

## SOCCER RULES

1. The Game
  - a. Start Time
    - i. Game time is forfeit time. If the minimum number of players is not present at game time, the game will be forfeited. All players must check in with the ASI Intramural Sports supervisor or officials before the game with their PolyCard; non-students can check in with a valid photo ID. Please refer to the ASI Intramural Sports Handbook for the forfeit policy description.
  - b. The Players
    - i. The game shall be played by two teams of nine players. Seven players are required at the start of game time to avoid a forfeit.
      1. If a team has four or fewer players at game time, that team will be assessed a forfeit fee.
    - ii. If at any time during the game a team has fewer than seven eligible players, the game is over.
    - iii. If both team managers agree at the managers' meeting and have the permission of the officials, 10x10 or 11x11 may be played. The goalkeeper counts as a player. This is not allowed for any Interfraternity Council (IFC) Division match.
  - c. Manager Meeting
    - i. Prior to the start of the game, a meeting between the two team managers and the official will take place at midfield. They will discuss rules and regulations which the manager must relay back to the team. Managers will play rock, paper, scissors to determine who gets the first possession.
  - 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 will take place on the turf fields at the Cal Poly Upper Sports Complex.
    - ii. In order to ensure the safety of 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 (e.g., one Men's or Women's League and one Co-Rec League). If a gender league folds due to an insufficient number 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 (e.g., 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 (PHA) 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 a sport similar to their Cal Poly sport until a minimum of three academic quarters (not including summer) after they have been removed from that sport's active roster. They are however, eligible to play an intramural sport dissimilar to the sport they play for Cal Poly.

## 2. Equipment/Dress Code

### a. Uniform

- i. The home team wears white and they away team wears black.
- ii. Players must check their schedules on [IM Leagues](#) to know which color shirt to wear. If there is any doubt, bring both colors.
- iii. No gray or yellow shirts may be worn.
- iv. If every member of the team has the same uniform they will be allowed to play at the discretion of the supervisor.
- v. The goalkeeper must wear a different color shirt excluding white, black, yellow and grey.
- vi. A player with blood anywhere on their uniform will be instructed to leave the game until the uniform has been changed or approved after an evaluation by an ASI Intramural Sports supervisor or an ASI facility supervisor.

### b. Dress Code

- i. Closed-toe shoes must be worn at all times during play.
  1. Metal cleats and screw-on cleats are not allowed.
- ii. Athletic attire must be worn at all times during play.
- iii. Wearing a hat is not allowed during play.
- iv. Intramural Sports officials can remove a player for improper dress code at their discretion.

### c. Jewelry

- i. Jewelry is not permitted; players must remove all jewelry before the start of a game.
- ii. If jewelry is not removed, a yellow card will be assessed.

## 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 court at a time. A co-rec team which does not have at least four player of each gender ready at game time will forfeit the game.





participate in any sport until they have met with the appropriate Intramural Sport supervisor as explained in the Intramural Manager's Handbook.

- v. 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.

- g. Participant Conduct

- i. Profanity, taunting, verbal abuse of officials, and unsportsmanlike conduct will not be tolerated. This applies to participants and spectators.
  - 1. Punishments may include: Verbal warnings, yellow cards, red cards, or ejection. Punishment will vary on the official's discretion based on the severity of participant conduct and is at the official's discretion.
  - 2. Team accumulation of yellow cards, having ineligible players play for your team, or other acts deemed inappropriate by the sport supervisor may cause the team to forfeit or result in ineligibility for playoffs.
- ii. Fighting will not be tolerated.

## 5. Soccer Rules

- a. Game Length

- i. A game shall consist of two 20-minute halves, separated by a two-minute halftime. The game clock shall run continuously and shall only be stopped at the officials' discretion.
- ii. Overtime will only occur in playoff matches.
- iii. If a playoff game should end in a tie, one, 10-minute golden goal period will be played. If the score is still tied after overtime, each team will attempt five penalty shots.
- iv. In co-rec games, shots will alternate man-woman-man or woman-man-woman.
- v. 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:
  - 1. During stoppage of play for goal kicks.
  - 2. On a team's own throw-in.
  - 3. On the opposing team's throw-in only if that team substitutes first.
  - 4. After a goal has been scored.
  - 5. Between halves.
- ii. Substitutes must request permission from the official before entering the field.

- iii. Injured players may be substituted at the discretion of the official, and the official will require that there be a substitute for a cautioned (yellow-carded) player.
- 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 of 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 10 yards away from the kicker. Those in violation will be given a yellow card.
- e. Goalkeeper
  - i. The goalkeeper may touch the ball with their hands inside their penalty area.
  - ii. Once the goalkeeper has control of the ball, they have six seconds to release it.
  - iii. If they do not release it in six seconds, it will be an indirect kick at the top of the 18-yard box.
  - 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.
- f. Restarting Play
  - i. Kickoff
    - 1. The ball must be touched and must clearly move.
    - 2. The ball does not have to move forward.
  - ii. Throw-in
    - 1. The ball must enter the field. If the ball does not fully cross the out-of-bounds line, 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. The player must release the ball while standing behind the sideline facing the field.
    - 4. Both feet must touch the ground and must be behind the sideline or on the sideline.
    - 5. Both hands must be on the ball, straight over the head.
  - iii. Drop Balls
    - 1. Must touch the ground before being contacted.
    - 2. Must touch one player including the drop ball player.
  - iv. Corner Kick
    - 1. Defenders must give the attacking team 10 yards.
    - 2. A goal may be scored directly from a corner
  - v. Goal Kick



1. The ball is not in play until it leaves the penalty area; if it is touched prior to this, the goal kick must be retaken.
2. Opposing players must not enter the penalty area until the ball is in play.

vi. Free Kicks

1. Direct kicks allow the offensive team to score from the kick without contact by another player before scoring. Direct kicks include:
  - a. Kickoffs.
  - b. Goal kicks.
  - c. Free kicks as a result of a foul.
  - d. Corner kicks.
  - e. Penalty kicks.
2. Indirect kicks must have a contact by another player after the initial kicker's contact and the ball being scored. Indirect kicks include:
  - a. Offside penalties.
  - b. Keeper holding the ball for more than six seconds.
  - c. A pass back to the keeper's handle.
3. Direct free kick offenses occurring in the attacking penalty area will result in a penalty kick.
4. Indirect free kick offenses which occur in the attacking penalty area are taken from the spot on the edge of the penalty area parallel to the goal line nearest to the infraction.
5. Opposing players must stand 10 yards from the spot of the kick until the ball has been touched and moved, indicating the ball is in play.
6. A player taking any kick may not touch the ball until another player has touched it. Doing so will result in a direct kick for the opposing team.