



Recreational Sports

**Old Dominion University**  
**Recreational Sports - Intramurals**  
**Soccer Rules**

**1. ELIGIBILITY**

- a. Each student must sign a **RELEASE AND ASSUMPTION OF RISK** form (which releases the university and university employees and officers of liability in case of bodily injury).
- b. All Full-time Students (undergraduate and graduate enrolled continuously in atleast 3 credit hours), faculty and staff.
- c. Any person having been classified as a **PROFESSIONAL** athlete in a particular sport will not be eligible to participate in that sport or a related sport. They may, however, participate in other non-related activities.
- d. Current members of ODU varsity roster for intercollegiate athletic teams are not eligible to participate in that same sport or a related sport for that academic school year. Individuals who are trying out for an intercollegiate team but who are not on a permanent roster will be permitted to participate until they are placed on a permanent roster. If they are placed on a permanent roster they will then become ineligible for that sport. Red shirted athletes will not be eligible to play that same or related sport.
- e. A former varsity athlete from any institution shall be ineligible to compete in that sport for the academic school year. Such individuals are limited to one per team roster.
- f. Current sport club members listed on a sport club roster with our office, are limited to two (2) per team roster and are ineligible for individual/dual activities in his/her related sport.
- g. Once a player has played in a game for a specific team, he/she will not be permitted to play on any other teams within that division/league for the duration of that season and/or tournament. A player can only play for (1) single sex team and (1) co-rec team. **Penalty:** Any games in which the illegal player participated in will result in a **FORFEIT**.

**2. GENERAL REGULATIONS**

- a. **ALL PLAYERS ARE REQUIRED TO WEAR SHINEGUARDS**
  - i. **Must meet the (NOCSAE) safety standards.**
  - ii. **Penalty: Automatic Forfeit**
- b. All teams must submit a roster prior to the entry deadline date as indicated in the Intramural-Recreational Sports Calendar of Events.
- c. Each team/organization must have a representative in attendance at the mandatory info meeting on the date indicated in the Intramural-Recreational Sports Calendar of Events.
- d. All team members must have a valid ODU or EVMS ID card at every intramural event in order to participate. There are **NO EXCEPTIONS!**
- e. Jewelry shall not be worn except for religious or medical medals.
  - i. A religious medal must be taped and worn under the uniform.
  - ii. A medical alert must be taped and maybe visible.



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**3. CAPTAINS**

- a. Each captain will be responsible for the behavior and discipline of his/her team and sideline.
- b. Team captains are eligible to file protests to the Intramural Sports office regarding player eligibility, but not on matters that concern the judgment of the officials. All protests must be made within 24hrs from the time of the incident.
- c. The captain will act as a spokesperson for his/her team in discussion with game officials or in matters concerning the team or individual players unless signified to the game officials that someone else will be the spokesperson. In such a case, the captain will relinquish the rights as spokesman in favor of the person appointed for this stated period.
- d. It will be the responsibility of each captain to keep the players in the designated team area. If a team receives multiple warnings for unsportslike behavior, that team will forfeit the game. Unsportsmanlike behavior between players and between coaches and players is also grounds for forfeiture.

**4. TEAM**

- a. Teams are limited to a maximum of fourteen (14) players.
- b. Each team, under penalty of forfeiture, must have five (5) players on the playing field at the designated time of the game and must maintain a minimum of five (5) on the field/court throughout the game.

**5. TIME FACTORS**

- a. Once the Intramural Staff stats that the game is ready to begin, and the stated game time is the current time or that time has passed, both teams must be prepared to participate in the scheduled game. If they are not able the offending team will receive a forfeit. A team receives a forfeit for not having enough players will be required to pay a \$50 forfeit bond.
- b. The game shall consist of (2) 20-minute halves, running clock, with a (3) minute half time.

**6. INJURED PLAYER & BLOOD RULE**

- a. Injured player and Blood Rule. An injured or apparently injured player, who is discovered by an official while the ball is dead, shall be removed form the playing area until the bleeding is stopped and cleaned with the appropriate medical treatment. A player that suffersa head, spinal, neck injur, or an injury that is considered to be considered severe must have a doctor's approval (in writing) to the Assistant Director of Intramurals before they are permitted to participate in another game.



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**7. GAME RULES**

**a. Players**

- i. Seven (7) players compete on the field at one time. This includes the goalie.
- ii. A team may start a game with five (5) players.
- iii. The team may add players at any time during the game.

**b. Substitutions**

- i. Substitutions can be made on a teams' own throw in, own corner kick, and after any goal. If a team subs on their own throw in or corner kick, the other team is then also eligible to sub.
- ii. All subs, including the goalie, must be made following notification to the officials.

**c. Time**

- i. The game shall consist of (2) 20-minute halves, running clock, with a (3) minute half-time.
- ii. Team are permitted (1) time-out per game.
- iii. At the end of regulation, penalty kicks will determine the outcome.
- iv. Five (5) penalty kicks by five different players will be taken alternately by each team.
- v. If at the end of the five penalty kicks it is still tied, teams will shoot one penalty kick each until the game is decided. The remaining players who haven't kicked yet will kick.

**d. Offside Violation**

- i. Offsides will be in effect during the games.
  1. The player must be in an "offside position" at the moment the ball is "played" by a teammate. To be in an "offside position", a player must be on the opponent's half of the field and closer to the opponent's goal line than both the ball and the second-last defender. A player is not in an offside position if he/she is on his/her own half of the field (i.e. the half his/her goalkeeper is on), or even with the second-to-last defender or the last 2 defenders. (The goalkeeper is usually the last defender, or one of the last two, but he/she might not be; the rules just refer to the last 2 defenders and don't mention the goalkeeper). This is often difficult to call. (For example, if a player is even with the Second Last Defender and thereby in an "onside position" but runs past the Second Last Defender a split second after his teammate makes a through pass. In this example, the player is not offside because he was in an onside position at the moment the ball was played.
  2. The player must be involved in "active play" by either
    - a. Gaining an advantage by being in an offside position, or



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- b. Interfering with play, or
  - c. Interfering with an opponent
  - 3. You are not offside if you are doing any of the following:**
    - a. On your own half of the field (your half is the half your goalkeeper is on).
    - b. Even with or behind the ball.
    - c. Don't go past the "Second Last Defender" (The goalkeeper is usually, but not always, the last defender; this might be the case if the goalkeeper is out of goal).
    - d. Receive the ball directly from a goal kick, corner kick, or throw-in. (But you can be offside if you receive it directly on a "free kick".
    - e. If you have possession of the ball.
  - 4. The penalty for Offside is that an Indirect Free Kick is awarded to the opposing team to be taken from the place where the offside occurred.**
- e. Touch line and throw in**
- i.** All balls that go out of bounds on the sideline will be put back into play by throw-ins.
  - ii.** Throw-ins must be made from behind the head with both feet on the ground.
  - iii.** All balls that go out of bounds on the end lines will result in either a goal or corner kick.
  - iv.** Goal kicks will be taken on balls kicked out by the offense. They will be kicked from the six yard line.
  - v.** Corner kicks will be taken on balls kicked out by the defense. They will be kicked within one yard of the corner.
  - vi.** A ball is out-of-bounds when the entire ball crosses the line either in the air or on the ground.
- f. Start of Play**
- i.** A coin toss decides which team kicks off to begin the game. Whoever wins the toss chooses ball or side.
  - ii.** After half time, the teams change ends and the kick off alternates.



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**g. Penalty Kicks**

- i.** A direct free kick is taken at the penalty mark.
- ii.** All players except the palyer taking the kick and the goalkeeper must stay outside the penalty area.
- iii.** No one besides the kicker and the gaolie may play the ball until it has touched either the goalie or the post.
- iv.** The player taking the kick may not play the ball again until it has hit another player.
- v.** Players taking a penalty kick must kick in one fluid motion. It is illegal to hesitate or stop in front of the ball prior to kicking.

**h. Goal**

- i.** A goal is scored when the whole ball has passed over the goal line, between the goal posts and under the crossbar.

**i. Mercy Rule**

- i.** A team ahead by 4 or more goals at the (2) minute mark of the second (2<sup>nd</sup>) half will conclude the game.

**j. Slide Tackle**

- i. SLIDE TACKLING WILL RESULT IN AN AUTOMATIC EJECTION**

**k. Goalkeeper**

- i.** The goalkeeper may not be charged into by a player
- ii.** No one can run into or kick into the goalkeeper while going for the ball.
- iii.** It is the responsibility of the offensive player to be under control.
- iv.** A player committing a foul is subject to a **YELLOW** or **RED** card depending on the severity.

**l. Delay of Game**

- i.** To delay the game by kicking or pushing the ball away from oppenents or officials results in a penalty and possibly a yellow card.

**m. Free Kick**

- i.** When a free kick is being taken, a player of the opposite team shall not approach within 10 yards or the ball until it is in play unless one is standing on ones own goal line, between the goal posts.

**n. Direct Free Kicks**

- i.** Direct kicks may be kicked directly into the gaol by the player taking the kick.
- ii.** Handling the ball (using hands), or handling by the goalkeeper outside of the penalty box will result in a direct kick.



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- o. Indirect Free Kicks**
  - i. Indirect kicks must contact a player other than the player taking the kick (including the goal) before it can score a goal.
  - ii. A player playing the ball a second time before it has been played by another player at the kickoff, free kicks, corner kicks, or goal kicks will result in indirect kicks.
  
- p. Acts resulting in a direct free kick, and possibly a penalty (including ejection) include**
  - i. Holding an opponent
  - ii. Pushing an opponent
  - iii. Striking or attempting to strike an opponent
  - iv. Jumping at an opponent
  - v. Kicking or attempting to kick an opponent
  - vi. Tripping an opponent
  - vii. Using the knee on an opponent
  - viii. Charging an opponent violently or dangerously
  - ix. Charging the goalkeeper in the penalty area.
  
- q. Discipline**
  - i. Red card will result in the immediate ejection of the player who committed the foul.
  - ii. Two yellow card penalties on the same player will result in a red card penalty.
  - iii. Two red cards on the same team will cause that team to forfeit the game.
  - iv. Four yellow card penalties on the same team will cause that team to forfeit the game.
  - v. Any ejected player must leave the intramural facility within three minutes following the ejection.
  - vi. The offending player will be suspended for a minimum of one game following a conference with the assistant director of intramural or intramural graduate assistant.
  - vii. No suspension will begin until after the conference has taken place.
  
- r. Yellow cards**
  - i. Can be given for the following
    1. Delay of game following a warning
    2. Hard foul
    3. Arguing with officials
    4. Taunting another player
  
- s. Red cards**
  - i. Can be given for the following
    1. Slide Tackling
    2. Field player using hands to save a goal
    3. Anything normally deemed a yellow card but in more severity.



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**t. Co-Rec Adaptations**

- i.** The game shall be played between two teams of (8) players, (4) men and (4) Women.
- ii.** If less that (8) players, no one sex may out number the other sex by more than one. Ex. Teams with (7) players shall be 4 men and 3 women or 3 men and 4 women.
- iii.** (5) Players are required to avoid a forfeit.
- iv.** Mercy Rule – A team ahead by 6 or more goals at the (2) minute mark in the second (2<sup>nd</sup>) half will conclude the game.
- v.** If a female scores a goal, it shall be worth (2) points.