



**University of Wisconsin – La Crosse  
Recreational Sports  
Co-Rec, Men’s and Women’s Indoor Soccer  
Tuesday, September 15<sup>th</sup> 2009**

**Team Captains Meeting**

Attendance at team captains meeting is MANDATORY. Any team not represented at this meeting will not be included in the league unless joining after the start of the league.

**Entry Fee**

The entry fee must be paid by cash or check and will be accepted at the team captain’s meeting ONLY! Late admittance will not be allowed. Please make checks payable to UW-L Rec Sports.

**Schedules**

Schedules for league play are online at [www.uwlax.edu/recsports](http://www.uwlax.edu/recsports)

**Home Facility**

The home facility for soccer is Mitchell Hall. Please contact home facility when forfeiting.

**Questions**

Please feel free to contact Recreational Sports with any questions or concerns.

Patrick Marcoe	Graduate Assistant	785.5219
Jim Baker	Coordinator	785.5221
Rec Sports Office, 118 Mitchell Hall		785.8696

**General Procedures**

1. Each team shall elect a captain and possess a team name.
2. All team members must be listed on the team roster prior to participation.
3. Player additions may be made at any time during the regular season.
4. Each player is responsible for verifying their ID and student number with the official prior to each game. All players MUST have a current, valid UW-L ID in order to participate.
5. Any player that arrives late at the contest should present ID to supervisor upon arrival.
6. Teams are expected to notify the home facility (Mitchell Hall) if they are going to forfeit a game. Teams that forfeit without notice must pay a \$5.00 re-entry fee by 6:00pm the following day to continue league play. This should be done at the Information Counter at the Recreational Eagle Center.
7. Any team that forfeits two times due to the lack of players during league play will be eliminated for the remainder of the season (including playoffs).
8. Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before the player can continue. If there is blood on any clothing or jersey, it must be changed before the player resumes play.
9. **A T-SHIRT MUST BE WORN UNDER ALL JERSEYS.** No cutoff shirts or tank tops! No part of the jersey is allowed to touch the skin at any time. Any player without the proper under shirt will NOT be allowed to participate in that game.
10. All official’s calls are final!
11. Game officials shall eject from the game any player who commits a flagrant foul or displays any type of poor sports conduct (see sports conduct rule in the Intramural Sports Handbook). Yellow cards and Red cards may be given if the referee sees it fit.
12. Sports Conduct Rankings – Teams will be given a sports conduct ranking between 1 and 5 after each contest by the officials. Teams must average a 3.5 or higher during league play in order to advance into the playoffs.
13. All participants must wear non-marking shoes AND SHINGUARDS.
14. It is encouraged to remove all jewelry for intramural competitions. All necklaces, rings, watches, barrettes, and bracelets must be removed. Any player wishing to wear piercings may do so at their own risk, however these must be taped if visible.
15. Team captains are responsible for knowing all rules on the rule sheet and in the Intramural Sports Handbook and relaying that information to all players on their team.

## **RULES:**

1. Teams will consist of six players, including the goalkeeper. Teams may start with as few as four players. If a team is reduced to less than 4 players at any time during the contest, a forfeit will result.
2. Co-Rec teams are encouraged to play with an equal number of males and females. At no time may there be more males than females in the contest at the same time. All co-rec teams must have 1 male and 1 female in the contest at all times as well as the specified number of players.
3. Games will consist of two fifteen-minute periods with a 3-minute halftime. Each team will be allowed one timeout of 30 seconds per match. A timeout may only be called when the ball is out of play. Timeouts will carry over to overtime, however if a team has already used their timeout, then they will not receive an additional timeout.
4. In case of a tie during the regular season, a 1-minute rest period is followed by 5-minute overtime. The first team to score a goal is declared the winner (sudden victory). If the score is still tied after the overtime period, the game will end in a tie. In case of a tie during the postseason, a maximum of two 5-minute sudden victory overtime periods will be played. In the case of a tie after the 2 overtime periods, a shootout will occur. Four players from each team will kick at the opponent's goal rotating teams (Co-Rec: 2 males and 2 females must kick). If the game is still tied after this shootout, then the shootout will continue head to head according to gender. This will occur until there is a winner. Any player on the team is eligible to kick once during shootout (may repeat after all members have kicked). A team may use any player as the goalkeeper, regardless if they finished the game at that position. The goalkeeper must still wear a different colored jersey or shirt indicating he/she is the goalie.
5. Mercy Rule: If a team is ahead by 5 or more goals with 5 minutes or less remaining, the game will be ruled a victory for the team in the lead.
6. Free substitution is allowed. While the ball is in play, a player must leave the floor BEFORE the substitute enters the field of play. Both players must leave and enter at the same spot on the sideline.
7. The goalkeeper may use his/her hands only within the penalty area. The goalkeeper must play the ball out of the penalty area within 5 seconds after a save has been made.
8. Balls distributed by the goalkeeper after establishing control with his/her hand(s) may only cross the midfield line if the ball is touched by another player (if ball is thrown) or if the ball is played by the goalkeeper's feet. No drop kicks are allowed.
9. In the result of a goal kick, the ball may not be played past midfield without being touched by another player.
10. A goalkeeper may not play a ball with his/her hands if it has been passed back intentionally by the defending team. This will result in an indirect free kick at the spot the goalkeeper picked up the ball.
11. If a team causes the ball to hit the ceiling or nets, the opposing team will restart with a direct kick at mid-field.
12. Balls that result in a "throw in" will restart with an indirect kick. Indirect kicks may not be shot directly at goalkeeper with the intention of scoring and will be taken from the spot where the ball went out of bounds. Ball must hit off a field player before contacting goalkeeper. If the goalkeeper makes an intentional attempt to save the ball, score is allowed (if goalkeeper is attempting to get out of the way of the ball and is contacted by the ball, score is not allowed). This is a judgment call by the official(s) and is final!
13. All other restart kicks (following foul, technical violations, or call out of play) are direct. Defending players must remain at least ten feet away from the ball in all directions until it is played by the attacking team. A foul occurring within the penalty area, which would normally result in a direct kick, will be penalized with a penalty shot, taken from the penalty spot. A foul in the penalty area which would normally result in an indirect kick will be penalized with a direct kick (defenders still in play) from the penalty spot.
14. Players will be allowed 5 seconds for any kick (direct, indirect, goal, corner, penalty). The 5 seconds will start once the ball has been placed on the floor. If the player fails to distribute the ball within 5 seconds, the other team will receive the kick from that spot. Exceptions: If a team fails to kick a corner kick in 5 seconds, the opposing team will receive a goal kick. If a team fails to kick a goal kick within 5 seconds, the opposing team will receive an INDIRECT kick from mid-field. If a team fails to kick a penalty kick within 5 seconds, the opposing team will receive an indirect kick from that spot.
15. Sliding or slide tackling is not allowed.
16. There are no offsides penalties.
17. SHINGUARDS ARE MANDATORY.
18. Other than the above exceptions, official WIAA rules will be followed.