

ACTIVITY RULEBOOK

Outdoor Soccer

Outdoor Soccer is a non-contact activity, however contact and injuries are a possibility. The Intramural Sports program assumes no responsibility for injuries and all participants must electronically acknowledge/consent to the online waiver in IMLeagues prior to participating. By agreeing to the online waiver, each participant agrees to rules and policies outlined in this and all other documents provided by Intramural Sports.

All information in this rule book pertains to the facilitation of Outdoor Soccer contests and its season administration. For questions or concerns, please contact intramurals@uwlax.edu.

REMINDER: all participants are encouraged to review the participant handbook and general rules overview prior to participating in each activity in which they are interested. View these documents by visiting the ["Rules" website](#).

UWL Intramural Sports welcomes all students and faculty/staff members meeting eligibility guidelines. Participants may compete in the gender league with which they identify. For any eligibility concerns, please contact intramurals@uwlax.edu.

Section 1: Starting the Contest**Start (Game) Time**

Game time is forfeit time. It is recommended teams arrive at the contest site 15 minutes prior to the scheduled start.

Facility and Contest Set Up**a. Playing Location**

Outdoor Soccer is played on the stadium turf and recreation fields (along La Crosse Street by Reuter Hall) in the Veteran's Memorial Sports Complex.

b. Field

Fields will be set up by Rec Sports staff.

c. Officiating

All contests will be officiated by at least two (2) trained officials. All decisions made by officials are final, except for those eligible for protests.

Intramural Sports is always looking for officials and would love to have you join our team! To learn more about officiating, visit our ["Become an Official" website](#).

d. Captain's Meeting

Captains will meet with the game officials at center court for a brief overview of game rules, to ensure all participants are eligible and properly equipped, and to determine possession/team sides.

Equipment

SHIN GUARDS ARE MANDATORY FOR PARTICIPATION. Participants may rent shin guards from the Intramural Supervisor prior to any contest.

No metal cleats are allowed. Tennis shoes, turf shoes or molded soccer cleats are allowed.

Team jerseys are available for rent from the intramural supervisor prior to any contest.

Team members must wear the same color shirts.

Goalies must have a different color jersey than both their team and the other team's uniform.

Game balls will be provided. Game balls will not be used for warm ups.

Balls for warm ups may be rented from the Rec Sports Office, 118 Mitchell Hall.

Participation

Teams will consist of eight (8) players, including the goalkeeper.

Teams may start with as few as six (6) players.

If a team is reduced to less than six (6) players at any time during the contest, a forfeit will result.

Eligibility**a. Sport Club Athlete**

- Only one (1) Soccer Club player may play on a single gender team (Men's or Women's) and must play in the "A" league when offered (leagues are considered to be "offered" even if "A" leagues are full).
- Only one (1) male and one (1) female club player may play on the same team for Co-Rec.
- The most recent available club rosters will be used for eligibility.
- There are no restrictions on the number of previous club players per team.

b. Intercollegiate Athlete

- Current UWL Women's Soccer players may not participate in soccer or futsal intramurals during the current academic year.
- One (1) collegiate soccer player (including transfer students from other institutions) from the previous academic year (no longer on the active roster) may play on a team and must play in the "A" league when offered (leagues are considered to be "offered" even if "A" leagues are full).
- A former collegiate soccer player and current club player may not be on the same team.

Intramural Sports administration will search and filter athletic athlete eligibility. It is not guaranteed that all roster violations will be noticed. Teams, players, officials and additional staff members are allowed to protest team rosters

When in-doubt about your roster or eligibility, please ask early. Contests (including playoffs) may be forfeited retroactively if ineligible rosters are discovered mid-season

Section 2: Playing the Contest**General Game Play**

Games will consist of two (2) 15-minute halves with running clock and a 3-minute halftime.

Penalty kicks will still be taken even if there is no time remaining on the clock, as long as they were awarded before time expires.

Substitutions: Players must notify the closest referee they would like to enter the game at the next dead ball. Both the player leaving the field and entering the field must do so at the same place.

Substitutions are allowed on throw-ins, goal kicks, after a goal is scored, and between halves.

Substitutions are not allowed during corner kicks, direct or indirect kicks, penalty kicks, or offside.

If a team deliberately kicks the ball as far as they can out of bounds to waste time, the clock will stop and the opposing team will be awarded with an indirect kick either where it occurred or at midfield, whichever is closer to their opponent's goal.

Sliding or slide tackling is not allowed and is subject to a yellow/red card based on severity.

Timeouts

Each team will have one timeout of 30 seconds per match.

In the event of overtime, each team will have one timeout of 30 seconds.

A timeout may be called on a dead ball controlled by their team and only by a player on the field.

Offside

Offside penalties will be enforced when the ball is kicked, not when the player receives the ball.

In order to be offside, a player must be on their attacking half of the field, be involved in the play, and be closer to the goal than the ball and any of the opposing team's players other than the goalie.

Offside does not apply on corner kicks, throw-ins, and goal kicks.

If an offside is called, the opposing team gets an indirect kick from the spot of the foul.

Goalie Rules

The goalkeeper may use his/her hands only within the penalty area.

The goalkeeper must play the ball out of the penalty area within five (5) seconds after a save.

A goalie may dive for a ball as long as he/she is not diving at the feet of another participant. If the official determines he/she is diving at the feet, the play will be enforced like a slide tackle.

A goalkeeper may not play a ball with his/her hands if it has been passed back intentionally by a teammate. This will result in an indirect free kick from the spot nearest the infraction parallel to the goal on the goal box.

Free Kicks

On any free kick, defending players must remain at least ten feet away from the ball in all directions until it is played by the attacking team.

Players will be allowed five (5) seconds for any free kick. If the player fails to distribute the ball within five (5) seconds, the other team will receive the kick from that spot.

- If a team fails to kick a corner kick, the opposing team will receive a goal kick.
- If a team fails to kick a goal kick, the opposing team will receive a corner kick.

INDIRECT vs. DIRECT FREE KICK

- The following penalties result in an indirect free kick:
 - Offside (restart from the spot of the offense)
 - Goalkeeper illegally touching a teammate's kicked pass with his/her hands inside the penalty box (restart spot nearest the infraction parallel to the goal on the goal box)
 - All other offenses result in a direct free kick from location of offense.
 - A foul occurring within the penalty area will be penalized with a penalty shot.

Mercy Rule

If a team is ahead by five (5) or more goals with two (2) minutes or less remaining, the game will be ruled a victory for the team in the lead.

Overtime – Regular Season

In the event of a tie, a 1-minute rest period is followed by 5-minute golden goal overtime.

Officials perform coin toss to decide initial ball control.

Teams remain on the side they finished the 2nd half on.

Each team is awarded one (1) timeout for the overtime session.

If the score is still tied after the overtime period, the game will end in a tie.

Overtime - Playoffs

In the event of a tie, a maximum of two (2) 5-minute golden goal overtime periods will be played.

If the second ends in a tie, a shootout will occur.

A coin flip will determine kick first, defense first, or side of field.

Four (4) players from each team will rotate kicking at the opponent's goalie at a designated net.

- **Co-Rec:** two (2) males and two (2) females must alternating kicking by gender.
- **EXCEPTION:** If only playing with three (3) females and one (1) male, every player must shoot at least once.

If the game is still tied after four (4) rounds of shootout, the shootout will continue head to head according to gender. This will occur until one (1) team is leading at the end of the round.

Any player on the team is eligible to kick once during shootout. All team members signed in for that contest must attempt before repeating shooters alternating gender as long as allowed.

A team may use any player as the goalkeeper, regardless if they finished the game at that position.

Yellow/Red Cards

Any participant receiving a yellow card may be required to meet with the Intramural Coordinator and Graduate Assistant prior to their next contest, based on severity.

Any participant receiving a red card or 2 yellow cards (in any amount of games) will be required to meet with the Intramural Coordinator and Graduate Assistant prior to their next contest and serve a mandatory one-game suspension.

Any participant receiving a third offense (red card then yellow card or three yellow cards) throughout the season will be suspended for the remainder of the season and possibly the following, based on the severity of the incidents.

Section 3: Co-Rec Specifications

Co-Rec teams are encouraged to play with an equal number of males and females. At no time may there be more than four (4) males in the contest at one time.

All Co-Rec teams must have at least three (3) males and three (3) females in the contest at all times while still maintaining the legal number of players.

Teams are permitted to play with the following ratios:

- 3 males and 3 females
- 3 males and four females
- 3 males and five females
- 4 males and 4 females

No exemptions to the ratios outlined above will be accepted/made.

Weather Issues

Weather cancellations will be determined by the Rec Sports Staff. If the weather is questionable, please check the Intramural Sports website, Facebook page, and watch for an email from Rec Sports. **DO NOT IGNORE EMAIL MESSAGES FROM IMLEAGUES OR INTRAMURAL SPORTS.**

Games will be made up if time allows. Please check IMLeagues for game makeup dates/times.

Section 4: Winning Specifications**Contest**

Teams receive a win in standings by leading after the designated regulation time period or after applicable overtime period(s). Losses and ties are included in standings as well.

Playoffs

All rules apply to playoffs. To qualify, teams must win at least one (1) contest and maintain a sportsmanship average of 4.0 during the regular season in addition to following forfeit policies. Other scheduling differences may apply to certain playoff circumstances. Qualification is monitored at the discretion of Intramural Sports administration.

Protests

Protesting is permitted. If a team wishes to protest eligibility, rule implementation/interpretation or a perceived scoring error in-game, they shall notify a staff member right away. To file a post-game protest, email the program at intramurals@uwlax.edu or visit the [Online Protest Form](#). Teams may not protest officials' judgment calls (i.e. incomplete vs. complete pass, foul vs. no foul, violation vs. no violation, inbounds vs. out-of-bounds, etc.).

Other than the specifications listed in this rulebook, official [WIAA](#), [NFHS](#) and/or [NIRSA](#) rules will be followed.