

**MAC CAMPUS INTRAMURAL OUTDOOR SOCCER RULES**  
**Updated September 2018**



**ID. CARDS**

- Each player must show their validated I.D. card to the timer prior to the start of the game and indicate the team that they are on.
- After the timer has confirmed your I.D. card, take the appropriate colored pinnie and report your number to the scorer.
- After the game is played, return your pinnie to your captain. The captain is responsible for returning **all** pinnies to the timer. The scorer will return the team's I.D. cards to the captain when **all** pinnies are accounted for.

**DEFAULT RULE**

- A five **(5) minute** delay to the start of the game will be granted if a team has an insufficient number of players.
- The amount of time that the start of the game was delayed will be subtracted from the first half of the game.
- If a team still has too few players after the delay, it will default the game.

**EQUIPMENT**

- Pinnies will be issued to each team at the game site. Goalkeepers will not wear a pinnie, so that they can be distinguished from the other players.
- Regulation (FIFA approved) soccer balls are supplied and used in all games

**SHOES:** Metal or replaceable cleats are NOT permitted.

**WEATHER**

- Regardless of the weather, players are asked to always show up at the game site. Rain will not result in a game being cancelled.

**RULES**

- Fédération Internationale de Football Association (**FIFA**) rules apply during all Intramural Soccer games, with the following exceptions and amendments.

**GAME TIME**

- Each match lasts two equal periods of **20 minutes**.
- The clock is considered “continuous” (does not stop when the ball goes out of play). At the match officials’ discretion, stoppage/injury time may be added at the end of each period.
- The duration of the half-time interval will be at the discretion of match officials, and must not exceed **5 minutes**.

**PLAYERS & SUBSTITUTIONS**

- Each match is to be played by two teams of eight (8) players, one of whom is the goalkeeper.
- As this is a co recreational league we encourage equal playing time to all players regardless of gender or ability. All teams must include players of both genders. There must be a female player on the field at all times.
- Substitutions are unlimited and on the fly. Number of players on the field cannot exceed eight and all players must be included.

**PLAYOFFS**

For playoff games tied after the end of regulation time, the game shall proceed to a penalty shootout.

**PENALTY SHOOTOUT format:**

1. Each team will select four (4) shooters: 2 male and 2 female.
2. If the game remains tied after the first 4 shooters, the sudden death shootout will continue, alternating between female and male shooters.
3. No player shall shoot more than once before all eligible players have taken a shot. Exceptions must be made to preserve the alternation between male and female shooters.

### **FINAL match:**

- Only in the final match of playoffs, a game tied at the end of regulation time will proceed to two five (5) minute halves of extra time
- The 10 minutes of extra time will be played to completion (no golden/silver goal).
- Should this still not be enough to break the tie, the game will proceed to a penalty shootout.

### **THROW-INS**

Make sure your players know the appropriate position: both feet on the ground, ball must be delivered from behind and over the head, and face the field of play.

### **FREE KICKS**

- When a free-kick or corner kick is given, all opponents must be at a distance of 9.15 m (10 yards) from the ball until it is played.
- The player taking the free-kick may ask the referee to enforce the 10 yard distance. If such a request is made by the player, the kick cannot be taken until the referee blows his whistle.

### **GOALKEEPERS**

A goalkeeper may NOT pick up the ball with his/her hands if the ball is deliberately passed to him/her by one of their teammates, excluding passes made with any body part above the knee. Any violation of this rule results in an indirect free kick inside the box.

### **HANDBALLS**

- Referees will call only DELIBERATE handballs (i.e. if player intentionally strikes the ball with hand or arm).
- The upper part of the shoulders is not considered a handball. If a player uses his hands to protect him/herself from a hard shot, the call will be at the referee's discretion.
- ALL handballs called by the referee result in DIRECT free-kicks. Handballs inside the box result in a penalty kick.

### **SUSPENSIONS – YELLOW CARDS & RED CARDS**

Suspensions are in effect in the league, and will be given out to players accumulating **yellow cards**:

- 2 yellows** 1 game suspension
- 4 yellows** 2 game suspension
- 5 yellows** suspended for the entire season

Note that yellow cards received during the season carry over into the playoffs (i.e. the counter is not rezeroed).

All **red cards** result in immediate expulsion from the game and an automatic **one** or **two** game suspension (depending on the severity of the infraction). A player who receives his/her second (2nd) Red Card of the season will be suspended for the remainder of the season, including playoffs.

- 1 red** 1 or 2 game suspension

- 2 reds** suspended for the entire season

### **PRIZES**

- All eligible members of the champion team will receive a McGill Intramural Mug.