

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
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2 reds	suspended for the entire season
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PRIZES

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