

Wellness and Recreation

Below is a summary of basic rules for 7-on-7 Outdoor Soccer. Where a situation is not expressly covered in these rules, NFHS high school rules will apply.

View the [NC State Intramural Sports Sportsmanship Guidelines](#).

View the [NC State Intramural Sports Handbook](#).

Equipment

- A. All players on the same team must wear jerseys of matching color, that distinguish them from their opponent and the referees (referees wear yellow jerseys)
- B. Shoes with metal cleats are not permitted.
- C. Players are encouraged to wear shin guards, however, they are not required
- D. Players may not wear jewelry (including earrings, bracelets, watches, piercings, etc.) or billed hats. Medical alert bracelets/necklaces or religious items may be worn, but must be taped down.
- E. A soccer ball may be used if agreed upon by both teams
- F. Jerseys and soccer balls may be checked out from Equipment Checkout on the first floor of the Wellness and Recreation Center

Timing

- A. The match consists of two 20-minute halves, with a 5-minute halftime
- B. The game clock runs continuously. The referee may make time allowance in either period for time lost during injuries, substitutions, etc. at their discretion.
- C. Mercy Rule: If a team is 5 or more goals ahead with 5 minutes or less remaining in the 2nd half, the match is over
- D. Games will end in a tie and no overtime will not be played in the regular season. In the playoffs, a 5-minute sudden death extra period will be played. If still tied, a penalty-kick shootout will determine the winner.

Gameplay

- A. Fraternity, Women's/Sorority, Grad/Fac/Staff/Alumni, and Open leagues will be played with 7 players on the field for each team, A minimum of 5 players is required to start the game
- B. Co-Rec leagues will be played with 7 players for each team, 3 men and 3 women field players, with a goalkeeper of either gender. A minimum of 5 players is required to start the game with a minimum of 2 men/women and maximum of 3 men/women field players, with a goalkeeper of either gender.
- C. Teams may substitute from the halfway line during dead ball intervals as outlined by the rules.
- D. Which team kicks off first and defends each side will be determined by a pre-game coin toss
- E. Offsides rules are not in effect
- F. During a goalkeeper distribution (throwing the ball), the ball must touch the ground or a player before crossing the halfway line.
- G. High kicks and attempting to slide tackle or slide on the ground (feet first) is illegal
- H. A direct or indirect kick will be awarded for fouls and violations