

**Outdoor Soccer Rules**

**Intramural Sports Policies and Procedures Manual**

* All participants are required to adhere to the Policies of the Colorado Mesa Intramural Program.
* The Participant Handbook can be downloaded at: <http://www.coloradomesa.edu/studentlife/documents/ParticipantCMU.docx>
* **All participants must present a valid Colorado Mesa ID card at every game. Failure to present a valid Colorado Mesa ID will result in not being allowed to participate. NO EXCEPTIONS!**
* Changes to the rules from last season will be highlighted in grey.

All games will be held on Delta/Grand Mesa Field.

**Rule 1: Equipment**

1. No jewelry allowed (watches, earrings, facial piercings, necklaces, etc.)

**Exception:** Medical alert tags are not considered jewelry and may be worn, provided all of the chain, necklace, band, etc., is taped to the body with the tag visible.

1. No pants or shorts with belt loops or pockets allowed.
2. All players must wear like colored, numbered jerseys or t-shirts, at official’s discretion.
3. Sweatbands and soft caps on the head are allowed. No hats with a hard bill, bandanas, or other headgear are allowed.
4. Players may wear cleats provided they are not metal tipped.
5. Players are allowed to wear braces, soft casts, and protective coverings provided they are covered with ½ inch high density padding or wrapped with similar material.
6. Soccer Balls will be provided by the intramural department

**Exception:** Teams may decide to use their own soccer ball.

1. **Intramural staff reserves the right to rule on any equipment issue.**

**Rule 2: Timing**

* 1. All games shall consist of two, 17 minute halves.
	2. The clock will run continuously for the entire game.
	3. There will be a 3-minute halftime.
	4. Ties will stand during regular season. During playoffs, the following procedure will be followed:
		1. A coin toss will occur to begin the overtime period. Winner of the toss will get the choice to play on offense or defense first. The visiting team will call the toss.
		2. Overtime will be a timed 10 minute golden goal period. If there is still a tie at the end of overtime a 5 shot shoot out will be the deciding score. Any of the players on the field during the end of play may shoot.
	5. Mercy Rule: If a team is 7 or more points ahead when the referee announces the 10 minute mark, or after, for the second half, the game is over.

**Rule 3: Players**

1. Each team will consist of six players. Five players are needed to start and continue the game.
2. Substitutions may be made on any dead ball. The substitution must come from the bench and referee must be aware of the substitution to allow enough stoppage to allow a substitution.

# **Rule 4: Game Rules**

* 1. At the time of kick-off, the defending team must remain five yards away from the ball until it is kicked.
	2. Kick-offs can go either forward or backward.
	3. Indirect Free Kick: An indirect free kick is one from which a goal cannot be scored unless the ball has been played or touched by another player other than the kicker.
	4. Penalty Kick: A penalty kick is awarded for any infringement of the rules by the defending team within the penalty area, which is penalized by a direct free kick. The foul must be deliberate.
	5. There are no off-side penalties.
	6. No slide-tacking is allowed. Penalty: Yellow card, if flagrant.
	7. A goal CANNOT be scored from the kick-off or an in-bounds kick.
	8. All penalties will award an **Indirect Free Kick**, unless a Penalty Kick is awarded. This includes; kick-off, goal-kicks, corner-kicks, etc.
	9. An intentional hand ball results in an indirect kick and the player is ejected.