

Outdoor Soccer

Rules All games will be played at Shentel Stadium on the turf. All players must be registered on Imleagues.com and on their team's roster prior to being eligible to participate in any games.

Rule Highlights for Outdoor Soccer:

- **Absolutely no Slide Tackling**
 - **Shin guards are REQUIRED**
 - NO JEWELRY
 - **AWAY team wears DARK; HOME team wears WHITE**
 - Games consist of two 15-minute halves with a 3-minute halftime
 - Six players are required to start and finish a game. The following point penalties will be enforced if a team does not have the minimum or is not ready to play at game time:
Point Penalties for being late:
 - 1 - 2 minutes late = 1 points
 - 3 - 4 minutes late = 2 points
 - 5 - minutes late = **3 points and the game is over and the score will be recorded as 3-0**
 - Games are played with 8-players (7-field players and a goalie) and at least two players of each gender must be on the field at all times if playing full strength.
 - The following gender combinations are permitted on the field for Outdoor Soccer
 - 8-players - At least two of each gender
 - 7-players - At least one of each gender
 - 6-players - Any combination of genders (6-0 is permitted)
 - Goalies may not punt the ball. They may drop kick the ball (bounce the ball then kick the ball).
 - On a goal kick/throw, the ball must touch the ground on the defensive side of midfield, or be touched by any player prior to crossing midfield.
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Overtime: consists of 1 "golden goal" period of up to 5-minutes (postseason only) Shootouts will take place if the game is tied after overtime. Shootouts consist of 5-penalty kicks per team in alternating order. If the score is tied after 5, each team makes 1 more attempt until a winner is determined. All 8-players on the field at the conclusion of overtime must take a penalty shot before the order repeats itself.

Teams: are made of 8 players (7 field players and a goalie) and at least two players of each gender must be on the field at all times if playing full strength. Teams must start and finish with a minimum of 6 players. Teams will be permitted to play with 6-players of one gender, and one of the opposite, or 6-players of one gender, and none of the opposite. If a team does not have 2-members of each gender, they will have to play short-handed. Team Captain speaks for the team in all dealings with the officials.

Goalies: can use their hands inside the “18-yard” box. Goalies may not punt the ball. They may drop kick the ball (bounce the ball then kick the ball).

Substitutions: may be made during dead balls. Subs must enter from mid-field. Unlimited substitutions may be made.

Kickoff: starts each period and does not need to be a forward pass. Kickoffs are indirect.

Throw-ins: occur as the ball passes over a sideline. A throw-in will always be indirect.

Corner kicks: are the result of the defensive team kicking the ball over the end line and a goal is not scored. Corner kicks are direct.

Goal kicks: occur when the attacking team hits the ball over the end line and it does not result in a goal. On a goal kick/throw, the ball must touch the ground on the defensive side of midfield, or be touched by any player prior to crossing midfield. Goal kicks are indirect.

Free kicks: result from a slide tackle, or any physical contact that results in a foul (direct kick)

Penalty kicks: are 12-yards from the goal line and result from a free kick awarded inside the “18-yard” box. (direct kick)

Indirect free: kicks are awarded when in the opinion of the referee, a player: Impedes the progression of an opponent (obstruction), Plays in a dangerous manner, prevents the goalkeeper from releasing the ball from his/her hands. Or when a keeper, inside their own penalty area: Handles a back pass, Touches the ball again with their hands before it is touched by another player after releasing it from their possession. Defenders must stand 10-yards away from all corner kicks, and free kicks.

Uniforms: If teams do not have numbered jerseys, pinnies will be distributed. All players must wear cleats or athletic shoes. Cleats may not be metal or have a toe cleat. Shin guards are Required.

Field Dimensions: The field will be 60-yards long by 53-yards wide(width of the football field). The goal box will be 10-yards long by 20-yards wide. Cones will be used to clarify these boxes.

Player Conduct: Any player that is ejected must leave the facility immediately. If a player chooses to return to the game site the same day, he/she will be trespassing, and the proper authorities will be contacted. All ejected participants must schedule a meeting with the Associate Director for Recreational Sports & Fitness prior to becoming eligible for participation. Any participant missing a scheduled meeting will receive an additional game suspension.