Bemidji State University
Intramural Co-Rec. Outdoor Soccer Rules

1. EQUIPMENT
- The game ball will be provided by the Intramural Department unless both team captains agree upon the use of an alternate ball.
- Standard regulation soccer shoes are legal. Shinguards are strongly recommended. **No metal cleated shoes may be worn.**
- The official shall not permit any player to wear equipment that, in his or her judgment, is dangerous to other players. **Jewelry, including rings, bracelets, necklaces, watches and earrings, is illegal.** Taping of earrings and other jewelry is not permitted regardless of the reason. Hats are not permitted by field players, only goalkeepers.

2. TEAM AND PLAYERS
- Each team will consist of 7 players.
- Goalkeepers must wear jerseys that distinguish them from all other players and referees.
- The game cannot begin without at least 5 players. For co-rec, a team that plays with an even number of players must be equal men and women on the field. A team that plays with an uneven number of players can be one up male or female on the field.
- If, at any time during the game, a team does not maintain the minimum number of players, that team will forfeit the game regardless of the score.
- Additional players may enter the game upon arrival whenever play is dead and with official’s consent.

3. THE GAME
- Games will be played in two 20-minute running time halves with a 5-minute intermission between halves.
- Mercy Rule – If the score/goal differential is 5 goals or greater with 5 minutes or less to play in the 2nd half, the game will end.
- A coin toss will be used to determine ball/field possession. The loser of the coin toss receives the kickoff to begin the second half.
- Tie Games: Overtime Period(s)- a coin toss will determine choice of ends of the field or the kickoff before the start of the first overtime period.
  - **League Play** - a single 5-minute running time sudden victory overtime period will be played. If the game remains tied after the overtime period, the game will be declared a tie.
  - **Championship Play** – up to two 5-minute running time (not sudden victory) periods will be played.
    - If either team is leading at the end of the first overtime period, that team is the winner. If the score is still tied at the completion of the first overtime period, a second 5-minute overtime period will be played. Teams will change ends of the field to start the second overtime period. There will be a 2-minute break between overtime periods.
    - If at the end of the second five minute overtime period the score is still tied, penalty kicks will be attempted. Penalty kicks may be attempted by any player on the roster who has not been ejected. Once the goalkeeper has been designated, he or she may not be replaced unless injured or ejected. A coin toss will be used to determine the first team to kick, with the winner electing to kick first or last. Each team will alternately take an initial series of five kicks. The kicking order will be established by the team. Once the kicking order is established, it may not be changed. The team scoring the greater number of goals will be the winner. For Co-Rec leagues, gender requirements for penalty kicks will be the same as required during regulation and overtime play. That is, a team may use 3 men, 2 women or 3 women, 2 men for penalty kicks.
    - If the score is still tied after each team has taken five kicks, kicks will be taken alternately in the same order until a team has one more goal in the same number of kicks.
- Substitutions: Either team may substitute up to 7 players at a time under the following conditions:
  - On a goal kick
  - On a team’s own throw-in – if the offensive team substitutes, the defensive team is allowed to substitute.
  - On a team's own corner kick – if the offensive team substitutes, the defensive team is allowed to substitute.
  - After a goal has been scored
Between halves of play
In the event of an injury
In the event of a player being cautioned and substituted, the opponent will have the opportunity to make a like substitution.

- Changing Goalkeepers - The official shall be notified when a goalkeeping change is made, either by another player on the field changing places with the goalkeeper or by substitution from the team bench.
  - On a penalty kick, the defensive team may not substitute the goalkeeper with another player from the team bench.
  - On a penalty kick, a teammate already on the field may change positions with the goalkeeper for the taking of the penalty kick provided the official is notified.

4. RULES
- There will be no off-sides.
- Slide tackling is prohibited.
  - The first violation results in a penalty kick; player is cautioned and removed from the game until the next opportunity to substitute.
  - The second violation by the same player results in a penalty kick and ejection from the game.
- In Co-Rec leagues, the ball cannot be passed three times to the same gender. The ball being passed to three men or women in succession will constitute a violation. The ball will be put in play by an indirect free kick at the spot of the violation.

5. FOULS AND MISCONDUCT
- A player will be penalized if they purposely kick, strike, push, jump, or trip another player; sliding or side tackling is not allowed and is cause for a yellow card or red card.
- A player will be warned if they intentionally handle, carry the ball, or intentionally hold an opponent.
- A player will be penalized if they attempt to kick the ball without control.
- A player will be warned if they intentionally obstruct or block an opponent.
- A player will be ejected for charging into an opponent in a violent manner.
- The above fouls/misconduct may result in a yellow or red card as determined by the referee on the severity of the offense.

6. SUSPENSION
- A player will be ejected from the game if he/she receives two yellow cards. One yellow card is considered a warning.
- Any player who receives a yellow card may be replaced and cannot not re-enter the match until the next opportunity for substitution occurs.
- Anyone receiving a red card is ejected and must leave the facility.
- A player who is ejected must schedule an appointment to meet with the Intramural Coordinator before the individual may play again.
- A player will be suspended from intramural play for fighting during a game.

The team captain is responsible for thoroughly informing all team members of all intramural rules and policies and game rules as documented here.

Questions? Contact –

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