

OUTDOOR SOCCER RULES

GENERAL:

- Games are played on the West Field
- Games are played consecutively, on an abbreviated field (18 yard line to 18 yard line)
- Indoor soccer is co-ed

TIME:

- Games will consist of two 20 minute half's
- Intermission will be 1 minutes in length
- Clock runs continuously
- There are no time-outs
- If score is tied at end of regulation, a three minute sudden-death overtime is played
- If score is tied at end of overtime a one-time three person rotational shoot-out is played

SCORING:

- 1 point per goal

PARTICIPANTS:

- Only full-time Regis students may participate.
- At least 2 women on the roster.
- 5 players on the field of play at one time, including the goalie.
- 2 women from each time must be on the field of play at all times.
- Teams must wear readily identifiable jerseys or wear intramural penny's.
- Goalies must wear a readily identifiable jersey that is different than that of their teammates.
- **PLAYERS ARE ADVISED TO BRING A MOUTHPIECE, SHIN GUARDS, KNEE PADS, ELBOW PADS, AND PROPER SHOES.**

POSSESSION:

- Initial possession is determined by a coin toss.
- Initial second half possession goes to the team that was initially on defense.
- Possession changes when the ball goes out of bounds, hits the ceiling, or when a penalty is assessed.

GAME PLAY:

- Game begins at center field with a kick-off into the offenses own zone. Players must be in their own zones, center that initiates the kick-off must pass the ball to a member of their own team before touching the ball again. Players may not hit the ball with any part of their arm or hands
- If ball goes out of bounds, the ball is put into play by a “throw in” in at the point where it went out of bounds
- There are corner kicks if ball goes out past the end line
 - Corner kicks will be played when it goes off of the defense and over the end line
- Goal kicks will be played when the offense kicks it over the end line
- Goalie is the only person who can use their hands (only in the goal box) and they must be declared prior to the start of each half
- Substitutions may be made at any time, but the person entering the game may not enter until the person leaving the field of play is completely off
- All fouls will be direct kicks from the spot of the foul
 - Fouls inside the Goalie Box will result in a penalty kick.

INFRACTIONS:

INFRACTIONS THAT WILL RESULT IN AN INDIRECT FREE KICK:

- Charging.
- Tripping.
- Hand ball.
- Use of hands by goalie outside goal area.
- Tackles.
- Pushing or kicking.

INFRACTIONS THAT WILL RESULT IN EXPULSION FROM GAME:

- Verbal abuse.
- Flagrant misconduct.
- Unsportsmanlike conduct.