

Emmanuel College Intramurals



7v7 Soccer Guidelines and Rule Book

Expectations of Behavior:

All participants and spectators are subject to the Student Handbook and the Intramural Handbook. All participants and spectators are responsible for their conduct. Good sportsmanship like conduct is required.

Ejection:

In the event a participant/spectator acts unsportsmanlike, a judgement call will be made by an official depending on the severity of the offense. If the offense is minor, a warning will be given. A second warning will result in an ejection. An ejected participant/spectator must vacate the playing area immediately. Failure to do so will result in further disciplinary action from the Intramural Coordinator.

The following will result in an immediate ejection, referral to the Intramural Coordinator, and possible referral to the Vice President for Student Development.

- Profanity
- Language meant to harm an individual or group.
- Disrespect to an official
- Threatening
- Unnecessary roughness
- Damage to Intramural equipment

Physical Violence:

Due to the severity of physical violence, local law enforcement will be called out in the event of any physical altercation. All matters following the incident will be handled by the Office of Student Development.

Waiver of Injury Liability:

1. Emmanuel College and the Intramural program are not responsible for any injury that occurs during practice for or during actual game playing time. All intramural participants are wholly liable for the payment of their medical care that is a result of any injury incurred. Participants are encouraged to have private-personal medical insurance.
2. Participation in intramural activities is voluntary and all medical expenses incurred through participation are the sole responsibility of the participant.

3. Participants indicated their understanding of the Emmanuel College 'Expectations of Behavior' and the 'Waiver of Liability' when they initialed their Intramural Draft Application.

Soccer Rules

Playing Field:

1. 7 v 7 soccer is played on half of the Intramural field.
2. Field (Measurements Are Approximate)
 - 50 yards long and 40 yards wide(men and women)
 - 6'h x 18'w goals
 - Goal area is 6yrds from goal post and 6yrds into field of play.
 - Penalty area is 12yds from goal post and 12yds into field of play.
 - Penalty spot is 9yds from center of goal line.
 - Center circle is 8yd radius.
 - Corner arch is 2' radius
 - Corner flags are standard.

Officials and Equipment

The Intramurals program will provide the appropriate men's and women's size game balls.

1. The Intramural Leadership Team will provide:
 - One official to serve as the Official Score/Time Keeper
 - The S/T Keeper will not make any calls regarding on-court rule violations.
 - The S/T Keeper will record current scores, manage game time, time-out periods, and player fouls.
 - Two officials to serve as the Official Field Referees
 - Field referees are responsible for ensuring that players and fans follow all rules and regulations.
 - Field referees are responsible for issuing penalties.
 - Field referees are responsible for ejecting players due to violation of rules and regulations.
 - One official to serve as ball catcher.

Clothing

1. Players may wear soft (padded) knee, elbow, or other body braces.
2. It is encouraged for players to wear shin guards, however players are not required to wear them.
3. All players MUST wear appropriate athletic footwear.
4. No metal spike cleats are allowed.
5. All players must remove ALL jewelry prior to participating.
6. Players must wear appropriate team jersey or team color.

Captains / Co-Captains

1. Captains (Co-Captains) are the only team members who may address game officials.
2. Captains (Co-Captains) are responsible for the enforcement of all playing rules at the team level.

3. Captains (Co-Captains) are responsible for supervising the behavior of their team roster members.
4. Captains (Co-Captains) are responsible for making sure that each team member is dressed appropriately including team shirts/primary color.

Game time / Time-outs

1. Two 20 minute halves.
2. The clock will run continuously. Only time-outs, injured players, and or ball kicked over the fence can stop the clock.
3. Each team has three 45 second time-outs per half.
4. Time outs do not carry over to the second half.
5. Half-time is 3 minutes.

Overtime

1. If the score is tied at the end of a regular season game, an additional 3 minutes of overtime will be played.
2. Possession of the ball will be determined by coin toss.
3. If neither team leads at the end of the overtime period, a series of penalty kicks will be taken. Five penalty kicks from five separate players from each team will be taken. Players can only kick once.
4. If the game is still tied after the 5-5 series, then the game is considered a tie.
5. During playoffs, the above rules will govern overtime. However, if the game is still tied after the 5-5 series, then an additional 5-5 kicks will be taken. This process will continue until a team wins.

Bleeding

1. Any participant that is noted to be bleeding during competition will be removed from the game until bleeding stops. The team captain and game officials will determine when the player may return. In the event that a team has no substitutes, the game will be stopped for no more than 5 minutes. If the bleeding has not stopped after the 5 minute pause, the team will forfeit.

Number of players / Forfeits

1. A maximum of 7 players can play (men and women).
2. A minimum of 4 players for girls and a minimum of 5 players for guys can play.
3. Teams must have the minimum players to start a game.
4. One person must play as goalie for his/her team.

Skunk Rule

1. There is no "Skunk" rule. However, a team captain (co-captain in lieu) may forfeit a game prior to and at any time during the scheduled game.

Substitution

1. Player substitutes may be made after a score is made. A team can substitute a player during its own throw-ins and corner kicks, or on the opposing team's throw-in or corner kick, providing to the referee that they are substituting as well.

2. A player can substitute with a player that has received their first warning.
3. A player can substitute with an injured player.

Warnings/Ejections

1. A player may receive a warning for any minor acts of unsportsmanlike conduct. If a player receives 2 warnings, then he/she is ejected from the game.
2. An automatic ejection will be given if any serious acts of unsportsmanlike conduct occurs from a player.
3. An ejected player must be replaced within 60 seconds (game clock paused) if the team has an eligible player available on the bench. If there is no eligible player to file the minimum amount, then the team will have to forfeit.
4. All ejected players must leave the field immediately after being ejected from the game.

Free Kicks, Fouls, and Penalties

1. All **free kicks** may be kicked in any direction from the point of where the infraction occurred. Penalty kicks however, must be taken from the penalty spot and kicked forward.
2. **Indirect free kick** is a free kick in which a goal may not be scored unless the ball is touched by another player from either team.
3. **Direct free kick** is a free kick in which a goal may be scored.
4. When a **direct** or **indirect free kick** is awarded, all opposing players must be at least 5 yards away from the spot where the free kick is to be taken, unless they are standing on their goal line between the goal posts.
5. The ball must be stationary during free kicks. The kicker may not play the ball again until it has been touched by an opposing player.
6. The following are considered violations and a **direct free kick** will be awarded to the opposing team. The guilty player may receive a warning or ejection depending on the infraction:
 - Slide tackling is strictly prohibited. All slide tackles and any attempted slide tackles result in an immediate ejection. Goalies are not excused from this rule.
 - Kicking or trying to kick an opponent (immediate ejection).
 - Tripping an opponent.
 - Jumping at an opponent.
 - Violently or dangerously charging an opponent.
 - Charging an opponent from behind.
 - Striking or trying to strike an opponent (immediate ejection).
 - Holding an opponent with hands or any part of the arm or body.
 - Pushing an opponent with hands or any part of the body.
 - Handling the ball (carrying, striking or propelling ball with arm or hand).
7. The following are considered violations and an **indirect free kick** will be awarded to the opposing team:
 - A player playing the ball a second time before being played by another player at kickoff, during a free kick, during a penalty kick, and or corner kick.
 - Improper substitution.

- Unsportsmanlike conduct (receives 1st warning).
 - Illegal obstruction (interfering with an opponent's movement without the ball).
 - The goalie taking more than 6 seconds during his/her allotted time of ball possession.
8. **Penalty kicks** are awarded when a rule infraction occurs in the penalty area by the defensive team. Penalty kicks are not awarded for infractions that call for an indirect free kick.
 9. **Penalty kicks** can be taken from anywhere on the penalty mark.
 10. All players except the goalie must stay outside the penalty area and stay 5 yards from the penalty mark.
 11. The goalie must stay on the goal line and may not move forward until the ball is kicked. The goalie may move laterally.
 12. The kicker must wait for the official's whistle to kick the ball. The ball must be kicked forward. If the ball is not put into play properly, a redo will occur. Any action to deceive the goalie by the kicker is illegal and will result in a no penalty kick.
 13. The kicker cannot kick the ball twice following the first initial kick.
 14. There is no off side rule for 7v7 soccer.

Play of The Game

1. Winner of the coin toss will choose to have first possession of ball or which goal to play to. The opposing team will receive the second choice.
2. **Kickoff** will be played at the center of the field.
3. All players must be on their teams side during kickoff.
4. All players must be outside the center circle during kickoff.
5. The kickoff team must move the ball forward.
6. The kicker from the kickoff team may not touch the ball twice until the ball has made contact with another player.
7. Following a goal, the team scored against shall restart the play by a kickoff.
8. Teams will exchange goals after halftime. Possession of the ball will go to the team that lost the coin toss.
9. If the ball goes **out-of-bounds**, possession will go to the team who did not touch the ball last. The ball will be thrown in at the spot where it went out. The player throwing the ball must use two hands and both feet must be on the ground. He/she cannot take no more than two steps. The thrower cannot cross the in-bounds line.
10. A **corner kick** is when the ball goes out-of-bounds near the goal line. The awarded player must put the ball inside the appropriate corner. The ball must be stationary prior to kick.
11. A **goal kick** is when a team kicks the ball beyond the opposing teams goal line but does not go inside the goal. Possession of the ball is given to the opposing teams goalie. The ball is placed on the 6 yard line. The kick is taken by the goalie.

Scoring

1. A goal is scored when the ball legally passes the goal line between the goal posts and under the cross bar.
2. A goal cannot be scored from an indirect kick, unless the ball has been touched by another player before entering the goal.

3. Goals cannot be scored from a throw-in.
4. Goals cannot be scored from a free kick into a team's own goal.
5. A goal may be scored directly from a:
 - a. Direct kick
 - b. Kickoff
 - c. Goal kick
 - d. Corner kick
 - e. Penalty kick
 - f. Drop ball
 - g. Goal keepers throw, or kick.

Goal Keeping

1. The goalie has possession of the ball when he/she is touching the ball.
2. The goalie has 6 seconds to release the ball upon gaining control of it in his or her hands.
3. The goalie may not touch the ball with their hands after releasing it from their hands until another player has touched it. Penalty: Indirect free kick.
4. The goalie may not pick the ball if their own teammate kicks it back to the goalie with his/her feet. Penalty: Indirect free kick.