

**UNIVERSITY OF MASSACHUSETTS  
INTRAMURAL SPORTS**

**CO-REC 2-BALL SOCCER RULES**

The Official *NCAA Soccer Rules* will govern play with intramural modifications.

Each player must present his/her [valid UMass UCard](#) to participate in each and every intramural contest.

For the full list of intramural policies and procedures, please read the [Intramural Captains Guide](#).

Team captains are responsible for the conduct and eligibility of their teams and adherence to the rules governing play.

**I. TEAMS ON THE COURT**

- A. A team on the court shall consist of six (6) players: 3 men & 3 women. This number includes the goalkeeper.
- B. The designated goalkeeper for each team shall wear a jersey that distinguishes him/her from all other players and officials.
- C. A game cannot begin without at least four (4) players: 2 men & 2 women.
- D. A team may play with five (5) players: 3 men & 2 women or 2 men & 3 women. No other gender combination is permitted.
- E. If, at any time during the game, a team does not maintain the minimum number of players, that team shall forfeit the game regardless of the score. This includes during penalty kicks.

**II. EQUIPMENT**

- A. The official shall not permit any player to wear equipment that, in his or her judgment, is dangerous to other players. Participants must remove all jewelry, including rings, bracelets, necklaces, watches and earrings. Taping of earrings and other jewelry is not permitted regardless of the reason. Hats and bandanas are not permitted. Medical emergency bracelets/necklaces may be worn but must be completely covered & taped to the body.
- B. All players must wear athletic attire and clean court shoes.
- C. Campus Recreation will provide game balls, goals & scrimmage shirts.

**III. GAME**

- A. Playing time shall be two, 10-minute halves with a continuous running clock.
- B. A coin toss will be used to determine goal to defend for the first half. Teams change ends at the end of the 1<sup>st</sup>-half penalty kicks.
- C. Play is started in each half by each goalie putting a ball into play.
- D. Substitutions are done on the fly. Incoming subs must be in the team's designated substitution area. Outgoing subs must be a maximum of 1 yard from this designated area before an incoming sub may enter the playing area.
- E. Indoor soccer goals [6' x 12'] are used.
- F. Walls, curtains, & doors are in play. The playing area is approximately 35 yards wide x 45 yards long. Any player can retrieve a ball that leaves the "curtained" playing area. The player who retrieves the ball shall be given 1-yard of free space to put the ball on the floor and kick or dribble it. There are no throw-ins.
- G. The offside rule is not enforced in 2-ball.
- H. Timeouts are called by the official or sport supervisor (examples: injury or unusual game delay). The game shall be restarted by each goalie putting the ball into play.
- I. Halftime is one minute in duration.

#### IV. GOALIE PLAY

- A. Goalies may use their hands anywhere in their *team's basketball court* (sidelines and endlines extended). Goalies do not have handling privileges in the area that separates the two basketball courts (see diagram).
- B. Goalies may only take three steps while holding the ball and must release the ball within six seconds.
- C. Goalies are not permitted to handle a teammate's foot pass.
- D. Goalies are not permitted to dribble the ball with their hands. This will be considered a handling infraction.
- E. Once a goalie has controlled and then released a ball, he/she may not touch that ball again with their hands until another player has touched the ball.
- F. Another player must touch a goalie's punted or thrown ball before a goal can be scored. Goalies cannot score directly into an opponent's goal.
- G. A team may change goalkeepers at any time; this player shall wear the designated goalkeeper scrimmage shirt.

#### V. GOAL AREA

- A. The area marked in front of each goal is considered the goal area/goalie crease (a box approximately 6 feet out from the goal line and the width of the goal).
- B. Offensive and defensive players may not enter goal areas. Defensive players may not run through their own goal. The infraction for entering the goal area is a penalty kick. Entering the goal area means having any part of the body touching any part of a line or inside the crease. "Breaking the plane" while not touching the floor is not considered entering the crease
- C. A goal scored by a player inside the goal area will be disallowed.

#### VI. PENALTIES/INFRACTIONS

- A. During play, officials will record all fouls and infractions. Examples are:
  - 1. **Slide tackling – No players are allowed to slide tackle! A slide tackle results in a yellow card and the player must immediately sub out for the remainder of the half.**
  - 2. Handling
  - 3. Acts such as tripping, holding, pushing
  - 4. Dangerous plays – high leg kick, headers in a crowd, playing the ball while on the ground in a crowd
  - 5. Non-goalie entering the goal area/crease
  - 6. Goalie infractions such as dribbling with the hands, taking more than 3 steps while holding the ball, re-playing the ball with the hands before another player has touched it
  - 7. Ball hitting overhead obstructions, such as the ceiling, lights or overhead frames.
  - 8. Illegal substitution
  - 9. Cautions and ejections – the official will blow the whistle to stop play. The clock will not stop.
    - a. Play will be restarted by each goalie putting a ball into play if play had to be stopped by an official to give a yellow card(s).
    - b. Any player who is cautioned by the official shall sit out for the remainder of the half.

#### VII. PENALTY KICKS

- A. After each half, the teams immediately go to penalty kicks. Penalty kicks are taken at the same goal toward which each team was attacking.
- B. Both teams take their allotted penalty kicks at the same time.
- C. One penalty shot will be awarded for each foul and/or infraction.
- D. Penalty shots will take place during halftime and at the end of the game. Penalty shots will not be taken at the end of the game if the penalty shots will not affect the outcome of the game.

- E. A penalty shooting order must be established on the scoresheet prior to the beginning of each game. The same shooting order used at halftime will be used at the end of the game with the first shooter starting the penalty kicks.
- F. All players listed on the game scoresheet as participants (including the goalkeeper) must shoot before any player shoots a second time. The penalty kick order must alternate between male and female for both teams (exception: the first and the last person in the order could be the same gender, if a team lists five or seven players on the scoresheet). The maximum number of players per roster is 8. A team that loses a player due to injury or other commitment will maintain the kicking order with the remaining players.
- G. Penalty shots are spot kicks and will be taken from a designated spot approximately 31 feet from each goal line.
- H. The kicker has only one attempt to score.
- I. The goalie may not move forward from the goal line until the ball has been kicked. The goalie may only move laterally prior to the ball being kicked. The goalie may also not leave the goal area during the penalty shots, unless he/she is taking the penalty kick or being changed for a teammate.
- J. *Tiebreaker* – If after all penalty shots have been taken at the end of the game and the score is tied, a sudden death shootout will occur. The shooting order begins from the first shooter of the team that kicked first at the end of the game. If the score is tied after the first player from each team shoots, the second player will shoot. This will continue until one team scores and the other team does not. Once again, all players must shoot before anyone shoots a second time.

#### **VIII. PLAYER CONDUCT**

- A. Players are required to act in a civil manner toward other players, officials, supervisors and spectators. Captains may ask for a rule interpretation if conduct remains civil and respectful. Acts of unsporting conduct, such as rough or dangerous play and/or verbal misconduct, can result in player ejection.
- B. Yellow Caution Card – A player who receives a yellow caution card shall sit out the remainder of the half and cannot be replaced by a substitute. Two yellow cards for the same player equals an ejection from the game. If a team receives 3 cautions in one game, the game shall be ended and the opponent given the win by score or forfeit if the offending team is ahead.
- C. Player Ejection - An ejected player cannot be replaced by a substitute, nor can an ejected player participate in end-of-half and/or end-of-regulation penalty kicks. A team that has two ejected players will forfeit the game immediately. An ejected player will receive a one game suspension; the ejected player and, in some cases, the team will not be allowed to play until the ejected participant and/or the team meets with the Campus Recreation staff.

**GOOD LUCK DURING THE 2-BALL SOCCER TOURNAMENT!**