



Soccer Rules

Soccer is a contact sport and injuries are a possibility. The Department of Campus Recreation and Intramural Sports assumes no responsibility for injuries; however, basic first aid will be available.

The games will be played according to the National Federation Rules with the following Wake Forest University clarifications and exceptions:

GENERAL RULES

Rule I Number of Players

1. Men, Women = Seven (7), Corec = Eight (8), players on each team, one of whom shall be the goalkeeper. If a team has fewer than 5 eligible players due to injury or ejection, the game shall be terminated. A corec team may play with as few as 6 players (3 women and 3 men, or 4 women and 2 men, but not visa versa.)
2. Forfeit time is the scheduled game time. A team needs five players to avoid a forfeit. (3 men, 2 women or vice versa for corec)
3. Eligibility
 - A. Current students, faculty and staff with valid I.D. from present semester
 - B. Men may play on one Men's team plus a Deacon Division team (if there is field space). Women may play on one Men's team or Women's team (plus a Deacon Division team).
 - C. Protest of player eligibility must be made prior to the start of the second half.
 - D. Players must have played in at least one regular season game to be eligible for the tournament-games.
 - E. Captains are responsible for their team's eligibility and checking the ID's of the opposing team.

Rule II Players Equipment

1. The use of any hard or dangerous head, face or body protection equipment is illegal
2. Hard cast of any material, even if padded, are illegal. No jewelry is allowed.
3. Goalkeepers only may wear soft-billed caps. Jerseys will be supplied for the teams.
4. Knee braces must have exposed metal and hard plastic covered by a neoprene sleeve (minimum ¼" thick) to participate.
5. It is illegal to wear metal spikes, screw-in cleats with metal studs, or molded shoe with cleat on the toe. *Shinguards are not required.*

Rule III The Officials

1. Powers and Jurisdiction. The officials shall enforce the rules and decide any disputed point. They have equal responsibility and authority in calling fouls.
2. The officials may caution any player guilty of misconduct or unsportsmanlike conduct, and if the player persists, suspend him/her from the game. **THE SUSPENDED PLAYER MAY NOT BE REPLACED.**
3. Only designated captains, in sportsmanlike manner, may approach the officials and question a call; other players may not. A captain is also responsible for the team's spectators from the sidelines

Rule IV Substitutions

1. No substituting may occur during a penalty kick, but players on the field may switch positions.
2. Substitutes shall go to the midfield line and notify the nearest official before entering the field of play (Penalty: Indirect free kick and yellow card). **Substitutions may not occur on the fly.**
3. Any player receiving a yellow card must be substituted for. They may re-enter on the next available substitution.
4. A player that is bleeding must be substituted for.
5. A verbal warning shall be given to both players at the next stoppage of play for failing to notify the referee of a goalkeeper change. (Illegal substitution)

Rule V Duration of the Game

1. The duration of the game shall be two equal halves of 20 minutes.
2. Time shall be extended to permit the taking of a penalty kick awarded before the end of each half.
3. A game becomes official after the kickoff that starts the second half.

Rule VI The Start of Play

1. The team that wins the coin toss will have the choice of kicking off or deciding what goal to defend. During the second half play will start with a kickoff by the team that did not kickoff to start the game.
2. After the referee has given a signal, a player taking a free kick shall start the game. A goal shall not be scored direct from a kickoff. The ball does not have to be kicked forward at the kick-off, but it must travel a full rotation.
3. The kicker may not play the ball again on the kickoff until it has been touched or played by another player. Penalty: indirect free kick for the opposing team.
4. When restarting the game after a temporary suspension of play or a misconduct by a non-player, which occurs during a live ball, the ball shall be played at the spot where the ball became dead at the time of the act.

Rule VII Ball in and Out of Play

1. The ball is out of play when:

- a. It has completely crossed the goal line or touchline whether on the ground or in the air
- b. The official sounds his/her whistle
2. There will be no second whistle to restart play except:
 - a. When a team ask the official for 10 yards
 - b. When play has been stopped to caution or eject a player
 - c. For a penalty kick
3. A ball touching an official shall be deemed "in play."

Rule VIII Method of Scoring

1. A goal is scored when the whole ball has passed over the goal line, between the goal posts and under the crossbar, provided it has not been thrown, carried or propelled by hand or arm. If the half ends before the ball passes wholly into the goal, the goal shall not be allowed.
2. If the defending team deliberately stops or deflects the ball with hands or arm to stop a goal, a penalty kick will be awarded and a red card will be issued
3. Mercy Rule. If a team is ahead by 3 or more goals with less than 3 minutes to play the game shall be over. If the team takes the lead by 3 goals during the final three minutes of the game the game shall be over. If a team is ahead by 5 or more goals with less than 5 minutes to play the game shall be over. If the team takes the lead by 5 goals during the final 5 minutes of the game the game shall be over.
4. Breakaways. If during a breakaway a player is deliberately taken down and there is a potential goal scoring opportunity a red card will be issued and a direct free kick will be given. It will be upon the discretion of the official upon the severity of the foul.

Rule IX and X Fouls and Misconducts-Free Kicks

1. Free kicks shall be classified under two types: DIRECT (from which a goal can be scored directly against the offending side), and INDIRECT (from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing into the goal).
2. Offenses for which a DIRECT kick can be given are:
 - a. Intentionally handling, carrying, striking, or propelling the ball with a hand or arm. Moving the hands or arms to protect one's self is intentionally handling.
 - b. Using foul or abusive language directed towards a player or official. A yellow card or red card will be issued.
 - c. Placing hands or arms on an opponent in an effort to reach the ball or hold an opponent
 - d. Pushing, striking or attempting to strike, jumping at, kicking or attempting to kick, tripping or attempting to trip, using the knee on an opponent; charging an opponent from behind
 - e. Charging an opponent violently or dangerously. A player who leaves the ground with both feet or throws his/her weight against an opponent is guilty of charging. A fair charging is one in which a player makes non-violent shoulder to shoulder contact with an opponent, with the arms and elbows close to his/her own body, at least one foot on the ground, and the ball within playing distance.
 - f. The official will remove (red card), without caution, any player who charges into the goalkeeper in the penalty area, unless the goalkeeper is obstructing an opponent. Possession or control of the ball will include when the goalkeeper has the ball trapped by either or both hands or when bouncing it to the ground, or when the goalkeeper throws the ball into the air
 - g. Charging an opponent while both feet are off the ground in an effort to head the ball.
 - h. Handling by the goalkeeper outside the penalty area.
 - i. All direct kicks awarded in the penalty area are penalty kicks.
4. Offenses for which the an INDIRECT free kick can be given are:
 - a. A player playing the ball a second time before it has been played by another player at the kickoff, a throw in, a drop kick, a free kick, a corner kick, a goal kick, if the ball has passes outside the penalty area.
 - b. Ball not kicked forward from a penalty kick (retake the kick).
 - c. If the goalie takes more than 10 seconds in any direction while holding, bouncing, or throwing the ball in the air and catching it again without releasing the ball into play. The goalie is free to take as many steps within the box during the 10 seconds as he or she wishes.
 - d. If the goalie, after having released the ball into play before, during, or after the 10 seconds, touches the ball again with the hands before it has been played by another player of the same team outside of the penalty area or by a player of the opposing team either inside or outside the penalty area.
 - e. A substitution or resubstitution being made improperly.
 - f. Persons other than the players entering the field of play without the referee's permission.
 - g. Dissenting by word or action from a referee's decision (possible yellow card issued).
 - h. Unsportsmanlike conduct. A player shall be penalized for charging when the ball is not in playing distance and they are not attempting to play the ball (possible yellow card issued).
 - i. To resume play after a player has been ordered off the field for persistent misconduct or violent conduct.
 - j. Interfering with the goalie or impeding in any manner while the goalie has possession of the ball.
 - k. A player shall be penalized if he obstructs an opponent when not playing the ball
 - l. Playing the ball in a manner dangerous to an opponent or oneself (e.g. high kick, playing on the ground, etc.)
 - m. **ON ANY OCCASION WHEN A PLAYER DELIBERATELY KICKS THE BALL TO HIS OWN GOALKEEPER, THE GOALKEEPER IS NOT PERMITTED TO TOUCH IT WITH HIS HANDS**

5. When a direct or indirect free kick is being taken all opposing players must be at least 10 yards from the ball until it is kicked, unless they are standing on their own goal line.
6. For a free kick to be taken in the goal area by the defense, treat it like a goal kick
7. For an indirect kick to be taken in the goal area by the offense: take the kick from the goal area line

Rule XI Penalty Kick

1. Awarded for an infringement of the rules in the penalty area which requires a **direct free kick**
2. A penalty kick can be awarded irrespective of the position of the ball.
3. A penalty kick shall be taken from the penalty mark, which is 12 yards from the goal line. When it is being taken, all players with the exception of the player taking the kick and the opposing goalkeeper shall be within the field of play, but outside the penalty area, and at least ten yards from the penalty mark.
4. The opposing goalkeeper must be on his/her own goal line between the goalposts, until the ball is kicked. The goalie may slide side to side along the line but may not move forward or backward off the line.
5. The player taking the kick must kick the ball forward.
6. Should the ball hit the goalposts or crossbar and rebound into play, the player who played the ball must not play it again until another player has played it. Penalty-indirect kick.
7. The ball shall be deemed in play directly after it is kicked and a goal may be scored direct from such a penalty kick.

Rule XII The Throw-In

When the ball passes COMPLETELY over a touchline, it shall be thrown in from the point where it crossed the line, by a player of the team opposite to that of the player who last touched it. The thrower shall use both hands and arms equally and shall deliver the ball from over and behind his/her head. The ball shall be in play immediately when thrown, and it may be played by any player except the one who executes the throw-in.

1. If the ball is improperly thrown-in, the throw in shall be taken by a player of the opposing team. To properly throw the ball into play, the player must toss the ball with two hands from directly over the player's head.
2. Flip throws, if down correctly, are not illegal.
3. If the ball fails to enter the field of play, it shall be rethrown.
4. If an opponent interferes with or in any way impedes the actions of the thrower while the throw-in is being taken, the official will administer a yellow card for unsportsmanlike conduct.

Rule XIII Drop Ball

A drop ball occurs:

1. When the ball is caused to go out-of-bounds by two opponents simultaneously
2. Following a temporary suspension of play for an injury or other situation in which no team has clear possession of the ball
3. A simultaneous foul by both teams
4. When the ball becomes deflated

The spot of the drop ball is where the ball becomes dead unless this is in the goal area, in which case, the spot is the nearest point on the goal line in the field of play.

Rule XIV Goal Kick

1. A goal kick shall be awarded to the defending team when the ball crosses the goal line, having last been played by the attacking team
2. Players opposing the kicker shall remain outside the penalty area until the ball moves out of the penalty area
3. The ball shall be kicked from the ground at any point within the goal area, 6 yards from the goal line, by the defending team.
4. After the goal kick leaves the penalty area, the ball may be played by any player except the one who executes the goal kick
5. The goalkeeper shall not pick up the ball and play it.

It is up to the referee to make sure the goalkeeper/or person kicking the goalkick, is not wasting time during this process. If the referee determines the player is intentionally wasting time in either, retrieving the ball or setting up for the kick, they should warn the goalkeeper and stop the clock. If the player continues to waste time they can be issued a yellow card.

When the goalkeeping obtains possession of the ball, they have 10 seconds to either drop the ball to the field or distribute it to another player. If the goalie holds the ball in their hands for more than 10 seconds, a penalty should be called and the opposing team will receive an indirect kick on the top of the goal box.

Rule XV Corner Kick

1. When the ball is last touched by the defending team and the ball goes over the goal line, a member of the attacking team shall take a kick from within the quarter-circle at the nearest corner flag.
2. Players of the team opposing that of the player taking the corner kick shall not approach within ten yard of the ball until it is in play.
3. THERE WILL BE NO OFFSIDES.

FORFEITS AND DEFAULTS

A. GAME TIME IS FORFEIT TIME

- B. Any team that forfeits will be replaced list by a team from the waiting list. The forfeiting team will have the option of being placed on the bottom of the waiting list. Forfeiting teams will be notified by mail and it is their responsibility to notify the IM office if they wish to be placed on the waiting list.
- C. To avoid the penalties associated with forfeiting a game, you may call the Intramural Sports Office x 4192 by 3 pm game day to default. (This will count as a loss, but will not eliminate your team from the league or playoffs.) However, you may only default once. A second default results in a forfeit. Please leave a message if we are not in the office when you call.
- D. Please help your fellow participants and the IM office by making use of this default procedure.

INCLEMENT WEATHER/RAIN OUTS

An email will be sent to captains when games are cancelled due to Inclement Weather. No decision will be until 3 pm each game day. Games may be cancelled after the 3 pm deadline therefore if the weather worsens, check your email before you leave for your game. If games are rained out during the first two weeks of regular season play, they will be rescheduled. Rained out games will be made up by playing on the upcoming Sunday at the same time as originally scheduled unless otherwise notified.

SPORTSMANSHIP

After each game, teams will be given a sportsmanship rating by the Referees. The following rating system will be used:

“A” – Excellent Conduct and Sportsmanship- Players cooperate fully with the umpires and other team members. The captain calmly converses with umpires about rule interpretations and calls. **The captain also has FULL control of his/her teammates.**

“B” – Good Conduct and Sportsmanship- Team members verbally complain about some decisions made by the referees and/or show minor dissention which may or may not merit a Yellow Card. Teams that receive 1 Yellow Card/caution will receive no higher than a “B” rating. (3 points)

“C” – Average Conduct and Sportsmanship- Team shows verbal dissent towards referees and/or the opposing team, which may or may not merit a Yellow Card. Captain exhibits minor control over his/her teammates, but is in control himself/herself. Teams receiving multiple Yellow Cards will receive no higher than a “C” rating. (2 points)

“D” – Below Average Conduct and Sportsmanship- Teams constantly comment to the referees and/or the opposing team from the field or sidelines. The team captain exhibits little or no control over teammates or himself/herself. A team, which receives 1, Red Card will receive no higher than a “D” rating. (1 point)

“F” – Poor Conduct and Sportsmanship- Team is completely uncooperative. Captain has NO control over teammates and/or himself/herself. Any team causing a game to be forfeited, other than by not showing, or receiving multiple Red Cards may receive an “F” rating. (0 points)

PROTEST

- A. Eligibility Protest- In ALL contests eligibility protests must be lodged when the player in question arrives. The protesting team captain must notify the referees and site supervisor. The supervisor will hear the protest, then explain how the protest to the opposing team captain. If the player(s) in question is removed from the game no further penalty is required. If the player(s) in question play the contest, the Director will rule on the protest during the next business day.
- B. Rule Misapplication or Misinterpretation Protest- Judgment calls cannot be protested. If a team captain wishes to protest an official's rule application or interpretation, he/she must do so immediately before the next play. The protesting team captain shall notify the officials to suspend play and request that the Supervisor be brought to the field or court to make a ruling prior to continuation of play. **If the officials are hesitant or refuse to summon the Supervisor, then the team captain shall be responsible for securing the Supervisor. The team captain shall refuse to continue play until the Supervisor arrives at the court or field and makes a ruling regarding the protest.** If the team captain disagrees with the Supervisor's protest ruling, then the team captain shall immediately inform the Supervisor that the contest is being held under protest. The Supervisor must document the contest facts (player name, team played for, score, ruling, date, time, site number, time remaining in contest, ect.) and file a report with the Director. It is the team captain's responsibility to communicate with the Intramural Sports Office by noon of the next business day to file a formal protest and discuss the matter with the Director.

ADDITIONAL QUESTIONS

Questions regarding Men's and Women's and Corec Soccer- call T.J. Peele at 758-5838 or email him at peelete@wfu.edu.