

### GAME TIME IS FORFEIT TIME!

Team members **must** be listed on the team roster in the Intramural Office before playing. As a captain, you have up until your **FIRST** game to add players and make sure your roster is legitimate! To add a player, their waiver must be submitted at least one business day prior to the next contest (example: if your next game is on Sunday, the waiver must be **received** by 5:00 PM on Friday.)

**Note: Current SUNY New Paltz men's and women's soccer players are ineligible to play. Teams are also only allowed to have a max of 4 club players per team.**

#### 1. GAME TIME IS FORFEIT TIME.

2. Only eight (8) players are allowed on the field at one time. The field will be 80 yards long and 60 yards wide. The Penalty box will be 15 yards deep, using the width of the field's given penalty box). The Goal box will be 5 yards deep and the width of the given goal box on the field. **For co-ed teams, there is a maximum of 8 players on the field with at least 3 women as part of the 8. There is a minimum of 6 players on the field at all times (Even with only 6 a team still must have at least 3 women on the field).**

3. Two (2) 20- minute halves are played with a continuous clock. Half time will not exceed 5 minutes.

4. There will be no off sides.

5. Substitutions are allowed when the ball goes out for a throw, out for a goal kick, or after a goal. A team must notify the official on all substitutions.

6. All dead ball penalties will be **direct kicks**. There will be **no indirect kicks** in the league.

7. Penalties committed inside the goalie box will result in a penalty kick, to be determined by the official. Goal keeper violations inside the box will also result in penalty kicks for the opposing team. The only exception to this rule is when a player kicks the ball to the goalie and the goalie picks up the ball illegally. This will result in a direct kick from the closest point outside the penalty box.

8. If your team does not have a set uniform, be sure all players bring a light and dark shirt. If needed pinnies are available. Goalies must wear a different colored shirt than their team color.

9. If a player is awarded a red card by the referee, that player must sit out the rest of that game and is subjected to sit out the entire next game with the possibility of being excused from the league. A red card will result in a bad sportsmanship rating (team cannot receive higher than a 1.25 rating) for the team, possibly resulting in an automatic expulsion from the playoffs, precaution should be taken. During playoffs a red card will result in the team receiving the red card being eliminated from the playoffs regardless of the score of the goal at the time of the red card the Intramural Office.

10. A coin toss will determine the team that chooses to either kickoff or side they want to defend.

11. When the ball is out of play on a sideline, a throw-in will occur to resume play.

12. Teams are to continue play unless directed to stop by the official's whistle. **Play the whistle.**

13. A drop ball will be called when play is stopped due to an injured player, inadvertent whistle, or when it is not clear who the ball last touched before going out of bounds.

14. A ball may be played back to the keeper, however, the keeper may not pick the ball up with his/her hands if the ball has been kicked to them by one of their teammates. If a ball is headed or directed to the keepers by any part of the body other than the foot, the keepers may use their hands. Accidental deflects by the foot of a player to their own keeper qualifies the keeper to use their hands in preventing a goal.

15. A player shall not intentionally charge, tip, push or **slide tackle** an opponent. Such actions will result in a foul called by the official. **NO SLIDE TACKLING !!**

16. Obstructions are not permitted and will be called a foul by the official. An obstruction is the intentional act by a player, not in possession of the ball or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle.

17. **Goalie's are NOT allowed to punt** the ball (aka drop kick) since the field is shorter than regulation. They may place the ball on the ground and proceed to kick it that way or throw it back into play.

18. Dangerous plays and handballs will be called fouls and will result in direct kicks.

19. Regular season games may end in a tie. Post season games that are tied after regulation time will then go into one (1) five- minute overtime period of sudden death. If the game is still tied, the game will be decided by penalty kicks. Teams will choose 5 players to take penalty kicks.

**ONLY PLAYERS THAT WERE ON THE FIELD AT THE END OF REGULATION TIME ARE ALLOWED TO TAKE PENALTY KICKS. Coed Kicks must alternate male/females.**

If at the end of the 5 penalty shots for each team the game is still tied, the teams will shoot one for one. This is a sudden death situation.

The initial chosen five players may not shoot again until each of the players on their team have taken a shot (if the match lasts that long).

NOTE: A coin toss, or Rock, Paper, Scissor will determine possession at the beginning of the first half, overtime and who shoots first in the shoot out.