Intramural Outdoor Soccer

The Intramural Program staff will work hard to ensure that all participants have the safest experience, but guaranteeing absolute safety is not possible. Be aware that participation in intramural sports activities, including use of intramural facilities and equipment, is completely voluntary. There are risks and hazards, minor and serious, associated with participation in intramural sports activities. Participants voluntarily assume all responsibility and risk of loss, damage, illness, and/or injury to person or property associated with participation in intramural sport activities.

University at Albany, the State University of New York and the State of New York are not liable for any injuries, damages or other losses which individuals may incur while using recreational sports facilities or participating in the Intramural Program provided by the Office of Campus Recreation. The University at Albany does not provide medical, health, or other insurance for participants. Medical expenses incurred such as ambulance, doctor bills and x-rays will be the responsibility of the participant. Purchasing adequate health/medical insurance prior to participation is strongly recommended.

The University at Albany Intramural soccer program follows the current National Federation of State High School Association rule book with the following modifications.

I. Player Eligibility

a. All undergraduate & graduate students who have paid the recreation fee and are currently enrolled in any department or college of the University and current faculty and staff members shall be eligible to enjoy all intramural privileges and shall retain that status until they withdraw, graduate, take a leave of absence, or fail to comply with the eligibility rules or other guidelines.

b. Only players who are able to present their current UAlbany photo ID card to the Intramural Site Supervisor will be eligible to participate in intramural activities. There will be no exceptions to this rule.

c. For a full list of all eligibility requirements please refer to the Intramural Sports Handbook.

II. Team Composition

a. Nine (9) players constitute a team. A team must have at least 7 players by the time the game is scheduled to begin.
b. All players on a team must be registered to the team’s roster through IMLeagues.com prior to the first regular season game. Team members may not be added after the first game.

c. All team members are required to present their UAlbany photo ID card and sign in with the Intramural Site Supervisor at the beginning of each game. If a team member does not have his/her ID card or does not sign in with the Intramural Site Supervisor they will not be eligible to play.

d. Co-rec teams must be made up of an equal number of male and female team members. If there are 10 players on a team there must be 5 male and 5 female. If there is an uneven number of players, such as 11, there may be 5 males and 6 females, or vice versa. During competition there must be an even number of males and females on the field at all times. If a team has 9 players on the field there must be 5 males and 4 females or vice versa.

III. Playing Field and Equipment

a. All intramural outdoor soccer games will take place on the intramural soccer field. The field is 100 yards X 60 yards.

b. Intramural participants will be expected to keep all used fields in pristine condition. Before leaving intramural facilities participants will be required to throw away all garbage and collect all items such as clothing, personal equipment, etc. If any garbage or other items are left behind, both team’s sportsmanship ratings will be reduced by one half point.

c. All equipment and game balls will be provided by the Office of Campus Recreation. However, if both team captains agree, a substitute ball provided by either team may be used.

d. All players are required to have a number on the back of their shirt. If they do not, colored pinnies will be provided by the Office of Campus Recreation.

e. NO JEWELRY MAY BE WORN DURING GAMES. Captains are responsible for ensuring that all team members remove jewelry before play. This includes, but is not limited to, earrings, necklaces, bracelets, rings, watches, facial rings, etc. Medical and religious jewelry may be worn but must be completely covered and taped to the body.

f. Players may wear a knit hat or stocking cap. No baseball style hats or hats with rigid edges will be allowed. Rubber or cloth hair elastics may be worn to tie back hair. Hard or metal hair clasps may not be worn.

g. Shoes with metal cleats, metal tipped cleats, plastic cleats with sharp edges (i.e. baseball cleats), or any other shoes deemed unsafe by the Intramural Site Supervisor may not be worn. Shoes with rubber, nylon, or blunt plastic cleats may be worn. Athletic clothes must be worn.

h. Under no circumstances will a player wearing a cast or a splint be permitted to play. Braces with exposed metal must be covered.

i. The Intramural Site Supervisor will have the final say on the legality of all equipment.

IV. Game Times
a. It is recommended that teams arrive 15-20 minutes prior to the start of the game in order to allow time to sign in and warm up. If a team is not able to field a team at the time the game is scheduled to begin the game will be recorded as a forfeit. Game Time is Forfeit Time.
b. Games will consist of two 25 minute halves. There will be a 5 minute halftime between each half.
c. There will be no overtime during the regular season.

V. Game Rules

a. Start and Restart of Play
   a. The ball is in play as soon as it is moved forward on a kickoff
   b. A member of the same team may not touch the ball until it was completed one full revolution.
   c. There are 7 restarts in which a player puts the ball into play
      i. Kickoff, direct free kick, indirect free kick, penalty kick, throw in, goal kick, and corner kick.
   d. The player putting the ball in play may not touch the ball again until touches another player from either team.

b. Substitutions
   a. All substitutions must take place at the mid-field area.
   b. The exiting player must be off the field prior to the substitute entering the field.
   c. Both teams may substitute an unlimited number of players on goal kicks, after a goal is scored, at halftime, when a player is cautioned (yellow card) when a player is disqualified (red card), and during an injury.
   d. Only the team possessing the ball may substitute on a corner kick.
   e. The team in possession of the ball for a throw-in may substitute. If the team in possession chooses to substitute, the opposing team may substitute at that time.
   f. Any player receiving a yellow card must be substituted for, and may not return until the next legal substitution opportunity. If the referee stops the game for an injury, the injured player must be substituted for.

c. Ball In and Out of Play
   a. The ball is considered out of play, and the play is to be blown dead when the entire ball is completely over the outside the edge of the touch line. The whole ball must be completely over the whole line.
d. Methods of Scoring- A goal will be rewarded when:
   a. The whole ball crosses the goal line between the goal posts and beneath the crossbar. There will be no exceptions.

e. Offside
   a. Being in an offside position and being offside is not the same thing. It is not against the rules to be in an offside position.
   b. A player is in an offside position if the player is in the opponent’s half of the field and the player is closer to the opponents’ goal line than both the ball and the second to last opponent.
   c. A player is not in an offside position if the player is in his/her own half of the field, even with or behind the ball, or even with the second to last, or last 2 opponents.
   d. With certain exceptions, a player in an offside position becomes offside if, at the moment the ball touches or is played by a teammate, the player in the opinion of the referee is:
      i. Actively involved in the play
      ii. Interfering with play
      iii. Interfering with an opponent
      iv. Gaining an advantage by being in that offside position

      The exceptions are a throw in, goal kick or corner kick.

e. If a pass is intended for a teammate in an offside position, and an opponent deflects the pass, offside must still be called.
   f. A player, who leaves the field, attempting to cause an opponent to be in an offside position, must be cautioned for unsportsmanlike behavior.
   g. A player in an offside position is allowed to leave the field to indicate to the referee that he or she is not participating in play, and should not be called offside.
   h. If offside is called, and indirect free kick is to be taken by the opposing team.

f. Fouls and Misconduct
   a. Penal fouls:
      i. Kicking or attempting to kick an opponent
      ii. Tripping or attempting to trip an opponent
      iii. Jumping at an opponent
      iv. Charging an opponent
      v. Striking or attempting to strike an opponent
      vi. Pushing an opponent
vii. When tackling and opponent to gain possession of the ball, making contact with the opponent before touching the ball.

viii. Holding an opponent.

ix. Spitting at an opponent.

x. Deliberately handling the ball (except by the goal keeper).

b. Handling the ball is a foul when a player touches the ball with any part of the hand or arm while, intending to control the ball, intending to gain an advantage or takes an advantage away from the opposing team while the arm is in an unnatural or extending position.

c. No foul should be called for handling the ball when, the player is not trying to control the ball, the ball accidentally contacts the arm while the arms are in closed or natural position, or when the player is instinctively protecting themselves from injury.

d. Non-Penal Fouls:

i. Dangerous play

ii. Impeding the progress of an opponent (obstruction)

1. It is illegal for a player to take a position between the ball and an opponent, when not within playing distance of, and able to play, the ball.

2. A player within playing distance of the ball, and able to play it, is allowed to “screen” (legally obstruct) and opponent.

3. It is illegal for a player to move into the path of an opponent to block the opponent’s movement.

iii. Preventing the goal keeper from releasing the ball from his or her hands.

iv. Taking more than 6 seconds for a goal keeper to release the ball from his or her hands.

v. A goal keeper touching the ball with the hands after receiving it directly from a teammates throw in.

vi. A goal keeper touching the ball with the hands after it is deliberately kicked by a teammate to the goal keeper.

1. Cannot defeat the spirit of the law by performing a trick to raise the ball to the head or chest.

e. No indirect free kick may be taken within the 6 yard box

f. Misconduct

i. Unsporting behavior

ii. Dissent

iii. Persistently infringing the laws of the game

iv. Delaying the restart

v. Failing to respect required distance at a corner kick or free kick

g. Penalty Kicks

a. A penalty is to be awarded for any penal foul committed by the defending team in their penalty area.

b. All players excluding the kick taker, but including the goalkeeper, must remain 12 yards away from the ball until the kick is taken.
c. During penalty kicks, the goal keeper may move laterally along the goal line.

h. Goal Kicks
   a. The goal kick may be taken anywhere in the goal area (6 yard box).
   b. The ball must not be moving when it is kicked.
   c. Once placed within the goal area the ball may not be moved.
   d. The ball is considered playable when it leaves the penalty area. The goal kick must be retaken if the ball does not leave the penalty area or is played within the penalty area.
   e. A player receiving the ball, in an offside position, directly from a goal kick, is not offside.