

**APPALACHIAN STATE UNIVERSITY
UNIVERSITY RECREATION
Intramural Sports Program**

INTRAMURAL SOCCER RULES

WARNING: YOUR PARTICIPATION IN THIS SPORT COULD RESULT IN PHYSICAL INJURY, WHICH COULD BE SERIOUS OR FATAL!

APPALACHIAN STATE UNIVERSITY ASSUMES NO RESPONSIBILITY FOR INJURIES RECEIVED DURING INTRAMURAL SPORTS ACTIVITIES. STUDENTS, FACULTY, AND STAFF ARE REMINDED THAT INTRAMURAL PARTICIPATION IS COMPLETELY VOLUNTARY. IT IS STRONGLY RECOMMENDED THAT ALL PARTICIPANTS HAVE A PHYSICAL EXAMINATION AND SECURE ADEQUATE MEDICAL INSURANCE PRIOR TO PARTICIPATION.

Intramural Soccer play shall be governed by the National Federation of State High School Association (National Federation) Soccer Rules. All rules in this packet are exceptions to the National Federation Soccer Rules and they correspond with their location in the National Federation Rules Book. You may checkout a copy of this rulebook from the Intramural Office!

Dress Code:

- Black and white striped officials shirt (provided)
- Whistle (provided)...you are only provided one whistle per semester
- DON'T FORGET YOUR WHISTLE!!
- BLACK shorts, wind pants or sweat pants
- Tennis shoes (closed toe/heal shoes) SHOES MUST BE CLEAN
- **NO JEWELRY** (NECKLACES, EARRINGS, BRACELETS, ECT.)
- A watch is allowed
- NO hats in the SRC while working

Show up w/ out appropriate attire = sent home = missed shift!!!

Schedules:

- Employee Schedules Run Monday – Sunday
- Schedules will be posted Fridays by 2:00pm on employee schedule board (located in the SRC in hallway between UREC Office and Men's Locker Room)
- Schedules may be emailed but the posted copy is the schedule we go by
- You are scheduled based off the availability you submit
- Must notify Donnie by Wed. if you need a certain day off for the following week
- If we schedule you for a day/time you marked off please notify Jamie/Donnie ASAP
- Once scheduled you are responsible for your shifts – you must find a sub
- Send availability to asuimofficials@hotmail.com

Missed Shifts:

Definition of Missing a Shift: Missing a shift is defined as being fifteen (15) minutes late to a shift

Paid Officials

Missed Shift

- 1st
- 2nd
- 3rd

Consequences

- Written reprimand (Put on your file)
- Taken off schedule & Meeting with Jamie
- Termination

Class Officials

Missed Shift

- 1st
- 2nd
- 3rd

Consequences

- Written Reprimand & Hours added back
- Hours added back, Taken off schedule for 2 weeks & Meeting with Jamie
- Hours added back, & Taken off schedule permanently

Inclement Weather:

Call the UREC Hotline (262-UREC) to find out with games have been cancelled. If the appalcart is running you are expected to be at your shift. If you have extenuating circumstances where the appalcart does not run where you live you must meet with Jamie.

Equipment:

- Equipment will be issued to officials when they arrive. Need your ASU ID to check out your equipment
- Each official is in charge of the equipment they check out
- ALL workers must help set-up and break down the courts at the end of their shift (equipment and trash)
- Any missing equipment is the OFFICIAL'S RESPONSIBILITY. You lose it, you pay for it.

Payroll:

- All officials must complete payroll paperwork and provide two forms of ID (Drivers License and Social Security Card/Birth Certificate)
- Officials are paid twice a month on the 15th and the last business day
- Checks will be sent to ASU post office boxes
- Can set up direct deposit

Signing/Clocking In and Out:

- Always sign in/out with the supervisor - way to double check hours
- Always clock in/out at the time clock outside the UREC Office – NEED YOUR ASU ID
- After clocking in and signing in with a supervisor you must check out field equipment
- Help Supervisors set up the field

At the end of your shift:

1. Assist the supervisor with any duties they need you to complete
2. Sign out with a supervisor
3. Return any checked out equipment in order to get your student ID back
4. Clock out on the time clock (outside the UREC office)

REQUIRED OF ALL PARTICIPANTS:

- A. NO JEWELRY
- B. NO HARD-BILLED HATS
- C. NO HARD HAIR CONTROL DEVICES
- D. NO BANDANNAS
- E. NO SLEEVELESS SHIRTS UNDER INTRAMURAL JERSEY
- F. NO KNOTS IN SHIRTS OR JERSEYS
- G. NO STEEL OR METAL CLEATS
- H. NO POCKETS, BELTLOOPS, OR EXPOSED DRAWSTRINGS ON PANTS OR SHORTS

RECOMMENDED OF ALL PARTICIPANTS:

- A. MOUTHPIECE
- B. EYE GLASS RESTRAINTS (if applicable)
- C. PADDED SUPPORT BRACES IF RESULT OF PREVIOUS INJURY OR IF REQUIRED BY DOCTOR
- D. SHINGUARDS

RULE 1 THE FIELD OF PLAY

Section 6 Spectators Area

Art. 1

Spectators will be located on the opposite side of the field from the teams. Team captains are responsible for the behavior of their spectators at all times.

RULE 3 THE PLAYERS AND SUBSTITUTIONS

Section 1 Number of Players

Art. 1

The game shall be played by 2 teams, each consisting of not more than 7 players, one of whom shall be the goalkeeper who must wear a contrasting color shirt. Each team shall designate a team captain.

Art. 2

A game shall not be started with less than 5 players on each team. After the game is started, it shall not continue with less than 5 players on each team. If a team has less than 5 players, the game shall be forfeited.

Section 3 Substitutions

Art. 1

Each team may substitute an unlimited number of players, but only when their team is gaining possession, on a goal kick, or after a goal.

Section 4 Procedure for Substitution

Art. 1

A substitute who desires to enter the game shall report to the nearest official.

- A. The substitute shall remain at midfield until official beckons players onto the field of play. **All substitutions should occur at midfield!**

RULE 4 PLAYER EQUIPMENT

Section 1 Required Equipment

Art. 1

Players shall wear numbered jerseys that are of the same color as that of their teammates (excluding the goalkeeper). Jerseys will be provided by the Intramural Office to teams who do not have their own. When wearing Intramural jerseys, each player must wear a shirt with sleeves under the jersey.

RULE 7 DURATION OF THE GAME AND LENGTH OF PERIODS

Section 1 Length of Periods

Art. 1

2 equal halves of 17 minutes shall be played.

Art. 3

In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it an official game if 1 complete half or more of the game has been played. If less than 1 complete half of the game has been played, the game may be rescheduled from the start, or restarted from the time of the suspension of play. The Intramural Office will make the final decision on this matter.

Art. 4

A period shall end at the expiration of time and the ball declared dead. There will be no stoppage time.

Section 2 Interval Between Periods

Art. 1

There will be a 3-minute halftime period.

Section 3 Tie Games

Art. 1

Regular season games, which are tied at the end of regulation time, will resume with a 4-minute sudden death overtime period. If the game is still tied, each team will receive ½ win as a result of the tie. Playoff games, which are tied at the end of regulation time, will resume with a 4-minute sudden death overtime period. If the game is still tied, teams will have an alternating 3- player rotation shoot-out. A coin toss will determine which team will shoot first. The shots will be taken from the penalty line. If there is a need for more than 1 shoot-out, each team must use a new 3-player rotation. No player may participate in a second shoot-out until all players have had a turn.

Art. 2

The interval between the end of regulation time and the overtime period shall be 2 minutes in length. The interval between each shoot-out shall be 2 minutes in length.

Section 4 Time-Out and In

Art. 1

The time clock will run the entire match with 1 time-out per team per half. In order to call a time-out, the ball must be in your goalkeeper's possession or your throw-in.

INTRAMURAL CO-REC SOCCER RULES

Intramural Co-Rec Soccer play shall be governed by National Federation Rules, the previous listed exceptions to the National Federation Rules, and the following exceptions to the National Federation Rules:

RULE 3 THE PLAYERS AND SUBSTITUTIONS

Section 1 Number of Players

Art. 1

There will be 7 players on each team. The males can **NEVER** outnumber the females.

RULE 10 SCORING

Section 1 Goals

Art. 1

A goal scored by a female player counts 2 points. A goal scored by a male player counts 1 point.

Definitions:

Charge – Act of a defensive player using body contact to cause an offensive player to lose possession of the ball.

A fair charge must have:

- shoulder to shoulder contact in an upright position
- within playing distance of the ball
- at least one foot on the ground
- arms held close to the body

Encroachment – The act, by one or more defenders, of advancing within 7 yards of the ball prior to the taking of a free kick.

Free Kick – As a result of a penalty the ball is kicked unchallenged by another player in any direction prior to being touched by another player. The ball is considered to have moved when it is touch by the kicker's foot. There are two types:

Direct Free Kick: A goal may be scored directly from the kick without another player touching the ball.

Indirect Free Kick: A goal cannot be scored unless the ball is touched by another player (either team) other than the kicker before passing across the goal line.

Handling – Deliberately playing the ball with one’s hand or arm. The hand or arm must move toward the ball or hand or arm must be carried in an unnatural position before an infraction of the rule can be charged.

Obstruction – The deliberate act by a player of running between an opponent and the ball, or using the body as an obstacle when not in possession of the ball, or not attempting to play the ball.

Offside – A player is in an offside position if they are nearer to the opponent’s goal line than the ball unless:

- they are in their half of the field (nearest their goal line)
- there are two defensive players (including the goalie) between them and the opponents goal line

An infraction which occurs when an official judges a player in an offside position to be involved in active play by interfering with play or with an opponent, or gaining an advantage by being in an offside position.

A player cannot be in an offside position if they receive the ball directly from a goal kick, corner kick, or a throw-in.

It is not an offense in itself to be in an offside position. A player must either be interfering with a play or an opponent; or be gaining an advantage from being in that position.

Penalty Kick – Occurs when a major offense which would result in a direct free kick happens in the penalty area around the goal. There is a designated spot within the penalty area in which the kick shall take place.

Throw-in – One method a dead ball becomes a live ball. A player must use both hands and throw the ball from behind and over the head in a continuous motion. Both feet must be on the ground and on or behind the touchline.

Sliding Tackle – A maneuver in which one or both feet slide on the ground in an attempt to tackle the ball which is in possession of an opponent.

Tackle – The use of the feet to take a ball away from a player in control.

Free Kicks

1. Free kicks shall be classified as :
 - A. Direct – a goal may be scored directly from the kick.
 - B. Indirect – a goal cannot be scored unless the ball has been played or touched by any player other than the kicker before passing through the goal.
All free kicks may be kicked in any direction from the point where the infraction occurred, except the penalty kick, which must be taken from the penalty spot and kicked forward.
2. Offenses for which a **direct** free kick may be awarded include the following violations:
 - A. Handling the ball with hands or arms
 - B. Tripping an opponent, including throwing or attempting to throw an opponent by the use of the legs and slide tackling.
 - C. Pushing an opponent with the hand or with any part of the arm or body.
 - D. Holding an opponent.
 - E. Playing violently (kicks, strikes, attempts to kick or strike, jumps at an opponent).
 - F. Charging an opponent in a dangerous manner.
3. Offenses for which an **indirect** free kick may be awarded include the following violations:
 - A. A player playing the ball a second time before it has been played by another player at the kickoff, a free kick, a penalty kick, a corner kick, a goal kick, or by the thrower following a throw-in.
 - B. Improper substitution.
 - C. Obstruction

A goal **MAY** be scored during play directly from a:

1. Kickoff
2. Direct free kick
3. Goal kick
4. Penalty kick
5. Corner kick
6. Drop ball
7. Goalkeeper's throw, punt, or drop-kick

A goal **MAY NOT** be scored during play directly from a:

1. Indirect free kick
2. Throw-in
3. Free kick into a team's own goal

Fouls and Misconduct

Direct Free Kick:

Most fouls ending in ing will result in direct kick (spitting, kicking, striking, tripping, jumping, handling, holding, pushing, and charging)

Handling: a player who deliberately handles, carries, strikes, or propels the ball with a hand or arm

Holding, Pushing: a player shall not hold or push an opponent with the hand(s) or arm(s) extended from body

Charging: A player can not charge an opponent in a dangerous or reckless manner, or use excessive force

A player can not charge the goalkeeper in the penalty area unless they are obstructing the player or dribbling the ball with the feet (Outside the penalty box goalkeepers have no special privileges)

Fouls rewarded with a direct kick that happens in the penalty box will result in a penalty kick

Indirect Free Kick:

Dangerous play, obstruction, and offsides

Playing the ball a second time before it is played by another player

Improper substitution

Restrictions on the Goalkeeper

Obstruction: the deliberate act by a player not in possession of the ball or attempting to play the ball, running between an opponent and the ball or using the body as an obstacle

Dangerous Play: an act an official considers likely to cause injury to that player or another player

Situation: Player A1 performs a diving header trying to score. In the process, a defender playing the ball kicks A1 in the head. Ruling: Indirect free kick given to the defending team since A1's dive created the dangerous situation.

Restrictions on the Goalkeeper: when touching the ball with their hands they have 6 sec. to put ball in play (can hold, bounce, throw in air and catch) When teammate deliberately kicks ball to their goalkeeper or directly from a throw-in they can not use their hands

Misconduct:

A player who is disqualified (2 yellow cards or a red card) may not be replaced; the team must play down a player for the rest of the game.

A player or coach may receive a yellow card for:

1. entering or leaving the field without permission
2. persistent infringement of any of the rules

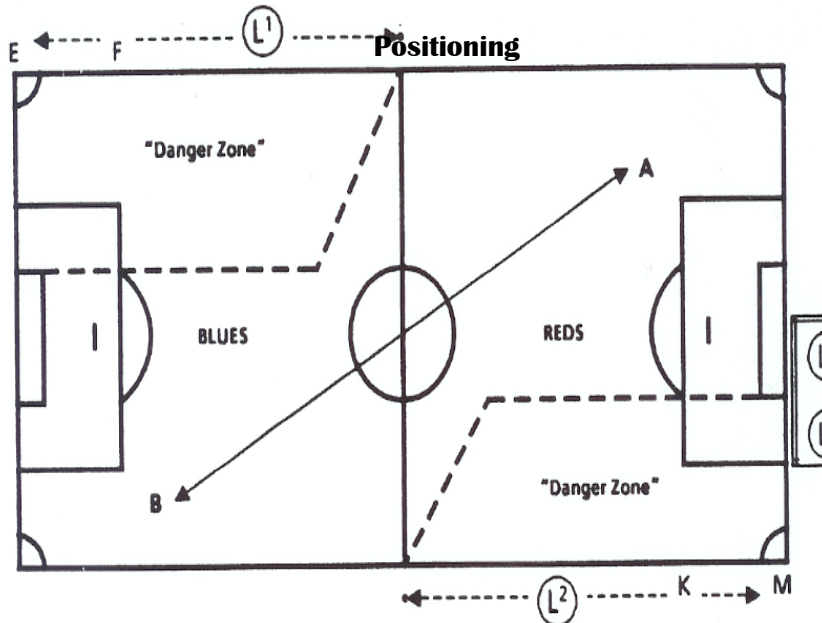
3. objecting by words or action to officials decision
4. any incidental use of vulgar or profane language
5. unsporting conduct (unnecessary delay, holding uniform, deliberate verbal tactics, encroachment, deliberate handball to stop attack, faking an injury, simulating foul)

A player or coach may receive a yellow and red card (disqualified) for:

1. taunting
2. any delayed, excessive or prolonged act
3. subsequent caution

A player or coach can receive a red card (disqualified) for:

1. exhibiting violent conduct
2. Committing serious foul play (foul punishable by a direct free kick done with disproportionate and unnecessary force)
 - deliberately handling the ball to prevent a goal
 - foul against opponent moving toward goal with obvious opportunity to score
3. spitting at another person
4. using insulting, offensive or abusive language or gestures
5. leaving team area to enter the field where a fight/altercation is taking place



Referee

Move along the imaginary diagonal you choose in the direction of the ball (Line A-B)
 Do not stay on strict diagonal. Move off if necessary to stay close to the play but do not interfere with player movement
 Try to keep the play between you and your assistant referees

Assistant Referee

Choose the sideline which will keep you on the opposite side of the field of the Referee when he/she is in your half
 Stay in line with the second to last defender (goalkeeper may count as one) or the ball, whichever, is closer to the goal line at your end
 You will hardly move past midfield into the opposite half of the field

Responsibilities:

Referee

Responsible for control of the game (Assistant Referees, players, coaches, and fans)
 Responsible for calling all infractions, can use Assistant Referees for infractions in danger zones (AR indicates violation but R indicates ruling)

Responsible for keeping a record of the game (score) and for keeping time on recording cards
Responsible for removing players and also for allowing substitutes
Should never have to determine if a ball goes out of play or if a player is offside

Assistant Referees

Responsible for indicating when the ball is out of play and which side is entitled to a corner kick, goal kick, or throw-in
Responsible for indicating all offside calls
Can assist referee in spotting infractions, but use discretion to help protect the referee's authority and credibility (danger zones)
Indicate when a team wants a substitution
Always follow the ball to the goal line it is your responsibility to indicate if the ball crosses the goal line

Signals:

Referee

Be decisive and sell your calls
Blow your whistle hard and sharply and signal direction of the kick
When calling a foul: blow whistle, run to the spot of the foul, point the direction of the free kick, and return to your position
You do not have to blow your whistle to restart play unless the offense is asking for the 10 yards for the defense (offense can not kick until whistle blows)
For a direct kick simply indicate direction of the kick
For an indirect kick indicate the direction then raise arm above head and do not bring it down until the ball has been touched by a 2nd player or goes out of bounds

Assistant Referee

Always keep the flag on the side of your body nearest the field and pointed straight at the ground when not making a call

Indicating an infraction: first hold your flag straight above head

Ball out of play – throw in:

-- Flag 45 degrees pointing direction of new attack (never point across your body)

Ball out of play-goal kick:

-- Flag horizontal, pointing to goal area

Ball out of play- corner kick:

--Flag pointing down toward nearest corner (even if awarded on opposite side of field)

Offside: (stay in line with where offside occurred until ball is placed)

-- Flag held straight up until whistle, then indicate kick to be taken at far side of field (flag 45 degrees up), middle of field (flag horizontal), near side of field (flag 45 degrees down)

Foul:

-- Wave flag back and forth until a whistle or referee waves the flag off (after whistle signal foul)

Communication:

The referee and assistant referees should meet before the game and the referee should clarify what are his responsibilities and what are the assistant referee's responsibilities
Important that the R and the AR's maintain eye contact as much as possible
AR when making a call must stop and put flag above their head and remain still until referee makes a call or waves off their flag
If your opposite AR is raising flag but R is looking at you, raise your flag and after the whistle point to the other AR

Offsides:

Key Points:

- Must have two defenders between offensive player and the opponents goal line (other situations)
- Offside position must be determined by where the offensive player is when the ball is passed by their teammate

- It is not an offense to simply be in an offside position; they must also be involved in the play or be causing a distraction to the opponents
- If an offensive player is even with the second defender they are considered onside
- An offensive player cannot be in an offside position if they are on their own side of the field when a teammate plays the ball
- Can not be in an offside position if receiving the ball directly from a goal kick, corner kick, or throw-in