

11 v 11 Outdoor Soccer - Rules

1. **No ID...No Play...!** - Each player must present a valid Mason ID before each contest to be eligible to participate.
 - a. **Regular Season Exception**– During the regular season a valid photo ID (Driver’s license, passport, etc.) and that player must be able to login into their Patriot Web account. If the player is not able to provide both, they cannot participate.
 - b. **Playoffs** – There is NO Substitute for a Mason ID to sign into a playoff game.
2. **Game time is forfeit time.**
3. The game shall be played between two teams of eleven (**11**) players each. Eight (**8**) players are required to start the game to avoid a forfeit.
4. All players must check in with the supervisor and be recorded on the game sheet before they are allowed to participate.
5. Team representatives, including players, substitutes, replaced players, coaches, trainers, spectators and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of officials assigned to the game.
6. The Intramural Staff have the authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules. These decisions are final in all matters pertaining to the game.

I. Governing Rules

- 1.1 2019-2020 National Federation of High School Associations Soccer Rules shall govern all play, with any exceptions listed below. Final Interpretations and modifications shall be determined by the Coordinator of Competitive Sports directly overseeing the sport.

II. General Provisions and Equipment:

2.1 Team Requirements

- a) A team consists of eleven (11) players. A team must have eight (8) players to start a game and may finish with seven (7) players. One player must be designated as the goalkeeper.
- b) When a team has forfeited, the opposing team must have at least eight (8) players checked in with the supervisor to receive a win.

2.2 Equipment

- a) Teams must wear jerseys/shirts with the same shade of color. Goalkeepers must wear a different colored jersey/shirt than either team.
 - i. Teams may wear pinnies provided by Mason Intramurals.

- b) All players must wear shoes. The shoes must have a rubber sole, 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.
- c) Competitive Sports highly encourages all participants to remove jewelry prior to entering any contest. Those participants that choose to wear jewelry do so at their own risk. Competitive Sports staff reserves the right to remove a participant from play if they deem the jewelry to be unsafe to themselves or others. A list of jewelry items that will always be deemed unsafe is available in the Intramural Sports Handbook. Hats with a brim are not permitted. Medical emergency bracelets/necklaces may be worn but must be taped to the person.
- d) Casts (plaster, metal or other hard substances in their final form) or any other item judged to be dangerous by the supervisor, official, or athletic trainer may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with slow recovery rubber or similar material will be allowed.
- e) SHIN GUARDS ARE REQUIRED. Each player must have properly sized shin guards and socks that COMPLETELY COVER the shin guards. Non-manufactured replacements made from items including but not limited to cardboard, newspaper, or metal will not be permitted.
- f) Teams must provide their own ball. Officials will approve and decide the ball to be used during the game.

III. The Game

3.1 Duration of the Game

- a) There will be two 20-minute halves of continuous running time. Clock stops for official timeouts (e.g. for injuries). Otherwise, the clock will not stop and there will be no stoppage time.
 - i. Exception: Game officials/supervisors may add or remove time if a team is attempting to slow the game illegally (e.g. substitutes walk off the field after given instruction to jog).
 - ii. Exception: The game is extended for the taking of a penalty kick
- b) There will be a three-minute intermission between halves.

3.2 Overtime

- a) Regular Season – There will be no overtime in the regular season
- b) Playoffs – Two 5-minute golden goal periods will be played if a game is still tied after regulation.
 - i. At the end of regulation time, a coin toss will take place to decide possession/side.
 - ii. The first team to score during overtime will be declared the winner.
 - iii. If neither has scored after the first overtime period, the teams switch ends, alternate kickoff and immediately begin a second 5-minute overtime period.
- c) Penalty Shootout – If the game remains tied at the end of the two overtime periods, a penalty shootout will decide the winner.
 - i. Any five players from each team will be selected by the team to shoot.
 - ii. The goalkeepers will be the same as the goalkeepers from the end of the second overtime.
 - iii. There will be a coin flip at the end of the second overtime and the winner chooses to kick first or second.

- iv. Each team has a total of 5 penalty kicks and will alternate each shot. No rebounds are allowed.
- v. The kicker must wait for the official to start the play on each kick.
- vi. If the score is tied at the end of the shootout, a sudden death shootout will be held, with any player on the team will be eligible to shoot. A player may not shoot twice unless all other players have shot once.
- vii. The sudden death shootout will have each team alternate kicks until one of the teams has made more shots after an even number of shots have been taken by each team.

3.3 Scoring

- a) A goal is scored when the whole of the ball passes over the goal line, between the goalposts, and under the crossbar, provided that no infringement of the rules has been committed previously by the team scoring the goal.
- b) A goal may be scored during play and directly from a:
 - i. Direct free kick
 - ii. Penalty kick
 - iii. Corner kick
 - iv. Goal Kick
 - v. Kick-off
- c) A goal may not be scored directly from a(n):
 - i. Indirect free kick
 - ii. Throw-in
 - iii. Drop ball
- d) Mercy Rule – If a team is ahead by ten (10) or more goals at or after halftime or by five (5) or more goals with five minutes or less remaining in the second half, the game will end. At the same time, if a team is ahead by four goals and is deemed to be stalling, the officials have the option to end the game and sportsmanship points may be deducted.

3.4 The Start and Restart of Play

- a) Prior to all games, there will be a captains meeting and coin toss. The team winning the coin toss will have the choice of which end to defend/attack or to kick-off.
 - i. In the second half, the teams change ends and attack the opposite goals.
- b) Kick-off procedure
 - i. All players, except the player taking the kick-off, must be in their own half of the field of play.
 - ii. All opponents must be outside the center circle.
 - iii. The ball is stationary on the center mark.
 - iv. The referee gives the signal.
 - v. The ball is in play when it is kicked and clearly moves.
 - vi. A goal may be scored directly from a kick-off.
 - vii. If the player taking the kick-off touches the ball again before it has touched another player (except with their hands), an indirect free kick is awarded to the opposing team at the spot the infringement occurred.
- c) Dropped Ball
 - i. Play is restarted with a dropped ball when the ball is in play, play is stopped, and no other restart in the rules takes precedence

- ii. The ball is in play when it touches the ground
- iii. A goal cannot be scored directly off a drop ball

3.5 The Ball In and out of Play

- a) The ball is out of play when it has wholly crossed the goal line or touch line on the ground or in the air or play has been stopped by the referees.
- b) The ball is in play at all other times, including when it rebounds off a goalpost or crossbar and remains on the pitch and when it rebounds off the referees when they are on the field.

3.6 The Method of Scoring

- a) A goal is scored when the whole of the ball passes over the goal line, between the goalposts, and under the crossbar provided no infringement of the rules has previously occurred by the scoring team.

3.7 Offside

- a) A player is in an offside position when nearer to their opponents' goal line than the ball, unless:
 - i. The player is in their own half of the field of play; or
 - ii. The player is not nearer to the opponent's goal line than at least two opponents
- b) 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.
- c) It is not an offense in itself to be in an offside position.
- d) A player is penalized for being in an offside position if, at the time touches or is played by a teammate, the player becomes involved in active play by
 - i. Interfering with play;
 - ii. Interfering with an opponent; or
 - iii. Seeking to gain an advantage by being in that position
- e) A player in an offside position who receives the ball from an opponent who deliberately plays the ball (except from a deliberate save) is not considered to have gained and advantage.

3.8 Fouls and Misconduct

- a) A direct free kick is awarded to the opposing team if a player commits any of the following offences:
 - i. Spits at, kicks, strikes, attempts to kick or strike, or jumps at an opponent
 - ii. Trips or attempts to trip an opponent
 - iii. Deliberately handles the ball (other than the goalkeeper in their own penalty area)
 - iv. Pushes and oppoent with the hand(s) or arm(s) extended from the body
 - v. Holds an opponent
 - vi. Charges an opponent in a dangerous or reckless manner, using excessive force, or with both feet off the ground
 - vii. Charges the goalkeeper
 - viii. **SLIDES AT AN OPPONENT**
 - i. Slide tackles are illegal in Intramural Soccer.
 - ii. A player may leave their feet to stop the forward progress of the ball, only when another player is NOT in the immediate vicinity. If a defensive player

- leaves their feet within 6 feet of another player in the direction of that player, it shall be deemed a slide tackle.
- iii. On the 1st offense, if the slide tackle is made and is not deemed malicious, it will result in a yellow card. The entire team will be given a verbal warning.
 - iv. The second offense by any player on the same team for a slide tackle will automatically result in a red card
 - v. On the 1st offense, if the slide tackle is made and is deemed malicious (playing the player and not the ball and/or from behind), it will result in a red card and an automatic 2 "Sportsmanship Rating". The entire team will be given a verbal warning. The second offense by any player on the team will result in a second ejection and a forfeit.
 - ix. A goalkeeper may leave their feet to play the ball, as long as they do not play the ball with their feet. A goalkeeper leaving their feet within 6 feet of another player must do so with their legs in a bent position and may not at any time attempt to play the ball with their feet while on the ground. Doing so will be deemed a slide tackle.
- b) A penalty kick is awarded if any offence punishable by a direct free kick is committed by a player inside their own penalty area, provided the ball is in play.
 - c) An indirect free kick is awarded to the opposing team if:
 - i. A goalkeeper
 - i. Touches the ball with their hands inside their own penalty area after it has been deliberately kicked to them by a teammate
 - ii. Touches the ball with their hands inside their own penalty area after they have received it directly from a throw-in by a teammate
 - iii. Takes more than six seconds before releasing the ball into play
 - iv. Handles the ball in their own penalty area after once relinquishing possession of the ball
 - ii. A player
 - i. Plays in a dangerous manner in the presence of an opponent
 - ii. Impedes the progress of an opponent without contact
 - iii. Prevents the goalkeeper from releasing the ball from their hands
 - iv. Commits any other infringement not mentioned in the rules for which play is stopped to caution or dismiss a player
 - v. Plays the ball next after a kickoff, free kick, penalty kick, goal kick or corner kick or the thrower after a throw-in
 - vi. Is penalized for being offside
 - vii. Kicks or attempts to kick the ball while it is in possession of the goalkeeper.
 - d) A player is cautioned (yellow card) if they are guilty of the following offenses:
 - i. Entering or leaving the field of play (except through the normal course of play) without the permission of an official
 - ii. Persistent infringement of any of the rules of the game
 - iii. Objecting by word of mout or action to any decision given by an official (dissent)
 - iv. Unsporting conduct including, but not limited to:

- i. Unnecessary delay
 - ii. Deliberate verbal tactics
 - iii. Encroachment
 - iv. A deliberate handball to stop an attack
 - v. A deliberate tactical foul
 - vi. Faking an injury
 - vii. A player who displays reckless play
- v. First, non-malicious slide tackle for a team
- e) A player is sent off (red card) if they are guilty of the following offenses:
 - i. Violent conduct
 - ii. Subsequent caution
 - iii. Committing serious foul play
 - iv. Spitting at or biting an opponent, teammate, or game official
 - v. Using insulting, offensive, or abusive language or gesture
 - vi. Second slide tackle for the same team or malicious slide tackle

3.9 Free Kick Procedure

- a) The majority of free kicks are awarded and taken from the point of the infraction.
- b) Players opposing the kicker shall be at least 10 yards away from the ball unless standing on their own goal line between the goal posts. If a free kick is awarded to the defending team in its own penalty area, players opposing the kicker shall be at least 10 yards away from the ball and outside the penalty area.
- c) The ball shall be kicked when it is stationary on the ground at the spot specified by the official. To be in play, the ball shall be moved in any direction. Free kicks awarded in the defensive penalty are not in play until they move directly beyond the penalty area.
- d) The kicker may not play the ball until it has been touched or played by another player.

3.10 The Penalty Kick

- a) A penalty kick is awarded against a team that commits a foul for which a direct free kick is awarded inside its own penalty area while the ball is in play
- b) A goal may be scored directly from a penalty kick
- c) Position of the ball and the players
 - i. The ball must be placed on the penalty mark
 - ii. The player taking the penalty kick must be properly identified
 - iii. The defending goalkeeper must remain on their goal line, facing the kicker, between the goalposts, without touching the goal until the ball has been kicked
 - iv. The other players must be located on the pitch, outside the penalty area, behind penalty mark, and at least 5 yards from the penalty mark
- d) The ball is in play when it is kicked and clearly moves forward
- e) Infringements

	Outcome of Kick	
Infringements	Goal	No Goal
Attacking player	Penalty is retaken	Indirect free kick

Kicker kicks backwards	Indirect free kick	Indirect free kick
Kick by unidentified player	Indirect free kick	Indirect free kick
Defending player	Goal	Penalty is retaken
By both teams	Penalty is retaken	Penalty is retaken

3.11 The Throw-In

- a) A throw-in shall be awarded to a team when the ball is last touched by a member of the opposing team before the entire ball passes beyond the touchline in the air or on the ground.
- b) A goal may not be scored directly from a throw-in.
- c) At the moment of delivering the ball, the thrower shall:
 - i. Be facing the field of play
 - ii. Have both feet on the ground on or behind the touchline
 - iii. Use both hands
 - iv. Deliver the ball from behind and over the head in one continuous motion
- d) Opponents shall not interfere or impede the actions of the thrower and shall stand at least two yards from the point at which the throw is being taken.
- a) The ball is in play after crossing the plane of the touchline and being released from the hands of the thrower.
- b) Common Infringements
 - i. Throw-in taker touches the ball again (not with their hands) before it has been touched by another player – *indirect free kick awarded to opposing team from the spot of the second touch*
 - ii. Throw-in taker has one foot or both feet entirely on field – *throw-in awarded to opposing team from the same spot*
 - iii. Throw-in taker has one foot or both feet off the ground when delivering the throw-in – *throw-in awarded to opposing team from the same spot*
 - iv. The ball never touches the plane of the touchline – *throw-in awarded to opposing team from the same spot*

3.12 The Goal Kick

- a) A goal clearance is awarded to the defending team when the entire ball crosses the goal line in the air or on the ground having last been touched by the attacking team, and a goal is not scored.
- b) A goal may be scored directly from a goal kick
- c) Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area.
- d) Once spotted, the ball shall be kicked from the ground from any point within the goal area by a player of the defending team.
- e) The ball is in play when it moves directly out of the penalty area and onto the field of play
- f) Common Infringements

- i. The ball is not kicked directly out of the penalty area – *goal kick is retaken*

3.13 The Corner Kick

- a) A corner kick shall be awarded to the attacking team when the entire ball passes over the goal line in the air or on the ground having last been touched by the defending team, and a goal is not scored.
- b) A goal may be scored directly from a corner kick against the opposing team
- c) The ball must be on the corner nearest the point where the ball crossed the goal line
- d) Players of the defending team shall be at least 10 yards from the ball until it has been kicked
- e) The ball is in play when it is kicked and clearly moves
- f) Common Infringements
 - i. Kick taker touches the ball again (not with their hands) before it has been touched by another player – *indirect free kick awarded to opposing team from the spot of the second touch*
 - ii. Ball is not placed on the corner – *the corner kick is retaken*

IV. Benches and Substitutions

4.1 Benches

- a) Spectators are permitted in the team's bench area. Teams may have a "coach," but they will not be recognized by the game officials. However, any spectator/coach in the team's bench area can affect the team's sportsmanship.
- b) All players/coaches on the sideline must stay within the bench area

4.2 Substitutions

- a) Either team may substitute an unlimited number of players, provided they have moved to midfield:
 - i. When a goal is scored
 - ii. When a player is injured
 - iii. On a goal kick
 - iv. When a player from either team is shown a yellow or red card
- b) The team in possession of the ball may substitute on unlimited number of players, provided they have moved to midfield:
 - i. On a throw-in
 - ii. On a corner kick
- c) The team not in possession of the ball may substitute an unlimited number of players at a throw-in or corner kick if the team in possession of the ball is also substituting, provided they have moved to midfield
- d) The goalkeeper may change places with a player on the field at any substitution opportunity for the team. The official must be informed of the change.
- e) A substitute becomes a player when beckoned onto the field by the official.

V. Injured Player

5.1 An injured player must be removed until the next opportunity to substitute if a coach, teammate(s) or a Site Manager is beckoned for the purpose of providing assistance. Time must actually come off the clock prior to any legal re-entry.

5.2 Any player who is bleeding, oozing bodily fluids, has an open wound or has an excessive amount of blood on their uniform shall be considered an injured player. Such player may not return to the game until the situation is corrected.

VI. Co-Rec Summary

6.1 The Number of Players

- a) A regulation team consists of 11 players (one of which is the goalkeeper). A full team consists of either 6F/5M or 5F/6M.
- b) A team may start and continue with a minimum of 8 players – 4 females and 4 males.
- c) Neither gender can exceed 6 players.
- d) The goalkeeper shall be of the majority gender on the field, unless the number of females and males on the field is equal. If the number of females and males on the field is equal, the goalkeeper may be of either gender.

6.2 Rules Variations

- a) If in the overtime period a shootout occurs, teams must alternate shots on goal between male and female.

VII. Rules Clarifications

7.1 The team that kicked the ball out of bounds is responsible for retrieving the ball and returning it to the opponent or official. Excessive delay may result in a yellow card.

3.14. During the regular season, tie games will stand. During playoffs, ties will be broken using the following rules: Two 5-minute consecutive sudden death overtime periods will be played. 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. If there is no scoring in the second overtime, then a shootout (penalty kicks) will be conducted.