

# Speed Soccer Rules (Men's, Women's & CoRec)

## *Mission Statement:*

*Campus Recreation collaborates with the university community to offer exemplary facilities, programs and services that inspire participation and engagement.*

### Rule 1: Eligibility

1. All participants are subject to the Eligibility guidelines, which are listed in the current Intramural Sports Participant Handbook.
2. Participation is limited to currently enrolled U of A fee paying students and U of A Faculty/Staff that have a current Department of Campus Recreation membership.
3. All players must sign in with the Supervisor at site prior to game time with a current Catcard.
4. No ID, no play, no exceptions.
5. **If your team forfeits, \$30 will be charged to the Bursar's account of the captain.**

### Rule 2: The Game, Players, and Equipment

1. Teams will consist of five (5) players on the field.
2. No roster changes can occur after the completion of the last regular season game.
3. A game will consist of two 20-minute halves with a running clock. Halftime is 5 minutes. There is no stoppage time, and the clock will only stop in cases of serious player injury.
4. Players of opposing teams must wear contrasting colored jerseys/shirts, numbered on the front or rear. Goalies' jerseys must be distinct from teammates and opponent's jerseys/shirts. The numbers must be permanent. Taped or pinned on numbers are not allowed. The home team has the choice of color if there is any conflict.
5. In an effort to maintain the safest environment possible please abide by the following:
  - a. All rings, necklaces, studs, watches, bracelets etc. must be removed prior to playing.
  - b. All braces with metal/hard plastic must be wrapped or removed
  - c. Individuals wearing casts are not allowed to play.
  - d. All body piercings must be removed or covered prior to playing.
6. The Supervisor reserves the right to prohibit any apparel that is deemed unsafe or not within the spirit of the game.
7. Each team shall designate to the official a captain. The captain shall address the official on matters of interpretation (not judgment calls) or to obtain essential information.
8. Game balls will be provided, but warm up balls must be supplied by participants. The Supervisor does not have any equipment available for check out.
9. Players may wear cleats, provided they have molded, all rubber soles. Metal, hard plastic or screw in cleats of any kind are not allowed.
10. It is highly recommended that players wear shin guards designed for soccer use.
11. The team winning the coin toss will have the choice of ends of the field or the kickoff.
12. Teams must be ready for competition at the scheduled start time, otherwise the forfeit clock starts.

13. The clock will start on time and the team that was on time and ready to go will be awarded a 1 goal advantage for every 5 minutes that the opponent is not prepared to play.
14. After suspension of play, when one team is clearly in possession of the ball restart with indirect free kick from spot of suspension of play. When there is not clear possession, then drop ball at spot of stoppage. If play was stopped in the penalty area, then drop ball at nearest spot outside penalty area.
15. The ball is out of play under the following circumstances:
  - a. When it has completely crossed a touch line, whether on the ground or in the air. Even if the ball has landed within the field after being beyond the line in midair, it is still out of bounds.
  - b. When the official has stopped play.
16. Tie games will go into overtime (see overtime section of rules).

### **Rule 3: Scoring**

1. For a goal to be scored the whole ball must pass completely over the goal line between the posts and under the crossbar.
2. It is a legal goal if the ball passes completely over the goal line even when in possession of the goalie.
3. It is not a goal if a player kicks the ball into either goal from an indirect free kick. Restart by awarding the opposing team goal kick.
4. If a team is leading by 5 goals or more with under 5 minutes left in the second half, the mercy rule will be put into effect, and the game will be over.

### **Rule 4: Violations**

1. A player shall be penalized for holding, pushing, kicking, tripping, spitting, or attempting to strike, kick, or trip an opponent. Penalty: Direct Free Kick. If it is considered to be a misconduct, a caution will be issued. If it is considered serious foul play or violent conduct, the player will be ejected.
2. A player shall be penalized for charging an opponent in a violent or dangerous manner. (A fair charge consists of a nudge or contact with the near shoulder when both players are in an upright position within playing distance of the ball with at least one foot on the ground and the arms held close to the body.) Penalty: Direct Free Kick.
3. For a slide tackle to be permissible, the foot or feet shall be on or near the ground, the tackle shall be for the ball and not the opponent, the ball shall be played first, and it shall be judged as not dangerous or violent. A slide tackle may never come from behind a player blindly; this is up for officials' interpretation. Penalty: Direct Free Kick and Yellow Card.
4. Players shall be penalized if they intentionally handle the ball; that is, carry, strike, or propel it with hands or arms. Penalty: Direct Free Kick. Unintentional handling (the ball touching the hands or arms) shall not be penalized even though the offending player or team gains an advantage by such unintentional handling; this is up to the discretion of the official.
5. The officials will eject without previous caution any player who:
  - a. Violently fouls the goalie who is in possession of the ball in his/her own penalty area. Penalty: Direct Free Kick.
6. A player shall be penalized for kicking or attempting to kick the ball when it is in possession of the goalie. Penalty: Indirect Free Kick
7. A player shall be penalized for obstructing an opponent when not playing the ball; that is, running between an opponent and the ball or using his/her body to form an obstacle to an opponent, or jumping into a player. Penalty: Indirect Free Kick.

8. A player shall be penalized for engaging in play that is of a dangerous nature or likely to cause injury. Examples are:
  - a. Raising the foot to the level that may endanger an opponent when the opponent is in a normal stance.
  - b. Lowering the head to a position level with, or below, the waist in an effort to head the ball in the presence of an oncoming player.
  - c. A player other than the goalie covering the ball while sitting, kneeling, or lying on the ground. (A player may play the ball while on the ground provided they do not create a danger to themselves or others).
9. Penalty: Indirect Free Kick.
10. There is **NO** Offside in Speed Soccer.

#### **Rule 5: Misconduct/ Conduct of Players, Coaches and Others**

1. The officials and Supervisors have the discretionary power to stop, suspend, or forfeit the game due to the conduct of participants or spectators, or for any reason deemed necessary.
2. Participants and spectators are expected to behave in a responsible, sportsmanlike manner.
3. Individuals shall be cautioned (yellow card) if they:
  - a. Persistently infringe upon any rule.
  - b. Show dissent by word or action to decisions of the officials.
  - c. Are guilty of unsportsmanlike conduct.
  - d. Are guilty of any incidental vulgar or profane language.
  - e. Are guilty of slide tackling from behind.
  - f. Intentionally handling the ball by a player other than the goal keeper in order to prevent a goal.
4. Penalty: Indirect Free Kick, unless other restart is already awarded.
5. The officials shall eject (red card) from the game any player (who may not be replaced), or any spectator from the field, if that individual:
  - a. Is guilty of violent conduct or serious foul play. (The commission of any direct free kick foul in a manner judged to merit immediate ejection without prior caution is defined as serious foul play. Any other act judged as violent is defined as violent conduct.)
  - b. Is abusive in language or gesture.
  - c. Persists in misconduct after receiving a caution.
  - d. Is receiving a second caution (2 yellow cards).
6. Penalty: Indirect free kick; or direct free kick in case of serious foul play (penalty kick if appropriate).
7. Players are not permitted to use profane or vulgar language. If incidental and not directed at anyone, they shall be cautioned. If abusive or directed at any person, they shall be ejected.
8. Individuals may be cautioned or ejected for committing unsportsmanlike or violent conduct toward the opponents, the officials, their own team, or spectators.
9. All players are responsible for their team's fans. If a fan becomes disruptive towards an official or member of the opposing team, the captain of the team will be held accountable. A yellow card will be given to the captain upon the official's discretion.
10. Players who are ejected from a game must leave the field area or their team will forfeit the game. Ejected players must also submit a letter of reinstatement and meet with the Intramural Conduct Board before they will be eligible to resume play.
11. Any player who is ejected from two games will be suspended for the remainder of the season.

12. Any player who receives four yellow caution cards during the season will be suspended for the remainder of the season.
13. If any team which receives three yellow caution cards in a single game, they will forfeit the game upon receiving a fourth.
14. If a team has four players ejected during the season, the team will be suspended from play for the remainder of the season.
15. If a team receives nine yellow caution cards during the season, they will be suspended from play for the remainder of the season.
16. Spectators may be issued yellow caution and red ejection cards and these will count against a team's total.
17. Alcoholic beverages will not be tolerated. Players listed on the score sheet who are detected having consumed alcohol prior to or during an intramural game will be ejected.

### **Rule 6: Free Kicks**

1. A direct free kick is one from which a goal may be scored directly from the kick.
2. An indirect free kick is one from which a goal may not be scored unless the ball has been touched by a player other than the kicker before entering the goal.
3. When a free kick is being taken, a player of the opposing team shall not approach within 7 feet of the ball until it is in play, unless the player is standing on his/her own goal line between the posts. The kick shall be retaken if a player is within 7 feet of the ball and interferes with the kick. If a player tries to slow the game down by not getting 7 feet from the ball, the player shall be cautioned. If the individual repeats the infraction, that player may be ejected.
4. As soon as the ball is in position, the official shall signal. The ball may be kicked in any direction. The ball shall be stationary when the kick is taken and is not in play until it has traveled the distance of its own circumference. The kicker may not play the ball a second time until it has been touched by another player.
5. When a free kick is awarded to the defending team in the penalty area, the ball is not in play until kicked a distance equal to its own circumference and enters the field of play beyond the penalty area. The goalie may not receive the ball into his/her hand from a free kick in the penalty area in order to thereafter kick the ball into play. All opponents shall be outside the penalty area and at least 10 yards from the ball or the kick shall be retaken.
6. Offenses for which a direct free kick shall be awarded are:
  - a. Handling the ball.
  - b. Holding, pushing, striking or attempting to strike, kicking or attempting to kick, tripping or attempting to trip an opponent.
  - c. Using the knee on an opponent.
  - d. Charging an opponent violently or dangerously.
  - e. Handling by the goalie outside the penalty area.
  - f. Fouling the goalie while in possession of the ball.
  - g. Goalie intentionally striking or attempting to strike an opponent with the ball.
  - h. Spitting at an opponent.
7. All direct free kicks awarded to the offensive team in the penalty area are penalty kicks.
8. Offenses for which an indirect free kick shall be awarded are:
  - a. A player playing the ball a second time before it has been touched by another player at the kickoff, on a throw in, on a free kick, on a corner kick, or on a penalty kick.

- b. A goalie in possession of the ball for more than 6 seconds.
- c. A goalie delays getting rid of the ball.
- d. Substitutes entering at improper location or without being beckoned by an official.
- e. Dissenting by word or action with officials.
- f. Unsportsmanlike conduct.
- g. Dangerous play.
- h. Offside.
- i. Charging illegally (not violently or dangerously).
- j. Interfering with the goalie or impeding the goalie in any manner.
- k. Kicking or attempting to kick the ball when it is in the goalie's possession
- l. Obstruction

### **Rule 7: Penalty Kick**

1. A penalty kick is awarded for any infringement of the rules by the defending team within the penalty area that is penalized by a direct free kick.
2. The penalty kick is taken from the penalty line (12 yards from goal line). All players other than the kicker and goalie must be behind the ball and outside the penalty area at least 10 yards from the penalty line. The goalie must stand without moving his/her feet off of the goal line until the ball is kicked. On the official's whistle, the kicker must kick the ball forward at least the distance of its own circumference. The kicker may not play the ball a second time until it has been touched by another player. Penalty: If the ball is not put into play properly, the kick shall be retaken. If the ball is kicked a second time by kicker before it has been touched by another player, an indirect free kick will be awarded to the opposing team. If the goalie moves after the whistle and prior to the kick, the kick shall be retaken if a goal was not scored.

### **Rule 8: Goal Kick**

1. A goal kick is taken by a member of the defending team when the ball passes completely over the end line having last been touched by the attacking team.
2. The ball is placed on the ground within that half of the goal area nearest to where it crossed the end line and is kicked in any direction from that point. The ball shall be kicked into the field of play beyond the penalty area or the kick shall be retaken. A goal may not be scored from a goal kick. The opposing team must remain outside the penalty area until the ball leaves the penalty area or the kick shall be retaken. The kicker may not play the ball a second time until it has been touched by another player outside the penalty area.

### **Rule 9: Kick In**

1. Any ball that goes out of bounds on the side will result in a kick in, not a throw in. All out of bounds plays will result in an indirect free kick.
2. The kick in must be made at the point where the ball went out of bounds. A goal may not be scored directly from a kick in. The defender should be at least 7 feet away from the ball
3. On a kick in which enters the goal: If the opposing goal, then award a goal kick.

**Rule 10: Corner Kick**

1. A corner kick is taken by a member of the attacking team when the ball passes completely over the end line having last been touched by the defending team.
2. The corner kick is taken from anywhere within the corner arc. A goal may be scored directly from a corner kick. The opposing team must remain 7 yards from the ball until it has traveled the distance of its own circumference, or the kick shall be retaken. The kicker may not play the ball a second time until it has been touched by another player.

**Rule 11: Overtime**

1. If the game is tied at the end of regulation play, an additional five minute period will be played.
2. Teams will defend the same goals as in the second half.
3. No golden goal in overtime play.
4. If the score is still tied after the overtime period, a 5 shot shootout will be employed.
5. The shootout is conducted in the following manner:
  - a. A coin toss determines which team shoots first.
  - b. Only players who are remaining on the field at the end of overtime are eligible to take kicks in the shootout.
  - c. Only the goalies and players taking the penalty kicks may be on the field during the shootout.
  - d. A team must use the same goalie throughout the shootout. Unless the goalie is visibly injured during the shootout. In this case he/she may be replaced.
  - e. Teams will alternate shooters until the five players from each team have taken a shot on goal.
  - f. Each kick will be taken by a different player.
6. If the score is still tied teams will then enter into a Sudden Death shootout.
  - a. A coin toss determines which team shoots first.
  - b. Only players and goalies who participated in the shootout are allowed to participate in the Sudden Death shootout.
  - c. Teams will alternate shooters in an attempt to match kick for kick.
  - d. The first team to gain an advantage will be declared the winner.
7. Example: If shooter A scores and shooter B does not, then A's team is declared the winner. If shooter A does not score and shooter B does score, then B's team is declared the winner.

## CoRec Modifications

1. Games shall be played between two teams of 5 players each. Each team must have at least 2 males and 2 females. The 5<sup>th</sup> person may be of either gender.
2. A goal by a female equals 2 points. A goal by a male equals 1 point. Kicks taken during a shootout/penalty kick are worth 1 goal no matter the gender.
3. The last offensive player to touch the ball shall be the player credited with the score. Example: Male player A shoots the ball. The ball touches female player A, and then deflects into the goal by the male goalkeeper B. Ruling: This is a 2 point goal for team A. The last offensive player to touch the ball was a female player A.



**ADDITIONAL INFORMATION ON RULES CAN BE FOUND IN OUR  
CURRENT INTRAMURAL SPORTS PARTICIPANT HANDBOOK.**