

Soccer Rules

I. Equipment

A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry)

- Shin Guards are highly recommended
- No hard-bill hats
- Cleats are acceptable, however no metal studs are allowed.
- Each goalkeeper must wear colors which distinguish his from the other players and the referees

II. Substitutions

A team can substitute an unlimited number of times provided:

- Either team has possession of the ball and there is a stoppage of the match
- The player reports to the referees before coming on the field

Infringements/Sanctions

If a substitute enters the field of play without the referee's permission:

- play is stopped
- the substitute is cautioned, shown the yellow card and required to leave the field of play
- play is restarted with a dropped ball

Changing the Goalkeeper

Any of the other players may change places with the goalkeeper, provided that the referee is informed and the change is made during a stoppage

III. Referees

Each match is controlled by a referee or referees who has/have full authority to enforce the Laws of the Game in connection with the match to which s/he has been appointed.

Powers and Duties of The Referee:

- enforces the Laws of the Game and acts as timekeeper
- stops, suspends or terminates the match, at his/her discretion, for any infringements of the Laws
- stops, suspends or terminates the match because of outside interference
- ensures that any player bleeding from a wound leaves the field of play.
- allows play to continue when the team against which an offense has been committed will benefit from such an advantage and penalizes the original offense if the anticipated advantage does not ensue at that time
- punishes the more serious offense when a player commits more than one offense at the same time
- takes disciplinary action against players guilty of cautionable and sending-off offenses.
- takes action against team officials who fail to conduct themselves in a responsible manner and may at his discretion, expel them from the field

IV. The Start and Restart of Play

Kick-off

A kick-off is a way of starting play to start the half and after goals

Procedure

- all players must be in their own half of the field
- the opponents of the team taking the kick-off must be at least 10 yds from the ball until it is touched
- ball is in play when it is kicked and moves forward when the referee signals
- the kicker does not touch the ball a 2nd time simultaneously

Special Circumstances

- a free kick is awarded to the defending team inside its own goal area is taken from any point within the goal area
- an indirect free kick awarded to the attacking team in its opponents' goal area is taken from the goal area line parallel to the goal line at the point nearest to where the infringement occurred
- a dropped ball to restart the match after play has been temporarily stopped inside the goal area takes place on the goal area line parallel to the goal line at the point nearest to where the ball was located when play was stopped

V. The Ball In and Out of Play

The ball is out of play when:

- it has crossed the goal line or touch line
- play has been stopped by the referee

The ball is in play at all other times, including when:

- it rebounds from a goalpost, crossbar or corner flagpost and remains in the field of play
- it rebounds from either the referee or an assistant referee when they are on the field of play

VI. Fouls and Misconduct, Kicks

Fouls and misconduct are penalized as follows:

A direct free kick is awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless or using excessive force:

- Kicks, trips or attempts to kick or trip an opponent
- jumps at or charges an opponent
- pushes, strikes or attempts to push or strike an opponent
- tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
- holds or spits at an opponent
- handles the ball deliberately

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following offenses:

- takes more than six seconds while controlling the ball with his hands before releasing it from his possession
- touches the ball again with his hands after it has been released from his possession and has not touched any other player
- touches ball with his hands after deliberately kicked to him by a teammate
- touches ball with his hands after receiving it directly from a teammate's throw
- deliberately consumes time

Penalty Kick

- awarded if any of the above offenses is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play

Position of the Ball and the Players

- the goalkeeper must be on his goal line, facing the kicker, between the goalposts until the ball has been kicked
- the players other than the kicker must be outside the penalty area, behind the penalty mark, and at least 10 yards from the penalty mark

Procedure

- the player taking the penalty kicks the ball forward after the Referee's whistle
- he can't not play the ball a second time until it has touched another player
- the ball is in play when it is kicked and moves forward
- the ball is dead until touched by another player
- a goal may be scored once the ball is touched by another player

Infringements/Sanctions

If the offense infringes the Laws of the Game:

- the referee allows the kick to proceed
- if the ball enters the net without being touched by another player, a goal kick will be awarded
- if the ball does not enter the goal, the kick is not retaken

If the defense infringes the Laws of the Game:

- the referee allows the kick to proceed
- if the ball enters the goal, a goal is awarded
- if the ball does not enter the goal, the kick is retaken

A player of both the defending team and the attacking team infringe the Laws of the Game the kick is retaken.

If, after the penalty kick has been taken the kicker touches the ball a second time (except with his hands) before it has touched another player, an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred * (see preface)

An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee:

- plays in a dangerous manner
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from his hands

Disciplinary Sanctions

Yellow Card if:

- is guilty of unsporting behavior
- shows dissent by word or action
- persistently infringes the Laws of the Game
- delays the restart of play
- fails to respect the required distance on a restart with a corner or free kick
- enters or leaves the field of play without the referee's permission

Red Card if:

- is guilty of serious foul play or violent conduct
- spits at an opponent or any other person
- denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area).
- denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
- uses offensive or insulting or abusive language and/or gestures
- receives a second caution in the same match

VII. The Throw-In

A goal cannot be scored directly from a throw-in.

A throw-in is awarded:

- when the whole of the ball passes over the touch line, either on the ground or in the air
- from the point where it crossed the touch line
- to the opponents of the player who last touched the ball

Procedure

At the moment of delivering the ball, the thrower:

- faces the field of play from out of bounds
- uses both hands *and* delivers the ball from behind and over his head

The opposing team is given a throw in if these rules are infringed

The thrower may not touch the ball again until it has touched another player

The ball is in play immediately it enters the field of play

VIII. The Goal Kick

A goal may be scored directly from a goal kick, but only against the opposing team

A goal kick is awarded when:

- the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with the Law

Procedure

- the ball is kicked from any point within the goal area by a player of the defending team
- opponents remain outside the penalty area until the ball is in play
- the kicker does not play the ball a 2nd time until it has touched another player
- the ball is in play when it is kicked directly beyond the penalty area
- the ball must be kicked directly into play beyond the penalty

IX. The Corner Kick

A goal may be scored directly from a corner kick, but only against the opposing team

A corner kick is awarded when:

- the whole of the ball, having last touched a player of the defending team, passes over the goal line

Procedure

- the ball is placed inside the corner arc at the nearest corner flagpost
- opponents remain at least 10 yds from the ball until it is in play
- the ball is in play when it is kicked
- the kicker does not play the ball a second time until it has touched another player

Infringements/Sanctions

If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player:

- a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred
- a penalty kick is awarded if the infringement occurred inside the kicker's penalty area

X. Coastal Carolina Modifications

- All slide tackling is illegal and results in a direct kick. A slide tackle inside the penalty box results in a penalty kick. "Sliding" for the ball in itself is not a foul.
- This is a 7 v 7 sport. Teams must have five (5) players on the field to start the game (including the goalie). Rosters may have up to 15 players.
- Co-Rec teams must have at least as many females as males on the field (excluding the goalie)
- If a regular season game is tied at the end of 40 minutes, there will be one (1) five-minute overtime period. Games ending in a tie will be recorded as such.
- Playoff games: when time has expired in regulation, there will be two (2) three-minute overtime periods. If there is still a tie, PKs will ensue.
- All overtime periods will be played in full (i.e. no Golden Goal).
- In Co-Rec, penalty kicks must alternate between male-female.
- The Mercy Rule is as follows: 10 goals at any point in the second half or 5 goals anytime under 5 minutes left in the second half
- If a player receives one red card during a game, s/he must set an appointment with the IM Sports Coordinator. If a player receives 2 red cards, s/he will be disqualified for the remainder of the season and must set an appointment with the IM Sports Coordinator to regain IM eligibility. When a player has accumulated 3 yellow cards, s/he will also be suspended and must meet with the IM Sports Coordinator to regain eligibility.