



Intramural Soccer Rules

1. Eligibility

- a. **ID's:** All students, faculty, and staff must purchase a PEIF membership to be eligible to participate. You must show the Intramural Staff your NMU/Membership ID in order to participate. Community members are eligible to participate but must be 16 years of age, and must purchase a PEIF membership.
 - i. *Note:* Participants who are found to be playing without a current membership will have three business days to purchase their membership. Community members/students with less than 6 credits may purchase their membership through the Recreational Sports office in the PEIF. For students that are taking 6 or more credits, they may add the student recreation fee to their account by emailing the Student Services Center (ssc@nmu.edu). If students do not opt-in for the fee, a \$25 fee will be charged to their student account for participating illegally.
- b. **Varsity Athletes:** Varsity athletes are eligible to play, provided they are not a varsity soccer player, a current red-shirt, a practice player, or a varsity soccer letter winner who has not sat out for one academic year.
- c. **Club Sport Players:** Club Sport athletes may participate in intramural sports in which they represent at NMU, however, no more than 40% will be allowed on the playing surface at one time.
- d. **League Rules:** Due to multiple leagues in Soccer (Class A and B), teams can only have two players the same on their roster. If we identify that more than two people are playing on a team for Class A and Class B, one of the teams will be dropped.
- e. **Playoff Eligibility:** Teams must average a 3.0 sportsmanship rating in order to qualify for the playoffs.
 - i. Players must play in at least one regular season game in order to be eligible to play in the playoffs.

- f. **Concussion:** Any player who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.
- g. **Blood Rule:** Any player who starts to bleed will not be able to re-enter the game until the bleeding has stopped. If the player's clothes have blood on them, the player must change clothing in order to re-enter the game.

2. Equipment

- a. Shirts and close-toed shoes are required.
- b. **NO** cleats are allowed. Multi-purpose shoes are recommended. Basketball, tennis, and turf shoes are permitted.
- c. Billed hats, metal bracelets, necklaces, rings, earrings, or watches are not allowed. Jewelry may be taped in the case that the jewelry cannot be removed.
- d. Players may wear a face shield molded to the face with no protrusions to protect against a facial injury.
- e. Mouthpieces are not required, but are highly recommended.
- f. Any player who must wear a necessary metal brace must cover all metal parts of the brace before playing.
 - i. *Note:* The referee(s) reserves the right to allow/disallow any piece of equipment in which they deem unsafe towards the participants.

3. Playing Area

- a. Games will be played in the Superior Dome.
- b. Fields will be 53 ½ yards x 35 yards.

4. General Guidelines

- a. Please arrive 10-15 minutes before your scheduled game to sign in.
- b. Each player must provide their valid NMU ID/Membership to the scorekeeper/supervisor and sign in next to their name.
- c. All players must be on the roster. No write in names are allowed.
- d. If a team is unable to provide the minimum amount of players allowed (4) at their scheduled game time, they will be given 10 minutes to arrive after the clock begins. When a team is late, the team that was on-time will be awarded two goals. The on-time team will get an additional 2 goals every 5 minutes the opposing team is late until a forfeit occurs. A forfeit will be declared if the team is more than 10 minutes late.

5. Captains Responsibilities

- a. The captain is responsible for passing rule information on to their team.
- b. All players must be on the official roster on IMLeagues.com.
- c. Late arrivals must sign in before they can play.

- d. Players must play in at least one regular season game to be eligible for tournament play.
- e. Captains are responsible of informing their teammates of the time and location of all scheduled contests.
- f. Captains are held responsible for their team and fan control.
- g. Discussion with officials may only take place between the designated team captain and the officials. These discussions must be made in an appropriate manner.

6. Forfeits

- a. Teams are expected to begin on time. A team has 10 minutes to arrive after the clock begins. When a team is late, the team that was on-time will be awarded 2 goals. The on-time team will get an additional 2 goals every five minutes the opposing team is late until a forfeit occurs. If a team is more than 10 minutes late, a forfeit will be declared and a \$25.00 fee will be charged to the captain's student account. Certain circumstances may apply.
- b. Teams that forfeit during the season may not be eligible for tournament play.
- c. Teams who forfeit twice during the regular season will not be eligible for tournament play.
- d. Teams that are unable to attend their scheduled game time must contact the Intramural Sports Manager by emailing Chrsmith@nmu.edu or calling 906-227-1561 at least 48 hours prior to your game time in order to avoid the forfeit fee. Make sure to leave your team name, game time, and league.

7. Tobacco/Alcohol Policy

- a. Alcoholic beverages, tobacco, and/or drugs are not permitted on or around the playing area. Contests will not be played and will be forfeited if alcohol, tobacco, and/or drugs are present. Any NMU Rec Sports employee reserves the right to remove participants and/or forfeit games if substance abuse occurs.
- b. A player that is removed for substance abuse will be indefinitely suspended, pending a meeting with the Intramural Sports Manager.

8. Protests

- a. All protests must be filed by the team manager at the time the question occurs.
- b. Protests concerning rule interpretations will be settled at the game site by the officials or sport supervisor.
- c. If a team manager believes the decisions rendered to be in error, they must notify the officials and supervisors that the contest will continue under protest.
- d. A written protest and a \$5.00 protest fee must be submitted to the Rec Sports office (PEIF 126) by noon the following day. The fee will be returned if the protest is upheld.
- e. Matters involving the official's judgment will not be subject to protest.

- f. A protest concerning eligibility can be made before, during, or after a contest.
 - i. Eligibility protest:
 - 1. If an eligibility question is before or during a contest, the player and team manager will be notified and given the choice of whether or not the player will play.
 - 2. If the player choose to play and is found ineligible, the contest will be forfeited and that player will be suspended from Intramural Sports participation.
 - 3. If the player leaves the contest and is found to be ineligible, the contest may be subject to review by the Intramural Sports Manager.
 - 4. A protest regarding the eligibility of players must be made before either team plays its next scheduled game.
 - 5. All eligibility questions will be investigated by the Intramural Sports Manager. Participants found ineligible will be penalized accordingly.

9. Game Play

- a. Teams shall consist of six (6) players on the field. This include a goalie.
 - i. Teams can play with a minimum of four (4) players, which includes a goalie.
- b. **Length of game:**
 - i. Two (2) fifteen (15) minute halves shall constitute a game. Time will be continuous for the two halves, except if an injury occurs, or unusual delays.
 - ii. There will be a five (5) minute halftime.
 - iii. No overtime will take place in the regular season. Games will end in a tie.
 - iv. In the postseason, if a tie occurs at the end of regulation, there will be a five (5) minute running clock sudden death overtime. First team to score wins.
 - 1. If teams are still tied after the end of the overtime session, a shootout will occur.
 - 2. Each team will select three shooters to shoot from the penalty spot. Once an advantage has been determined by a team and the opposing team has no chance to overcome the deficit, the team with the advantage will be declared the winner.
 - 3. A coin toss/rock paper scissors will determine who shoots first or second.
 - 4. The goalkeeper can move side to side on the line but cannot move forward or backward until the ball is touched.
- c. **Mercy Rule**
 - i. If a team leads by seven (7) or more with five (5) minutes or less remaining in the second half, the game will be called with a victory going to the leading team.

d. Substitutions

1. Free flowing subs will be allowed (NEW).
2. A player must be less than 5 yards away from the sideline for a substitution to occur.
3. If play is stopped due to an injury, that player must come out of the game until the next dead ball.
4. A goalie change must be approved by an official prior to occurring.

e. Goalkeepers:

- i. When the goalie puts the ball into play, they must do so by throwing or kicking the ball. The ball put into play must touch a player before it crosses half-field. Any ball not touched will result in a direct free kick from half-field.
- ii. The ball may be thrown over or underhand.
- iii. Goalies that wish to drop-kick/punt the ball into play may do so, but the ball must be touched by a player prior to crossing half field.
 1. Exception: If the goalie possesses the ball, then rolls the ball in front of them, making them a "field" player.

f. Starting the game

- i. A coin toss or rock paper scissors will determine which team will kick or defend a side.

g. Scoring

- i. A goal is scored when the whole ball has passed over the goal line, between the posts, and under the crossbar, provided it has not been thrown, carried, or propelled by hand or arm.
- ii. There will no offsides.

h. Advantage

- i. Advantage will apply as needed, under the official's discretion.

i. Fouls and Disqualification

- i. All fouls will be Direct Free Kicks: The opposing team must be at least 5 yards away from the spot of the ball on direct free kicks, but can move towards the ball once the ball has been touched.
- ii. A direct free kick be awarded when the following occurs:
 1. When a player kicks, strikes, or attempts to strike or kick an opponent, or jump at an opponent.

2. An intentional strike or attempted strike by throwing the ball or pushing a player with the ball while holding it.
3. Intentionally tripping an opponent.
4. Use of the knee in any way against the opponent.
5. **Slide tackle:** Slide tackling of an opponent with or without the ball is not allowed. A yellow card will be given if a slide tackle occurs.
6. Players may be carded if they intentionally handle, carry, strike, or propel the ball with their arms or hands. This does not apply to the goalkeeper in the penalty area.
7. Moving the hands or arms to protect one is unintentional handling. Advantage may be played (official's discretion).
8. Holding or pushing an opponent with their hands or arm extended from the body.
9. A player shall be penalized for impeding a player with the hand or part of the arm extended from the body. Under no circumstances is a player permitted to push an opponent with hand(s) or arm(s).
10. A player shall be penalized for placing hand(s) on an opponent in an effort to reach the ball.
11. A player shall be penalized for charging into an opponent in a violent or dangerous manner. A player may also be penalized for charging into a player who is in the air and has both feet of the ground in an effort to receive or play the ball.
12. A player shall be penalized for charging into the goalie in the penalty area, unless the goalie is obstructing an opponent.
 - a. Anyone charging the goalie in a violent manner may be removed from the game by the referee or supervisor.
 - b. Possession or control of the ball will conclude when the goalie has the ball trapped by either or both hands.
 - c. The goalkeeper in possession of the ball must not be interfered with or impeded in any manner by the opponent. This includes the throwing of the ball into the air, dropping the ball for a kick, or the act of bouncing the ball. A player shall be penalized for kicking or attempting to kick the ball when it is held or is in the possession of the goalkeeper.
13. Any player striking or attempting to strike an official will be ejected from the game. Sanctions will occur (See Intramural Sports Handbook for more info).
14. Trash talk, vulgar language, or threats directed toward any player, spectator, or official will not be tolerated and may result in ejection from the game. (See Intramural Sports Handbook for more info).

15. A play of such nature as to be dangerous or likely to cause injury. Three types of dangers players will be considered as the following:
16. Raising of the foot in an attempt to play the ball to the level of an opponent's waist or higher when the opponent is in normal position.
17. A scissor kick or bicycle kick within 6 feet of an opponent.
18. Lowering the head to a position level with or below the level of the waist in an effort to head the ball in the presence of an oncoming player.
19. The goalkeeper may take up to six seconds to release the ball from his/her hands.

iii. Yellow and Red Cards

1. A player may be cautioned (yellow card) and noted on the score sheet for the following:
 - a. Persistently infringing upon any of the rules of the game or acting in an unsportsmanlike manner.
 - b. Objecting by word of mouth or action to the decisions given by the referees or supervisor.
 - c. Using foul or abusive language toward the referees or an opponent.
 - d. A slide tackle.
2. A player shall be disqualified (red card) and noted on the score sheet and a disciplinary action statement will be issued for the following:
 - a. Persisting misconduct for a second caution.
 - b. Exhibiting violent conduct using excessive foul or abusive language.
 - c. Spitting at an opponent, referees, or supervisor.
 - d. Two yellow cards are administered.
3. A team will be given a forfeit if two red cards are issued.

iv. Penalty Kick

1. In addition to a foul, caution, or disqualification, a direct free kick shall be awarded in the penalty box, from the penalty spot, if a foul occurs in that area.
2. A team will select a shooter to take the penalty kick. Normal penalty kick rules shall apply (see gameplay).

The NMU Recreational Sports Office reserves the right to modify and/or remove any of these guidelines or rules for the improvement of the sport. All participants are expected to comply with these rules and policies that are stated within this publication.