New York Chiropractic College
Department of Health & Fitness Education

Intramural Outdoor Soccer Rules

All teams are responsible for knowing all general rules and regulations.

THERE ARE NO PROTESTS:

Any and all disputes must be settled on the spot by the team captains, officials, and the league supervisor in charge.

CANCELLATION AND FORFEIT PROCEDURES:

- If school is cancelled, intramurals are cancelled.
- If for any reason a game is cancelled, teams are responsible for checking the intramural bulletin board in the Athletic Center for the rescheduled date and time. (We will attempt to call you with this information.)
- Teams wishing to reschedule games must obtain permission from the Assistant Director (Aaron). All conflicts must be reported to the Assistant Director AT LEAST 48 HOURS PRIOR TO THE GAME.
- Games will not be rescheduled unless due to academic conflicts. Team captains should anticipate having players not be available for a game, and have an ample number of players on the team roster.
- If a game is cancelled within 48 hours and cannot be rescheduled, it is a loss to the canceling team.
- If a game is cancelled without prior notice, it is a forfeit for the team, and a $20.00 forfeit fee must be paid to continue in the league.
- Anyone calling for information or with questions regarding intramurals should contact Heather, the Assistant Director at 568-3257. We will not be responsible for misinformation.
- In case of inclement weather, no final decision will be made on whether scheduled games will be played/postponed until an hour before scheduled game time. If in doubt, call the office.

IN CASE OF INCLEMENT WEATHER OR DARKNESS 20 MINUTES OF PLAY WILL CONSTITUTE A COMPLETE GAME.

LEAGUE FORMAT:

Each team will play each other once.

Success in the regular season will determine playoff seeding. All teams will make the playoffs.

Teams will consist of (5) players including the goalie.

One (1) woman must be on field at all times.

Substitutions may be made on all whistles or on the fly, but should be done quickly to avoid advantage toward the goal.

Maximum team size for intramural soccer is twelve (12) players, unless, you have been given prior approval from the Assistant Director.

Games will consist of two (2) twenty-minute halves of running time. There will be one time-out allowed per game.

Teams change goals at half time.

If a tie, 5 vs. 5 penalty kicks for each team will determine the winner of the match.
"SOCCER TERMS"

**STARTING THE GAME:** The game begins with a kick from the center circle at the whistle by the team winning the toss. The ball must be advanced forward toward the opponent's goal first. All players must be in their half of the field at the kickoff; the defensive team may not approach the circle (from behind the restraining line) until the ball has been moved by the attacking team. After scoring a goal, the team scored against kicks off from the center circle.

**KICK-IN:** When the ball leaves the playing area, it will be kicked in at the point it went out of bounds.

**PENALTY AREA:** This area consists of the rectangular area in front of each goal. The goalie may not use his hands to touch the ball if outside this area. Defensive players other than the goalie may play in the penalty area, but are not permitted use of hands in playing the ball. Players may not switch positions with the goalie while the ball is in play; this may only be done during a dead ball and the nearest official must be notified of the swap. Opponents are not permitted to charge into the goalie when he has possession of the ball.

**CORNER KICK:** A corner kick is awarded to a team when a defensive player kicks or heads the ball over his own line. An opposing team member puts the ball into play with an indirect free kick in from the corner of the field nearest the point where the ball went out of bounds.

**NOTE:** The last man to touch the ball before it goes out of bounds is considered to be the one who caused it to go out.

**DIRECT FREE KICK:** This is awarded when the opponents are guilty of:
- Kicking, striking or jumping at an opponent
- Tripping
- Handling the ball
- Charging in back or charging roughly or violently
- Charging an opponent while he has both feet off the ground in a effort to head the ball
- Placing his/her hands or arms on an opponent in an effort to reach the ball
- Carrying the ball outside the penalty area (this applies to the goalkeeper)

**NOTE:** For safety's sake, please try to keep shots low and avoid kicking directly at an opponent.

**INDIRECT FREE KICK:** This is awarded when the opponent is guilty of:
- Dangerous play: all sliding tackles are illegal, except by the goalkeeper inside the penalty area.
- Obstruction
- Unsportsmanlike conduct
- Half-court violation (goalkeeper throw or goal kick)

If any of the above fouls are committed outside the penalty area by either team, an indirect free kick is awarded the opponents at the point of the foul. There are no direct kicks in intramurals other than penalty kicks. If any of the above fouls are committed by the defensive team inside their own penalty area, a penalty kick is awarded the offended team at the penalty kick marker. **In all cases, the defensive team must back off three yards.** There are no half-court restrictions on a free kick.

**ADVANTAGE CLAUSE:** If a player or team has gained nothing by committing a minor foul, the referee will not stop play. This is the "advantage". You may see the referee motioning to players to 'play on'. This means that he has seen an infraction, but feels that the game is better served by continuing play. The advantage is usually applied when a player is proceeding to the goal, is fouled, yet retains possession of the ball.

**PENALTY KICK:** A penalty kick is awarded as mentioned above or when a defensive player other than the goalie uses his hands within the penalty area. The kick must be taken from the center spot of the penalty line directly in front of the goal. Only the goalie may defend against the penalty kick; all other players must stay outside the penalty area until the kick has been made. Any rebound is considered live and in play. The goalie must be stationed on the goal line. The player attempting the penalty kick must do so in one continuous motion within three seconds of the referee's whistle.
OFF SIDES: There will be no off sides for outdoor soccer.

CONDUCT/GAME EJECTION: A team is responsible for the actions of any individual members of the team or spectators directly related to the team. Good sportsmanship must be displayed before, during and after a game. The following are evidences of poor sportsmanship and will result in a WARNING, PENALTY or EJECTION from a game:

- Profanity
- Unnecessary delay of the game
- Excessive arguing - discussion can only occur between the team captain and the official
- Continuous harassment (verbal or physical) of the game officials.
- Derogatory or abusive remarks toward an opponent or an official.
- An action, the intent of which is to physically injure an opponent. The playing captain, game official or intramural supervisor have the authority to remove without warning, any player from the game who is playing in a dangerous manner or unsportsmanlike conduct.
- Striking or shoving an official (probable ejection from the game, expulsion from all intramurals for one year and disciplinary action by the College).
- Continuous harassment (verbal or physical) of the game officials.
- Physical abuse of players on the opposing team.

Any individual who is removed from competition will not be allowed to play in their team’s next game, and must be reinstated by the Assistant Director before being allowed to play again. Any individual who is removed from competition for unsportsmanlike conduct in a second game (even in another sport), will be barred from intramurals. The length of this prohibition is strictly at the discretion of the Assistant Director.

There will be no substitution allowed to replace an ejected player.

Intramural competition is for the enjoyment of all participants. As part of its objective, it should provide a social outlet for the participant, while also being fun.

Do not ruin this atmosphere by being a poor sport.