ball is in play when it is kicked and clearly moves. Opponents must be outside the penalty area until the ball is in play.

3.10.2c If, when a goal kick is taken, any opponents are inside the penalty area because they did not have time to leave, the referee allows play to continue.

3.10.2d If an opponent who is the penalty area when the goal kick is taken or enters the penalty area before the ball is in play, touches or challenges for the ball before it is in play, the goal kick is retaken.

**3.10.3** Corner kick: When the ball crosses a goal line, last touched by the defense.

**3.10.4** Direct/Indirect Free Kick: When an on-field infraction has occurred.

**3.10.5** Drop Ball: (See rule 3.12)

**3.11** Ball in play: The ball is still in play if it stays inbounds after rebounding off the goal, referee, or corner flags and remains in the field of play.

**3.12** A drop ball will be called when play is stopped due to an injured player, an inadvertent whistle, stopped by a referee or touches the head official (remains on the field of play and a team gets an unfair advantage, ball goes directly into the goal, or the ball changes possession as a result). A drop ball must touch the ground before either team makes contact with the ball to return it to play.

**3.13** Mercy Rule: For single gender (Men's, Women's, Sorority, Fraternity & Open) teams by halftime, or anytime thereafter, if a team is ahead by 10 or more goals, the game will end. In addition, a 5 goal lead within the last 5 minutes will end the game. For Co-Rec teams by halftime, or anytime thereafter, if a team is ahead by 20 or more goals, the game will end. In addition, a 14 goal lead within the last 5 minutes will end the game. At the same time, if a team is ahead by one less goal than the mercy rule, and is deemed to be stalling, the officials have the option of ending the game.

**3.14** During the regular season, tie games will stand. During playoffs (or tournaments), ties will be broken using the following rules: Two 5-minute, consecutive sudden death overtime periods will be played. Possession and side will be determined before the first overtime period. 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. There will be no intermissions, either between the end of the second half and the first overtime, or the first and second overtime periods. If there is no scoring in the second overtime, then kicks from the penalty mark (penalty kicks) will be conducted. One coin toss will be conducted to determine which goal will be used. A second coin toss will be used to determine which team shoots first. After the second overtime, each team will select 5 players to participate in the shootout (Players must be on the field at the end of overtime to participate in the shootout). The goalie is allowed to shoot during kicks from the penalty mark, but it is not required that they are one of the first five shooters. The same goalie that ended the second overtime must defend the penalty kicks, and it must be the same goalie for the entire shootout, unless the goalie is injured (See Rule 8 - Shootouts - for further clarification). If after both teams' five kicks there is still a tie, it will become sudden death (meaning each team shoots once until one team scores and the other team does not). The remaining players must shoot first before the original shooters can shoot again.

**3.15** Regular season games cancelled (prior to game time) due to weather or field conditions will be considered a 'no result' for both teams. If inclement weather causes a started game to end early:

**3.15.1** The game is a 'no result' if it has not reached halftime.

**3.15.2** The game (and score) is final if the game has reached halftime before cancellation.

**3.16** Playoff games cancelled due to weather or field conditions will be rescheduled if the game has not yet reached halftime.

**3.16.1** If a game has not reached halftime, the game will be restarted from beginning, regardless of score at time of cancellation.

**3.16.2** If a game has reached halftime at time of cancellation, the game (and score) is final.

#### 4. Rules Clarifications

**4.1** Fans and coaches must stay off the field at all times. Fans and coaches may never stand between the two fields. Continued violations of this rule will result in a yellow card 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.

**4.2** 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.

#### 5. Offside

**5.1** A player is in an offside position when nearer to his/her opponent's goal line than the ball unless:

**5.1.1** The player is in his/her own half of the field of play.

**5.1.2** The player is not nearer to the opponent's goal line than at least two opponents (does not have to include goalkeeper).

**5.1.3** The position of any part of the player's head, body or feet will be deciding factor, not the player's arm.

**5.2** A player shall not be penalized for being in an offside position if the ball is received directly from a goal kick, corner kick or throw-in.

**5.3** A player will only be penalized for being in an offside position if, at the moment the ball touches or is played by a teammate, that player is involved in active play by:

**5.3.1** Receiving the ball or clearly making a motion to play the ball.

**5.3.2** Interfering with play or with an opponent.

**5.3.3** Gaining an advantage by being in the position.

**5.4** Offside is completely left to the judgment of the officials.

**Penalty: Indirect Free Kick**

## **6. Fouls and Misconduct**

### **6.1 Kicking-Striking-Tripping-Jumping**

**6.1.1** A player shall not intentionally attempt to kick, strike or jump at an opponent.

**6.1.2** A goalkeeper may not intentionally strike or attempt to strike an opponent by throwing the ball at the opponent.

**6.1.3** A player shall not intentionally trip an opponent.

**6.1.4** A player shall not hold, push or impede an opponent with hands or arms extended from the body.

**Penalty: Direct Free Kick**

### **6.2 Handling**

**6.2.1** A player shall be penalized for intentionally handling, carrying, striking or propelling the ball with a hand or arm. If a player handles the ball on an obvious (official's judgment) goal-scoring play, the goal will count, and the player will be issued a yellow card.

**6.2.2** The goalkeeper is exempt from this rule when handling the ball within their own penalty area.

**Penalty: Direct Free Kick**

### **6.3 Charging**

**6.3.1** 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, or at least one foot on the ground and the ball within playing distance.

**6.3.2** A player having one or both feet on the ground shall not charge into an opponent that has no feet on the ground.

**6.3.3** A player shall not charge into the goalkeeper in the penalty area.

**6.3.4** An official shall disqualify any player who flagrantly fouls the goalkeeper in possession of the ball.

**6.3.5** 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.

**6.3.6** Outside the penalty area, the goalkeeper has no more privileges than any other player. Note: When goalkeepers put the ball on the ground, they relinquish their rights as goalkeepers.

**Penalty: Direct Free Kick**

### **6.4 Dangerous Play**

**6.4.1** In the opinion of the official, all high kicks above the waist in a dangerous manner will be prohibited. If a dangerous high kick is committed it is in the official's discretion whether to issue a yellow card, red card, or no card at all depending on the severity of the infraction.

**6.4.2** A player can also be considered for a dangerous play if they lower their own head to a dangerous level.

**6.4.3** Dangerous play will be called for players attempting to play the ball from the ground.

**Penalty: Indirect Free Kick**

### **6.5 Obstruction**

**6.5.1** 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.

**6.5.2** 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. This obstruction results in an automatic yellow card for unsportsmanlike conduct.

**Penalty: Indirect Free Kick**

### **6.6 Goalkeeper Release**

**6.6.1** From the moment the goalkeeper takes control of the ball with the hands in the penalty area, the goalkeeper has six seconds to release the ball into play. Failure to do so will result in the other team receiving an indirect free kick from that spot. The goalkeeper may throw to a teammate, or may drop the ball to his/her feet to gain possession, where it is playable by other players as well.

**6.7** Back Pass Rule - When passing the ball to the goalkeeper via a kick, the goalkeeper must not handle the ball. Furthermore, the keeper may not play the ball with his/her feet and then pick it up with his/her hands. Lastly, a player may not use trickery to play the ball to his/her keeper, to allow the keeper to play the ball with his/her hands.

**Penalty: Indirect Free Kick from spot of infraction**

**6.8** Misconduct

**6.8.1** A player or coach shall be cautioned for: Persistently infringing upon the rules of the game or acting in an unsportsmanlike manner and/or objecting by word of mouth or action to the decisions given by an official.

**6.8.2** A player or coach will be disqualified for: Persistent misconduct or a second caution and/or exhibiting violent conduct or using violent or abusive language.

**6.8.3** Yellow Cards- any player warranting a yellow card (rough play, verbal abuse, physical abuse, etc.) will be required to leave the field of play until the next substitution opportunity. If the goalie is the recipient of the yellow card, the team will be permitted to make a goalie change.

**6.8.4** A player will be ejected if he/she receives a second yellow card, is guilty of serious foul play or violent conduct, spits at an opponent, or uses offensive/insulting language or is deemed to deserve the ejection at the official's judgment.

**6.8.5** Two ejected players on the same team will result in a default of the game.

**6.8.6** **If three yellow cards are issued in a game due to tactical fouls or excessively vulgar language/verbal abuse , the game is subject to forfeiture if deemed by the officials.**

## 7. Free Kicks

**7.1** Free kicks shall be classified as "direct," from which a goal may be scored, or "indirect," from which a goal cannot be scored unless the ball is played by at least one other player from either team before entering the goal.

**7.2** All free kicks may be taken in any direction and by any player of the offended team.

**7.3 Direct Kick Offenses:**

**7.3.1** Kicking or attempting to kick an opponent

**7.3.2** Tripping or attempting to trip an opponent

**7.3.3** Jumping at an opponent

**7.3.4** Charging an opponent

**7.3.5** Striking or attempting to strike an opponent

**7.3.6** Pushing an opponent

**7.3.7** Tackling an opponent to gain possession of the ball, making contact with the opponent before touching the ball

**7.3.8** Holding an opponent

**7.3.9** Spitting at an opponent

**7.3.10** Handling the ball deliberately (except for the goalkeeper within his/her own penalty area)

**7.3.11** Sliding in a manner that the official deems a foul, yellow card, or red card.

**7.4 Indirect Kick Offenses:**

**7.4.1** "Double touch" on any restart

**7.4.2** Offside

**7.4.3** Obstruction

**7.4.4** Dangerous play

**7.4.5** Goalkeeper release rules (See Rule 6.6-6.7)

**7.4** During a free kick restart, opposing players must be at least 10 yards from the ball until it is kicked, with exception of any player standing on their own goal line. 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 prior to the kick. The ball is in play when it is touched and moved. After the kick, the ball may next be played by any player except the kicker. A kick in a team's own 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 direct free kick offense committed inside the defensive penalty box. A goal may be scored directly from a penalty kick

**7.6 Penalty Kick: How Taken**

The penalty kick is taken from the penalty mark which is 12 yards from the center of the goal 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 behind the line designated by the officials. The opposing goalkeeper must stand on his/her own goal line, until the ball is kicked, but may move laterally on this line. 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 it has been touched by another player. The goalie may not be substituted on a penalty kick unless they were injured during the infraction. The kicker must wait for the official to start the play.

**7.7 Penalty Kick: Infringements**
**7.7.1**

<i>Result of PK</i>	<i>No Violation</i>	<i>Violation by Attacking Team Only</i>	<i>Violation by Defense Only</i>	<i>Violation by Both Teams</i>
Enters Goal	Goal	Retake	Goal	Retake
Goes Directly Out-of-Bounds	Goal kick	Goal kick	Retake	Retake
Rebounds into Play from Goal/Goalkeeper	Play Continues	Indirect FK	Retake	Retake
Saved and Held by Goalkeeper	Play Continues	Play Continues	Retake	Retake
Deflected Out-of-Bounds by Goalkeeper	Corner Kick	Indirect FK	Retake	Retake

**7.7.2** On a penalty kick, for any infringement by the player taking the kick, a goal cannot be scored and a player of the opposite team shall take an indirect free kick from the point of infraction.

**7.8 End of time variations**

The ball is dead at the moment the whistle sounds to end either half. 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 stands if it crosses the goal line. If a penalty kick is taken after the expiration of time, only the kicker may play the ball.

**7.9 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/her 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.

**8. Kicks from the Penalty Mark**

**8.1** Five players on the field from each team will be selected by the team to shoot.

**8.2** The goalies must be the same as when the game ended in the second overtime and the teams must use the same designated goalie for the entire shootout, unless injured or carded.

**8.3** A coin toss will decide which team shoots first. The winner of the toss has the option of shooting first or second.

**8.4** Each team has five penalty kicks and will alternate shots. No rebounds are allowed.

**8.5** If the score is tied at the end of the five shots, the shootout will continue alternating players until one team makes it and the other does not. No player may attempt a second penalty kick until all players on his/her team for the shootout has attempted one. This pattern will continue for future rounds as well.

**8.6** The kicker must wait for the official to start the play on each kick, and then has five seconds to shoot.

## **9. Slide Tackles**

**9.1 Slide tackles are illegal in intramural soccer.**

**9.2** Slide tackles are left up to the official's discretion as to whether or not the tackle will warrant a yellow card, red card, free kick, or no call. Example: If there is no one around and the player is making a play for the ball it could be considered a no call. If contact is made or a near miss occurs (official's discretion), it will be considered a slide tackle with the possibility of a yellow or red without warning. A red card will result in an ejection and a 3-4 in sportsmanship.

**9.3** Two (2) ejections in the same game by a team for any reason will result in a default of the game.

**9.4** The goalie can slide with bent knees, chest first in an effort to make a play as long as the following apply:

**9.4.1** He/She is in the penalty box. Any goalie leaving the box loses their privileges as goalie and is considered a regular field player.

**9.4.2** He/She is making an attempt on the ball.

**9.4.3** He/She in no way is putting themselves or another player in danger.

## **10. Co-Rec Soccer**

**10.1** A regulation team consists of eight (8) players (one of which will be the goalkeeper). A team may not field more than four (4) players of either gender, and must have a minimum of one (1) player of each gender.

**10.1.1.** A team must have a minimum of six (6) players to play a full game.

**10.1.2** When a team is one player short of the required minimum, the contest will begin as scheduled. The team will have ten (10) minutes from scheduled game time to obtain the required minimum number of players to play a full game. If the team is unable to field the required minimum to continue the game, within ten (10) minutes of the scheduled game time, the contest will be deemed a forfeit after the allotted ten (10) minute grace period.

**10.2** A team may play with less than six players once the game has started, if a player leaves the game due to injury or disqualification. However, the restrictions in rule 10.1 still apply.

**10.3** If a goal is scored - during regular play, overtime, or shootout - and last touched by an offensive male player, it will count as two (2) goals; if a goal is last touched by an offensive female player it will count as three (3) goals. The goal amount will always be awarded as the LAST OFFENSIVE PLAYER to touch the ball. If the official is unsure whether the ball last touched an offensive male or female then the goal will be awarded as two (2) goals.

**10.4** If a penalty kick is awarded, the gender of the kick taker must be the same as the player that was fouled to receive the penalty kick. Female penalty kick goals will still count as three (3) goals.

**10.5** If a shootout occurs, teams must alternate shots on goal between male and female. Teams will choose five (5) players to shoot. A female goal in a shootout still counts as three (3) goals.