Carleton Intramural Soccer Rules

A. Registration

Team Captains must have all of their players registered on the official team list at the beginning of the season. Any player not listed on the official team list will not be eligible to play. A copy of the team list will be kept in the convenors logbook.

B. Player Eligibility

All Carleton students, alumni members, faculty, staff or members of the athletics facility are eligible to participate in intramural soccer leagues at Carleton University so long as the following criteria are met:

i) The person is an eligible member of the Carleton University community

ii) The person is registered on a team or teams that are not in the same league

iii) The person is registered on a teams official roster at least 24 hours prior to participation in a match

iv) All players must identify themselves / check in with the coordinator before each match with a valid Carleton University Student card. No other form of identification is acceptable. This includes the Carleton University U-PASS or government issued ID

v) Players must wear shin pads(CARDBOARDS ARE NOT CONSIDERED SHIN PADS, players that get caught with cardboards /socks as shin pads will not be able to participate in the rest of the game), no cleats and no jewellery(i.e ear rings, bracelets, necklaces and watches)

vi) Teams may register up to 12 players, players on the roaster can not be replaced/exchanged for other players during the season.

vii) Teams will be provided with coloured t-shirt uniforms at the beginning of the season to be used by all players during matches.

viii) Players must participate/check in for at least 3 in season games to participate in playoffs.

C. Playing Rules

The following FIFA Laws of the Game apply to all intramural soccer leagues:

2. The Ball
5. The Referee
8. The Start and Restart of Play
9. The Ball in and out of Play
10. Determining the Outcome of a Match
12. Fouls and Misconduct
13. Free Kicks
14. The Penalty Kick
17. The Corner Kick

The following are rules unique to 7-a-side soccer:

1. Players and the Match: Games will be played with 7 players per team (6 outfield players + a keeper). A minimum of 5 players per team are required to start a match (4 outfielders + a keeper). A grace period of 10 minutes will be given to teams that do not have enough registered players to start the match. Failure to field a team of at least 5 players after the
grace period has ended will result in a forfeit by that team (The game score will be recorded as a 3-0 loss).

2. **Offside:** There is **NO** offside offence.

3. **Slide tackles:** Sliding tackles are **NOT** permitted. Any person found to have committed a slide tackle is subject to misconduct from the referee (Yellow Card or Red Card) depending on the severity of the challenge and whether the tackle makes contact with another player or not.

4. **Substitutions:** Substitutions can be made on the fly at the referee’s discretion, substitutions occur from the same position a player comes off, **you can not substitute from the other end of the field.** In order to Substitute a Goalkeeper, the referee must be notified and the Substitution may take place at the next stoppage in play.

5. **The Kick-in:** There are no throw-ins in intramural soccer. When the ball goes out of play along either touch-line, play is restarted with a Kick-in nearest the point on the touchline where the ball went out of play. The Kick-in is awarded to the team who did not touch the ball last before it left the Field of Play. The ball must be stationary. The kicker may not touch the ball again until another player has touched it. A goal **CANNOT** be scored from a kick-in. If a player kicks the ball into the opposing teams net directly from a kick-in, a goal kick is awarded. If a player kicks the ball into their own team’s net from a Kick-in, a Corner Kick is awarded.

6. **Penalty Kicks:** If the referee awards a penalty kick, the kick is taken from the centre of the edge of the goal area parallel to the goal line. The kicker may only take 2 steps in their run up to striking the ball. All other aspects of the penalty kick are governed by the FIFA Laws of the Game.

7. **Game Duration:** Matches will consist of 2 halves 25 minutes in duration. A half time of 3 minutes is to be permitted. Teams are urged to be on time in order to facilitate the start and completion of games in a timely manner. **NO** additional time will be awarded at the end of halves to make up for time lost. Time will be kept by the referee and the referee alone.

**D. Goalkeepers**

Goalkeepers must be identified on the field of play wearing a distinguishable coloured shirt from the rest of their team, the opposing team and the referee. Goalkeepers **are permitted** to play the ball with their hands inside of the penalty area. They **ARE NOT** permitted to play the ball with their hands outside of the penalty area. If a goalkeeper commits a handling offence outside of the penalty area they may be subject to misconduct by the referee (A yellow card if the offence breaks up a promising attack, or a Red Card if the offence Denies an Obvious Goal, or Goal-scoring Opportunity.

A goalkeeper **may not handle** a ball passed to them by a teammate using their feet. If they do, an Indirect Free Kick is awarded to the opposing team. They **may handle** the ball if it is directly passed to them by a teammate who uses their head, chest or knee. A teammate who deliberately uses a trick to play the ball back to their keeper using their head, chest or knee will result in an indirect free kick being awarded to the opposing team and may be subject to misconduct by the referee in the form of a Yellow card.

i) A trick is defined as a player using a trick play or manoeuvre to circumvent the Laws of the Game. This can come in the form of kicking or flicking the ball up in order to play it with head chest or knee, or lying down, kneeling, sitting on the ground or sliding in order to play the ball with the head, chest or knee, or utilizing a teammate either willingly or unwillingly to play the ball back to the keeper by kicking it at them or off of them.
E. Misconduct

Misconduct is defined as the issuance of a yellow or red card by a referee for offences described below.

Cautions (Yellow Cards):
The following offences are Cautionable offences. Certain offences require the player guilty of the offence to be cautioned.

1. Delaying the restart of Play
2. Dissent by Word or Action
   a. Use of words or actions to express disagreement with the decision or decisions of a referee.
   b. These words and actions are meant to insult, inflame or be divisive in nature.
   c. These offences MUST be cautioned by referees.
3. Entering or Re-entering, or deliberately leaving the Field of Play with out the Referee’s permission (DOES NOT PERTAIN TO SUBSTITUTIONS)
4. Failing to Respect the required distance at the restart of play from a corner kick, kick-in, or free kick.
   a. The required distance on a kick-in is 2 meters
   b. The required distance on Free kicks and Corners are 5 meters
5. Persistent infringement of the Laws of the Game
   a. Any player committing multiple offences during a game is guilty of persistent infringement.
   b. Any team guilty of committing multiple offences against a single opposing player is guilty of persistent infringement
   c. Interpretation of this offence is at the referee’s discretion who must take into account, the number of fouls committed and the frequency of those fouls as well as the severity of the fouls.
6. Unsporting Behaviour
   a. Attempts to deceive the referee by feigning injury or simulation of a foul.
   b. Changes places with the Goalkeepers during play without the Referee’s permission.
   c. Commits a foul in a reckless manner.
   d. Commits a foul or handles the ball in order to break up a promising attack.
      1. Handling offences must be cautioned.
      2. All other offences may be cautioned at the referee’s discretion.
   e. Deliberately handles the ball in order to score a goal or in an unsuccessful attempt to prevent a goal.
   f. Makes unauthorized markings on the field.
      1. MUST BE CAUTIONED.
   g. Shows a lack of respect for the game.
   h. Uses a deliberate trick to pass the ball back to their own goalkeeper with their head, chest or knee, regardless of whether the goalkeeper handles the ball.
      1. See Section B on Goalkeepers for details.
   i. Verbally distracts an opponent during play or at a restart
      1. This includes yelling, screaming, insulting or gesturing in order to distract the opponent.
j. Excessive or divisive celebration
   1. Words or actions used in celebration that inflame, mock or insult the opposing players, spectators or referee

Dismissals (Red Cards):
Any player guilty of the following offences **MUST** be shown a Red Card by the Referee, and thus be dismissed from the field of play.

i) Denying an obvious Goal or Goal Scoring opportunity by handling the ball.
   1. Using the hand to block, stop or impede the ball from entering their own team’s goal or from reaching an opponent in a position where it is reasonable to perceive them scoring a goal.

ii) Denying an Obvious Goal or Goal Scoring opportunity by committing a foul punishable by a Free kick.
    1. Committing any foul that is punishable with a free kick, while the offending player is the last or second last defender.

iii) Serious Foul Play
    1. Any challenge that endangers the safety of an opponent or uses excessive force or brutality.
    2. This is applied to slide tackles that make contact with an opponent above the ankle and/or endanger the safety of the opponent and/or use excessive force or brutality.

iv) Spitting at an opponent, teammate, referee, spectator or persons within or around the confines of the field of play.

v) Violent conduct
    1. This applies to any violent or aggressive physical contact away from active play or outside of what is deemed expected conduct in a soccer match.
    2. The following are examples of violent conduct, but are not limited to:
       a. Fighting.
       b. Punching, slapping, poking, grabbing, elbowing a player, spectator, referee, league official or persons within or around the confines of the playing field.
       c. Kicking, kneeling, stomping on, stepping on (when it is reasonable to perceive the contact could be avoided), a player, spectator, referee, league official, or persons within or around the confines of the playing field.
       d. Making physical contact with a referee in any form of dissent.

vi) Using offensive, insulting or abusive language and/or gestures
    1. Language or gestures that utilize foul language, obscenities and/or flagrant aggression towards any player, spectator, referee, league official, or persons within or around the confines of the field of play.

vii) Receiving a second caution in the same match

**F. Time Penalties**

The following penalties apply to offenses for which a Card is issued (subject to further action by the Administrative Authority).
Teams must play a player down while someone serves each time penalty.

(a) Yellow Card: 2-minutes for a straight Yellow
(b) Red Card: Game ejection: any player receiving a Red Card will take no further part in the game with a 1-2 extra game suspensions depending on the offence.

Time penalties are assessed from the time that play restarts after the offence occurs. All time penalties are absolute and will run for the full duration of the penalty regardless of how many goals are scored in that period. Time penalties are controlled by the referee, who will indicate when the time penalty is over. Only when the referee has indicated that the time penalty is over, may a team return a player to the field. Any player who enters the field of play without the referee’s permission will be cautioned under these circumstance.

G. Player Code of Conduct

Captains are responsible for the conduct of each player on their team. Players must abide by the rules of soccer as stated here in the Carleton Intramural Soccer Rules. Fighting will be viewed with no tolerance, and will be punished with immediate ejections from the game and league. (No reimbursement of any League fees).

Disciplinary decisions WILL BE FINAL AND WILL NOT BE APPEALED.

Any altercation during or the after a game, will result in a league ejection. Any and all players, upon ejection from the game, for any reason whatsoever, must immediately proceed from the confines of the field of play. The player MAY NOT remain at the field to watch the rest of their game or other games at the field location. Failure to obey this rule, and/or if any ejected player causes any disturbance whatsoever, especially one which prevents any game to continue its regular flow, will result in a minimum one game additional suspension.

Any player who threatens the safety and well-being of any official will be receive a minimum one year suspension.

Suspended players are not allowed to be near the bench area during a game. Players will be responsible for being familiar with the League's rules and regulations and thus WILL NOT QUESTION THEM OR HARASS LEAGUE OFFICIALS for any decision an official takes which is in accordance with the rules laid out here in the Carleton Intramural Soccer Rules. Harassing officials in cases such as this will result in suspensions and in severe cases, ejection from the League.

Any player who is suspended for any reason must serve the entirety of their suspension.

Any team found to have played with a suspended player on the field are subject to the following repercussions

i) No points will be awarded to the offending team.
ii) The final score of the game will be recorded as 3-0 in favour of the opposing team.
iii) The suspended player will have an additional 5 games added to their suspension
iv) The Team Captain using the suspended or ineligible player may face disciplinary action in the form of a one game suspension

H. Playoff Format

In the event of a game ending in a draw, Kicks from the Penalty mark will be used to determine the winner of the match
The format for Kicks from the Penalty Mark are as follows:

i) Each team will take 3 kicks from the penalty mark.

ii) Each team must select 3 shooters

iii) The Goalkeeper who finished the game in goal must stay in goal for the penalty kicks. The goalkeeper may only be changed if they become injured during the Kicks from the Penalty Mark.

iv) The referee chooses which goal the Kicks will be taken on

v) A coin will be tossed to decide which team shoots first

vi) If the teams are still tied after 3 kicks each, it will go to sudden death until a winner is decided.

vii) For the duration of Kicks from the Penalty Mark, no player may take a second kick until all members of their team have taken at least one kick themselves including the goalkeeper.

1. Only players who are injured to point where they cannot continue may abstain from taking a kick.

viii) If a team causes a significant delay of the Kicks from the Penalty Mark by arguing with, opponents, referees, league officials or athletics staff, the match will be awarded to their opponent.

I. Tie Breaking Rules

The following tiebreaking methods will be used in the order they are listed if two teams are tied at the end of the regular season:

i) Head to Head

ii) Goals against

iii) Goals for

iv) Points differential

v) Coin Flip

The following tiebreaking methods will be used in the order they are listed if three (3) or more teams are tied at the end of the regular season:

i) Best winning percentage between the team involved

ii) Most wins

iii) Goals +/- (For and against)

iv) Coin flip