Nevada Intramural Sports
7v7 Outdoor Soccer League Rules

THE FIELD
- All outdoor soccer league and post-season games will take place on the John Sala Intramural Fields.
- The field dimensions are 30 yards X 80 yards.
- Penalty kicks are taken from the penalty mark (12 yards from the goal line).

PLAYERS
- **Seven players per side are on the field at one time, six field players and one goalie.**
- It takes a minimum of **five players** to start the game, four players and one goalie.

Co-Ed Play Rules
- Co-Ed teams must have **two** women on the field at all times (1 of the 2 cannot be goalie).
  - However, teams may have more women than men on the field if they so desire.
- Teams must have an equal or greater amount of women to men on the field (i.e. if there are 2 women on the field, only 2 men are allowed, not including the goalie; 3 women on the field allows 3 men, not including the goalie).

EQUIPMENT
- No bare feet or metal cleats are allowed when participating in outdoor soccer play. Approved field shoes must be worn.
- Team members must all wear the same colored jerseys when playing outdoor soccer.
- Goalkeeper must wear colors that distinguish himself/herself from the other players and referee.
- Shin-guards although not mandatory are recommended.
- Soccer balls will be provided by the Intramural Sports Program.

TIME REGULATIONS

Pregame
- Coin flip decides possession.
- Team "B" chooses direction.
- Second half team "B" has possession and direction is reversed.

Time
- Forty minute game consisting of two twenty minute halves with running time.
- Five-minute intermission break at discretion of officials.
- **Due to time and facility constraints, two fifteen-minute halves with running time may be used.**
Each team will receive **ONE** time-out per game.

**GAME PLAY & SCORING**

**Pregame**
- Coin flip decides possession. Team "B" chooses direction. Second half team "B" has possession and direction is reversed.

**Scoring**
- A goal is scored when the whole ball has passed over the goal line, between the goal posts, and under the crossbar.
- Ball may strike the post before entering the net on a goal.
- A goal is one point.

**Substitutions**
- Only **DEAD BALL** substitutions are permitted.
- Either team can substitute during an injury, provided the ball is out of play or there is a lack of threat.

**Mercy Rule**
- If there are ten or fewer minutes left in the game and the point differential is ten or greater the game will be called at official's discretion or if:
  - The game will continue if it is being well played.
  - The game will be stopped if it seems to be overly aggressive.

**Tie Games**
- A five-minute extra period with sudden death scoring will determine the winner.
- Stop time **will not** be utilized during overtime.
- If a game is still tied after overtime play, a five-player shootout will commence. In co-ed soccer at least **two** of the kickers must be female. If a game is still tied after the five-player shootout, a one-for-one shootout will commence to determine the winner.

**Blood Rule**
- A player with a bloody injury or blood on his/her uniform must leave the game.
- The player may not return to the game until the wound is no longer bleeding, the wound is covered or the uniform is changed.
TYPES OF KICKS, THROW-IN AND BALL OUT OF PLAY

- All kicks are a DIRECT KICKS except for the kick-off, which is an INDIRECT KICK.

Kickoff (Indirect Kick)
- A kickoff will be held at center field to start each game, after halftime, and after a goal.

Corner Kick (Direct Kick)
- When the ball has crossed the goal line after last being touched by a player from the defending team, it is put back in play by a kick from the corner of the field nearest the side it went out.

Goal Kick (Direct Kick)
- When the ball has crossed the goal line after last being touched by a member of the attacking Team, it is put back in play by a kick from the goal area by the defending team.

Throw-In
- When the ball has crossed the sideline, it is put back in play by a throw-in from the spot where it went out, by a player from the opposite team that last touched it.
- A goal cannot be scored directly from a throw-in.

Ball Out of Play
- The ball is out of play when it has completely crossed the goal line, sideline, on the ground or in the air, or when an official has stopped play.

INFRACTIONS
- THERE ARE NO OFFSIDES!
- All infractions will result in a direct kick.
- Opposing team is awarded a direct kick from the point of infraction when a player:
  - Ball is next played by the kicker following a kickoff or by the kicker on a kick-in.
  - Player charges into an opponent when neither is within playing distance of the ball.
  - Player without the ball attempts to obstruct an opponent who is attempting to play the ball.
  - There is dangerous play.
  - A player enters the goal area.
  - Players opposing the kicker must be at least 10 yards from the ball until it is kicked.
  - Goal keeper is to remain on the goal line. She/he may only move laterally until the ball is kicked.

Penalty Kick (Direct Kick)
- Awarded when a flagrant foul occurs within the offending team’s penalty area.
- All players must be within the field of play but 10 yards from the penalty area behind the penalty kick line (12 yards from the goal) until the ball is kicked.
GOALKEEPER RULES

• The goalkeeper may pick-up the ball with his/her hands when inside the penalty area.

• A goalkeeper MAY NOT pick-up the ball when a team member passes the ball back to the goalkeeper (If picked up an indirect kick will be given from the point of infraction).
  o However, a goalkeeper may pick up the ball when it is passed back on a throw-in.

• The goalie with possession of the ball in his/her hands has 10 seconds to distribute the ball either by a throw or punt.

• The goalie may throw or punt the ball past the centerline.

INFRACTIONS / SPORTSMANSHIP VIOLATIONS

• A Yellow/Red card system will be used to control rule violations, control unsportsmanlike conduct, and improper behavior.

Yellow Card Infractions

• A player must spend two minutes off the field, but can be replaced by another team member.

• Direct kick from the spot of the ball.

• Examples of Yellow Card Infractions include:
  o Persistent infringement of any rules of the game.
  o Objecting by word of mouth to the actions of the official.
  o Incidental use of vulgar language.
  o Unnecessary delay.
  o Deliberate verbal tactics.
  o Deliberate tactical foul.
  o Intentional slide to stop play

• All players receiving a yellow card must sit out for 2 minutes.

• During the two minutes a player on the bench, if available can replace them.

• After the two minutes the player may return to the game.

Red Card Infractions

• Disqualification and number of players on the field will be reduced for the remainder of the contest.

• Direct kick from the spot of the ball.

• Examples of Red Card Infractions include:
  o Second caution- exception to the reduced player rule.
  o Violent conduct or serious foul play.
- Spitting on another person.
- Using foul or abusive language.
- Leaving the team area to enter the floor where a fight is taking place.