

East Carolina University
Intramural Sports
5 on 5 Soccer Rules

I. **Governing Rules**

Play will be governed by the National Federation High School Soccer rules. Listed below are highlights of these rules, and the modifications to be used:

II. **Equipment**

- A. Shoes – Athletic shoes must be worn by all participants and must have one piece with a molded bottom.
- B. Soccer style shoes are recommended. Shoes with metal cleats or hard nylon cleats will not be permitted.
- C. Pads – Pads such as elbow pads or forearm pads will not be permitted.
- D. Shin Guards – are recommended and may be checked out by the team captain at the game site.

III. **Players**

- A. The game shall be played with five (5) players on each team. A minimum of (4) players is required to begin and continue play. EXCEPTION: If the team still has a chance
- B. One player must be designated as a goalie. The goalie may be substituted out, but the referee must be informed if this occurs. The goalie must wear a jersey that is a different color from their teammates and the opposing team.
- C. Unlimited substitutions shall be allowed by either team at the following times:
 - 1. Between halves
 - 2. On a goal kick
 - 3. When a goal has been scored
 - 4. During an injury time-out
 - 5. Following a caution or ejection.

The team NOT in possession may substitute an unlimited number of players at a throw-in or corner kick if the team in possession is also substituting. The player leaving the field must be completely off before the substitute enters the game. The incoming substitute must enter the game from mid-field.

- D. All eligibility rules apply. This activity is open to all ECU students, faculty and staff. Players must present an ECU One Card or a picture I.D. accompanied by a class schedule, and a valid Banner ID before each match.

VI. **Playing Field**

- A. The playing field is 60 yards in length and 30 yards in width. The center circle, penalty area and goal area have been adjusted accordingly.

VII. **Playing Time**

- A. The game consists of two 17 minute halves. There will be no time-outs. There is a three (3) minute halftime. The clock shall run continuously.

VIII. **Start of Play**

- A. For the kickoff, the ball is placed in a stationary position on the center spot. The referee will signal for the kick-off and a player on the team kicking off, shall initiate play.
- B. Every player must remain in their own half of the field until the ball has been kicked. Opposing players must be at least 7 yards from the ball until it has been kicked off.
- C. The ball must be moved forward to be in play. A goal may be scored directly from the kickoff.
- D. The kicker must not play the ball a second time on the kickoff until it has been played or touched by another player.

VII. **Ball In and Out of Play**

- A. The ball is out when it has completely crossed the sideline or end line.
- B. If the ball completely crosses a sideline, it is put back into play by a throw-in by a member of the team who did not touch the ball last. The thrower must use both hands and shall deliver the ball from over their head in one continuous movement, while keeping both feet touching the ground outside the sideline. If a throw-in is illegal, the throw-in is then taken by the opposing team.
- C. If the ball completely crosses either end line (except when a goal is scored) the ball is put back into play by:
 - 1. A goal kick – when the ball has last been touched by an offensive player.
 - 2. A corner kick – when the ball has last been played by a defensive player.

VIII. **Goal Kick**

- A. The goal kick is taken from any point within the goal area corresponding to the side of the field in which the ball passed over the end line. The ball is not in play until it passes the limits of the penalty area. All members of the opposing team must remain outside the penalty area during a goal kick. A goal may be scored directly from a goal kick.

IX. **Corner Kicks**

- A. A corner kick is taken from the corner corresponding to the side of the field in which the ball passed over the end line. The ball may be placed within or on the lines of the corner circle. Members of the opposing team shall not be within 10 yards of the ball until it is kicked. The kicker shall not play the ball a second time until it has been touched by another player.

X. **Free Kicks**

- A. Indirect free kicks – are awarded for technical offenses. A goal cannot be scored directly from an indirect free kick.
- I. The following are **indirect kick offenses**: kicker playing the ball next following a kickoff, free kick, penalty kick, goal kick, corner kick or by the thrower following a throw-in; fair charge on an opponent when neither is within playing distance of the ball; obstruction; dangerous play; violating goalkeeper restrictions; entering or leaving field without permission of an official.
- B. Direct free kicks – are awarded for penal offenses (i.e., when intentional acts are committed contrary to the spirit of the game or likely to cause injury to an opponent). A goal can be scored directly on this type of free kick.
- I. The following are **direct kick offenses**: kicking, striking, tripping, jumping at an opponent (includes attempting these acts), hand balls (other than by goalie in penalty area), holding, pushing, dangerous charging and slide tackling-**defined as "a maneuver in which one or both feet slide on the ground in an attempt to tackle the ball which is in possession of an opponent." THIS ALSO CARRIES A YELLOW CARD (if non-flagrant) or RED CARD (if flagrant). Enforcement of this act is by official's discretion.**
- C. **Players opposing the kicker of a free kick shall be at least 10 yards from the ball until it is kicked, unless they are standing on their own goal line between the goal posts. AN OFFICIAL SHALL CAUTION A PLAYER WHO FAILS TO MOVE THE REQUIRED DISTANCE AWAY FROM THE BALL. The ball shall be considered in play for a free kick when it is moved in any direction.**
- D. The ball is considered "in play" when it has been kicked and moves. Simply tapping the top of the ball with the foot or stepping on the ball are not sufficient ways to put it in play

XI. **Penalty Kicks**

- B. Penalty kicks are awarded in cases where a violation committed by a defending player ordinarily requiring a direct free kick occurs in the penalty area. It shall be taken from the penalty spot and all players, except the kicker and the opposing goalie, are outside of the penalty area and at least 10 yards from **and behind** the penalty spot until the ball is kicked. The ball must be kicked forward and the kicker may not play the ball a second time until it has been touched by another player. A substitute entering the game may not take the penalty kick. **The goalkeeper may move laterally on the goal line before the ball is kicked on a penalty kick but is not permitted to come off the goal line and move forward.**

XII. **Goal Keeper**

- B. The goalkeeper shall release the ball into play within six (6) seconds after taking possession/control and may not deliberately delay in getting rid of a ball in their possession. **The goalie may not play the ball with their hands after intentionally carrying the ball.** They may not be interfered with or impeded in any manner until the ball is cleared. Outside the penalty area the goalkeeper will not be afforded any special privileges. Goalkeepers may not touch the ball with their hands if it has been received directly from a throw-in or deliberately kicked to them by a teammate.
PENALTY: Indirect Free Kick awarded to opponent at spot of violation unless in goal area.

XIII. **Off Sides**

- A. There is no offside in 5 on5 outdoor soccer.

XIV. **Scoring**

- A. A goal is scored when the ball completely passes over the end line, and into the goal. **If a team leads by four or more goals at or inside the final two minutes of the second half, the game shall be over.**

XV. **Tie Game**

- A. The following procedure will be used for games ending in a tie:
1. **During the regular season if the game ends in a tie the game is over**
 2. **Playoff games that end in a tie will be decided by a shootout**
 - A. A coin toss will take place with the team winning the toss having the choice to kick first or last in the series of penalty kicks.
 - B. Each team captain will choose five (5) players and arrange them in the order desired.
 - C. Each team will be given five (5) penalty kicks, taken by the five (5) players chosen and in the order as arranged by the team captain.
 - D. Kicks will be alternated between the teams. Player #1 from Team A; Player #1 from Team B, Player #2 from Team A; Player #2 from Team B; Players #3, #4, and #5 respectively.
 - E. Players who will kick must be ready within 30 seconds of the previous shot. From the time the referee blows the whistle to indicate the beginning of the kick, the player has 10 seconds to take a shot-on-goal.
 - F. All penalty kicks will be taken from the 12 yard penalty kick line. Both teams will use the same goal.
 - G. Teams not meeting the time specifications will forfeit that kick on goal:
 1. Kicker not ready – forfeit that kick
 2. Goalie not ready – automatic goal for opposing team.
 - H. The goalie may be substituted for, but the referee must be informed.
 - I. **In the event the score remains tied following the exchange of kicks, playoff games, the process shall be repeated in a sudden victory format using the same five (5) players from each team and in the same order as originally arranged until the tie is broken.**
 - J. If the goalie is guilty of an infraction, kickers may take the result of the attempt or attempt a re-kick.

XVI. **Unsportsmanlike Conduct**

- A. Unsportsmanlike conduct is penalized by a free kick. The referee may remove a player or spectator from the game and playing field if they deem it necessary. **Any deliberate foul designed to prevent an obvious goal scoring opportunity will result in a disqualification (red card) being given to the offending player.*If the goal is still scored, then the offender will be issued a yellow card***
- B. Any player that has been removed from the game must leave the field area.
- C. If a player is ejected by receiving two cautions (2 yellow cards) or a player is disqualified for receiving a red card a substitute shall not replace the ejected player.
- D. A cautioned player (yellow card) must be substituted for immediately.
- E. **A team which reaches or exceeds the established limit for misconduct points (3) shall have the game immediately terminated and forfeited to the opponent. Teams will accumulate misconduct points for cautions (1/2 point per yellow card) and disqualifications (two points for red cards).**

*Consequently, any of the following combinations of cards which are given to one team will result in termination of the contest: **six yellow cards; one red card and two or more yellow cards; or two red cards.**

Additional Co-Rec Modifications

1. A regulation Co-Rec team consists of 5 players (one of which is the goalkeeper). A team may play with a minimum of 4 players. A MAXIMUM of 3 players of either gender is allowed on the playing field at a time.
2. In case of a penalty kick, the person taking the kick must be of the same gender as the person who was fouled.
3. The goalkeeper can be of either gender and may be substituted for at any time.
4. If a shootout overtime period is needed, teams must alternate shots on goal between males and females. Both genders must attempt at least 2 of the 5 shots.