



Vanderbilt University Intramural Sports Outdoor Soccer Rules

I. GENERAL RULES

- A. Registration fee is \$60 per team.
- B. Each participant must present a valid Commodore card and be on the IMleagues.com roster in order to participate.
- C. Intramural sports with varsity or club sports counterparts are limited to either one former varsity athlete or two club sport members. Teams will forfeit all games in which they are found to be in violation of this rule.
- D. Teams should arrive 15 minutes before the scheduled start time of their game. Teams will be given a 10 minute grace period after their posted start time to have the minimum number of players required to begin. Once the grace period expires, the game will be declared a forfeit. Game clocks will be adjusted to account for late starts.
- E. Attire
 - 1. Uniforms – Teams are required to wear matching colored shirts. Teams will wear their respective color selected during registration. Goalkeepers for indoor and outdoor soccer must wear a different color jersey than their team.
 - 2. Shoes – all players must wear shoes (except those participating in sand volleyball). Tennis and running shoes are acceptable for all sports, and plastic cleats are acceptable for outdoor soccer, flag football, and softball. No player is allowed to wear metal cleats, play in sandals or play barefoot (exception: sand volleyball).
 - 3. Pads and Braces – No pads or braces may be worn above the waist. Leg and knee braces made of hard, unyielding material must be covered on both sides and all edges must be lined with appropriate slow-recovery padding. Volleyball players may wear standard kneepads.
 - 4. Jewelry - No jewelry or any other item deemed dangerous by the Intramural Staff may be worn. Any player wearing exposed permanent jewelry (e.g. body piercings) will not be permitted to play unless the exposed jewelry is completely covered.
- F. Forfeit Policy
 - 1. Teams have a 10 minute grace period before games are declared a forfeit
 - 1. First offense = warning
 - 2. Second offense = ejection from the league without refund
 - 2. Captains must notify the Competitive Sports staff (Wade) via email of a forfeit **no later** than 2pm on game day to avoid penalty. Emails should be sent to wade.e.evans@vanderbilt.edu
 - 3. An attempt to reschedule the game will made by pro staff if ample notice is given and the opposing team is available.

II. TEAM COMPOSITION

- A. Players can compete on one men's or women's team, regardless of league or division classification, and one co-rec team.
- B. Player Requirements are as follows:

8v8

- a. Each men's and women's team consists of eight (8) players. A team must have six (6) players to begin a game. Five players constitutes a default. Three or fewer players signed-in at game time will result in a forfeit.

(Co-Rec) Each co-rec team consists of eight (8) players. A team must have six (6) players to begin a game. Five players constitutes a default. Four or fewer players signed-in at game time will result in a forfeit.

(Co-Rec) Team composition in co-rec can be 4 men and 4 women, 3 men and 4 women, 4 men and 3 women, or 3 men and 3 women. No other combinations are permitted.

1. At no time may the number of players on a team fall below six (6).

11v11

- b. Each men's and women's team consists of eleven (11) players. A team must have eight (8) players to begin a game. Seven players constitutes a default. Three or fewer players signed-in at game time will result in a forfeit.

(Co-Rec) Each co-rec team consists of eleven (11) players. A team must have eight (8) players to begin a game. Seven players constitutes a default. Four or fewer players signed-in at game time will result in a forfeit.

(Co-Rec) Team composition in co-rec can be 6 men and 5 women, 5 men and 6 women, 7 men and 4 women, or 4 men and 7 women. No other combinations are permitted.

1. At no time may the number of players on a team fall below eight (8).

- C. Unlimited substitutions are permitted. The referee must be notified before a substitution can occur. Players entering and leaving the field must do so at the halfway line. Substitutions may occur on a goal kick, after a goal, at half time, after an injury, after a caution, and during your own corner kick and throw-in. Any player ejected from the game may not be replaced.

III. EQUIPMENT

- A. Teams must provide their own ball for warm-up. The referee will pick the best ball available to use as the game ball.
- B. It is suggested that team members wear similar colored jerseys and bring another colored jersey (i.e. one dark-colored and one light-colored jersey) the goalkeeper must wear a different color jersey than either team on the field. Pennies will be available at the match site for teams without like-colored shirts.
- C. All players must wear shoes; tennis shoes and soft-soled, one-piece soccer shoes, plastic screw-on cleats are allowed. Cleats must be made of non-chipping material and not form a cutting edge. Metal spikes and cleats are prohibited. Shoes will be checked by the referee who will have final say as to their legality.
- D. Players are strongly encouraged to wear shin guards, however, they are not required.
- E. Players are not allowed to wear caps or bandanas.

- F. Visible jewelry of any kind (earrings, studs, etc) is strictly prohibited and may not be worn during the game. Taping of jewelry is not permitted. Jewelry must be removed or the player will not be permitted to play. Casts or any items deemed dangerous by the referee may not be worn during the game. A player is subject to ejection for failure to comply after first warning.

IV. THE GAME & SCORING

- A. Both 8v8 and 11v11 shall be played on our regulation soccer fields. The penalty box extends 14 yards from the end line and is 33 yards wide. The goal box extends 5 yards from the end line and is 15 yards wide.
- B. The standard goal size is: 8 FT. x 24 Ft.
- C. A game will be divided into two (2) periods of twenty (20) minutes each. Time runs continuously unless there is an injury or unexpected interruptions. At the conclusion of each half, the teams reverse ends. There shall be five (5) minutes between halves. There are no time outs. Time shall be extended to allow a penalty kick to be taken. Game time will be kept on the field by a referee.
- D. If any team is leading by more than 12 goals with 10 minutes or 7 goals with 5 minutes remaining, the mercy rule will be in effect and game will conclude at that time.
- E. Regular season games that are tied at the end of regulation will remain tied. No overtime is played during the regular season. Playoff games that are tied at the end of regulation time will proceed into overtime and, if needed, a shootout to determine a winner.
- F. In the event that severe weather and unsafe field conditions result in rainouts, the following will apply:
 - 1. If play lasts less than 10 minutes, the entire game will be rescheduled.
 - 2. If at least 10:00 minutes of play occurs, this will count as one complete half. The remainder of the game/second half will be reschedule and the score recorded at the time the game was called will be the score to start the second half.
 - 3. If play lasts at least 30 minutes (10 minutes into the second half), this is considered a full game. The score recorded at the time the game is called will be inputted into the system as the game's final score.

V. RULES

- A. A two person referee system will be utilized during all games. Each referee will have equal responsibility in ruling on play.
- B. A coin toss before the beginning of the match will determine which team kicks off and which has the choice of ends. The team not receiving the ball first will have the possession to begin the second half.
- C. On the referee's signal, the match shall start or resume following a goal with a kick from the center of the field.
- D. All players shall be within his/her half of the field. Opponents of the kicking team must be outside if the 8-yard center circle until the ball is kicked. A teammate of the kicker may be anywhere within his/her half of the field.
- E. The ball must be kicked forward, on revolution, for the ball to be in play. If the ball is not passed forward across from midfield line, the same team with re-kick.
- F. The kicker shall not play the ball a second time until another player (of either team) has touched the ball. The penalty for this violation is an indirect free kick.

- G. A goal is scored when the ball fully crosses the goal line, between the goal posts and under the cross bar.
- H. After the ball has fully crossed the sidelines, either on the ground or in the air, the team that did not touch the ball last shall be awarded the throw-in.
- I. The thrower must use both hands equally and shall deliver the ball from behind and over the head.
- J. The thrower must face the field of play and have both feet touching the ground out of bounds or on the touch line when the throw is made.
- K. A goal cannot be scored directly from a throw-in. An improper throw will result in the award of the throw to the other team.
- L. A goal kick is awarded when the ball crosses the goal line, either on the ground or in the air, and was last touched by an offensive players. The ball is then placed anywhere within the goal area box.
- M. The ball is not in play until it has gone outside the penalty area. In this instance, the ball must be re-kicked by the kicking team.
- N. The player taking the goal kick cannot retouch the ball until another player has touched it.
- O. A corner kick is awarded when the ball crosses the goal line, either on the ground or in the air, and was last touched by a defensive player. The ball must be placed on the ground on the quarter circle near the corner post.
- P. A goal may be scored directly from a corner kick. The opposing team must be ten yards away at the time the ball is kicked.
- Q. The kicker cannot retouch the ball until it is touched by another player (either team).
- R. Corner posts (flags or cones) cannot be removed to take a corner kick.
- S. Any ball striking a referee, goal post, or corner post and remaining on the field is in play. After the ball has wholly crossed the sideline or goal line, or whenever the game has been stopped by the referee, the ball is out of play.
- T. There is offsides in intramural rec soccer.
- U. When restarting the game after a temporary suspension of play (i.e. injury), except on a free kick or throw-in, the team that was clearly in possession of the ball at the time of the suspension shall be awarded an indirect free kick from the spot the ball was at the time of the suspension.
- V. If neither team was in clear possession of the ball, the referee shall drop the ball at the place where it was when play was suspended, and the ball is in play when it touches the ground. If play was stopped with the ball in the goal area, the ball is dropped at the nearest point outside the goal area.
- W. The goalkeeper has possession (control) of the ball when he or she is touching the ball.
- X. From the moment the keeper takes control of the ball with his/her hands within his own penalty area, he/she is to be penalized if he/she takes more than six seconds without releasing the ball into play.
- Y. A keeper may not, after releasing the ball into play, touch the ball again with his hands before it has been touched by another player of the same team outside the penalty area or by an opposing player either inside or outside the penalty area. If the goalkeeper plays the ball to a teammate and the teammate passes the ball back to the goalkeeper, he/she may not use his/her hands to play the pass. Penalty for violation of this rule is an indirect free kick.

- Z. The goalkeeper shall not touch the ball with his/her hands via a throw-in from his/her own team or a deliberate kick by a teammate. Penalty is an indirect free kick.

VI. SLIDE TACKLING

- A. There is NO SLIDE TACKLING in IM rec soccer. This rule applies to all players anywhere on the field.
- B. (Definition) A slide tackle occurs when a player leaves his/her feet and leads with his/her feet to play the ball while the ball is in the proximity of another player. A slide tackle does not require that any contact occur between players.
- C. Anyone who completes a slide tackle will receive a yellow card and an indirect free kick awarded to the offended team. Any slide tackle involving contact with an opponent can result in a red card, the offending player is temporarily dismissed and may not be replaced by a substitute and a direct free kick shall be awarded to the offended team.
- D. At any time, if the slide tackle is deemed malicious (playing the player and not the ball and/or from behind), a red card will be issued to the offending player and a direct free kick will be awarded to the offended team. A red card is deemed an ejection and further disciplinary action may be taken. Additionally, malicious play may negatively affect a team's sportsmanship rating.
- E. On the second and subsequent non-malicious offenses, a slide tackle will result in a red card for the offending player and either an indirect or direct free kick awarded to the offended team. The offending player is immediately dismissed for the remainder of the match and is not permitted to be replaced by the team. This is deemed an ejection and further disciplinary action may be taken. A player's dismissal due to a red card may negatively affect the team's sportsmanship rating.

VII. FREE & PENELTY KICKS

- A. An indirect free kick is a free kick from which a goal may not be scored unless the ball is touched by another player from either team
- B. A direct free kick is a free kick from which a goal may be scored against the offending team.
- C. The free kick may be taken by any player of the offended team on the field of play at the time of the offense.
- D. When a direct or indirect free kick is awarded, all opposing players must be at least ten yards away from the spot where the free kick is to be taken, unless they are standing on their goal line between the goal posts.
- E. When a player is taking a free kick from within his defensive penalty area, the ball must be kicked beyond the penalty area and all opponents must be outside the penalty area.
- F. The ball must be stationary when a free kick is taken. The kicker shall not play the ball again until it has been touched by another player (either team). The ball may be kicked in any direction.
- G. A penalty kick is awarded after a serious or intentional rule infraction takes place in the penalty area by the defensive team. A penalty kick can be awarded regardless of the position of the ball, if the infraction by the defending team is committed in the penalty area. It is not awarded for infractions that call for an indirect free kick.

- H. The penalty kick shall be taken from anywhere on the penalty mark, twelve yards from the goal line.
- I. The penalty kick may be taken by any player of the offended team on the field of play at the time of the offense.
(Co-Rec) The person taking the penalty kick must be of the same gender as the person who was fouled originally.
- J. All players except the goalie must stay outside the penalty area and at least 10 yards from the penalty mark
- K. The goalkeeper must stand on the goal line and may not move forward until the ball is kicked. The goalkeeper may move laterally.
- L. The kicker must wait for the official to start the play. The kicker must kick the ball forward. If the ball is not put into play properly, the kick will be retaken. Any action to deceive the goalkeeper by the kicker is illegal.
- M. Following the kick, the ball shall be deemed in play if it remains on the field of play; however, the kicker shall not play the ball a second time until it has touched another player (either team).
- N. For any infringement by the defending team, the kick shall be retaken if a goal has not resulted. For any infringement by the attacking team other than by the kicker, the kick shall be retaken if a goal has resulted.

VIII. OVERTIME & SHOOTOUTS

- A. Overtime will consist of ONE 5-minute “golden goal” period. The first team to score a goal will win the game. The choice of ends and the kickoff will be decided by a coin toss.
- B. If the game remains tied at the end of the overtime period, the game will proceed into a 3-person shootout.
- C. A coin toss will occur to determine which team shall kick first in the shootout. The winner of the coin toss shall have the option of shooting first or last.
- D. Each team captain shall designate three (3) players to shoot for his/her team. The designated players must have been on the field of play (in the game) at the end of the overtime period. The goalkeeper may be one of the shooters.
- E. Goalkeeper changes may occur only at the beginning of the shootout and as long as the new goalkeeper was a player on the field at the end of the overtime period.
- F. Each team has a total of three (3) shots. Teams will alternate after each shot. Each shot shall follow the procedure for a penalty kick as outlined above. In co-rec play, the order of the shooters for each team must alternate gender. Either a male or female may kick first.

IX. FOULS & MISCONDUCT

A player who commits any of the following offenses shall be penalized by the award of an indirect free kick or direct free kick (as noted) to be taken by the opposing team from the spot where the infraction occurred. In addition, a referee may issue a yellow card (verbal warning) for unsportsmanlike conduct, handballs, slide tackling, use of foul language. A red card will result in an automatic ejection for extreme unsportsmanlike conduct (i.e. abusive language or gesture, serious foul play) or a foul by a player against an opponent who is moving towards his/her offensive goal with an obvious opportunity to score. The ejected player must leave the

playing site immediately. Suspensions may follow. An ejected player may not be replaced; the team must play with one less player during the game. Also, two yellow cards given to the same player equals a red card. Ejected participants are immediately suspended from all IM play and must complete the reinstatement procedure to participate in future contests.

- A. (Indirect) Dangerous play - In the opinion of the official, all high kicks above the waist or any attempt to make a play on the ball while kneeling or laying on the ground in a dangerous manner shall be prohibited.
- B. (Indirect) Charging a player not in possession of the ball - A player shall not intentionally charge an opponent unfairly. A player shall not charge into the goalkeeper who is not in possession of the ball
- C. (Indirect) Obstruction - 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.
- D. (Indirect) Goalkeeper holding the ball longer than six (6) seconds after he/she receives it. Goalkeeper touching the ball with his/her hand when received by throw-in or deliberate kick from a teammate.
- E. (Indirect) Interfering with the goalkeeper - No player of the opposing team shall interfere with a goalkeeper in possession of the ball.
- F. (Indirect) Delay of game - No player or team shall unnecessarily delay the playing of the game.
- G. (Direct) Kicking or striking an opponent - A player shall not intentionally attempt to kick or strike an opponent. The goalkeeper may not intentionally strike or attempt to strike an opponent by throwing the ball at the opponent.
- H. (Direct) Jumping at or tripping an opponent - A player shall not intentionally jump at nor intentionally trip an opponent.
- I. (Direct) Charging a player in possession of the ball - A player shall not intentionally charge an opponent unfairly. Offenses include violently and/or dangerously charging a player or charging from behind.
- J. (Direct) Holding, pushing, or impeding an opponent - A player shall not use his/her hands or arms to hold, push, or impede an opponent.
- K. (Direct) Hand ball (Handling) - A player shall be penalized for intentionally handling, carrying, striking, or propelling the ball with a hand or arm. Unintentional handling occurs when the ball strikes the hands or arms of a player who has not moved the hands or arms to play the ball; this unintentional handling shall not be penalized.
- L. (Yellow) Leaving the field or coming onto the field without a referee's permission.
- M. (Yellow) Unsportsmanlike conduct.
- N. (Yellow) Persistent infringement of the rules of the game.
- O. (Yellow) Showing dissent (disagreement) toward a referee's call, including objecting by word of mouth or action.
- P. (Yellow) Slide tackling not involving contact either on the player in possession or the ball.
- Q. (Red) Slide tackling involving contact either on the player in possession or the ball.
- R. (Red) Intentionally handling the ball within his own penalty area during an obvious goal-scoring opportunity - If, in the opinion of the referee, a player, other than the goalkeeper within his/her own penalty area, denies his/her opponents a goal, or an obvious goal-scoring

opportunity by intentionally handling the ball, he/she shall be sent off the field of play for serious foul play.

- S. (Red) Excessive foul or abusive language.
- T. (Red) Persistent misconduct after receiving a caution.
- U. (Red) Violent or serious foul play.
- V. (Red) Intentionally impeding an opponent through unlawful means during an obvious goal-scoring opportunity - If a player who is moving toward his opponents' goal with an obvious opportunity to score a goal is intentionally impeded by an opponent through unlawful means (an offense punishable by a free kick or penalty kick), thus denying the attacking player's team the goal-scoring opportunity, the offending player shall be sent off the field for serious foul play.