



LCIRSA

Outdoor Soccer

8v8 Co-Rec

All games will be governed by the 2017-2018 National Federation of High School Rules Book (NFHS) with the exception of the following Intramural Sports modifications.

Section 1: Players and Equipment

1. The game shall be played between two teams of 8 players each (including 1 goalkeeper). Each team must have a minimum of 6 players in order to begin a game. There must be a minimum of 2 players of each gender and no more than 4 players of the same gender on the field at one time.
2. Due to injury, a team may continue with less than the minimum number of required players (six players). An ejection that leaves a team with less than the minimum number of required players will result in a forfeit by that team.
3. A game ball will be provided for each game, or teams may choose to provide their own upon agreement by both teams.
4. Each team is urged to wear numbered shirts of one distinguishable color. Any team not dressed in like-colored shirts may wear the colored intramural jerseys provided by LCIRSA. Each goalie should wear a shirt which contrasts in color to that of the other players.
5. **Shoes:** Regulation, rubber-soled cleats, plastic cleats, detachable rubber cleats that screw into the shoe, and tennis shoes are the only permissible footwear. Players may not play barefooted. No combat or hiking boots may be worn. No steel cleats or shoes with steel detachable cleats that screw onto the shoes may be worn.
6. **Shin guards are recommended during play for personal safety.** Shin guards will not be provided by Intramural Sports, so players may choose to provide their own.
7. Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces made of any hard material must be covered with at least one-half inch of padding for safety reasons. Under no circumstances will a player wearing a cast or splint be permitted to play.
8. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own eyeglasses.
9. **Jewelry:** No jewelry or any other item deemed dangerous by the official may be worn. Any player wearing exposed permanent jewelry (i.e. body piercings) will not be permitted to play.
10. **Headwear:** Players may wear a knit or stocking cap (no caps with bills) during play. Bandanas which are tied with a knot are not permitted.
11. For specific rules concerning the eligibility of players, such as current or former club sport or varsity team members, refer to the Recreational Sports Calendar.

Section 2: Game Format

1. The field will be modified to 40 yards wide x 100 yards long.
2. Each game will consist of two 20-minute halves with a running clock. The clock will only stop for injuries. The game officials will be responsible for keeping the game clock.
3. A coin toss at the beginning of the game shall determine which team has the choice of a goal to defend or kicking off first. The loser of the toss shall have the remaining option. Between halves, each team shall exchange ends and alternate the kickoff.
4. **Mercy Rule:** A game shall be called if a team is ahead by five (5) goals with two minutes or less remaining in the game. A game shall also be called if at any point during the second half a team is up by ten (10) goals or more.

5. In the event that a score remains tied at the end of regulation play, the tie will be broken by a 5 minute, golden goal, overtime period. If the score is still tied at the end of the overtime period the result of the match will be determined by a shootout consisting of a series of penalty kicks. The shootout will proceed as follows:
 - a. The referee shall choose the goal at which all of the penalty kicks shall be taken.
 - b. Each captain will select any five players, including the goalkeeper, on or off the field (except those who may have been disqualified) to take the penalty kicks.
 - c. The winner of a coin toss shall have the option of kicking first or second.
 - d. Teams will alternate kickers. There is no follow-up on the kick.
 - e. Following five kicks for each team, the team scoring on the greatest number of these kicks shall be declared the winner.
 - f. If the score remains tied after each team has had 5 penalty kicks, each team will select five different players (other than those who have already kicked) to take kicks in a sudden death situation. Each team will alternate kicks until one team scores and the other team does not score, thus ending the game without more kicks being taken.
 - g. If the score still remains tied, the sudden death kicks will continue with each team selecting five new players to take the next set of alternating kicks. No player may take an additional kick until all players on a team have kicked.

Section 3: Start of Play

1. At the referee's signal, the game shall be started by a player taking a place kick into his/her opponent's half of the field of play (a forward pass). All players shall be in their team's half of the field and all players of the team opposing that of the kicker shall be at least 10 yards from the ball until it is kicked.
2. The kicker may not play the ball again on the kickoff until it has been touched or played by another player on either team.
3. After a goal is scored, the team scored against shall restart play by a kickoff.
4. Between halves, teams will exchange goals to defend and the team who received first half will kick off second half.

Section 4: Substitutions

1. Substitutions will be permitted after a score or during any stoppage of play. A team may only substitute on their throw-ins, corner kicks, and free kicks. Either team may substitute after a goal has been scored or before either teams goal kick.
2. Substitutes must be recognized by the referee and must enter the field only after a player has left the field of play.
3. The goalkeeper may change positions with a player on the field during a stoppage of play or a substitution, provided the uniforms are legal and the official is notified prior to the change.

Section 5: Scoring

1. A goal is scored when the **entire ball** passes legally beyond the goal line between the goal posts and under the cross bar, provided that it has not been carried, thrown, or propelled by the hand or arm. A ball on the goal line is not considered to have crossed the goal line.
2. **In Co-Rec play, a goal scored by a female counts for 2 points. This rule is NOT in effect during an overtime shootout.**
3. If a defending player other than the goalkeeper, intentionally stops the ball with his/her hands or arms to prevent a goal from scoring, then a goal is awarded and no penalty kick is awarded.
4. A goal MAY be scored during play directly from a:
 - a. Direct free kick
 - b. Goal kick

- c. Penalty Kick
 - d. Corner Kick
 - e. Drop Ball
 - f. Goalkeeper's throw, punt, or drop-kick
5. A goal MAY NOT be scored during play directly from a:
- a. Throw-in
 - b. Free kick into a team's own goal

Section 6: Offsides

1. **There will be NO off-sides in LCIRSA State Tournament Soccer.**

Section 7: Goalkeeper Play

1. The referee shall remove without caution any player who intentionally charges and contacts the goalkeeper. Warnings will be issued to players dangerously charging but not contacting the goalkeeper.
2. The goalkeeper may not take more than six seconds while in clear possession of the ball with the hands. Possession includes holding, bouncing, or throwing the ball in the air and catching it again. After the goalkeeper gains possession and prior to using the 6th second, the ball shall be played or touched by another player before the goalkeeper can touch it again with the hands. Once the ball has been touched by another player, another six seconds may be allotted.
3. The goalkeeper in possession of the ball must not be interfered with or impeded in any manner by an opponent.
4. On any occasion when a player deliberately kicks the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch the ball with his/her hands.
5. A goalkeeper shall not touch the ball with his/her hands when receiving it directly from a throw-in by a teammate.
6. A goalkeeper shall release the ball into play within six seconds after taking possession/control.

Section 8: Fouls and Misconducts

1. A player shall be penalized if he/she:
 - a. Handles the ball with his/her hands or arms. This does not apply to the goalkeeper within his/her own penalty area, provided he/she releases the ball within the prescribed six seconds.
 - b. Trips an opponent, including throwing or attempting to throw an opponent by the use of the legs.
 - c. Pushes or holds an opponent with the hand or with any part of the arm or body.
 - d. Plays dangerously (kicks, strikes, attempts to kick or strike, jumps at an opponent, charges in a violent or dangerous manner, kicks dangerously high in front of opponent).
 - e. Illegally obstructs an opponent by interfering with an opponent's movement without the ball.
2. A player or coach will be cautioned (yellow card) for the following:
 - a. Entering the field of play without the permission of an official.
 - b. Persistent infringement of any of the rules of the game.
 - c. Verbal objection or action indicating dissent toward the official.
 - d. Use of vulgar or profane language.
 - e. Unsportsmanlike conduct, which will be at the discretion of the official.
3. A player or coach will be disqualified (red card) for the following:
 - a. Exhibiting violent conduct or committing serious foul play including, but not limited to, deliberately handling a ball to prevent it from going into the goal or committing a foul

against an opponent who is moving toward his/her goal with an obvious opportunity to score.

- b. Using foul or abusive language.
- c. Fighting.
- d. NO SLIDING ALLOWED! AUTOMATIC RED CARD IF AROUND ANYONE ELSE.

Section 9: Free Kicks

1. Free kicks shall be classified as:
 - a. Direct - one touch in which a goal may be scored directly against the offending side.All free kicks may be kicked in any direction from the point where the infraction occurred, except the penalty kick, which must be taken from the penalty spot and kicked forward.
2. When a free kick is being taken, a player of the opposite team shall not approach within 10 yards of the ball until it is in play. A violation of this may cause player removal from the game. The ball must be stationary when kicked, and after being kicked, the kicker shall not play the ball a second time until it has been touched by another player.

Section 10: Penalty Kicks

1. A penalty kick shall be awarded when a foul, which ordinarily results in the awarding of a direct free kick, occurs within the offending team's penalty area.
2. All players except the kicker and the opposing goalkeeper shall be within the field of play but outside the penalty area and at least 10 yards from and behind the penalty mark until the ball is kicked.

Section 11: Throw-in

1. A throw-in shall be awarded 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.
2. 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 thrower shall use both hands with equal force and shall deliver the ball from behind and over the head in one continuous movement.
3. On a throw-in, the ball is playable by either team when it has left the hands of the thrower and any part of it breaks the plane of the touchline.

Section 12: Goal Kicks

1. A goal kick shall be awarded to the defending team when the entire ball crosses the goal line, excluding that area between the goal posts and under the crossbar, either in the air or on the ground, having last been played or touched by the attacking team.
2. Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area.
3. The ball shall be kicked from the ground from any point within the goal area by a player of the defending team. If the ball is not kicked beyond the penalty area, the goal kick shall be repeated.

Section 13: Corner Kick

1. A corner kick shall be awarded to the attacking team when the entire ball passes over the goal line, excluding that area between the goal posts and under the crossbar, either in the air or on the ground, having last been touched or played by the defending team.
2. Players of the defending team shall be at least 10 yards from the ball until it has been kicked.
3. The ball shall be kicked from the ground within the quarter circle, including on the lines, nearest where the ball left the field of play.

4. After the corner kick, the ball may be played by any player except the one who executed the kick.

Section 14: Stoppage of Play Due to Injury

1. Play will stop when the ball is out of play or at a time deemed suitable by the referee.
2. If the referee stops play, the game will re-start with a drop ball.
3. Time will be stopped for medical attention, and play will resume as soon as the player is off the field.