

## *Recreational Soccer Rules*

F.I.F.A. rules shall be applied whenever possible, unless otherwise indicated.

Revised August 2006

### General Regulations:

- Games will consist of two 25 minute running time halves - with a 5 minute break between halves.
- Games that start late will finish on time, there will be no extra time added.
- Players are **NOT** to wear metal cleats, rings, watches, bracelets etc.
- Each team should supply a lines person. A referee is only provided in the competitive league.
- Team rosters are to be submitted and completed online by the team captain (individual who registered the team) prior to the participant clinic. To complete your roster you will need to know the U of C id #'s for student players and full names, phone number and date of birth for all players who are not U of C students. Input your roster online at [www.kin.ucalgary.ca/ims](http://www.kin.ucalgary.ca/ims). After league play has begun additional players may be added to the roster, but they must be added by the Intramural Sports office before they are allowed to play.
- All players must be prepared to check in with the supervisor for every game with a piece of photo identification.
- Suspended players may not be present during scheduled games, if so, the entire team shall be suspended indefinitely.
- Intramural Sports has a Zero-Tolerance policy for fighting and abuse of staff. This will be strictly enforced. For a complete list of policies, see [www.ucalgaryrecreation.ca/intramurals](http://www.ucalgaryrecreation.ca/intramurals) Policies and Regulations.
- Intramural Sports Rain out line 220-3778 after 4:30pm.

### Playing Rules:

- A team consists of 11 players on the field, including the goalkeeper. There must be a minimum of 3 females on the field at all times in the co-ed leagues. If a team is short female players then they must play with that position empty. (ex. If only 2 women, then the team must play the game with 10 players on the field, including keeper, at any one time).
- If you do not have 9 players within 5 minutes of start time, then the game is forfeit to the opposing team (this is for competitive games only). Recreational teams should always try to play the game.
- At the beginning of the game, choice of ends and the kick off shall be decided by the team captains. Coin toss or some other manner.
- After a goal has been scored the game shall be restarted at centre field by the opposing team.
- After half time teams will change ends and the team who didn't start the game with a kick off will start the second half with one.
- The ball is out of play when its "whole" goes over the boundary lines (in the air or on the ground).
- Players are responsible for calling their own fouls and out of play balls. **BE HONEST AND FAIR!**
- Offside plays should be monitored and a free kick should be given to the defending team.

- A player is offside if he/she is nearer to the opponents goal than the defender, before the ball passes the defender. However, if the player is on his/her own half of the field, they are not offside.
- A few actions that are **ABSOLUTELY NOT ALLOWED**
  - a) kicking or attempting to kick an opponent.
  - b) tripping an opponent
  - c) jumping at an opponent.
  - d) charging an opponent in a violent or dangerous manner.
  - e) charging an opponent from behind unless the latter by obstructing.
  - f) striking or attempting to strike an opponent.
  - g) holding an opponent.
  - h) pushing an opponent.
  - i) handling the ball. (i.e. carrying, striking or propelling the ball with his/her hand or arm).
  - j) **No slide tackles allowed, no exceptions!!! ☹**
- The goal tender should not handle the ball in his/her hands for more than 5 seconds. Bouncing the ball on the ground is no longer allowed either. It is considered a pass from your own player.

**For all recreational games player and team conduct is to be monitored by team captains. Excessive rough play and rule infringement should be reported to the event supervisor or to an IMS staff member. Teams and players will be disciplined for repeated unsportsmanlike conduct.**