

Florida Atlantic University  
Intramural Soccer  
5 v 5 Outdoor Soccer Rules

1. **The Department of Campus Recreation reserves the right to modify rules as necessary through the course of the season.**
2. **PLAYERS:** Each team is allowed a maximum of five (5) and a minimum of four (4) players on the field at one time. A Co-Rec team shall have a minimum of two (2) women on the field at all times and at no times exceed three (3) men. Should injury(s) occur, and a team drops below the minimum player requirement, the Intramural Staff has right to allow the game to continue or forfeit the match.
3. **GOALIE: THERE IS NOT A GOALIE IN 5 ON 5 SOCCER (meaning no player may touch the ball with their hands.)**
4. **TIMING:** Two 20-minute halves, continuous count down clock. One 3 minute half-time. No time-outs. The referee on the field reserves the right to add injury time to the end of the 1<sup>st</sup> and 2<sup>nd</sup> halves.
5. **THE FIELD:** The field measures 50 yards long by 35 yards wide. The goal measures 4 feet tall by 6 feet wide.
6. **PLAYER RESTRICTION AREA: There will be a Player Restriction Area (“the crease”) surrounding the goal that no player will be allowed to enter. Players may have 1 or 2 feet on the line, but if 1 foot completely crosses the line or the vertical plane with the line as its base, they are to be considered inside “the crease”. If a ball comes to a stop in “the crease” a goal kick will be awarded.**
  - a. **If the Offense enters “the crease”, play will be stopped and the defense will be awarded a goal kick to restart play.**
  - b. **If the Defense enters “the crease” WHILE THE BALL IS BEING PLAYED IN THAT HALF OF THE FIELD, the offense will be awarded an OPEN NET penalty kick from mid field. If a defensive player enters “the crease” with the intent to prevent an obvious goal, that player will receive a YELLOW CARD or a red card if the referee perceives the violation to be malicious.**
  - c. **Should a player enter the crease and in the opinion of the referee there is no advantage gained or lost and the violation does not affect the play, the referee may allow play to continue.**
7. **VIOLATIONS: No slide tackling!** A team will be cautioned once (yellow card) and next offense will mean disqualification for the offending player. **To reduce the amount of contact, all contact, even incidental, is subject to penalty.** It is a violation to trip, push, or block an opposing player or intentionally touch the ball

with the hand. The offended team will put the ball in play with a direct kick from the spot of the violation.

The referee at his/her discretion may eject a player from the game for repeated violations, unnecessary roughness, or unsportsmanlike conduct. If a player is ejected, no substitute may enter the game.

8. RESTARTS: All kicks to restart play will be direct EXCEPT FOR RESTARTS AFTER INJURIES AND OFFICIAL'S TIMEOUTS (those will be indirect). Players of the defending team shall be at least 5 yards from the ball until it has been kicked. **There will be no "Throw-ins" to restart play.** If a ball goes out of play on the sideline, play will be restarted with a direct kick at the spot that the ball went out of play.
9. PENALTY KICKS: All penalty kicks will be taken from the mid-field "x". The kick will be "open net" meaning no defensive player will be allowed to contest the kick. All unsuccessful kicks will result in a Goal Kick for the opposing team. Successful kicks will result in a point (or 2 points for a woman in a co-rec game) and play will be restarted from mid-field.
10. SCORING: A goal (1 point) is made when the ball passes completely beyond the goal line inside the goal. The opposing team will put the ball in play at mid-field after a goal has been scored. In Co-Rec a goal is worth 2 points if scored by a female, including penalty kicks and deflection off of a female player of the team on offense.
11. MERCY RULE: If a team is ahead by 5 in the last two minutes of the game (8 in co-rec) or 10 in the last 5 minutes of the game (15 in co-rec), the game will be stopped and that team will be declared the winner.
12. EQUIPMENT: Athletic type shoes are required. METAL cleats are prohibited. Rubber or plastic cleats are permissible. Shin guards are strongly recommended. **NO PLAYER MAY WEAR JEWELRY OF ANY KIND.** No hats are allowed during play.
13. START OF GAME: A coin toss will determine the possession of the ball and the sides of the field. The team that wins the toss shall choose the side they wish to defend and the other team gets the ball to start the game. The teams will switch sides for the second half and the team that started the game on defense will have possession of the ball. Each half shall begin with the ball at mid-field with both teams on their half of the field. Players opposing the kicker shall be outside the center circle. The kicker must kick the ball forward so that it makes one full rotation before it is touched by another player.
14. SUBSTITUTIONS: Teams have an unlimited number of substitutions and substitutions may be made "on the fly" while action is going on. Subs are not permitted to enter the field until the player they are replacing has completely left

the field at the designated substitution area located at mid field. **In the event that there is a substitution violation, the entering player will ALWAYS be the violating player.**

If a player violates these regulations while their team has the ball or no one is in possession of the ball, the opposing team will be awarded a direct kick from the point-of-interruption. If a player violates these regulations while the other team is in possession of the ball, they will receive a YELLOW CARD once the opposing team no longer has an advantage (if there was one if the first place) and play will be resumed from the point-of-interruption. The referee has the right to eject a player and award an OPEN NET penalty kick if the player violates the substitution rules with the intent to prevent an obvious goal scoring opportunity.

15. EJECTIONS/UNSPORTSMANLIKE CONDUCT: Any player issued two (2) unsportsmanlike yellow cards or one (1) red card will be disqualified from the current game and be required to meet with the Intramural Coordinator in order to regain eligibility. A team receiving three (4) UNSPORTSMANLIKE cards (hard contact fouls are considered unsportsmanlike) or two (2) red cards will forfeit the match. **PLAYERS SHALL NOT** use offensive language or dissent a referee's call. Players may receive a yellow card if this occurs.
16. OFF-SIDE: **There is no Off-Side rule in 5 on 5 soccer**
17. OVERTIME: In the event of a tie game at the end of regulation, there will be a penalty kick round to determine a winner. Five (5) kicks will be taken by each team in alternating order. The five (5) players who are on the field when time expires will take the first five (5) kicks in the penalty kick round. If the score remains tied after each team have kicked five (5) times, then teams will alternate kicks until one team scores an unmatched goal. No player may take a second kick until the remainder of their team has taken a kick.

Overtime Co-Rec modifications: The players who finish the game on the field will take the first five (5) kicks in ANY order. If the game is still tied after the first five kicks the teams will alternate kicks until an unmatched goal is made. Each team's sixth overtime kick must be taken by a male player with the seventh (if necessary) being taken by a female player and will alternate through successive kicks. No player may take a second kick until every player of the same sex on his/her team has taken a kick.