



## INTRAMURAL SOCCER RULES

### 1. The Game

a. Game time is forfeit time. If the minimum amount of players is not present at game time, the entire match will be forfeited. All players should be checked in with the Intramural Sports Supervisor or the officials with current POLYID by game time. Please refer to the ASI Intramural Sports Handbook for the Forfeit Policy description.

### b. The Players

- i. Each team shall consist of nine players and must have a minimum of seven players to start the game
- ii. If both team managers agree at the managers' meeting, and with the permission of the officials, 10x10 or 11x11 may be played. The goalkeeper counts as a player.

### c. Manager Meeting

- i. Prior to the start of the match, a meeting between the two team captains and the official will take place. They will discuss rules and regulations, which the captains must relay back to the teams. Captains will play rock-paper-scissors to determine who gets to start with the ball.

### d. Team Spokesperson

- i. The team manager is the only person who may address the official and is the spokesperson for the team

### e. The Field

- i. Games shall take place on the Sports Complex upper turf fields
- ii. In order to ensure the safety of ASI Intramural Sports participants, staff and fans, spectators will be asked to stay on the near side of the turf fields while viewing games

### f. Player Restrictions

- i. Participants may only play on one team per gender league (i.e. one men's/women's league and one co-rec league). If a gender league folds due to an insufficient amount of teams or is not offered, the participant will be allowed to play on two co-rec teams in separate divisions. This is the only time a player may play in multiple divisions within a sport (i.e. Men's D2 and Men's D3, or Co-Rec D2 and Co-Rec D3).
- ii. If an IFC Division is offered, men may play in either the IFC or men's division, but not both. If a Panhellenic league is offered, women may play in either the Panhellenic or women's division, but not both.
- iii. Club sport players are only allowed to play in Division 1, unless the highest division offered is Division 2. There may only be two club players on the court at a time, but there is no limit to the number of club players on a team.
- iv. Intercollegiate athletes may not participate in an ASI Intramural Sport similar to their Cal Poly sport until a minimum of three academic quarters (not including summer) after they have been on their Cal Poly sport's active roster. They are, however, eligible to play an ASI Intramural Sport dissimilar to the sport they play for Cal Poly.

### 2. Equipment/Dress Code

- a. Uniform
    - i. Players must check their schedules to know which color shirt to wear. If there is any doubt, bring both colors.
    - ii. The home team wears white and the away team wears dark
    - iii. No grey or yellow shirts may be worn. If these colors are worn, a technical foul will be given
    - iv. If every member of a team has the same uniform, they will be allowed to play at the discretion of the Intramural Sports Supervisor
  - b. Jewelry
    - i. No jewelry is allowed. If a player has jewelry on during the game, it is a point for the other team.
  - c. Dress Code
    - i. Closed-toed shoes must be worn at all times during play
    - ii. Athletic attire must be worn at all times during play
3. Co-Rec Rules
- a. All co-rec games must abide by the N+1 rule. There may only be a difference of one between the number of men and women players on the field at a time. For co-rec games starting with eight players, an equal number of men and women should be on the field. If there are seven or nine players on the field, the uneven player may be a man or a woman.
4. Fouls and Penalties
- a. Spectators
    - i. Spectators and members of both teams must stay off the field at all times
    - ii. Teams are responsible for their spectators. Poor spectator behavior may cause a team to receive a “minus” behavior rating.
  - b. Zero Tolerance Policy
    - i. There is no alcohol or drugs allowed at ASI Intramural Sports games. If a player or fan is under the influence, they will be ejected immediately and disciplinary action may follow. If an Intramural Sport Supervisor feels that there is a threat to participant safety or suspects that a team might be under the influence, they are required to stop the game immediately. If there is no proof of substance use, the game will be rescheduled for another time.
  - c. A player shall be penalized if they:
    - i. Slide tackle. (No slide tackling allowed! Automatic yellow card and two-minute sit-out period.)
    - ii. Kick, strike, trip, charge, push, or hold an opponent
    - iii. Kick a ball held by the goalkeeper
    - iv. Handle the ball
    - v. Are in an offside position and affect the play.

*Note on sliding: Goal-keepers may slide in their own penalty area as long as the slide is both legal and safe. Slide and leg-extension efforts made to play the ball are not illegal if the player is not in the proximity of another player.*

- d. Penalty Administration

- i. All fouls will result in direct kicks, except for offsides and high kicks, and will be taken from the spot of the foul
    - ii. All opposing players must be ten yards from the spot of a free kick
    - iii. If a foul on the defense occurs in the defending team's penalty box, a penalty kick will be awarded. The ball must be touched by another player before the kicker is eligible to play it again.
  - e. Yellow Cards, Red Cards, and Ejections
    - i. ASI Recreational Sports will keep track of yellow/red cards. If a player receives any yellow card (sliding or other misconduct), they must immediately sit out for a two-minute period. That team may substitute one player in for the cautioned player. If there are no subs, that team will play short one player for the two-minute period.
    - ii. Two yellow cards awarded to the same player in the same game constitute a red card. All red cards result in an automatic minimum one-game suspension.
    - iii. Any player ejected by the official(s) must leave the facility and their team must continue to play one player short for the remainder of the match. The ejected player may not participate in **any** ASI Intramural Sport until they have met with the appropriate Intramural Sports Supervisor as explained in the ASI Intramural Manager's Handbook.
    - iv. If any player accumulates three yellow cards (in the same league) during the quarter, then that player will not be allowed to play in the next game
    - v. The appropriate Intramural Sports Supervisor is either that sport's lead supervisor or, during the playoffs, the on-site supervisor is the appropriate supervisor if that team is scheduled to play in the immediate future. Additional disciplinary actions may apply.
  - f. Participant Conduct
    - i. Profanity, taunting, verbal abuse of officials, and unsportsmanlike conduct will not be tolerated. This applies to participants and spectators.
      - 1. First violation: Verbal warning, red card/ejection, or yellow card
      - 2. Second violation: Yellow card or red card
      - 3. Third violation: Red card
    - ii. Fighting will not be tolerated.
    - iii. Ejected players will not be allowed to participate in **any** ASI Intramural Sport until a meeting has been conducted with the appropriate sport supervisor and any additional penalties have been served.
5. Soccer Rules
- a. Game Length
    - i. The game shall consist of two 20-minute halves. Halftime shall be three minutes. The game clock shall run continuously and shall only be stopped at the officials' discretion, such as in the case of injury.
    - ii. The clock may be stopped during the game when an official stops play:
      - 1. Because of an injury. Note: When a player incurs a head injury or a wound that causes bleeding, the official must stop the game at the earliest possible time and instruct the player to leave the game for treatment by an Intramural Sports Supervisor or Facility Supervisor.
      - 2. Because of an unusual delay in a dead-ball being made live

3. For any emergency

- iii. Overtime will only occur in playoff matches
- iv. If a playoff game should end in a tie, two five-minute golden goal periods will be played. If the score is still tied after overtime, each team will attempt five penalty shots.
- v. In co-rec games, shots will alternate man-woman-man or woman-man-woman. If the score is still tied after the five shots, the teams will continue to shoot, alternating one at a time, using the remaining players on the field until the tie is broken.

b. Scoring

- i. A goal may be scored from anywhere on the field
- ii. The ball must pass completely over the goal line
- iii. A goal may not be scored directly from a throw-in
- iv. A goal may be scored directly from a kickoff, goal kick, corner kick, or goalkeeper possession

c. Substitutions

- i. Substitutions may be made during stoppage of play for goal kicks; on a team's own throw-in; on the opposing team's throw-in only if that team substitutes first; after a goal has been scored; and between halves only
- ii. Injured players may be substituted at the discretion of the official, and the official may require that there be a substitute for a cautioned player (yellow-carded)
- iii. The incoming player may only enter the field once the outgoing player has left the field and the referee has summoned the incoming player on

d. Out-of-Bounds

- i. Any ball that goes over a sideline will result in a throw-in
- ii. Any ball that is thrown in but does not enter the field on play will be retaken by the throwing team
- iii. A ball that goes over an end line will result in either a corner or a goal kick, both of which are direct
- iv. When a kick is taken, the defending team must stand at least ten yards away from the kicker. Those in violation will be given a yellow card.

e. Throw-Ins

- i. When making a throw-in:
  - 1. The ball must enter the field. If the ball does not fully cross the out-of-bounds line on the throw-in, the ball is not considered in play and will be re-thrown.
  - 2. The ball must touch another player before the player who threw in the ball may contact it
  - 3. Player must release the ball while standing behind the sideline with both feet on the ground
  - 4. Both feet must touch the ground, behind the line
  - 5. Both hands must be on the ball, straight over the head
  - 6. Drop balls must touch the ground before being contacted

f. Goalkeeper

- i. The goalkeeper may touch the ball with their hands inside their goal box area
- ii. Once the goalkeeper has control of the ball, they have six seconds to release it
- iii. If they do not release in six seconds, there will be an indirect kick at the spot of the infraction
- iv. The goalkeeper may not pick up the ball with their hands if a member of their team has intentionally passed or thrown-in the ball to the goalkeeper. If the goalkeeper does, the ball will be placed at the location of the infraction for an indirect kick.