

BIRMINGHAM-SOUTHERN COLLEGE

INTRAMURAL 7V7 SOCCER RULES

(REVISED – 8/10)

The Game

1. The game will be played between two teams of seven players each. Five players are required to play and avoid a forfeit.
2. Game time is forfeit time. Both teams need to be warmed up and ready for play at the scheduled time.
3. The Home Team captain shall have the choice of options for the first half or shall defer his/her option to the second half. The options are:
 - a. To choose whether his/her team will start on offense or defense.
 - b. To choose the goal his/her team will defend.
 - c. The Visiting Team captain shall exercise the remaining option.
4. Playing time shall be 40 minutes, divided into two halves of twenty (20) minutes each. The clock will run continuously unless stopped for an official's time out or injury. Half-time will be 5 minutes in duration.
5. Substitutions are allowed in the following situations:
 - a. When the ball goes out of bounds (goal kicks, corner kicks, throw-ins)
 - b. After a goal is scored
 - c. After an injury
6. Kicks
 - a. Free Kicks - When a player is taking a goal kick, a direct free kick or an indirect free kick while in his penalty box, all opponents must remain outside the penalty box until the ball has cleared the box. The ball must travel beyond the box before another player may touch it.
 - b. Direct Free Kicks, Goal Kicks and Corner Kicks - A goal may be scored directly (played by only one player)
 - c. Indirect Free Kicks and Kick Offs - A goal may be scored only after the ball has touched another player.
7. If play is stopped for an injury, unusual delay or if a goal becomes dislodged, the ball shall be put back into play by a drop ball. If a team has clear possession of the ball when play is stopped, that team shall be awarded an indirect kick. In all cases, the ball is put back into play from where it was when play was stopped. However, the ball is not to be dropped inside the penalty area, but at the nearest spot outside the penalty area.
8. In goal kick situations, the defensive team will be awarded an indirect free kick from anywhere inside its own goal area. The kick must clear the penalty area before another player may touch the ball.
9. On all free kicks, the kicker's opponent must remain at least 10 yards from the ball until it is put into play. Any motion toward the ball by a defender before the offense puts the ball into play is considered encroachment. Failure to heed an official's warning will result in a yellow card for Unsportsmanlike Conduct.
- 10. SLIDE TACKLES ARE NOT ALLOWED AT ANY TIME. ANY PLAYER PERFORMING A SLIDE TACKLE (IN THE JUDGMENT OF THE OFFICIAL) WILL RECEIVE A YELLOW CARD.**
11. A player receiving a yellow card must sit out for two minutes of playing time. The entire two minutes of playing time must be served regardless of the developments on the field. The player serving the penalty period cannot be substituted for. Therefore, his/her team will play short-handed for the duration of the two-minute penalty. The official will note the time of the infraction and release the penalized player when the penalty period has expired.
12. Penalty shots are unobstructed direct free kicks taken from the penalty spot - 10 yards from the goal. All players other than the designated kicker must line up behind the shooting kicker.
13. Tie Game
 - a. In the event of a tie game at the end of regulation play, a 5-player "shoot-out" from the penalty line will determine the winner. After a coin flip is held to determine the shooting order, each team will alternate shooters and goal keepers until the 5 players from each team have attempted their shots.

- b. If the game is still tied after the 5-player shootout, then a “sudden death” shoot-out will take place. After another coin toss, a shooter from each team will try and break the tie. If the first shooter scores, then the second shooter will have the opportunity to score. If he/she does, then the shooting order is reversed and another shooter from each team will shoot to break the tie. This process will continue until the tie is broken.
 - c. The winning team will receive 1 point that will be added to their score from regulation play.
14. Fouls
- a. The awarding of a direct free kick, or penalty kick, should the offense occur in the penalty area, shall be given to the opposing team if a player:
 - i. Holding/Pushing/Kicking//Tripping an opponent
 - ii. Jumping/Charging into an opponent
 - iii. Hand balls
 - iv. Unsportsmanlike conduct and dangerous play
 - b. An indirect free kick shall be awarded when an opponent:
 - i. Plays in a dangerous manner
 - ii. Charges fairly, but when the ball is not in playing distance
 - iii. Obstruction
 - iv. Goalkeeper delay in release of ball
 - v. Delay of game
 - c. Caution (Yellow Card)
 - i. Illegal substitution
 - ii. Persistent infringing of the rules of the game
 - iii. Dissent by action or word
 - iv. Ungentlemanly conduct
 - v. Intentionally sliding into an opposing player
 - d. Ejection (Red Card)
 - i. Violent conduct
 - ii. Foul/abusive language
 - iii. Persistent misconduct after receiving caution

IMPORTANT - Two successive games with yellow cards will disqualify that player for the next game. One game with a red card will disqualify that player for the next game. Three yellow cards, or one red card and two yellow cards will disqualify that player for the remainder of the season, including post-season.

The Field & Game Equipment

1. The field dimensions are 80 yards by 50 yards. Each penalty area will be a rectangle 25 yards (wide) by 12 yards.
2. The lines bounding the sidelines and the end lines are to be considered “in bounds” and any ball touching the line may be played. Once the ball contacts the ground outside of the line, it is considered out-of-bounds.
3. Soccer Balls – Both the men’s teams and the women’s teams will use the regulation size 5 soccer ball during matches. The referee shall be the judge of any ball offered for play and may change the ball during play at his/her discretion.
4. Jerseys & Shorts – Members of each team shall wear similarly-colored shirts or jerseys. The shirts must be tucked in. Numbers are helpful, but are not mandatory. Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s), holes, or exposed drawstrings.
5. Shoes – All participants must wear shoes at all times. Shoes must be either molded soccer cleats (not football) or running/tennis-type shoes. No metal cleats will be allowed.
6. Safety, Safety, Safety
 - a. Shin Guards – All players are strongly encouraged to wear shin guards during the matches.
 - b. No jewelry will be worn at any time. This includes, but is not limited to rings, earrings, watches, necklaces, and any form of body piercing.
 - c. No hard casts will be allowed at anytime. All hard braces (knee, elbow, etc.) will be evaluated prior to the start of the game.
 - d. No hats with bills or bandanas with knots tied in them will be allowed to be worn. Also, sunglasses will not be allowed to be worn during play.
 - e. Alcohol and/or tobacco products may NOT be used by the participants prior to or during the match.