

**University of North Carolina- Chapel Hill
Intramural Sports**

Soccer Rules

National Federation of State High School Association rules will be used.

Italic print indicates special rules for UNC-Chapel Hill Intramural and/or Co-Recreational play only.

All other rules listed are for Men's, Women's, and Co-Recreational play.

The Game, Field, Players and Equipment

A game shall be played with eight (8) players

Official Game = 7-8 players present

Default = 5-6 players present

Forfeit = less than 5 players present

The Co-Recreational game shall be played between two (2) teams of eight (8) players; four (4) men and four (4) women, three (3) men and four (4) women, or three (3) women and four (4) men.

8 players= 4 Males/4 Females

7 players= 4Males/3 Females or 3Males/4 Females

Special Co-Recreational Rules

1. *The goalkeeper may be of either sex.*
2. *No slide tackling allowed.*
3. *All Goals are worth one point.*

Identification Procedure

Each player is responsible for presenting a current **UNC One Card** at game time. **NO EXCEPTIONS.**

Sports Officials

The game shall be played under the supervision of two (2) to three (3) officials. The officials are: Referee and two (2) Linesman in a three person crew: Two (2) Linesman in a two person crew. Each coach shall designate a team captain or captains. If more than one (1) player is designated, a speaking captain must be selected to make all decisions.

Team Representative

Team representatives including players, substitutes, replaced players, coaches, trainers and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of the officials assigned to the game.

Spectator Area

Spectators will be located on the opposite side of the field from the substitute players. Team captains are responsible for the actions of their spectators at all times.

Position of Players

The position of players for the first period of play shall be determined by the pre-game coin toss. The winner of the toss shall choose a goal to defend or to kick off first. The opponents shall take the remaining option.

Substitutions

A substitute who desires to enter the game shall report to the nearest official. The substitute shall remain at mid-field until an official beckons the player onto the field of play.

Either team may substitute an unlimited number of players:

1. Between periods
2. On a goal kick
3. When a goal has been scored
4. When an injured player(s) is attended to on the field (the injured player must be replaced)
5. When a player is cautioned (cautioned player(s) must be replaced until at least the next legal substitution opportunity)
6. When a player(s) is disqualified (the disqualified player shall not be replaced)

Only the team in possession may substitute:

1. On a corner kick
2. On a throw-in. **If the team in possession of the ball chooses to substitute, the opposing team may substitute at that time.**

Substitutions will not be permitted by either team:

1. During penalty kicks
2. During the run of play.

When a team repeatedly substitutes to consume time, an official shall notify the team captain of the offending team the repetition may be construed as unsportsmanlike conduct.

A player leaving the field of play during the progress of the game without consent of an official (except through normal movement of play) shall be guilty of unsportsmanlike conduct unless stopping play to assess the penalty would be an advantage to the offending team.

Entry onto the field of play by a substitute or coach is prohibited without the approval of an official.

Any time the goalkeeper is changed, an official must be notified.

Player Equipment

Players may wear tennis shoes or molded rubber cleats. Bare feet are not allowed. Aluminum, metal or any type of screw-in cleats are not allowed.

No jewelry is allowed.

No bandanas, regardless of how worn, are allowed.

Illegal equipment shall not be worn by any player. This applies to any equipment that, in the opinion of the referee, is dangerous or confusing. Types of equipment, which are always illegal, include the following:

1. Projecting metal or other hard plates, or projections on clothing or person
2. Head, arm, thigh or hip pads containing sole leather, fiber, metal or any unyielding materials, even if they are covered with soft padding.
3. Hard casts or hard splints of any material, even if padded
4. Shin guards which have exposed sharp edges.
5. Face or spectacle guards
6. Helmets, hats, caps or visors
Exception: In inclement weather, players may wear cold weather knit hats
7. Knee braces made of hard unyielding material, unless hinges are covered on all sides, and all of its edges are overlapped: any other hard substances shall be covered with at least ½ inch of closed-cell slow recovery rubber or other material of the same minimum thickness and having similar physical properties.
8. Ankle braces, unless covered by a stocking or other suitable material.

Hair control devices may be worn on the head or wrist if made of soft material.

Sweatbands may be worn on the head or wrist if made of soft material.

Players shall not wear jewelry with the exception of medical medals which shall be taped inside the uniform if worn.

When a player is removed for illegal equipment of uniform, there shall be no replacement until the next opportunity to substitute. However, the removed player may reenter during a dead ball after reporting to an official who shall be satisfied the player's equipment and uniform are in order.

Mouthpieces are legal.

Each team captain is responsible for insuring that each of their players are properly equipped

Duration of Game, Length of Periods

*The game consists of two (2) **eighteen** (18) minute halves with a **three** (3) minute half-time period.*

Tie Game Situation

Regular Season

At the end of regulation a game that is tied will end as a tie. There will be no overtime periods in the regular season.

Playoffs

When the score is tied at the end of regulation, there will be a five (5) minute overtime period. The period will be a "Golden Goal" situation, meaning the first team to score is the winner.

If the score remains tied after overtime the tie will be broken by penalty kicks. No players are allowed to substitute at this time. All coaches, officials, and team captains shall assemble at the halfway line to review the procedure as outlined below:

- A. The head referee shall choose the goal at which all the kicks from the penalty mark shall be taken.
- B. Each coach/captain will select any five players, including the goalkeeper, on the field at the final whistle to take the kicks.
- C. A coin toss shall be held. The team winning the toss shall have the choice of kicking first or second.

- D. Teams will alternate kickers. There is no follow-up on the kick.
- E. The defending team may change the goalkeeper prior to each team penalty kick.
- F. Following five kicks for each team, the team scoring on the greatest number of these kicks shall be declared the winner.
- G. Add one goal to the winning team score and credit the team with the victory.

*If the game is still tied after the first round of five kicks, a second round will take place by taking alternating kicks in a "sudden death" format. **No player may kick for a second time until all eight players (including goalkeeper) have attempted a penalty kick after regulation. Therefore, the players that kicked in the first round of five kicks are ineligible until the other three players on their team have attempted a kick.***

NOTE: All goals will be worth one (1) point regardless the gender of the kicker.

If one of the four players is unable to continue participating in the penalty kick round, that player's team may substitute (in Co-Rec, gender for gender, one of the remaining three players who are eligible to participate. In this situation, the opposing team has the right to select a player (gender for gender) from their remaining three players. The requirements regarding second and third rounds of kicks and gender will still apply.

The clock will run continuously.

The Start of Play

When the Referee signals with a whistle, a kickoff shall initiate play at the start of each period and after goals.

At the moment of the kickoff, all players shall be in their team's half of the field. Players opposing the kicker shall be at least ten (10) yards from the ball until it is kicked.

The ball shall be kicked while it is stationary on the ground in the center of the field of play. A goal may be scored directly from the kickoff. The ball is not in play until it moves forward.

After the kickoff, the ball may be played by any player except the one who kicked off. The kicker may not play the ball until it has been played by another player on either team.

Ball In and Out of Play

The ball is out of play when it has **completely** crossed a goal line or touchline, whether on the ground or in the air.

The ball is in play at all other times, including:

1. When it rebounds from a goalpost, crossbar or corner flag post
2. When it touches an official or linesman in the field of play
3. Until an official sounds the whistle
4. After a free kick or kickoff travels the circumference of the ball
5. When a drop ball touches the ground
6. A player may be out-of-bounds and legally play a ball which is on the field of play

The referee shall sound the whistle when the ball is out of play or for a foul. As soon as the ball is in position to be played, it may be played without a second whistle. A second whistle is required to restart play for the taking of a penalty kick, after a substitution is made and after a caution, disqualification, injury or encroachment.

Drop Ball

A drop ball occurs:

1. When the ball is caused to go out-of-bounds by two (2) opponents simultaneously.
2. When the ball becomes deflated.
3. Following a temporary suspension of play for an injury or unusual situation and no team has clear possession of the ball.
4. When a simultaneous foul of the same degree occurs by opponents.

The spot of the drop ball is where the ball becomes dead unless this is the goal area, in which case, the spot is the nearest point outside the goal area in the field of play. If the ball was caused to go out-of-bounds by two (2) opponents simultaneously, the ball is dropped five (5) yards inside the boundary line unless this is the goal area.

The ball is dropped by an official from the waist level to the ground between two (2) opposing players. Other players may be positioned anywhere on the field of play provided they do not interfere with the drop ball procedure.

The ball must touch the ground before it is played.

In case of temporary suspension due to an injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession of the ball at the point where the ball was when play was suspended. Should there not be clear possession at the time play is suspended due to an injury or any unusual situation, there will be a drop ball at the point where the ball was declared dead provided the ball is not in the penalty area.

Scoring

A goal is one (1) point.

A goal is scored when the entire ball passes legally beyond the goal line, between the goal posts and under the crossbar provided it has not been intentionally thrown, carried, or propelled by the hand or arm of a player of the attacking team (except by corner kick). A ball on the goal line is not considered to have crossed the goal line.

A goal **may** be scored during play directly from a:

1. Direct free kick
2. Penalty kick
3. Corner kick
4. Drop ball
5. Goalkeeper's throw, punt or dropkick
6. Kickoff
7. Goal Kick

A goal **may not** be scored during play directly from a/an:

1. Indirect free kick
2. Throw-in
3. Free kick into a team's own goal

Offsides

A player is in offside position if that player is **NEARER** to an opponent's goal line than the ball, unless:

1. The player is in his/her own half of the field of play
2. The player is not nearer to the opponents goal line than at least two (2) of the opponents

It is not an offense in itself to be in an offside position. A player shall only be penalized for being in an offside position if, at the moment the ball touches/is played by a teammate, that player is involved in active play by:

1. Interfering with play or an opponent
2. Gaining an advantage by being in that position

A player shall not be penalized for offside position if he/she receives the ball direct from a:

1. Goal kick
2. Corner kick
3. Throw-in

Fouls and Misconduct

Kicking, Striking, Tripping, Jumping

A player shall not intentionally spit at, kick, strike, attempt to kick, strike, or jump at an opponent.

A player shall not intentionally trip an opponent. This includes tripping or attempting to trip an opponent by use of the legs, or by stopping in front or behind an opponent in such a manner to cause or fall or loss of balance.

A goalkeeper shall not intentionally strike or attempt to strike an opponent by throwing or kicking the ball at an opponent or by pushing an opponent with the ball while holding it.

Handling

A player shall be penalized for intentionally handling, carrying, striking, or propelling the ball with a hand or arm.

Exception: Goalkeeper within his/her own penalty area.

Holding, Pushing

A player shall not hold or push an opponent with the hand(s) or arms(s) extended from the body.

A player shall not place a hand(s) on an opponent in an effort to reach the ball.

Charging

A player shall not intentionally charge an opponent unfairly. An unfair charge is one in which a player does not use shoulder-to-shoulder contact with an opponent and/or does not have arms and elbows close to his/her body, and/or does not have at least one (1) foot on the ground, when the ball is not being played and the charge is done in a dangerous manner.

A fair charge is allowed and is one in which a player makes non-violent shoulder-to-shoulder contact with an opponent, with the arms and elbows close to the body, at least one (1) foot on the ground, and the ball within playing distance.

A player having one (1) or both feet on the ground shall not charge into an opponent who has both feet off the ground.

A player shall not, in any manner, charge into a goalkeeper in the penalty area unless the goalkeeper is obstructing the player or dribbling the ball with the feet.

- A. An official shall disqualify, without caution, any player who flagrantly fouls the goalkeeper in possession of the ball. Possession or control of the ball includes when the goalkeeper has the ball trapped by either or both hands or when bouncing it to the ground or when releasing the ball into play.
- B. Outside the penalty area, the goalkeeper has no more privileges than any other player.

When goalkeepers put the ball on the ground, they relinquish their rights as goalkeepers.

The goalkeeper in possession of the ball shall not be interfered with or impeded in any manner by an opponent. This includes the act of throwing the ball for a kick or attempting to throw the ball or tossing the ball in the air to re-catch.

A player shall not charge into an opponent when neither player is within playing distance of the ball.

Obstruction

Obstruction is the intentional act by a player, not in possession of the ball or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle.

A player not attempting to play the ball, but remaining between the ball and an opponent, may be legally charged from behind provided the charge is not violent or dangerous and the ball is within playing distance of the ball.

Dangerous Play

A player shall not participate in dangerous play, which is an act an official considers likely to cause injury to any player. This includes playing in such a manner which would cause injury to self or another player (opponent or teammate).

Restrictions on the Goalkeeper

From the moment the goalkeeper takes control of the ball with the hands when playing as a goalkeeper within his/her own penalty area, the goalkeeper has six seconds in which to release the ball into play. During that interval, he/she may hold the ball, bounce it, or throw it into the air and catch it. Once the ball has been released into play, the goalkeeper shall not touch it again with his/her hands before it has been played or touched 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.

A goalkeeper shall not touch the ball with his/her hands after receiving it directly from a throw-in by a teammate.

On any occasion when a player deliberately kicks the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch it with his/her hands.

A goalkeeper in possession of the ball shall not indulge in tactics, which, in the opinion of the referee, are designed to waste time and thus give an unfair advantage to his/her own team.

Misconduct

A player, coach, or bench personnel shall be cautioned (yellow card) for:

1. Entering or leaving the field of play (except through normal course of play) without the permission of an official;
2. Persistent infringement of any of the rules of the game
3. Objecting by word of mouth or action to any decision given by an official; (dissent)
4. Any incidental use of vulgar or profane language;
5. Any use of video replays or communicating with other persons by the use of electrical or mechanical amplifying devices, headphones, or megaphones during the game or any intervals to assist in coaching;
6. Unsportsmanlike conduct; including, but not limited to:
 - A. Coaching outside the team area
 - B. Unnecessary delay (kicking, throwing the ball away on a free kick, etc.)
 - C. Holding a shirt, short, etc.
 - D. Deliberate verbal tactics
 - E. Encroachment
 - F. Intentional handball to stop an attack
 - G. Deliberate tactical foul
 - H. Faking an injury**

A cautioned player must leave the field until the next legal substitution, but he/she may be replaced at the time of the penalty.

A player, coach, or bench personnel shall be disqualified (red card) and the number of players on the field shall not be reduced for:

1. Taunting
2. A subsequent caution
- 3. Excessive celebration**

A player, coach or bench personnel shall be ejected (red card) for:

1. Exhibiting violent conduct or committing serious foul play:
 - A. A player anywhere on the field (other than the goalkeeper within his/her own penalty area) intentionally handling a ball to prevent it from going into the goal.
 - B. An intentional foul by a player against an opponent who is moving toward his/her offensive goal with an obvious opportunity to score.
 - C. Spitting at another person.
2. Using foul or abusive language
3. Leaving the team area to enter the field where a fight or altercation is taking place.

A coach who is disqualified shall leave the vicinity of the playing area immediately and is prohibited from any further contact, direct or indirect, with the team during the remainder of the game. Failure to comply shall result in termination of the game.

An ejected player cannot be replaced.

Team Caution

A team caution is disciplinary action facing an entire team as a result of a violation(s) by a player(s) of that team. It is given at the discretion of the official at the time of cautioning a player.

A team caution may only be assessed for persistent infringement of the following:

1. Encroachment on free kicks
2. Intentional handballs by the defense to stop an attack
3. Unnecessary delay (kicking/throwing the ball away on a free kick, etc.)

The procedure for issuing a team caution is as follows:

1. The official shall stop play.
2. A caution (yellow card) shall be given to the player committing the violation.
3. The official shall notify the team captain a team caution is being issued to the team, and if any player commits that same foul, that player shall be immediately disqualified.
4. The team captain shall be instructed to inform the team members of the team caution; the official shall allow time for the captain to do so.
5. The official shall inform both coaches, the scorer and the other official(s) of the team caution before restarting play.
6. Opposing team will receive indirect free kick from the point of infraction.

Official's Judgment

Situation:

Player A1 is on the attack with the ball under control when fouled by B1. The ball moves sideways to player A2, who controls the ball immediately.

Ruling:

The official shall immediately either whistle the foul or signal "Play On" to indicate the foul was observed, but will not immediately penalize Team B because to do so would give an advantage to the offending team, Team B. If the advantage does not materialize, the foul may be subsequently called.

Free Kick

Description of a Free Kick

Free kicks shall be classified "Direct" from which a goal may be scored against the offending team or "Indirect" from which a goal may not be scored unless the ball is touched or played by another player of either team.

All free kicks, with the exception of kickoffs and penalty kicks, may be taken in any direction. Free kicks are taken from the spot of the foul except certain temporary suspensions of play, e.g., fouls for misconduct committed by bench personnel during a live ball and fouls committed in the goal area by either team.

Any free kick awarded to the defending team within its own goal area may be taken from any point within the goal area.

Any indirect free kick awarded to the attacking team within its opponent's goal area shall be taken from the part of the goal line which runs parallel to the goal line at the point nearest to where the offense was committed.

Any player of the offended team may take a free kick.

How taken

Players opposing the kicker shall be at least ten (10) yards from the ball until it is kicked, unless they are standing on their own goal line between the goalposts. If the free kick is awarded to the defending team in its penalty area, players opposing the kicker shall be outside the penalty area in addition to being ten (10) yards from the ball and must remain there until the ball clears the penalty area.

The ball shall be kicked while it is stationary on the ground at the spot specified by the official. The ball is in play when it is kicked and moves. If the free kick is awarded to the defending team in its penalty area, the ball is not in play until it is beyond the penalty area and into the field of play. Failure to kick the ball as specified shall result in a rekick.

After the free kick, the ball may be played by any player except the one who executed the free kick. The kicker may not play the ball until it has been touched or played by another player.

Penalty Kick

A penalty kick shall be awarded when a foul, which ordinarily results in the awarding of a direct free kick, occurs with the offending team's penalty area.

All players except the kicker and the opposing goalkeeper shall be within the field of play but outside the penalty area and at least ten (10) yards from and behind the penalty kick line until the ball is kicked.

The ball shall be kicked while it is stationary on the ground from the spot or any place on the penalty kick line. To be in play, the ball shall be moved forward. Once the kicker starts his/her approach to the ball, he/she may not interrupt his/her movement. Failure to kick the ball as specified shall result in a rekick.

After the penalty kick is properly taken, the ball may be played by any player except the one who executed the penalty kick. The kicker may not play the ball until it has been touched or played by another player on either team.

If the ball touches the goalkeeper before passing between the goalposts, when a penalty kick is taken at or after the expiration of time, it does not nullify any goal. If necessary, play may be extended so that the penalty kick may be taken. If a penalty kick is taken after the expiration of time, only the kicker may play the ball (once) with the goalkeeper in place.

Throw-In

A throw-in shall be awarded to a team when the opposing team last touches or plays the ball before the entire ball passes beyond the touchline either in the air or on the ground.

The ball shall be thrown in any direction from the point where it crossed the touchline by a player who is facing the field of play and has both feet on the ground on or behind the touchline. The throwers shall use both hands with equal force and shall deliver the ball from behind and over the head in one continuous movement.

An opponent shall not interfere with nor in any way impede the actions of the thrower while the throw-in is being taken.

On a throw-in, the ball is playable when it has left the hands of the thrower and any part of it breaks the plane of the touchline. After the throw-in, the ball may be played by either team. The thrower may not play the ball until it has been touched or played by another player. **If the ball fails to enter the field of play, the opposing team earns a throw-in from the same spot.**

Goal Kick

A goal kick shall be awarded to the defending team when the entire ball crosses the goal line, excluding the portion between the goalpost and under the crossbar, either in the air or on the ground, having last been touched or played by the attacking team. A goal may be scored directly from a goal kick.

Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area.

Once spotted, the ball shall be kicked from the ground from any point within the goal area by a player of the defending team. A goal kick shall clear the penalty area and enter the field of play. If the ball is not kicked beyond the penalty area, the goal kick shall be repeated.

After the goal kick leaves the penalty area, the ball may be played by any player except the one who executes the goal kick. The kicker may not play the ball until it has been touched by another player.

The goalkeeper shall not pick up the ball and play it.

Corner Kick

A corner kick shall be awarded to the attacking team when the entire ball passes over the goal line, excluding that portion between the goalpost and under the crossbar, either in the air or on the ground, having been touched or played by the defending team. A goal may be scored directly from a corner kick.

Players of the defending team shall be at least ten (10) yards from the ball until it has been kicked.

The ball shall be kicked from the ground within the quarter circle nearest where the ball left the field of play. The ball is in play when it is kicked and moves.

An offensive player who is not offside during the corner kick may be put in an offside position during a subsequent play.

After the corner kick, the ball may be played by any player except the one who executed the corner kick. The kicker may not play the ball until it has been touched or played by another player.