

UNIVERSITY OF MASSACHUSETTS
INTRAMURAL SPORTS

MEN'S, WOMEN'S & CO-REC 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. TEAM

- A. A team shall consist of seven (7) players.
 - 1. Goalkeepers shall wear jerseys that distinguish them from all other players and referees.
 - 2. A game cannot begin without at least five (5) players. *For co-rec, a team that plays with an even number of players must be equal men and women on the field. A team that plays with an uneven number of players can be one up male or female on the field.*
 - 3. 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.
 - 4. Additional players may enter the game upon arrival whenever play is dead and with official's consent.

II. EQUIPMENT

- A. Standard regulation soccer shoes are legal. Shinguards are strongly recommended. **No metal cleated shoes** may be worn.
- B. The official shall not permit any player to wear equipment that, in his or her judgment, is dangerous to other players. **Jewelry, including rings, bracelets, necklaces, watches and earrings, is illegal.** Taping of earrings and other jewelry is not permitted regardless of the reason. Hats are not permitted by field players, only goalkeepers. Medical emergency bracelets may be worn but must be taped to the body.
- C. The official ball is the one supplied for the intramural program.

III. GAME

- A. Playing time shall be of 40 minutes duration divided into two (2) halves of 20 minutes each.
 - 1. All playing time shall be running time.
 - 1. There shall be a two (2) minute intermission after the first half of play.
 - 2. Mercy Rule – if the score/goal differential is 5 goals or greater with five (5) minutes or less to play in the 2nd half, the game shall end.
- B. A coin toss will be used to determine ball/field possession. The loser of the coin toss receives the kickoff to begin the second half.
- C. There are no timeouts in soccer.
- D. Tie Games: Overtime Period(s)- a coin toss will determine choice of ends of the field or the kickoff before the start of the first overtime period.
 - 1. League Play - a single five (5) minute running time **sudden victory overtime** period will be played. If the game remains tied after the overtime period, the game shall be declared a tie.
 - 2. Championship Play – up to two five (5) minute running time (not sudden victory) periods will be played. If either team is leading at the end of the first overtime period, that team is the winner. If the score is still tied at the completion of the first overtime period, a second five minute overtime period will be played. Teams shall change ends of the field to start the second overtime period. There will be a two (2) minute break between overtime periods. If at the end of the second five minute overtime period the score is still tied, penalty kicks will be attempted. Penalty kicks may be attempted by any player on the roster who has not been ejected. Once the goalkeeper has been designated, he or she shall not be replaced unless injured or ejected. A coin toss will be used to determine the first team to kick, with the winner electing to kick first or last. Each team shall alternately take an initial series of five kicks. The kicking order shall be

established by the team. Once the kicking order is established, it may not be changed. The team scoring the greater number of goals will be the winner. *For co-rec, gender requirements for penalty kicks shall be the same as required during regulation and overtime play. That is, a team may use 3 men, 2 women or 3 women, 2 men for penalty kicks.*

- a.) if the score is still tied after each team has taken five kicks, kicks shall be taken alternately in the same order until a team has one more goal in the same number of kicks.

IV. PLAY

- A. **Substitutions** -- Either team may substitute up to 7 players at a time under the following conditions:
 1. On a goal kick
 2. On a team's own throw-in ---- if the offensive team substitutes, the defensive team is allowed to substitute.
 3. On a team's own corner kick -- if the offensive team substitutes, the defensive team is allowed to substitute.
 4. After a goal has been scored
 5. Between halves of play
 6. In the event of an injury
 7. In the event of a player being cautioned and substituted, the opponent shall have the opportunity to make a like substitution.
- B. **Changing Goalkeepers** - The official shall be notified when a goalkeeping change is made, either by another player on the field changing places with the goalkeeper or by substitution from the team bench.
 1. On a penalty kick, the defensive team may not substitute the goalkeeper with another player from the team bench.
 2. On a penalty kick, a teammate already on the field may change positions with the goalkeeper for the taking of the penalty kick provided the official is notified.
- C. No offsides in Intramural soccer
- D. Slide tackling is PROHIBITED !
 1. First violation = penalty kick; player is cautioned and removed from the game until the next opportunity to substitute.
 2. Second violation by same player = penalty kick and ejection from the game
- E. *For co-rec, the ball cannot be passed three times to the same gender. The ball being passed to three men or women in succession shall constitute a violation. The ball shall be put in play by an indirect free kick at the spot of the violation.*
- F. FIELD
 1. Goal is 12' wide.
 2. Field dimensions are approximately 60 yards x 80 yards.
 3. **Penalty Box** - 4 yards from each post along the sidelines and 10 yards out from the goal line.

V. PLAYER CONDUCT

- A. Referees have been instructed to eject any players who persist in rough and/or dangerous play.
- B. **No Mouth Rule** - Players are required to act in a civil manner toward other players and officials. Any player 'mouthing off' shall be ejected from the contest. Captains may ask for a rule interpretation. Two teammates ejected for the same reason will cause their team to forfeit the game.

Rationale: This rule prevents players from 'baiting' each other, thus creating bad feelings. It also prevents the players from committing unsportsmanlike acts toward the officials and their judgments.
- C. **Yellow Card Caution:** Any player who receives a yellow card shall be replaced & shall not re-enter the match until the next opportunity for substitution occurs.
 1. Two yellow cards for the same player equals an ejection.
 2. An ejected player cannot be replaced.
 3. 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 by score.
- D. If a team has two ejected players in one game, the game shall be ended and the opponent given the win by score or forfeit if the offending team is ahead by score.

GOOD LUCK AND ENJOY THE SOCCER SEASON!

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