



Recreation and Wellness

UNIVERSITY of WEST FLORIDA

UWF Intramural Sports

Outdoor Soccer Rules

THE GAME WILL BE PLAYED ACCORDING TO THE NFHS SOCCER RULES WITH THE FOLLOWING
EXCEPTIONS/CLARIFICATIONS:

Article 1: The Game

- 1.1. All players must have their **nautilus card or government issued photo ID** in order to play! Players must be on their team's IMLeagues roster to participate.
- 1.2. Teams will have no more than 7 players on the field including the goalie. Single gendered teams are not allowed to have more than 14 players on their roster.
 - 1.2.a. A game may not start if either team consists of fewer than 5 players at scheduled game time. 4 players with a goalie.
 - 1.2.b. If a team playing with the minimum number of people has an injury, that team may continue to play at the discretion of the game supervisors. (Rule 1.2.b. has been added as of 3/14/25 in an effort to allow teams to play if injury takes them below the minimum.)
- 1.3. Teams must arrive 15 minutes before their scheduled start time. **Game time is forfeit time.** If your team is not checked in and ready to play by game time, you will forfeit your game.
- 1.4. If, due to circumstances beyond our control, a game in progress must be stopped and cannot be restarted and the game has reached halftime, it is over and the score is official. If the game has not yet reached halftime, it is considered a canceled game and will not be counted toward playoff qualification nor made up.
- 1.5. A coin toss is administered and the winning team will decide to kick-off or which side they will defend.
- 1.6. Teams will switch sides to start the second half of play.
- 1.7. There are no offsides.
- 1.8. The match will consist of 2, 20 minute halves (running time).
 - 1.8.a. The half-time interval must not exceed 5 minutes.
 - 1.8.b. If the score is tied at the conclusion of the second half: During the regular season, the game will end in a tie. **During the playoffs, there will be a 5 minute overtime period (golden goal format). If no team scores during the overtime period, the game will move to a penalty kick shootout.**

Article 2: Equipment

- 2.1. Hooped, rigid, and spiked jewelry is prohibited. Jewelry must be secured and covered by participants at all times. Participants will be removed from the contest at any point if jewelry becomes exposed and will be allowed to return once the jewelry is covered.
 - 2.1.a. If jewelry consistently becomes exposed during a competition, staff members may ask the participant to remove the jewelry in the interest of the game and other participants.
 - 2.1.b. Failure to adhere to **Rule 2.1** will result in an Unsportsmanlike Conduct penalty.

- 2.1.c. For a complete list of prohibited items please refer to the “jewelry/equipment” section of the Intramural Sports Policies and Procedures Handbook.
- 2.2. A player must not use equipment or wear anything which is dangerous to him/herself or another player (including but not limited to jewelry (this is hard, rigid or spiked), headwear, and knee braces with exposed hard material)
- 2.3. Each team must wear different colored jerseys.
 - 2.3.a. Each goalkeeper must wear colors, which distinguish him or her from the other players on both teams.
- 2.4. Intramural Sports will provide a size 5 ball for the contest.
- 2.5. It is highly recommended, but not required, that all players wear shin guards.

Article 3: Scoring

- 3.1. A goal is scored when the whole ball passes over the goal line, between the goal posts and under the crossbar, provided that no infringement of the rules has been committed previously by the team scoring the goal.
- 3.2. **The Mercy Rule** is a 6 goal differential with 10 minutes or less left in the 2nd half.

Article 4: Kick-off

- 4.1. A kick-off is a way of starting or restarting play:
 - 4.1.a. At the start of the match.
 - 4.1.b. After a goal has been scored.
 - 4.1.c. At the start of the second half of the match.
- 4.2. At the moment of kickoff, all players, except the player taking the kickoff, shall be in their team’s half of the field. Players opposing the kicker shall be at least 10 yards from the ball until the ball is kicked.
- 4.3. A goal may be scored directly from the kick-off.
- 4.4. If the kicker touches the ball a second time before it has touched another player:
 - 4.4.a. An indirect free kick is awarded to the opposing team to be taken from the place where the infringement occurred.
- 4.5. For any other infringements of the kick-off procedure, the kick-off is retaken.

Article 5 Status of the Ball

- 5.1. The ball is considered to be out of play when:
 - 5.1.a. The whole ball has crossed the goal line whether on the ground or in the air.
 - 5.1.b. The whole ball has crossed the touch line whether on the ground or in the air.
 - 5.1.c. Play has been stopped by the referee.
 - 5.1.d. Ball touches an official and remains on the field; and:
 - possession changes
 - goes directly into the goal
 - a team starts a promising attack
- 5.2. The ball is live, in play, when:
 - 5.2.a. The ball is in play at all other times, including when:
 - 5.2.b. The ball rebounds from a goal post or crossbar and remains in the field of play.
 - 5.2.c. The ball rebounds from the referee when they are on the field of play, except in 5.1d.

Article 6: Throw-In

- 6.1. A goal cannot be scored directly from a throw-in.
- 6.2. A throw-in is awarded when the whole of the ball passes over the touch line, either on the ground or in the air from the point where it crossed the touch line.
- 6.3. At the moment of delivering the ball, the thrower:
 - 6.3.a. Faces the field of play

- 6.3.b. Has part of each foot either on the touch line or on the ground outside the touch line
- 6.3.c. Uses both hands
- 6.3.d. Delivers the ball from behind and over his/her head
- 6.4. The thrower may not touch the ball again until it has touched another player. The ball is in play immediately when it enters the field of play.
- 6.5. If an opponent unfairly distracts or impedes the thrower, they are cautioned for unsporting behavior and shown the yellow card.
- 6.6. For any infringement of this rule by the thrower, the throw-in is taken by a player of the opposing team.

Article 7: Substitution Procedure

- 7.1. To replace a player by a substitute, the action must take place during certain dead ball periods and the following conditions must be observed:
 - 7.1.a. The referee must be informed before any proposed substitution is made.
 - 7.1.b. Substitutions cannot be made without the referee beckoning the substitutes onto the field. The referee has the right to deny a substitution if the action would impede the natural flow of the game.
 - 7.1.c. A substitute only enters the field of play after the player being replaced has left and after receiving a signal from the referee.
 - 7.1.d. If a team is shorthanded to begin the game, and a substitute arrives, the substitute may enter on a dead ball with the permission of the referee.
- 7.2. Substitutions can occur during the following dead balls:
 - 7.2.a. When a goal is scored
 - 7.2.b. When a player is injured and the official has stopped play
 - 7.2.c. Between halves
 - 7.2.d. On a goal kick
 - 7.2.e. When a player is cautioned (no sub allowed for a player that was red carded)
 - 7.2.f. On a corner kick (only if the team in possession wants to sub, then both teams may sub)
 - 7.2.g. On a throw-in (only if the team in possession wants to sub, then both teams may sub)

Article 8: Overtime and Penalty Kick Shootout

- 8.1. During playoffs, there will be a 5 minute overtime period (golden goal format). If no team scores during the overtime period, the game will move to a penalty kick shootout.
- 8.2. Captains will play rock-paper-scissors to choose who goes first in the penalty kick order. The official will choose which side of the field the penalty kicks are taken based on field conditions.
- 8.3. The seven (eight for co-rec) players already on the field at the end of the 5 minute golden goal period will participate in the penalty kick shootout. This will include the goalkeeper. Those players will all line up in kicking order on the midfield line.
- 8.4. The first five of the players from each team will alternate penalty kicks until a winner is determined
- 8.5. If after the five players have gone and the score is still tied, the remaining eligible players will partake in a sudden death shootout. The captain's will play rock, paper scissors to see who gets to kick first.
 - 8.5.a. If nobody scores from the extra kickers, start the kicking order over again with the same players that participated initially.
- 8.6. No eligible player may kick twice until all eligible players have kicked once.
- 8.7. Co-Rec: TEAMS MUST ALTERNATE MALE/FEMALE. At no point can two players of the same gender kick back to back.
 - 8.5.a. This may mean a male or female has to kick again before all the other players have kicked. This is the only exception to rule 8.6

Article 9: Direct Free Kicks

- 9.1.** A direct free kick is awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless, or using excessive force:
 - 9.1.a.** Kicks or attempts to kick an opponent
 - 9.1.b.** Trips or attempts to trip an opponent
 - 9.1.c.** Jumps at an opponent
 - 9.1.d.** Charges an opponent
 - 9.1.e.** Strikes or attempts to strike an opponent
 - 9.1.f.** Pushes an opponent
 - 9.1.g.** Holds an opponent
 - 9.1.h.** Handles the ball deliberately (except for the goalkeeper within his own penalty area)
 - 9.1.i.** Slide Tackling
- 9.2.** A direct free kick is taken from where the offense occurred.
- 9.3.** If a direct free kick is kicked directly into the opponents' goal, a goal is awarded. If a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.
- 9.4.** A penalty kick is awarded if any of the above offenses is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.
 - 9.1.a.** A goal may be scored directly from a penalty kick.
 - 9.1.b.** The ball is placed on the penalty mark. The player taking the penalty kick is properly identified. The defending goalkeeper remains on his goal line, facing the kicker, between the goal posts until the ball has been kicked.
 - 9.1.c.** The players other than the kicker are located, inside the field of play, outside the penalty area, behind the penalty mark, and at least (10yds) from the penalty mark.
 - 9.1.d.** Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of the period of extra time.

Article 10: Indirect Free Kicks:

- 10.1.** An indirect free kick is awarded to the opposing team if a goalkeeper, inside their own penalty area, commits any of the following offenses:
 - 10.1.a.** Takes more than six seconds while controlling the ball with their hands before releasing it from their possession
 - 10.1.b.** Touches the ball with his hands after it has been deliberately kicked to him by a team-mate. A player may head, chest, or knee the ball to the goalkeeper, but may not use a trick to circumvent this rule
 - 10.1.c.** Touches the ball with their hands after he has received it directly from a throw-in taken by a team-mate
 - 10.1.d.** Wastes time while taking or preparing for a goal kick
- 10.2.** The goalkeeper is considered to be in control of the ball by touching it with any part of his hand or arms. Possession of the ball includes the goalkeeper deliberately parrying the ball, but does not include the circumstances where, in the opinion of the referee, the ball rebounds accidentally from the goalkeeper, for example after he has made a save.
- 10.3.** An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee:
 - 10.3.a.** Plays in a dangerous manner
 - 10.3.b.** Impedes the progress of an opponent
 - 10.3.c.** Prevents the goalkeeper from releasing the ball from his hands
 - 10.3.d.** Commits any other action for which play is stopped to caution or dismiss a player
- 10.4.** The indirect free kick is taken from where the offense occurred.

- 10.4.a.** A goal can be scored only if the ball subsequently touches another player on either team before it enters the goal. If an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded.

Article 11: Free Kick Procedures

- 11.1.** Direct or indirect free kick inside the penalty area for the defending team:
- 11.1.a.** All opponents are at least 10 yds from the ball
 - 11.1.b.** All opponents remain outside the penalty area until the ball is in play
 - 11.1.c.** The ball is in play when it is kicked and moves
 - 11.1.d.** A free kick awarded in the goal area is taken from any point inside that area
- 11.2.** Indirect free kick inside the penalty area to the attacking team:
- 11.2.a.** All opponents are at least 10 yds from the ball until it is in play, unless they are on their own goal line between the goal posts

Article 12: Co-Rec Modifications

- 12.1.** A game is played by two teams, each consisting of not more than eight players (16 max on a roster), one of whom is the goalkeeper. The ratio of males to females must not be greater than two players of opposite gender.
- 12.1.a.** A game may not start if either team consists of fewer than 5 players at scheduled game time.
 - 12.1.b.** The minimum to start a game would be 3M/2F or 3F/2M.
 - 12.1.c.** If a team playing with the minimum number of people has an injury, that team may continue to play as long as the ratio of males to females is not greater than two players of opposite gender and at the game supervisor's discretion. (Rule 12.1.c. has been added as of 3/14/25 in an effort to allow teams to play if injury takes them below the minimum.)
 - 12.1.c.1.** Example: A team playing with 3M/2F has an injury that results in only having 1 female to play, they can play with 1F/3M. If a team playing with 4M/2F had a female get injured, then they would have to play with 3M/1F to keep the gender ratio of 2.
- 12.2.** Scoring: **Both female and male goals are worth 1 point.**
- 12.3.** If a Penalty Kick is awarded, it must be taken by a player of the same gender as the offended player. If there is a PK awarded for a violation (non-foul, hand balls, etc.) a male or female can take the PK.
- 12.4.** **Mercy Rule for Co-Rec:** 6 goal differential with 10 minutes or less left in the 2nd half.

Article 13: Disciplinary Sanctions:

- 13.1.** A player is cautioned and shown the yellow card if he commits any of the following offenses:
- 13.1.a.** Unsportsmanlike conduct
 - 13.1.b.** Shows dissent by word or action
 - 13.1.c.** Persistently infringes the rules
 - 13.1.d.** Delays the restart of play
 - 13.1.e.** Fails to respect the required distance when play is restarted with a corner kick or free kick
 - 13.1.f.** Enters or re-enters the field of play without the referee's permission
 - 13.1.g.** Deliberately leaves the field of play without the referee's permission
 - 13.1.h.** Taking a dive in a pretended foul, or faking an injury
 - 13.1.i.** Slide Tackling but with no contact to a player or the ball
- 13.2.** A player that is cautioned must leave the field and be substituted for, if available. The player may only return on a normal substitution.
- 13.3.** A player is sent off and shown the red card if he commits any of the following offenses:
- 13.1.a.** Is guilty of serious foul play
 - 13.1.b.** Is guilty of violent conduct
 - 13.1.c.** Spits at an opponent or any other person

- 13.1.d. Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
 - 13.1.e. Uses excessive offensive, insulting, or abusive language and/or gestures
 - 13.1.f. Receives a second caution in the same match
 - 13.1.g. Makes contact with a player or the ball during a slide tackle
- 13.4. Additionally, if a player denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to the goalkeeper within his own penalty area), they are disqualified. **This is not considered an ejection for sportsmanship purposes.**
- 13.5. A player that is red carded may **not** be substituted for. That player's team must play a player down for the remainder of the game.
- 13.1.a. If this brings the team below the minimum allowed to play that team forfeits the game.

SPORTSMANSHIP:

- UNSPORTSMANLIKE CONDUCT: Players shall not commit acts of unsportsmanlike conduct. This includes, but is not limited to, arguments with officials by any coach, manager or spectator, flagrant fouling, fighting, etc. Unsportsmanlike acts will result in expulsion of that individual and/or team from further participation in that scheduled game. **A PLAYER SUSPENDED FROM THE GAME FOR UNSPORTSMANLIKE CONDUCT MUST LEAVE THE GAME SITE IMMEDIATELY, AND WILL BE DECLARED INELIGIBLE FOR HIS/HER TEAM'S NEXT PLAYED GAME.**
- If a player receives two (2) yellow cards or one (1) red card in a game the player is ejected and must leave the facility.
- If a team receives two (2) red cards, one (1) red and one (1) yellow, or three (3) yellow cards during the game, the game will be forfeited to the opposing team.
- **PROTEST:** Any team wishing to protest must do so before the next live ball.
- **Playoff Specific:** If a player receives two (2) yellow cards or one (1) red card in a game, the game is forfeited immediately.
- A sportsmanship rating system will be used to promote good sportsmanship with a winning attitude. Intramural Sports officials will rate teams after each league game on a five-point scale for sportsmanship. Teams earning less than a 3.5 average sportsmanship rating will not be allowed to participate in their league playoffs (regardless of the team's win/loss record). You can find a complete description of the sportsmanship rating system in the Intramural Sports Policies and Procedures Handbook.