



## CoRecreational Speed Soccer Rules

Except as designated below, NCAA rules will apply.

### Section #1 ELIGIBILITY

1. All players must meet the eligibility requirements of the USD Campus Recreation Department.
  - a. Each player must show a valid USD ID or Alumni Pass at each game in order to be eligible to play.
2. If (after the start of a game), a captain suspects the opposing team of using an ineligible player, the captain may protest the game by identifying the suspected player to a referee.
  - a. The referee shall write on the official score sheet the name of the player in question.
  - b. If the game is lost by the team filing the protest, and the player in question is indeed ineligible, then the game shall be forfeited.

### Section #2 TEAM SIZE/COMPOSITION

1. A team consists of seven (7) players on the field.
  - a. There may only be one more male than females (4 males-3 females).
    - i. This means that no team can ever have more than four males on the field at any time.
    - ii. However, there can be more females (say 5 females-2 males).
    - iii. Only one male needs to be present on the field per team.
2. There shall be no more than fourteen (14) eligible players on a roster.
3. An individual may only play on one team over the course of the season.
4. Any additions/removals to/from a roster must be made prior to that team's last league game.
5. No additions or changes will be legal after that time.
6. Players must have played in at least one regular season game with the team in order to be eligible to play with that team in the playoffs.

### Section #3 GAME TIMES

1. Game time is start time. Teams must have six (6) players present to start a game.
2. If at the scheduled game time a team does not have the minimum of 6 players, they will be given ten (10) minutes to get the minimum number.
  - a. During the 10 minutes the game clock will run.
  - b. If at any time during the 10 minute forfeit period the minimum number of players arrive, the game shall begin with the lost time from the game time.
  - c. The offending team will receive the following penalty:
    - i. Lose the right to protest the game.
3. If one (or both) team/s do not have six (6) players present and ready at game time, a non-roster player may participate upon approval from the opposing team.
  - a. This player may only play one game for any one particular team.
  - b. The referee must also be notified of the participation of the non-roster player (because they must sign a liability waiver).
4. If a player doesn't get the minimum number of players during the 10-minute forfeit it will be called a forfeit.

5. If a team forfeits once, it negatively affects their seeding for playoffs. If a team forfeits twice, they are dropped from the league entirely and will not be permitted to play for the rest of that season.

#### **Section #4 EQUIPMENT**

1. A GAME ball will be provided by the Department of Campus Recreation.
  - a. Teams must supply their own balls for warm-ups as GAME balls will not be lent out before any games.
2. Team captains are responsible for coordinating uniforms for their teams. Mesh jerseys will no longer be provided!
  - a. It is recommended that teams have two solid colored shirts (1<sup>st</sup>=main team jersey, 2<sup>nd</sup>=alternate jersey) in case two teams wear the same color.
3. SHOES/CLEATS: shoes must be worn at all times. No bare feet!
  - a. Plastic/soft rubber style cleats will be allowed.
  - b. Screw-in spikes are legal, but only if the spikes are ½ inch or shorter.
  - c. Metal spikes of any kind are not allowed under any circumstances.
4. It is recommended that all players wear shin guards.
5. Wear jewelry at your own risk!

#### **Section #5 PRE-GAME**

1. Each team captain is responsible for filling in the respective score sheet with the first and last names, as well as the USD ID#, of every person that is to play in that particular game (to ensure their eligibility).
2. THE COIN TOSS:
  - a. The referee will select one of the captains to “call it” heads or tails.
  - b. The winner has the choice to either start on offense/defense or which goal they want to defend first.
  - c. Teams will change sides for the second half of the game.

#### **Section #6 GAME LENGTH**

1. A game is composed of two 20-minute halves with a 3-minute half-time break.
  - a. During the two halves the clock will not stop unless:
    - i. It takes longer than one minute to find/retrieve the game ball from the foliage or the parking lot. (Referees will stop the watch after one minute’s time and resume when the ball is in play again).
    - ii. There is an injury on the field.
2. Time-outs are not given unless:
  - a. Extreme weather conditions exist, in which case the referee will notify the team captains at the coin toss of the specifics of the time-outs.
3. MERCY RULE: If a team is up by 6 or more goals in the last five minutes of the second half the game will be called. If both teams wish to continue playing despite these circumstances the game may be played to its conclusion.
4. OVERTIME will only be used in playoffs and will proceed as follows:
  - a. One full 5-minute overtime period shall be played (NOT sudden death).
  - b. Should the first overtime period still result in a tie, then teams are to switch sides and play a second 5-minute overtime period.
  - c. If the two 5-minute overtime periods do not yield a winner, then the two teams will go to a “Best of 5 Shootout”.
5. SHOOTOUT:

- a. PENALTY KICKS (Best of 5 PKs):
  - i. Only one keeper may be chosen from each team to compete.
  - ii. Captains shall choose 5 players (from their team) to take one shot at the opposing team's keeper.
  - iii. Each shot made (goal), is equal to one point.
  - iv. The team that scores the most goals out of their 5 shots WINS.
- b. SUDDEN DEATH PKs:
  - i. If the two teams score the same number of goals in the "Best of 5 Shootout", then "Sudden Death PKs" will begin.
  - ii. Each captain shall choose a 6<sup>th</sup> player from their team to take one shot. Any player that participated in the previous "Best of 5 Shootout" may NOT shoot again.
  - iii. Each teams' 6<sup>th</sup> player will be allowed one shot. Should a tie still remain after the 6<sup>th</sup> players have shot repeat steps ii-iii for 7<sup>th</sup> players, 8<sup>th</sup> players, et cetera, until a team is ahead by one point.
  - iv. A team wins if it scores and their opposing team does not.

**Section #7 SCORING**

- 1. Men's & women's goals will be worth ONE POINT EACH.
- 2. A goal is scored when the whole of the ball has passed over the goal-line, between the goal posts and under the crossbar, provided it has not been thrown, carried, or propelled by hand or arm.

**Section #8 SUBSTITUTIONS**

- 1. FREE SUBS: There is no limit to the number of substitutions allowed.
  - a. Substitutions may be made at ANY dead ball by either team.
  - b. Subs must wait for the ref's approval to enter the game.
  - c. Captains need to make sure to keep the gender ratio of their players on the field appropriate.
- 2. Illegal Substitutions
  - a. Failure to notify the referee before making a substitution.
    - i. Enforcement: An indirect kick shall be awarded against the offending side from the location of the ball at the time the infraction is discovered.
  - b. Playing with more than the allowed number of player (7).
    - i. Enforcement: The referee shall stop play and give a yellow card to the captain of the infringing team.
  - c. Playing with an illegal gender ratio (#'s of men & women).
    - i. Enforcement: The referee shall stop play and give a yellow card to the captain of the infringing team.

**Section #9 PUTTING THE BALL INTO PLAY / KICKOFF**

- 1. From the half-line the ball must be kicked *forward* for the ball to be in play.
  - a. If the ball does not travel one full revolution a re-kick will be ordered.
- 2. The initial kicker cannot retouch the ball until another player (from either team), has touched the ball.
  - a. If the ball is retouched by the kicker before any other player, then an indirect kick will be awarded to the opposition.
- 3. Defending players must be 10 feet away from the center line when the play is started (and restarted after each goal).
- 4. A goal CANNOT be scored directly from a kick-off.

## Section #10 OFFSIDES

1. There is NO off-sides in IM CoRec Speed Soccer.

## Section #11 FOULS

1. A player that commits any of the following offenses shall be guilty of a foul:

- a. Hand ball
- b. Holding/Stripping
- c. Pushing/Placing arms or hands on an opponent in an attempt to reach the ball
- d. Jumping on an opponent/Pushing off an opponent to win a header
- e. Tripping
- f. Charging
  - i. Charging an opponent from behind
  - ii. Charging an opponent violently or dangerously (elbowing, making any hand-to-body contact with the opposition)
  - iii. Charging an opponent while he/she has both feet on the ground in an effort to head the ball

**Note: A fair charge made shoulder to shoulder (that is not violent or dangerous), and is within “playing distance” of the ball IS LEGAL.**

- g. Slide-tackling (the goalkeeper is exempt)
- h. Striking or attempting to strike an opponent
- i. A player retouches the ball before it has been touched by another at the kickoff, after a throw in, on a free kick, on a corner kick, or on a goal kick (if the ball has passed outside the penalty area)
- j. The goalkeeper carrying the ball more than 4 steps
- k. The goalkeeper handles the ball outside of their half.
- l. The goalkeeper intentionally throwing at or striking an opponent with the ball
- m. A goalkeeper is playing that position without notifying the ref and handles the ball (The referee must be notified of all keeper-substitutions)
- n. The goalkeeper delays the game by holding onto the ball for an extended period of time
- o. Improper substitution
- p. Unsportsmanlike behavior (toward the opposition or the referees)
- q. Dangerous play (i.e. high kicks)
- r. Obstruction

## Section #12 GOALKEEPER’S USE OF HANDS

1. The keeper may use their hands in their defensive half of the field, with the following exceptions:

- a. A keeper may not use their hands to pick up the ball if it is played back to them by the foot of one their own teammates.
    - i. In this case, the keeper may only use their feet to play the ball.
  - b. Only if the ball is played from the head of one of their own teammates is the keeper allowed to touch the ball with their hands.
2. The keeper is open to be attacked by the opposing team when the ball is played back to them by their own team.
  3. When the keeper receives a live ball from the opposing team into their hands, they have 8 seconds (& a maximum of 4 steps), to put the ball back in play.

- a. If the ball is held longer than this than the keeper is guilty of a foul called delay of game.
  - i. Enforcement: An indirect kick shall be awarded to the opposing team.
- 4. Once the keeper releases the ball they are controlling with their hands, they may not regain control with their hands until the ball is touched by a player from the opposing team.

### **Section #13 TYPES OF KICKS**

(NOTES: In CoRec Speed Soccer, all kicks are indirect; also, there are no penalty kicks.)

#### **Indirect Kick**

1. Indirect means a kick from which a goal can be scored only if the ball has been played or touched by (any) other player (other than the kicker), before passing over the goal-line.
2. When a player is taking an indirect kick, all of the opposing players shall be at least 10 feet from the ball, unless they are standing on their own goal-line between the goal posts.
3. Kicks may be taken without signal by the referee, but the kicking team renounces the advantage of the placement of defensive players 10 feet from the kicking point.
4. If the kicking team requests that the referee mark off the 10 foot area, the kick may be taken only after the referee's whistle.
5. If the defending players persist in not placing themselves at the required distance, this shall be deemed unsportsmanlike conduct and penalized by the referee with a yellow card.

#### **An indirect free kick is awarded for the following offenses:**

- a. Playing the ball a second time before it has been played by another player at the kick-off, a throw-in, a free-kick, a corner-kick, or a goal-kick if the play has passed out of the penalty area.
- b. Not kicking the ball forward on a penalty kick.
- c. Goalkeeper holds onto the ball for more than eight seconds.
- d. Delay by the goalkeeper in getting rid of the ball.
- e. Goalkeeper illegally handling the ball given to him/her by his/her own team.
- f. A substitution being made at an improper time.
- g. A substitution being made without reporting to the referee.
- h. Persons other than the players entering the field of play without the referee's permission.
- i. Dissenting by word or action from a referee's decision.
- j. Unsportsmanlike conduct.
- k. Dangerous Play.
- l. Resuming play after having been ordered off for persistent misconduct or violent action.

m. Improper charging.

o. Interfering with the goalkeeper (or impeding them in any manner), before they clear the ball.

p. Obstructing.

### **Corner Kick**

1. When the whole of the ball crosses the goal-line and was last touched by a defensive player, a corner kick is awarded.
2. A corner kick is to be taken from the quarter circle at the nearest corner to which the ball went out of play.
  - a. If a corner flag or cone is in place, it cannot be moved for the corner kick.
3. A goal CAN be scored directly from a corner kick.
4. Players of the defending team must be at least 10 feet away at the time the ball is kicked.
5. The kicker can not replay the ball (even if it hits the goal post), until it is first touched by another player.
6. Infringement of any of these rules will result in the award of an indirect free kick to the opposing team.

### **Goal Kick**

1. When an offensive player kicks the ball over the goal-line of an opposing team, a goal kick is awarded to the defending team.
2. The ball is kicked from any point in the half of the goal area closest to where the ball went out of play.
3. The ball may be kicked in any direction, but cannot be kicked back to the keeper.
4. The ball must be kicked out of the penalty area or the kick will be retaken.
5. The player taking the goal kick cannot touch the ball until another player (from either side), has touched it.
  - a. If they do, an indirect free kick is awarded to the other team.
6. The ball must either clear the defensive half of the field or be touched by an opponent before the keeper can use their hands again.
7. Members of the team opposing that of the player taking the goal kick shall remain outside of the penalty area until the ball is kicked.

### **Section #15 THROW-INS**

1. A throw-in will be awarded after the ball crosses either sideline completely.
2. The thrower, at the moment of delivering the ball, must face the field of play with both feet on, or behind, the sideline on the ground (no part of the feet should be on the field of play).
  - a. They shall use both hands equally and throw the ball from behind and over their head, releasing it at the level of the forehead, with arms straight at that time.
  - b. Both feet must be in contact with the ground when releasing the ball.
3. A goal CANNOT be scored directly from a throw-in.
4. An improper throw-in will result in the award of the throw-in for the other team.

### **Section #16 WARNINGS AND EJECTIONS**

Committing any of the following offenses may result in a warning or ejection:

1. Slide tackling - defined as having any part of your body touching the ground other than your feet in an attempt at the ball (1 warning, 1 yellow card, then ejection).
2. Any flagrant foul.
3. Any intentional foul.
4. Repeated breaking of the rules of the game
5. Excessive disagreeing with the referee (including abusive language), stalling, etc.
6. Any action to be taken is totally at the discretion of the referee.
  - a. When cautioning a player, the referee shall note his name (and hold up a yellow card if applicable to the foul committed).
  - b. When ejecting a player, the referee shall note his name and hold up a red card.
7. A second yellow card will result in the player being shown a red card indicating their ejection.
  - a. An ejected player must leave the field and may not be substituted for (i.e. his team must play shorthanded).

### **Section #17 CONDUCT**

1. Any player assessed a RED CARD in a game will automatically be suspended from the game and must leave the field.
  - a. In addition he/she will be suspended from all play until he/she meets with the Assistant Director.
2. Any team being assessed a total of 3 RED CARDS during a game will result in the game being FORFEITED.
  - a. In addition, the team will be suspended from all play until the captain meets with the Assistant Director.
3. Unsportsmanlike Conduct
  - a. Actions that are potentially dangerous to the participants of the game and/or conduct that is detrimental to the purpose of intramural sports will not be tolerated.
  - b. No players may physically intimidate or verbally abuse other players or student officials. Violations of this nature will be considered unsportsmanlike conduct and, at the discretion of the official, may result in ejection from the game.
4. Fighting – ANY acts of aggressive physical violence will not be tolerated. This includes throwing a punch, kicking an individual, or any other aggressive acts. Any player guilty of such an act shall be expelled from further participation in intramural sports for the duration of one year.