



# MISSISSIPPI STATE UNIVERSITY™

## UNIVERSITY RECREATION

### **Intramural Sports | 7v7 Soccer Rules**

Please consult the Intramural Sports Participant Handbook for the complete list of Intramural Sports policies.

NIRSA Flag Football Rules will be in effect; an abridged version including any modifications follow:

#### **Location**

- Games will be played at the RecPlex Multi-Purpose Fields 1-2 located at 1-235 Stone Blvd.
- Please give yourself plenty of time to park and get to your games ahead of schedule. Remember each team must have the minimum number of players signed in and ready to play to avoid a forfeit.
- You may park on the grass along the Multi-Purpose Fields fence-line

#### **Schedule**

- If your team is unable to make a game be sure to contact the Competitive Sports Office no later than 3:00 pm the day before the game via email ([competitive@saffairs.msstate.edu](mailto:competitive@saffairs.msstate.edu)) or by phone (662-325-0349) to attempt to reschedule and by 3:00 pm the day of to default
- Team schedules can be found via their respective team pages on the Fusion play app

#### **Eligibility**

- Please reference the Intramural Sports Participant Handbook for player eligibility guidelines.
- All rostered participants must show a valid Mississippi State issued ID and be checked in with Competitive Sports Staff prior to game time and being allowed to play.
- Participants may check-in with Competitive Sports Staff once the gates are unlocked for the night of contests (at any point before their scheduled game time).
- Teams must have a representative complete rules quiz prior to the start of the season to be eligible for playoffs.
  - There will be an optional captain meeting prior to the season starting. Teams that have a representative in attendance will receive +1 to their lowest sportsmanship rating.

#### **Concussion Protocol**

- If a concussion is suspected, participants of Intramural Sports Leagues and Single-Day Events should complete the Concussion Protocol Questionnaire with Competitive Sports Staff prior to returning to the game(s).

#### **Players**

- A legal team consists of 7 players on the field. A team may start a game with a minimum of 5 players. (See Co-Rec Modifications below)
- A speaking captain must be designated for each team. They alone may appeal to the official.

#### **Co-Rec Rule Provisions**

- A team shall play with a maximum of four (4) males and three (3) females or three (3) males and four (4) females. The gender with more players on the field must play goalie.
- A minimum of five (5) players, three (3) males and two (2) females or two (2) males and three (3) females is required to start a game. The gender with more players on the field must play goalie.
- If a player is awarded a penalty kick, a player of the same gender must take the penalty kick.
- During a Shootout, the genders will alternate when shooting.
- **Officials' judgment calls may not be protested.** If a protest occurs, the game is to be stopped immediately and proper documentation must be filled out before play resumes.

## Equipment

- Each team is encouraged to bring a football to warm up. The Competitive Sports Office will supply a game ball for each contest, and they are not available for warming up.
- All jewelry of any type must be removed.
- Head decorations, headwear, billed hats and bandannas are illegal. Only elastic headbands and hair control devices are permitted. Participants are permitted to wear knit caps/beanies so long as there is not any hard materials or knots on them.
- Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, upper arm or shoulder must be padded with a closed-cell, slow-recovery foam padding no less than ½-inch thick.
- You must schedule an appointment with a Competitive Sports Coordinator prior to playing if you have a special equipment need (i.e. medical). All equipment decisions made on site by the Intramural Sports Staff on duty shall be final.

## Game Time

- Playing time shall be 40 minutes, divided into 2 periods of 20-minutes each. The intermission between the periods shall be 5 minutes.
- Interrupted and Shortened Games
  - Weather can dictate hazardous conditions and the Competitive Sports team reserves the right to delay or suspend the game.
  - Games interrupted because of events beyond the control of administration shall be continued from the point of interruption unless the Referee and the opposing captains agree to terminate the game with the existing score.

## Uniforms and Equipment

### Required Equipment

- All team members must wear athletic apparel appropriate for soccer.
  - All team members must wear proper Shin Guards
- All members of a team must wear uniforms of the same color. Teams are encouraged to coordinate shirt colors for their games. Jerseys will be available for checkout at each field.
  - Players are not permitted to wear GREY uniforms.
  - Goalies must wear a different color jersey than the rest of the team.
  - Home teams should wear white or light colors, and the visiting team should wear a dark color.
  - Jerseys or cut-off t-shirts may not have an arm opening more than 4" below the armpit.
- All players must wear athletic shoes. Hard sole shoes or sandals of any kind will not be permitted
  - Players may wear cleats provided they are a molded rubber cleat and the cleats do not exceed ½ inch in length. Players may NOT wear cleats with any exposed metal.

### **Optional Equipment**

- Mouth Guards
- Stocking caps with no bill/exposed hard knot
- Gloves which are made of a soft and non-abrasive material
- Braces are permitted as long as they are soft and yielding or all exposed metal and other hard parts are padded with at least ½ inch foam rubber.

### **Illegal Equipment**

- Headwear containing any hard, unyielding stiff material. To include any billed hats or any item containing an exposed knot.
- Any form of jewelry.
- Any player with a hard cast will not be allowed to participate
- Any player with blood on their clothes must remove the clothing before continuing play.
- Guard, casts or braces made of hard and unyielding material or having exposed metal.
- Shorts or pants with pockets.

### **The Game, Field, Players, Substitutions**

- **Starting the Game**
  - Coin Toss
    - Team captains shall participate in a coin toss to begin the game. The captain winning the toss shall have the following options:
      - Offense
      - Defense
      - Choose goal their team will defend
      - Defer options until the second half
    - The captain not having the first choice of options for a half shall exercise the remaining options.
- **The Playing Field**
  - Games will be played at the Multi-purpose fields
  - At the start of each half and after each goal the ball shall be put in play with a direct restart at midfield.
  - The lines bounding the field are in bounds in their entirety.
- **Substitutions**
  - All players wishing to substitute must do so during a dead ball. The substitute must notify the nearest official. An incoming substitute must enter from his/her team's sideline and the departing player must leave the field via the sideline closest to their team's bench area.

### **Timing and Overtime**

- Game time shall consist of two (2) 20-minute halves. The clock will run the entire game. Exception: Injury or Referee time-out
- During the regular season, games ending with a tied score at the end of regulation time will remain tied. There is NO overtime in regular season play.
- Playoffs
  - If there is a tied score at the end of regulation in playoffs, the following procedures will be followed:
    - One (1) 5-minute sudden victory overtime will be played.
    - If a tie still exists, a 3-player penalty shootout will be utilized.

- A single coin-toss will be administered with the winning team having the option to shoot 1<sup>st</sup> or 2<sup>nd</sup>. The losing team will have the option to choose which goal will be shot at for all shots on goal.
  - Players in the shootout MUST be on the field prior to the final whistle for overtime.
  - Players will alternate from each team.
- **Scoring and Offsides**
  - A goal is scored when the entire ball has entirely passed over the goal line and entered between the goal posts and under the cross bar, provided it has not been thrown, carried, or propelled by hand or arm.
  - If a player (other than the goalie) on the defending team intentionally stops or deflects the ball with their hand or arm to stop a goal, that player will be given a red card, ejected from the game, and a penalty kick will be awarded to the offended team.
  - After a team scores a goal, the team that was scored upon will be given a direct restart kick at midfield.
  - Offsides will NOT be called during Intramural 7v7 Soccer.
- **Mercy Rule**
  - If a team is 10 or more goals ahead at any point in the 2<sup>nd</sup> half, the game shall be over.
  - If a team is 5 or more goals ahead with five minutes left in the 2<sup>nd</sup> half of the game, the game shall be over.
  - If at any point during the second half, officials may determine the game is no longer competitive. At that point, the officials will ask if the losing team wishes to end the game. If accepted the game will be then call with the current score and sportsmanship rating.

## **Fouls and Penalties**

- **Definitions**
  - **Indirect Free Kick**
    - A goal cannot be scored unless the ball has been played or touched by any player other than the kicker before passing through the goal
  - **Direct Free Kick**
    - A goal may be scored directly against the offending side
  - All free kicks may be kicked in any direction from the point of the infraction. If a player of the opposing team is within 10 yards of the ball and intentionally interferes with the kick, the kick shall be retaken and the player shall be cautioned with a yellow card.
  - **Penalty kick**
    - Any foul which ordinarily requires the awarding of a direct free kick shall be punished with a penalty kick if the foul is committed by the defending team within the penalty area. The penalty kick shall be taken from the penalty mark. When it is being taken, all players other than the shooter and the goalkeeper must be within the field of play but outside the penalty area and at least 10 yards from the penalty mark.
  - **Slide Tackle**
    - Considered illegal play in Intramural Soccer
      - Penalty for sliding from front – Direct Free Kick
      - Penalty for sliding from side – Yellow Card Caution, Direct Free Kick
      - Penalty for sliding from behind – Straight Red Card and Ejection, Direct Free Kick
    - Goalies may slide hands first, but not cleats first with players within 5 yards

## Types of Fouls

<u>Direct Free Kick</u>	<u>Indirect Free Kick</u>
<ul style="list-style-type: none"><li>- Holding</li><li>- Pushing</li><li>- Striking or Attempting to Strike</li><li>- Jumping Toward</li><li>- Slide Tackling (Yellow/Red)</li><li>- Unsportsmanlike Conduct</li><li>- Kicking</li><li>- Tripping</li><li>- Charging</li><li>- Using the Knee</li><li>- Charging the Goalie</li><li>- Handling the ball (Hand Ball)</li></ul>	<ul style="list-style-type: none"><li>- Goalie holding the ball greater than six (6) seconds</li><li>- Ball not kicked forward on penalty kick</li><li>- Illegal substitution</li><li>- Player intentionally kicks ball to their own goalie who then handles it</li><li>- Dangerous play</li><li>- Obstruction</li><li>- Impeding the Goalie while they attempt to clear it</li></ul>

### Goalkeeper Privileges

- The goalie is allowed the following privileges not granted to any other player while within their penalty area:
  - May use their hands or arms to stop the ball
  - May hold the ball for up to six (6) seconds
  - May place kick or punt the ball
  - Is free from interference while in possession of the ball
  - May slide towards a player hands or body first.
- The goalie is NOT permitted to do the following:
  - May not use their hands when a teammate deliberately kicks the ball to them
  - May not slide feet first towards an opponent (Yellow Card)
  - Goalie loses all privileges allowed once they leave the penalty area.

### Throw-in

- When the ball passes completely over the sideline, either on the ground or in the air, it shall be thrown in from the point where it crossed the line. The offended team will be awarded the throw-in and may throw it in any direction.
- The throw in shall be taken at the point along the sideline where the ball left the field. If taken from the wrong position, it shall be returned to the opposition.
- A throw-in is considered an indirect restart.

### Goal Kick

- When the ball passes completely over the endline, either on the ground or in the air, having last been played or touched by the attacking team. The offended team will be awarded a goal kick.
- The kick shall be taken from a point within the goal area and kicked into play in any direction beyond the penalty area by any player on the offended team.

### Corner Kick

- When the ball passes completely over the endline, either on the ground or in the air, having last been touched by a member of the defending team. The offended team will be awarded a direct free kick within the quarter circle at the nearest corner flag.
- Players from the opposing team shall not approach within 10 yards of the ball until it has been played.
- If a team does not have the minimum number of players by game time, the opposing team will have the option to take the forfeit or wait the 10 minutes. This is only if the opposing team has the minimum number of players.
- Penalties:

<b>Minutes Late</b>	<b>Penalties</b>	<b>Conduct Score</b>
0-4:59 minutes	Starting 0-1	Max 3.0
5:00-9:59	Starting 0-2	Max 3.0
10 minutes	Forfeit 0-3	Max 2.0

### **Playoffs**

- To be eligible for playoffs:
  - Teams must maintain at least a 3.67 team sportsmanship rating throughout the season.
    - Teams can forfeit only one (1) regular season games.
    - Only participants listed on the roster during the regular season are eligible to participate during playoffs.
    - Any combination of two default(s) and/or forfeit(s) will result in removal from the league.

### **Overtime Rules**

There will be no overtime during the regular season.

During playoffs, overtime will be a 5-minute “Golden Goal” if a score is tied at the end of regulation.

If the score remains tied at the end of the 5-minute overtime period, decision will be penalty kicks.

Each team will select 4 players who were on the field at the end of the overtime period to participate in the kicks. If tied after the four (4) players have taken their shot, the remaining players who were on the field during the overtime period will join the kick rotation. Kicks will alternate until the tie is broken.

There will be a coin toss at the start of penalty kicks. The winner of the coin toss will decide which goal will be used to take the kicks, and that will be the goal used for the entirety of the penalty kicks.

### **Co-Rec Modifications**

- Teams cannot have more than 4 players of one gender on the field at any given time
- The gender that has the majority will be required to have the goalie. (4m/3f, the male will be goalie; 4f, 3m, the female will be goalie)

## Sportsmanship Policy

Intramural Sports Conduct Scores will be adjudicated and awarded by the Officials Crew and are final upon each contest's conclusion. Captain's signatures are required after each contest.

Sportsmanship ratings can be found in Fusion play, but they Fusion play and are not eligible for protest. If you have a question or concern about the finalized result of a game or your conduct score, please contact our Competitive Sports Office within one (1) business day after the game in question. After that time has passed, score adjustments and conduct score inquiries will not be considered.

- **5- Excellent Conduct and Sportsmanship** - Players cooperate fully with the officials and other team members. The captain calmly converses with officials about rule interpretations and calls. The captain also has complete control of his/her teammates. Teams that win by forfeit will receive a "5."
- **4- Good Conduct and Sportsmanship** – Team members verbally complain about some decisions made by the officials and/ or show minor dissension, which may or may not merit a yellow card (soccer), unsportsmanlike flag (flag football), technical foul (basketball). Teams that receive 1 yellow card, unsportsmanlike flag or technical foul will receive no higher than a "4" rating.
- **3- Average Conduct and Sportsmanship** – The team shows verbal dissent towards officials and/or the opposing team, which may or may not merit a yellow card, unsportsmanlike flag, or technical foul. Captain exhibits minor control over his/her teammates but is in control of himself/herself. Teams receiving multiple yellow cards, unsportsmanlike flags, or technical fouls will receive no higher than a "3" rating.
- **2- Below Average Conduct and Sportsmanship** – Teams constantly comment to the officials and/or the opposing team from the field and/or the sidelines. The team captain exhibits little or no control over teammates and/ or himself/herself. A team which receives one red card or ejection can receive no higher than a "2" rating.
- **1- Poor Conduct and Sportsmanship** – Team is completely uncooperative. Captain has no control of teammates, and/ or himself/herself. A team which receives multiple ejections can receive no higher than a "1" rating.
- **0- Unacceptable Conduct and Sportsmanship** --Individuals/teams participated after the consumption of alcohol or drugs. If the contest has begun when discovered, the player or players will be immediately removed from the facility, and the contest will be forfeited to the opponent.

*Further questions can be directed to [competitive@saffairs.msstate.edu](mailto:competitive@saffairs.msstate.edu)*

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