Outdoor Soccer Rules SPRING 2016

UPATED JANUARY 2016

RULE CHANGES/ADDITIONS ARE HIGHLIGHTED IN GRAY

Click on the following links to visit specific areas of the rule book:

- Section 1: General Overview
- Section 2: General Procedures/Reminders
- Section 3: Activity-Specific Rules
- Section 4: REC*IT – Intramural Sports’ Mobile App

General Overview

Team Registration and Entry Fee
All team registrations are done online via IMLeagues. Registration periods are listed on the Intramural Sports website under the “List of Sports” section.

Instructions on how to register a team in IMLeagues can be found on our “Forms and Videos” page. Don’t forget about the pre-registration option!

The team entry fee for Outdoor Soccer is $35 and is to be paid online via PayPal at the time of registration. Captains will be able to pay with a credit/debit card or online check. In-person payment options are available if online payment is not feasible.

UW-L Rec Sports WILL NOT hold spots for teams or individuals during registration (including teams in the pre-registration waiting list).

Team Captain’s Quiz
All team captains are required to take an online rules and handbook quiz and score 100% in order to complete the registration process for a team. The quiz will contain general policy and sport-specific rules questions in multiple choice format.

Player Registration
Individual player registrations (i.e. roster additions) are also done via IMLeagues. Instructions can be found here.

All players are required to take a brief participant quiz and score 100% in order to be added to a team. Individuals will be prompted to take the quiz online in IMLeagues as part of the roster addition process.

No roster addition sheets are available on-site. Please make sure all roster additions are completed prior to the scheduled contest start time.

Team Schedules
All team schedules for regular season and playoff contests will be published in IMLeagues. Captains and participants will be contacted via IMLeagues when schedules are completed and ready to view.

Please do not ignore email or text messages from IMLeagues, as they will be sent from UW-L Intramural Staff

Forfeits and Defaults
If a team cannot participate in a contest, please notify the REC Information Counter (608-785-5225) at least three (3) hours prior to the scheduled contest to avoid a forfeit fee. Forfeit notifications will not be accepted via email.

Contact Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
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General Procedures/Reminders

Please refer to the 2015-16 Intramural Sports Participant Handbook for all policies and procedures related to Intramural contests. Additional information can be found on the Intramural Sports website.

1. No ID, No Play
   Each participant must present a valid (current) UW-L student I.D. to the Intramural Supervisor or Scorekeeper at every contest. No exceptions will be made and no other form of identification will be accepted.

   If a participant forgets their UW-L-issued I.D., a forgotten I.D. pass may be obtained at the REC Info Counter or the Rec Sports Office in Mitchell Hall (when applicable). Supervisors, Scorekeepers, and Officials do not distribute these passes. A forgotten I.D. pass may only be used once per semester across all program areas within Rec Sports.

2. Team Roster
   All participants must be on the team roster in IMLeagues. Any member not on the roster may complete a roster addition online via IMLeagues. **No roster add sheets will be made available at the site of the contest.**

   No participant may play on two teams in the same league or a forfeit will be charged to the second team he/she participated on. **Roster additions are allowed up until postseason brackets are published.**

3. Apparel
   Each participant must wear appropriate apparel and non-marking athletic footwear.

4. Injuries/First Aid
   First aid treatment is typically, but not always, available during Intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.

5. Jewelry
   For your safety, all visible jewelry, watches, and bracelets must be removed or covered legally prior to participation. Medical bracelets may stay on.

6. Sportsmanship/Participant Conduct
   Sportsmanship is important before, during, and after Intramural contests. Teams will be scored on a scale of 1 (unsatisfactory) to 5 (excellent) based on their behavior and conduct after every game. Teams must average a 3.5 rating in order to qualify for playoffs. Teams or individuals failing to abide by these sportsmanship guidelines must meet with the Intramural Sports Coordinator and Graduate Assistant for reinstatement.

7. Refunds
   Team registration fee refunds are permissible based on certain circumstances. Please email intramurals@uwlax.edu to request a refund. Due to online processing fees, you may not receive a full refund of your team’s registration.

8. Team Names
   Team names must be appropriate. Captains of teams that reference anything deemed inappropriate or offensive in their name will be contacted by Intramural Sports to change the team name. Intramural Sports reserves the right to change names at any time and without notice (based on circumstance).

9. Playoffs
   Playoffs will commence following the regular season. Teams playing more than four (4) contests are required to win two (2) contests and meet all outlined sportsmanship requirements. Teams that play four (4) or fewer contests will automatically make playoffs as long as sportsmanship requirements are met.

   Intramural Sports administration will send messages out to all participants regarding playoff procedures as regular season action winds down.

10. Communication Efforts
    Throughout the season and playoffs, Intramural Sports may attempt to contact teams and/or individuals on multiple occasions. Please do not ignore messages from Intramural Sports or IMLeagues, and be sure to check your voicemail.
Activity-Specific Rules

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 sign the online waiver in IMLeagues prior to competing.

Starting the Game

1. Game Time

GAME TIME IS FORFEIT TIME. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start.

2. Game Set Up
   a. Fields
      Fields will be set up by the Rec Sports Staff.
   b. Officiating
      All contests will be officiated by two (2) trained Intramural Officials. All decisions made by the officials are final. An Intramural Supervisor will keep score and run the official game clock. To become an official, click here.
   c. Pre-Game 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.

3. Game Equipment
   a. SHIN GUARDS ARE MANDATORY FOR PARTICIPATION. Participants may rent shin guards from the Intramural Supervisor prior to any contest.
   b. No metal cleats are allowed. Tennis shoes, turf shoes or molded soccer cleats are allowed.
   c. Team jerseys are available for rent from the intramural supervisor prior to any contest.
   d. Team members must wear the same color shirts.
   e. Goalies must have a different color jersey than both their team and the other team’s uniform.
   f. Game balls will be provided. Game balls will not be used for warm ups.
   g. Balls for warm ups may be rented from the Rec Sports Office, 118 Mitchell Hall.

4. Participation
   a. Teams will consist of eight (8) players, including the goalkeeper.
   b. Teams may start with as few as six (6) players.
   c. If a team is reduced to less than six (6) players at any time during the contest, a default will result.

5. 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 2015-16 club rosters will be used for eligibility.
      • There are no restrictions on the number of previous club players per team.
      • Intramural Sports administration will search and filter club 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.
b. **Athletic Athlete (NCAA, NAIA, NJCAA, etc.) Eligibility**
   - The 2015-16 UW-L Women’s Soccer players may not participate in soccer or futsal intramurals during the 2015-16 academic year.
   - One (1) 2014-15 collegiate soccer player (including transfer students from other institutions) 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 2014-15 collegiate soccer player and current club player may not be on the same team.
   - Intramural Sports administration will search and filter club 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.

*If any of the eligibility rules are broken and an ineligible player plays in a contest, that contest will be forfeited and that player will be removed from that team’s roster.*

### Playing the Game

6. **General Game Overview**
   - a. Games will consist of two (2) 15-minute halves with running clock and a 3-minute halftime.
   - b. Penalty kicks will still be taken even if there is no time remaining on the clock, as long as they were awarded before time expiries.
   - c. 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.
   - d. Substitutions are allowed on throw-ins, goal kicks, after a goal is scored, and between halves.
   - e. Substitutions are not allowed during corner kicks, direct or indirect kicks, penalty kicks, or offsides.
   - f. 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.
   - g. Sliding or slide tackling is not allowed and is subject to a yellow/red card based on severity.

7. **Timeouts**
   - a. Each team will have one timeout of 30 seconds per match.
   - b. In the event of overtime, each team will have one timeout of 30 seconds.
   - c. A timeout may be called on a dead ball controlled by their team and only by a player on the field.

8. **Offside**
   - a. Offside penalties will be enforced when the ball is kicked, not when the player receives the ball.
   - b. 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.
   - c. Offside does not apply on corner kicks, throw-ins, and goal kicks.
   - d. If an offside is called, the opposing team gets an indirect kick from the spot of the foul.

9. **Goalie Rules**
   - a. The goalkeeper may use his/her hands only within the penalty area.
   - b. The goalkeeper must play the ball out of the penalty area within five (5) seconds after a save.
   - c. 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.
   - d. 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.

10. **Free Kicks**
    - a. 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.
b. 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.

Free Kicks (continued)

- 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.

**c. 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.

11. 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.

12. Overtime – Regular Season

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

b. Officials perform coin toss to decide initial ball control.

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

d. Each team is awarded 1 timeout for the overtime session.

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

13. Overtime – Playoffs

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

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

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

d. 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, ever player must shoot at least once.

e. 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.

f. 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.

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

14. Yellow/Red Cards

a. 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.

b. 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.

c. 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.
15. Co-Rec Specifications
   a. 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.
   b. All Co-Rec teams must have one (1) male and one (1) female in the contest at all times while still maintaining the legal number of players.

16. Weather Issues
   a. 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.
   b. Games will be made up if time allows. Please check IMLeagues for game makeup dates/times.

17. Protests
   Teams are permitted to protest. If you wish to protest in-game, notify the game official and find an Intramural Supervisor right away. To file a post-game protest, email the program at intramurals@uwlax.edu or visit the online protest form here.

18. Officiating
   a. Officials are hired and trained by the Intramural Sports Staff
      i. Officials are provided a quality hands-on experience both on and off the court/field while developing skills in conflict resolution, team building, time management, communication, and leadership.
      ii. Officials are not required to have a certification, however some officials are certified. The Intramural Sports Staff puts on sport specific training clinics prior to each season to properly inform all interested applicants.
      iii. To become an official, click here.
   b. Post-game rating
      i. After each contest, captains will have the opportunity to rate and give feedback on the official’s performance and professionalism. This information will be utilized by the Intramural Sport Staff to further enhance participants experience and as a development opportunity for officials.
      ii. Rating forms will be available in-person at the Intramural Supervisor’s or scorekeeper’s table and online via the Intramural Sports “Forms and Videos” website.
      iii. Comments, Questions, Feedback can be directed to intramurals@uwlax.edu
   c. The UWL Student Officials Association (SOA)
      i. The organization is comprised of students interested in the field of sports officiating and meets monthly to discuss sport-specific points of emphasis, WIAA and NFHS rule implementations, training clinics, prepare for certification exams, study game film, and much more.
      ii. The purpose of the SOA is to enhance the overall participant experience related to contest officiating in Intramural Sports in addition to introducing prospective student officials to the many components officiating brings to the UWL campus and general La Crosse community.
      iii. The SOA is open to all students, not just Intramural Officials. To learn more, please visit the Student Officials Association website.

*Other than the above exceptions, official WIAA and NFHS rules will be followed.*
The Playing Surface
All matches will be played either at the Rec Fields or the Stadium Turf Field. Please pay close attention to your team’s schedule on IMLeagues regarding your team’s playing location.

Drink Policy
Participants and fans are not permitted to bring/consume alcoholic beverages at any Rec Sports facility and event. Violators of this policy will be removed from the facility and a forfeiture of the Intramural contest/suspension from Intramural activity is possible.

Any participant and/or spectator suspected of possessing an alcoholic beverage must cooperate with Rec Sports Staff.

Drug and Alcohol Policy
All team members (including “coaches” and “fans”) coming to any Intramural activity under the influence of alcohol and/or drugs will be asked to leave to site of competition immediately if, in the opinion of the Rec Sports Staff, they pose a threat to the safety, welfare, fairness, and overall enjoyment of all players, officials, and spectators. Teams/players will also face likely disciplinary measures determined by Rec Sports administration.
REC*IT – Intramural Sports’ Mobile App
All participants are invited to download the official smartphone app of UW-L Intramural Sports and IMLeagues, REC*IT! REC*IT allows users to track their personal Intramural schedules and statistics, see content updates from the Rec Sports program, interact with other participants, and much more!

New to 2015-16, users can now create and pay for teams and add themselves to rosters! Anything you can do on IMLeagues you can now do straight on your smartphone via REC*IT!

Download REC*IT for FREE from the Android or iPhone stores. To learn more about REC*IT, visit recitcollege.com.

Watch the REC*IT promo video here!

THANK YOU FOR YOUR PARTICIPATION!

BEST OF LUCK THIS SEASON!

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UW-L Intramural Sports (official)

Follow us on Twitter
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We’d love to hear from you!
Intramural Sports Rule Suggestion Form
Intramural Sports Activity Suggestion Form
Rec Sports Feedback Form
intramurals@uw腋.edu