



Intramural 7-on-7 Soccer Rules



Intramural Sports Handbook

- All participants are required to adhere to the policies of Campus Recreation. Our policies are located online at http://www.rec.nova.edu/intramurals/forms/sports_handbook.pdf.
- In the Intramural Sports Handbook, you will find important information regarding:

Team Information	Participant Information
• Registration	• Eligibility
• Forfeit Procedure	• Participation
• Team Jerseys	• Valid ID's
• Tie Breaking Procedure	• Participant Conduct
• Sportsmanship Rating	• Safety
• Protest Procedure	• Alcohol and Drug Policy

Field

All games will be played on the Recreation Fields located behind Goodwin Residential Hall.

Timing

- Games will consist of two twenty-minute halves with running time.
- The clock starts on the hour. It is the team's responsibility to be ready to play at the official game time.
- Half time will be five minutes in duration.
- Each team gets one timeout per half (unused timeouts do not carry-over).
- Ties will stand during the regular season. For the playoffs, a ten-minute sudden death overtime period will be played. If the score remains tied after one overtime period, then a shoot-out occurs. Each team will get four penalty kicks, alternating kicks between teams.

Players

- Seven players per team are allowed on the field at a time. A minimum of five players is necessary to begin and continue play.
- CoRec Modification: Teams will consist of a minimum of three women and three men. A minimum of six players is necessary to begin and continue play.
- Any number of substitutions may be made during the following dead ball situations:
 - Goal kicks and corner kicks
 - Following a goal
 - During a team or injury timeout

Start of Play

- Games will begin with a flip of a coin at midfield. The team winning the coin toss will have their choice of goal or kick-off.
- Play begins with a place kick toward the opponent's half of the field. At the moment of the kickoff, all players shall be in their team's half of the field. The opposing team must be seven yards from the ball until it is kicked.
- The ball must roll its circumference or be re-kicked.
- A goal may be scored directly from a kickoff.

General Playing Rules

- **Corner Kicks:** Corner kicks occur when the ball crosses the end line (not scoring) and is last touched by a defender. A goal can be scored directly on a corner kick. Opponents must stay ten yards away from the kick.
- **Free Kicks:** Opposing team players must stand ten yards away. The ball must be motionless prior to the kick.
- **Goal Kicks:** Goal kicks occur when the ball crosses the end line (not scoring) and is last touched by an offensive player. Goal kicks are kicked from the corner of the goal area. Opponents must be outside the penalty area until the ball crosses the penalty area line. The kick must be a place kick.
- **Goalkeeper:** Hands and arms may be used to stop a ball from scoring while standing in the ten-yard penalty box. Hands may not be used to receive a pass back from the feet of a teammate.
- **Offside: Players will not be penalized for being in an offside position.**
- **Penalty Kicks:** The penalty mark is on the edge of the penalty box, ten yards out from the goal line. The goalkeeper must stand on the goal line until the ball is kicked. A defender committing a foul (direct kick foul) inside the penalty area results in a penalty kick.
- **Slide Tackling: Slide tackling will not be permitted in Intramural Soccer. Players in violation of this rule will be penalized as follows:**
 - a. **First Offense: yellow card**
 - b. **Second Offense: red card (ejection)**
- **Throw-Ins:** Throw-ins are taken when the ball goes out of bounds over the sideline. The throw is two-handed with equal pressure and continuous. Both feet must remain on the ground and behind the sideline.

Penalties and Fouls

- A "direct" free kick is awarded to the opposing team if a player:
 1. spits at, kicks, strikes, attempts to kick or strike, or jumps at an opponent
 2. trips or attempts to trip an opponent
 3. other than the goalkeeper in his/her own penalty area, deliberately handles the ball
 4. pushes or holds an opponent with the hand(s) or arm(s) extended from the body
 5. charges an opponent (including the goalkeeper) in a violent or dangerous manner
- An "indirect" free kick is awarded to the opposing team if:
 1. the ball is played next by the kicker following a kickoff, a free kick, a penalty kick, a goal kick, a corner kick or by the thrower following a throw-in
 2. a player who is not in possession of the ball obstructs an opponent who is attempting to play the ball
 3. a player kicks or attempts to kick the ball while it is in the possession of the goalkeeper
 4. a dangerous play occurs
 5. the goalkeeper takes more than six seconds before releasing the ball for play
 6. the goalkeeper illegally handles the ball while in his/her own penalty area after once relinquishing possession of the ball
 7. the ball needs to be put back into play for any other stoppage of play

- Players will be penalized with a yellow card for:
 1. an intentional hand ball
 2. first slide tackle
 3. entering or leaving the field of play without the permission of an official
 4. persistent infringement of any game rules
 5. verbally or physically objecting any decision given by an official
 6. use of vulgar or profane language
 7. unsportsmanlike conduct

- Players will be penalized with a red card and may be replaced for:
 1. any delay which prohibits a timely restart of the game
 2. subsequent caution
- Players will be penalized with a red card and may not be replaced for:
 1. exhibiting violent conduct
 2. taunting
 3. a player anywhere on the field (other than the goalkeeper) who deliberately handles a ball to prevent it from going into the goal
 4. a foul by a player against an opponent who is moving toward his/her offensive goal with an obvious opportunity to score
 5. second slide tackle

Sportsmanship Guidelines

A: Team members participate with excellent sportsmanship within the established rules.

B: Team members occasionally complain to the official or supervisor about rule interpretations. Sportsmanship and understanding of the rules is acceptable, but could be better.

C: Team members consistently complain to the official or supervisor about rule interpretations. Sportsmanship and understanding of the rules is below expectations. A team or team member receives a yellow card for unsportsmanlike conduct.

D: A team receives two yellow cards or a team member receives a red card for unsportsmanlike conduct.

F: Sportsmanship and understanding of the rules is unacceptable. A team receives three or more yellow cards.

****Please see the Intramural Sports Handbook for detailed information regarding sportsmanship.***

*All rules not specifically covered in this document will be enforced as NFHS Soccer Rules.
All rules are subject to change by the Assistant Director of Recreation.*