UVM Intramural Sports • 3 v 3 Outdoor Soccer Rules

The rules governing this Intramural Sport activity are derived from rules used by the National Federation of High School Associations (NFHS) and National Intramural-Recreational Sports Association (NIRSA) and rules unique to the UVM Intramural Sports Program. This rules sheet is not meant to be all-inclusive; rather it is a summary of the more common rules, policies, and procedures used by the Intramural Sports Program. All important policy information can be found in the Intramural Sports Handbook. All team managers and players are responsible for reading this document and understanding the rules, policies, and procedures prior to participating in this activity.

General/Eligibility

See the Intramural Sports Handbook for complete listing of eligibility.

Varsity & Club Player Eligibility:

- Members of the UVM Varsity Soccer Teams are not eligible to participate in intramural soccer.
- Members of the UVM Club Soccer Teams are eligible to participate in intramural soccer; however only two (2) club soccer players may be listed on a roster.
- **Penalty:** Any team with a varsity player on the roster or that is in violation of the club player participation guidelines will automatically forfeit every game in which the ineligible player(s) participated. During playoffs, use of an ineligible player will result from the team being removed from further competition.

Intramural Team Participation: Individuals may only play on one team.

UVM Identification: All players MUST present a UVM Cat Card to the IMS Supervisor prior to each game. Players who do not have their Cat Card will be subject to the terms of the Campus Recreation ID Policy.

Team Rosters: The official team roster consists only of those individuals who are eligible and who have signed the official roster/waiver. Individuals must be listed on the official roster by the end of regular season play in order to be eligible to participate in playoffs. Confirming that all players are listed on the official roster is the responsibility of the team managers.

Equipment

**Jerseys:** Teams must wear the color t-shirt as assigned (see schedule). There will be a limited number of pinnies made available to teams or players who forget to comply with this rule; however, these teams will be docked .5 on their sportsmanship (i.e., If you earned a ‘4.5’ for sportsmanship during play, but forgot to wear the proper color your team would get a rating of ‘4.0’).

**Footwear:** Turf shoes, cleats, and soft, pliable, rubber bottom shoes are permitted. All shoes must be non-marking, and **METAL CLEATS, SANDALS & OPEN TOED SHOES ARE STRICTLY PROHIBITED.** If there are any questions concerning footwear, contact the supervisor on duty.

**Jewelry:** All jewelry must be removed. This includes, but is not limited to, necklaces, earrings, newly pierced earrings, facial piercings, rings, bracelets, and watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item, then you CANNOT play. Once the game has begun, any player entering the field with jewelry on could receive a yellow card.

Updated 1.3.12
**Soccer Balls:** Official UVM IMS soccer balls (size 5) will be provided. The game ball shall be issued by the officials. Teams are encouraged to bring their own soccer ball(s) to practice or warm up with; however, team managers or a team representative can check out a ball for warm-up. The team manager/team representative must leave their ID with the Intramural Sports Supervisor as they are responsible for all equipment checked-out. The player’s ID will be returned upon return of all equipment. Replacement costs for any equipment missing will be billed to the individual’s account (i.e., $40 per soccer ball).

**Protective Equipment:** Shin pads, knee pads, elbow protectors, goalie gloves, and mouth guards are strongly recommended, but not required or provided.

**Players & Substitutions**

**Players:** Each team will have three (3) players (no goalkeepers). Teams must have a minimum of two (2) players to start a game. There are no gender rules in an 'open' division sport. The maximum roster size is six (6).

**Field Player Substitutions:** Unlimited substitutions are permitted. Substitutions may be made on the fly from the designated substitution area at the mid-line.

**Ejected Players:** No substitution is permitted for an ejected player. The team will play shorthanded for the remainder of the game. If a team loses two (2) players due to ejection, the game will end immediately and will receive a forfeit.

**Managers’ Meeting and Coin Toss**

**Managers’ Meeting:** Five (5) minutes before the game, the supervisor will conduct a ‘Managers’ Meeting’ with the team manager/assistant managers of each team. Home team calls the toss (team listed first on schedule; if overtime (playoffs only), then opposite team from first half). The team winning the toss shall have their choice of the options for the first half or shall defer their options to the second half. The options for each half shall be the following:

- Team winning toss- chooses the kickoff OR chooses the goal to defend.
- Team losing toss- exercises the remaining option.

**Field of Play**

**Location:** Field 6 – The Cage

**Field of Play:** 30 yd x 40 yd field, 6’ PUGG Goals with an 8’ x 5’ box in front of the goal.

**Side Lines:** The sidelines are indicated by lines on the grass. Ball will be put into play with an indirect “kick-in” from the point where it traveled out of bounds by the player/team that did not touch it last (No Throw-Ins). Only corner kicks and penalty kicks are direct.

**End Lines:** A normal soccer end line will be used. The end line is indicated by a painted line and extends from the goal post to the corner/sideline.

- If the ball goes out over the end line by the offense, it is a goal kick for the defense. (indirect kick)
- If the ball goes out over the end line by the defense, it is a corner kick for the offense. (direct kick)

**Team Bench:** The team bench area will be designated by colored cones. Each team will be assigned a half of the field on this sideline. This area is designated as your team box. This area is limited to players who are on your roster, checked in, and currently not in the game (this area is NOT for spectators).

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Updated 1.3.12
Duration of Game

Game Duration: Games will consist of two (2) 12-minute halves in length with a continuous running clock.

Timeouts: No time-outs are allowed.

Mercy Rule: There is no game-ending mercy rule.

Half Time: Half time will not exceed three (3) minutes.

Game Time is Forfeit Time! Keeping the games on schedule is very important. Please have your team at the field checked-in and ready to play at least ten (10) minutes before your scheduled game time. Summer soccer forfeit fee is $5 per game.

Game time is forfeit time! If one team is late/is not present, the team’s manager that is present and has the minimum number of participants required ready to play will be given two options (once a decision is made it cannot be changed):
- Take the forfeit immediately
- Give the team five (5) minutes to show
  - If the team shows, the game must be played with only the remaining amount of time left. If the team still does not show, it will be a forfeit.

Reserve Clause: The IMS Staff reserves the right to make time adjustments to accommodate scheduling conflicts.

Overtime: Regular season games that end in a tie will be recorded as such. Overtime will only be played for playoff games. Playoff games that end in a tie will result in a three (3) minute sudden death overtime (a new coin toss will be used). The first goal scored will determine the winner. If the game is still tied, a penalty kick (shoot out) tie breaker will be used in the following manner:
- Only the players on the field at the end of the sudden death overtime will be allowed to participate in the shootout.
- The home team will call the coin toss to determine the kicking order, with the winner electing to go first or second.
- Each team shall take an initial series of three (3) kicks alternating from the center of the midfield line. Each kick shall be taken by a different player. The team scoring the greater number of goals shall be declared the winner. If the score remains tied after the initial three (3) kicks, they shall continue alternating in the same order, allowing each member of their team to kick, until a team has one more goal in the same number of kicks.
- If a team is playing shorthanded because of an ejected player, then the team must have one (1) player kick twice (only if the team is playing with two (2) or less players).

Playing Rules

All games are self-officiated.

Kickoff: A kickoff begins from the center of the field of play, on the supervisor’s whistle.
- The game shall be started by a player kicking the ball into the opponent’s half of the field (the ball must travel one full circumference of the ball, but is not required to go forward.
- Every player shall be on their half of the field at the time of the kickoff and be at least five (5) yards away.
- Player taking the kick may not touch the ball twice in a row.
- A goal may not be scored directly from the kickoff, they are indirect.

Updated 1.3.12
**Goal Kick:** The goal kick must be taken from anywhere on the endline.

**Offside:** There are no offsides in intramural 3v3 soccer.

**Slide Tackling:** Slide tackling is **PROHIBITED** and a yellow card will be given immediately to the offending player! Slide tackling is a penalty when in the immediate vicinity of an opposing player and a direct free kick will be awarded to the opposing team. Contact does not have to be made in order for a penalty to be called.

**Drop Ball:** A drop ball will occur when:
- An injury has transpired and no one has clear control of the ball.
- The players are unsure of an out of bounds call.
- There is a double foul (one on each team).

**Scoring:** Goals can only be scored from the offensive half. To score, the entire ball must pass over the goal line providing the ball has not been intentionally thrown, carried or propelled, by hand or arm, or by a player of the attacking side.
- All goals are worth one (1) point.
- The following result in a goal being disallowed:
  - The ball is contacted by the offense inside the box.
  - The ball is contacted by an offensive hand prior to being hit into the net.

**Goal Box:** The ball cannot be played inside the goal box. A defensive touch in the box will result in a goal. A offensive touch in the box will result in a goal kick. If the ball rolls dead in the box it will result in a goal kick.

**Fouls and Misconduct**

**Ejections:** A player shall be ejected if the player intentionally kicks, strikes, splits, pushes, trips, and attempts to kick, strike or jump at an opponent, teammate, spectator and/or official. **Penalty:** Offending player will be ejected and a direct free kick will result from the spot of the foul for the non-offending team.
- **NOTE:** If both teams are involved in misconduct, a midfield drop kick will occur. Unsportsmanlike players will be ejected and will be subject to IMS policies and procedures regarding ejected players.

**Dangerous Play:** A dangerous play will result in an indirect free kick in the following situations:
- Raising a foot to a level that may endanger an opponent.
- Scissor kicking, bicycle kicking, or high kicking that may result in an injury.
- Playing the ball while on the ground in the vicinity of another player.
- Lowering the head to waist level in an effort to head the ball in the vicinity of another player.
- Attempting to play the ball when it is in possession of the goalkeeper.

**Free Kicks:** All free kicks will be indirect (except corner and penalty kicks).
- Free kicks may be taken in any direction and by any player of the offended team.
- During a free kick restart, opposing players must be at least five (5) yards from the ball until it is kicked, with the exception of any player standing on the edge of their own goal box.
- The ball must be stationary prior to the kick and the ball is in play when it is kicked and moved.
- A following infractions will result in an indirect free kick (not all inclusive):
  - One player touching the ball twice in succession on the kickoff, throw in, corner kick, or goal kick (i.e., a player may not kick or throw to oneself).
  - Yellow or red card given to a player and/or spectator for unsportsmanlike conduct.
  - Obstruction, other than holding.
  - Unsportsmanlike conduct/Delay of game.
- Dangerous play (e.g. bicycle kick, playing the ball while on the ground, high kicks, etc.). These calls are judgment calls and may not be protested.
- Tackling, holding, pushing, charging, and/or tripping that is “accidental” in nature.
- Slide tackling.
- Handling the ball deliberately.

**NOTE:** Be aware that any flagrant foul by a player is cause for an immediate ejection.

**Yellow Card Violation:** Player is cautioned by the supervisor and must sit out for 30 seconds and may not be replaced. If a player receives a second yellow card, the individual will be ejected and their team must play shorthanded for the remainder of the game. Cautionable offenses include:

- Guilty of unsportsmanlike behavior.
- Slide tackling
- Shows dissent by word or action.
- Persistently infringes the Laws of the game.
- Delays the restart of play.
- Fails to respect the required distance when play is restarted with a corner kick, kick-in, free kick or goal clearance.
- Enters the field of play from outside of the designated substitution area.

**Red Card Violation:** Player is ejected from the game and their team must play shorthanded for the remainder of the game. Sending-off offenses include:

- Guilty of serious foul play.
- Guilty of violent conduct.
- Spits at an opponent or any other person.
- Denies an opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (with exception to goalkeeper in own penalty area).
- Denies an opponent moving towards the player’s goal an obvious goal scoring opportunity by committing an offense punishable by a free kick or a penalty kick.
- Uses offensive, insulting, or abusive language or gestures.
- Receives a second caution in the same match.

**Penalty Kicks**

A penalty kick is awarded for any offense that prevented a clear goal scoring opportunity (i.e. Last ditch slide tackles, fouling on breakaways, etc.)

**Distance/Location:** The penalty kick shall be taken from the center of the midfield line.

**Players:** All other players must be behind the shooter and at least five (5) yards away from the ball. This is a dead ball play. If a goal is not scored, the defending team will restart play with a goal kick.

**Interrupting a Penalty Kick:** The NFHS rules state that once a player who is taking a penalty kick begins the approach toward the ball movement may not be interrupted.

**Infringement:** If there is an infringement during a penalty kick:

- **By the Defending Team:** the kick is to be retaken if a goal has not resulted (the infringement is ignored if a goal is scored).
- **By the Attacking Team** (other than the player taking the kick): a re-kick is awarded if the ball enters the goal. If no goal is scored, play will stop and the defending team will receive an indirect kick from the spot of the foul.
Definitions

**Indirect Free Kick (or spot kick):** A free kick from which a goal may not be scored unless the ball is played or touched by another player of either team.

**Penalty Kick:** A kick awarded to a team because an opponent was charged with one of the major offenses, which requires a direct free kick.

**Drop Ball:** A method by which a dead ball becomes live. An official drops the ball to the ground between two (2) players from opposing teams. After the ball touches the ground, it becomes live and may be played by anyone.

**Touch Line:** Longer boundary lines. The entire line is within the field of play.

**Goal Kick:** A goal kick shall be awarded to the defending team when the entire ball crosses the goal line, excluding that portion between the goal posts and under the cross bar, either in the air or on the ground, having last been touched by the attacking team. Players opposing the kicker must remain outside the penalty area until the ball has cleared the penalty area. If the kick does not clear the penalty area, the kick shall be repeated. The ball may be played by anyone except the person who kicked it initially.

**Corner Kick:** A corner kick shall be awarded to the attacking team when the entire ball passes over the goal line, excluding that portion between the goal posts and under the crossbar, either in the air or on the ground, having last been touched by the defending team. Players of the defending team must be at least ten (10) feet from the ball until it has been kicked (the ball must travel at least one full circumference or it results in a re-kick). The ball may be played by anyone except the person who kicked it initially.