

TWU Fitness and Recreation
Intramural Sports
7-on-7 Outdoor Soccer Rules

****www.twufitnessandrec.com****

ACCIDENT INSURANCE

The State of Texas and Texas Woman's University cannot accept liability for injuries. Participants are encouraged to provide their own accident or personal insurance.

BEHAVIOR AND SPORTSMANSHIP

It is every player's responsibility to:

- ✓ Keep roster up-to-date
- ✓ Know the rules and abide by them
- ✓ Respect and cooperate with the officials

It is the responsibility of the team captain to:

- ✓ Insure proper behavior on the part of his/her team's fans
- ✓ Be responsible for his/her team for all the above

Friendly competition and good spirited rivalry are expected, however:

- ✓ Officials and sport supervisors are university employees and will not tolerate verbal abuse or physical threats from or amongst players, captains or spectators
- ✓ Inappropriate conduct can result in penalties ranging from game ejection to lifetime suspension to calling DPS.

Sportsmanship Ratings will be assigned by the captains, officials, and sport supervisor following each contest:

- ✓ A team must have a "B" average to be eligible for the play-offs, regardless of their win/loss record. During playoffs, a team receiving a sportsmanship rating lower than a "B," will not be allowed to advance regardless of victory.

GENERAL

You must show a valid TWU, Fitness and Recreation, or Texas ID to participate:

- ✓ ID cards will be collected by officials prior to contest
- ✓ No ID, no play, no exceptions
- ✓ Any problems with a lost or misplaced ID must be taken care of prior to game time in the Recreational Supervisor's Office (Jones 103) between 10a.m. - 5p.m.

Team captains, and only team captains, may address the officials:

- ✓ May only address matters of rule interpretation or essential game information and must do so in a courteous manner
- ✓ Any verbalization directed toward an official other than outlined above, will result in a red card and ejection from the game

A player may play on one men's or women's team. A player may play on a second team, provided that team is co-ed.

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BLOOD RULE

A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is sufficiently covered (preferably by a trained individual), or all pieces of the uniform that have blood on them are removed and replaced.

FORFEITS

Game time is forfeit time:

- ✓ One forfeit during the season automatically removes you from playoffs and possibly from the rest of the season (unless the Recreation Supervisor says otherwise).
- ✓ Each team is allowed only one default. Notification of a default to the Recreation Supervisor before noon on the day of play will result in a loss but will not result in removal from playoffs, and possibly the rest of the season.

PLAYERS

Roster size is limited to 12 players:

- ✓ Players must be TWU students, Fitness and Recreation members, or faculty/staff
- ✓ Teams must have a minimum of 8 players to register as a team
- ✓ Rosters are final at 5p.m. **the SECOND Friday after your first game.**

Players on field:

- ✓ Seven players per side - six players and one goalkeeper
- ✓ Must have an equal number of men and women on the field
- ✓ Can always have more women than men

Starting the game:

- ✓ Minimum of four players to start - three players and one goalie

EQUIPMENT

Jerseys:

- ✓ All players must have numbers on same-color (as close as you can get) shirts – marker, iron-on, screenprint is **OK**
- ✓ **NO TAPED NUMBERS** - any team attempting to participate without proper uniforms will forfeit the contest
- ✓ Goalkeeper must wear colors that distinguish himself/herself from the other players and referee

Boots/Cleats:

- ✓ No bare feet or metal cleats/spikes
- ✓ Soccer boots/cleats, tennis shoes, turf shoes (approved by official) are **OK**
- ✓ Shin guards are mandatory and must be provided by each participant (approved by official)

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Soccer balls:

- ✓ Fitness and Recreation will provide game balls – NO SUBSTITUTIONS

GAME SET-UP AND TIME

1. All games will consist of two - twenty (20) minute halves with a continuous clock
2. Coin flip/rock-paper-scissors decides possession:
 - ✓ Winner chooses possession of ball or defending of side
 - ✓ Second half the possession and direction is reversed
3. **Game time is forfeit time:**
 - ✓ According to the official's watch
 - ✓ Teams must have four players with appropriate identification, appropriate attire, signed in on the score sheet, and ready to play prior to game time

FIELD PLAY

1. Substitutions:
 - ✓ Permitted at half-time or in ball possession situations where the ball is out of play over a goal line or sideline
 - ✓ Either team can substitute during an injury, provided the ball is out of play or there is a lack of threat
2. Halftime:
 - ✓ Five minutes (time kept by official)
3. Goalkeepers:
 - ✓ May pick up the ball with his/her hands when inside the goalkeeper box (also applies when team members pass back to the goalkeeper)
 - ✓ Have ball possession in his/her hands for 10 seconds; may take four steps to throw or kick
 - ✓ May throw or kick the ball past the center line
4. Offsides:
 - ✓ There are **NO** offsides
5. Slide tackling:
 - ✓ **ABSOLUTELY NO SLIDE TACKLING**
 - ✓ Will receive an immediate red card and ejection from game
 - ✓ Any player ejected from a game for misconduct will not be allowed to participate in the next played contest, or in any Fitness and Recreation event thereafter, until he/she has met with Recreation Supervisor.
6. Ball out of play:
 - ✓ The ball has made a complete rotation across the goal or side line, on the ground or in the air
 - ✓ When play has been stopped by an official

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7. Throw-in:
 - ✓ The ball has made a complete rotation across the sideline
 - ✓ Thrown in by a player from the opposite team that last touched it and at the spot where it went out
 - ✓ Ball must be touched by one player from either team before scoring
8. Corner kick:
 - ✓ The ball has made a complete rotation across the goal line
 - ✓ Allowed after the ball was last touched by a player from the defending team
9. Goal kick:
 - ✓ The ball has made a complete rotation across the goal line
 - ✓ Allowed after the ball was last touched by a player from the attacking team
 - ✓ Put back into play by defending team (player or goalkeeper)
10. Scoring:
 - ✓ The ball has made a complete rotation across the goal line between the goal posts and under the crossbar
 - ✓ Ball may strike the post or crossbar before entering the net
 - ✓ A goal is one point
11. Mercy rule:
 - ✓ Game will be called if the point margin is five points or greater at/after the three minute mark of the second half
12. Ties:
 - ✓ At end of game, each team will be given five penalty kicks
 - ✓ Coin flip/rock-paper-scissors determines order
 - ✓ The team that scores the most goals will be the winner
 - ✓ If still tied, single penalty kicks (one per team) will be repeated until tie is broken.

INFRACTIONS

1. **Yellow cards** will be given for:
 - ✓ Verbally objecting to the official
 - ✓ Wasting time in order to delay the match restarting
 - ✓ Purposefully striking ball with hand or arm
 - ✓ Offensive behavior through words or action - swearing or aggressive play
 - ✓ Unsporting behavior - extravagant celebrations or removing shirt after goal scoring
 - ✓ Failure to maintain the 10 yard distance required when a corner kick or throw-in is being taken
 - ✓ Entering or leaving the field of play without the referees permission
 - ✓ Persistent infringement of the laws of the game - repeated fouls after being warned
 - ✓ Goalkeeper takes more than four steps before releasing the ball into play

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In the event any of the above occur:

- ✓ Opposing team is awarded an indirect kick from the point of infraction
- ✓ Defense must be at least 10yds from the ball before kick

****2 yellow cards = RED CARD**

2. **Red cards** will be given for deliberate and/or attempt to:

- ✓ Kick, strike, trip, push, jump, or charge at an opponent (with or without possession of the ball)
- ✓ Slide-tackling
- ✓ Hold an opponent in an effort to reach the ball
- ✓ Striking a player with any part of body
- ✓ Spitting on another player
- ✓ Fighting
- ✓ Kick the ball while in the possession of the goalkeeper

In the event any of the above occur:

- ✓ Player with red card will leave field; team plays one player down for rest of game
- ✓ Opposing team is awarded a direct kick from the point of infraction
- ✓ Defense must be at least 10yds from the ball before kick
- ✓ If direct kick awarded to the defending team in its penalty box, it become a penalty kick. Players opposing the kicker must be outside the penalty area in addition to being 10 yards from the ball

3. Team fouls:

- ✓ 4 personal fouls are allowed per team per half
- ✓ 5 fouls = a penalty kick for the other team
- ✓ After 5 team fouls in one half, every third foul will result in a penalty kick

4. Penalty Kicks:

- ✓ Awarded when a flagrant foul occurs within the offending team's penalty box
- ✓ All players must be within the field of play but 10 yards from the penalty box and behind the penalty-kick line until the ball is kicked
- ✓ Goalkeeper is to remain on the goal line. He/she may only move laterally until the ball is kicked

5. **Any participant dismissed for misconduct must leave the facility immediately.**

Failure to comply will result in a team forfeiture of the game and a call to DPS will be made.

- ✓ Any player ejected from a game for misconduct will not be allowed to participate in the next played contest, or in any Fitness and Recreation event thereafter, until he/she has met with Recreation Supervisor.

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