A. Key Dates

1. Team Registration Period: Monday, August 22nd - Wednesday, September 7th
2. Regular Season Start: Sunday, September 11th
3. Playoff Conflict Sheets Due: Wednesday, September 28th
4. Regular Season End: Sunday, October 2nd
5. Playoff Brackets Posted: Monday, October 3rd
6. Playoffs Begin: Tuesday, October 4th
7. Playoffs Completed By: Thursday, October 13th

B. Rules of the Game

1. Intramural Soccer is 7-on-7. One player must be the goalkeeper. If a team falls below 7 during a game due to injuries or ejections play may continue as long as the game remains competitive.
   a. In CoRec, the number of male and female players cannot differ by more than 1. If possible, there should be an equal number of field players of each gender.
2. Teams must have at least 6 players to begin the game (forfeit/default information outlined in the Participant Handbook).
3. Games consist of two 20-minute halves and a 3-minute halftime. Officials will keep time on the field.
4. Teams will not have any timeouts, but officials may suspend time as necessary (e.g. injury, delay of game).
5. Regular season games ending in a tie will be recorded as such. Playoff games ending in a tie will be followed by a “sudden death” overtime period.
6. Kickoffs
   a. The team that loses the coin toss will start the game with a kickoff.
   b. For a legal kickoff, the ball must move forward, but does not need to make one full revolution
   c. Kickoffs are direct (a goal may be scored on a kickoff).
   d. Players opposing the kicker must be at least 5 yards away from the ball when it is kicked.
   e. The kicker may not play the ball again until it has been played by another player on the either team.
7. Out of Bounds/Throw-Ins
   a. The ball must completely cross the goal line/touchline – whether on the ground or in the air – to be considered out of bounds.
   b. The side of the goal frame is out of bounds.
   c. The thrower must have both feet on the ground on or behind the touchline; the thrower must also use both hands, throwing the ball from behind and over the head in one continuous motion.
8. Substitutions
   a. Both teams may substitute on goal kicks, kickoffs, injuries, yellow cards, or red cards.
   b. On throw-ins and corner kicks, the defensive team may only substitute if the offensive team substitutes.
   c. Players wishing to substitute must get the official’s attention and be beckoned onto the field.
9. The Goalie
   a. The goal may use his/her hands to control the ball within the penalty box.
   b. A goalie has 6 seconds from when he/she controls the ball with his/her hands to put the ball back in play.
c. A goalie may not touch the ball with his/her hands when a player on his/her team deliberately kicks the ball to him/her, or when receiving a ball directly from a throw-in by a teammate.

d. A goalie may touch the ball with his/her hands when deliberately passed from his/her teammate by the head, chest or knee. A player may not use tricks to circumvent this rule.

10. Goals
   a. The entire ball must be over the goal line to be considered a goal.

11. Penalty Kicks
   a. Except for the kicker and the opposing goalie, all players must be outside the penalty box until the ball is kicked.
   b. The ball must roll forward.
   c. Once the kicker starts his/her approach toward the ball, he/she may not interrupt his/her movement.
   d. Once the kicker plays the ball, he/she cannot play the ball again until the ball is touched or player by a player from either team, including the goalie.
   e. The goalie may use his/her hands on penalty kicks and may move laterally as long as contact is maintained with the goal line or the goal line’s vertical plane until the ball is kicked.
   f. Both the kicker and goalie must be on the field at the time of infraction.
   g. A penalty kick may be awarded even if time has expired.

12. Direct Kicks
   a. Direct kicks include corner kicks, kickoffs, and goal kicks.
   b. Direct kicks result from handballs, tripping, pushing, and any illegal physical contact.
   c. All defensive players must be at least 8 yards away from an offensive player taking a direct or indirect kick and at the start of play.
   d. The ball can be played in any direction.

13. Indirect Kicks
   a. Indirect kicks result from dangerous play, obstruction, or illegal handling of the ball by the keeper inside the box.
   b. Goals cannot be scored on indirect kicks until the ball is touched or player by a player of either team.
   c. All defensive players must be at least 8 yards away from an offensive player taking a direct or indirect kick, and at the start of play.
   d. The ball can be played in any direction.

14. Handling
   a. The goalie may use his/her hands in the penalty box. If a goalie uses his/her hands outside the penalty box, it is handling.
   b. A pass back or throw in to the goalkeeper who uses his/her hands in the penalty box to receive the ball results in an indirect kick for the opposing team. Using the head or chest to pass the ball to the goalie is not considered a pass back.
   c. Handling within the penalty box by the defensive team, other than the goalie, results in a penalty kick.
   d. Handling in the field of play by any player results in a direct kick from the spot of the infraction.

15. Offside
   a. Due to the size of the field, there will be no offside infractions called.

16. Yellow/Red Cards
   a. Cards are given for improper conduct as determined by an official. The following are listed as guides for card administration:
      i. Yellow card: excessive verbal abuse, intentional delays of game, minor fouls, etc.
      ii. Red card: blatant or major fouls meriting ejection (e.g. swinging or kicking at an opponent, regardless of contact), excessive roughing of the goalie, taunting, excessive celebration, etc. Teams must play a player down following a red card.
iii. A player receiving a red card must leave the field immediately and may not return to the
game. A player receiving a red card may also face further sanctions as determined by
Intramural Sports Administrative staff.
iv. Slide tackles are legal if you are within the player’s peripheral vision. **Tackles from behind will be penalized with an automatic red card.**
v. Unsporting behavior will not be tolerated. Players and teams may be suspended from the
league. The use of foul language – toward an official or not – will not be tolerated.
vi. Intramural Staff reserves the right to impose disciplinary action on players, teams, or fans if
warranted.

17. Overtime Procedure (Playoffs Only)
   a. If there is no winner at the end of regulation play there will be an overtime period.
   b. The overtime period will be 5 minutes, sudden death.
   c. Play 6-v-6 with no goalie.
      i. In CoRec, there must be 3 males and 3 females on the field.
   d. Teams will not be allowed to substitute even in the case of injury.
   e. Team may elect to place a player in front of the goal, but that player may not use his/her hands.
      i. Penalty: Red card, penalty kick awarded for deliberate handling.
   f. All rules and regulations will still apply in the overtime.
   g. If a penalty kick is awarded, the person in the goalkeeper’s position may not use his/her hands.
      i. Penalty: Red card, re-take penalty kick.
   h. If the game is tied at the end of the 5-minute overtime period, kicks from the penalty mark will be
      used to determine a winner.
      i. Kicks will be 1 for 1, meaning each team will get to take 1 kick. If both teams score or both
teams miss, a second round of 1 for 1 kicks will be taken. This will continue to occur until 1
team scores and the other misses, at which point the game is over. No player on a team may
take a second kick until all players have taken a first kick.

18. Mercy Rule
   a. If a team is ahead by 5 goals with 2 minutes remaining in the second half, the game is over.
   b. If a team scores during the last 2 minutes of the game and that score creates a 5 or more goal
difference, the game is over.

**Rules not outlined in this sheet will follow the National Federation of State High School Association (NFHS) Rules**

**C. Player Eligibility**

1. All current undergraduate and graduate students and Faculty/Staff of the University are eligible to play. Such
persons will remain eligible until they withdraw from the University or fail to comply with eligibility
standards.
2. A valid, UMW EagleOne card is required to play. Participants must present this card before the start of the
game in order to sign-in for the game. ID cards must be readable and in proper condition. Cards with
unrecognizable pictures, names or ID numbers will not be considered valid.
3. Participants may play for only one single-sex team and one CoRec team.
4. Team captains are responsible for checking player eligibility for his/her teammates and the players of the
opposing team. The Intramural Staff is not responsible for checking player eligibility, but reserves the right to
impose disciplinary action for players/teams discovered to be ineligible.
5. As long as the game is ready to begin on time, any participant who arrives after that time may participate
provided they properly check in.
6. Refer to the Intramural Sports Handbook for questions regarding Varsity athlete eligibility or eligibility in
general.
D. **Sportsmanship**

Intramural Sports expects all participants and their spectators to conduct themselves in a sportsmanlike manner at all times. Unsportsmanlike conduct or other inappropriate behavior occurring in Recreational Sports indoor and outdoor facilities before, during, and after intramural events will not be tolerated. Teams and their captains will be held accountable for the actions of their players (both participating and non-participating) and their fans. Officials and the Intramural Sports staff have the authority to impose and enforce penalties on teams, players and/or fans that have committed offenses. Penalties for post-game, playoff, and tournament play violations may be carried over into subsequent games and/or sports seasons.

Following each game, officials and/or supervisors will evaluate team behavior and issue sportsmanship rating for all teams. Captains may view their sportsmanship rating online on IMLeagues. Questions regarding particular sportsmanship ratings should be directed to the Intramural Sports Staff by emailing unwimsports@gmail.com. In order to be eligible for the playoffs, teams must have an average sportsmanship rating of 3.0 for all regular season contests. In the playoffs, teams must receive at least a 3.0 to advance to subsequent rounds.

The sportsmanship ratings will follow these guidelines:

- **“5” Excellent Sportsmanship:** Players cooperate fully with opponents and officials. The captain calmly converses with officials and has full control of his/her teammates.

- **“4” Good Sportsmanship:** Team members display minor disagreement and unsporting behavior. Teams receiving an unsportsmanlike penalty/foul are not eligible to receive a rating higher than a “4” for that game. A team that wins by forfeit will receive a “4.”

- **“3” Average Sportsmanship:** Team members display disagreement and unsporting behavior toward officials and/or opponents. Teams receiving more than one unsportsmanlike penalty/foul are not eligible to receive a rating higher than a “3” for that game. Teams that default will receive a “3” rating.

- **“2” Poor Sportsmanship:** Team members display a serious lack of control and continuously show unsporting behavior to officials and/or opponents from the field/sidelines. The captain has little or no control of team. Must have received at least one unsportsmanlike penalty/foul to receive a “2” or below. Forfeiting teams receive a “2” rating. Teams with an unsporting ejection cannot receive higher than a “2” rating.

- **“1” Unacceptable Sportsmanship:** Captain has no control over team, resulting in an ejection. Team is completely uncooperative. Any team causing a game to be forfeited-other than by not showing – may receive a “1” rating.

- **“0” Team Disqualification:** Player(s) ejected for abuse against a staff member or opponents. Team is disqualified for unsportsmanlike acts before, during, or after the game.

E. **Ejections**

The Intramural Sports staff reserves the right to eject any individual, team or spectator who interrupts the flow of the game in any manner. Players do not have to accumulate a minimum number of infractions to be ejected. Player may be ejected before, during or after any contest and ejections can be made by any official on the contest or any Intramural Supervisor or administrative staff.

The jurisdiction of the Intramural Sports staff begins when the participant or spectator enter the visual confines of the field/court and ends when the involved persons leave the facility in which the contest is being held and the visual confines of the playing area. Any ejected player(s) must immediately leave the playing area and the facility in which the event is being held. If the player refuses to leave, the game will be forfeited by the team committing the infraction. Captains must assist Intramural Sports staff with retrieving the ejected participant’s identification.
It is strongly encouraged that the ejected participant(s) cooperate with the Intramural Sports staff to ensure a smooth reconciliation of the situation and safety for everyone.

Anyone who is ejected will be suspended from all Intramural Sports activity until a meeting with Intramural Sports administrative staff has been conducted.

F. Equipment
1. Teams are required to bring a white and a dark-colored team shirt/jersey to all team contests.
   a. The dark-colored shirt/jersey must be the same share of color for all team members.
   b. Opposing teams are not allowed to wear similar colors during the game.
   c. If both teams show up with the same color, the captains must determine which team will wear an alternate color. If an agreement cannot be reached, both teams will default the game.
2. All jewelry except medical alert bracelets must be removed before play.
3. Taping over jewelry is not an acceptable alternative to removing jewelry.
   a. If a supervisors suspects a team member has taped over jewelry, the team member will be asked to remove the tape. If a team member does not remove jewelry or tape, he/she is not eligible to play. Players wearing jewelry will be penalized according to sport rules.
   b. This policy is strictly enforced—jewelry poses a safety risk for the player wearing jewelry and others.
4. Cleats are acceptable as long as they do not have metal spikes.
5. Intramural Sports soccer balls must be used in the games.
6. No casts are allowed. No pads or braces are allowed above the waist.
7. Knee braces made of hard, unyielding material are not allowed unless covered with at least ¼ inch of closed cell slow recovery rubber or other material of the same minimum thickness and having similar physical properties (such as the Lenox Hill Sport sleeve or a Neoprene sleeve).
8. Any mistreatment of the Intramural Sports Equipment may result in an automatic ejection.

G. Game Location and Parking
1. All games are played at the Campus Recreation Field (CRF).
2. All participants are encouraged to park in properly marked University spaces to avoid being ticketed.

H. Questions
1. Email umwimsports@gmail.com
2. Visit the Fitness Center.

**Note: All Non-Sport Intramural Sports rules can be in the Intramural Sports Participant Handbook. This Rule sheet does not cover all Intramural Sports rules. Check the Handbook to ensure everything is followed correctly. **