

University of Houston-Downtown
Sports & Fitness
Intramural Soccer Rules

INTRAMURAL SPORTS HANDBOOK

The intramural sports program is governed by the UHD Sports & Fitness Intramural Sports Handbook. It is too comprehensive to include here but participants are expected to familiarize themselves with it and adhere to its contents.

ELIGIBILITY- UHD intramural soccer is open to students, faculty, staff, and other UHD Sports & Fitness members. Each individual is required to turn in his/her valid UHD ID before every game to the scorekeeper. An ID must also have a UHD Sports & Fitness sticker on the back indicating he/she has completed a UHD Sports & Fitness Release Form. The forms will be available at each game.

GAME REGULATIONS- UHD intramural soccer games will be conducted under the rules of FIFA with some exceptions.

NUMBER OF PLAYERS- 8 players composed of men or women shall constitute a complete team. Season team roster maximum is 14 players. Teams not ready to play with at least five (5) players will be forfeited. Play may continue as long as in the opinion of the officials it is a competitive game.

EQUIPMENT- Only an official FIFA or other recognized association approved soccer ball will be used. The ball will be made of a leather grain or similar material. Covered athletic shoes must be worn. Players are strongly encouraged to wear soccer shoes. Soccer shoes must have rubber like cleats that have no cutting or sharp edges. Players are required to wear soccer shin guards covered by socks.

UNIFORMS- All players on a team must wear similar color jerseys. The goalie must wear a jersey color that contrasts with the colors of both teams. Jerseys must have minimum six (6) inch numbers on at least the back. Teams without appropriate jerseys may use jerseys provided by Sports & Fitness. No caps are permitted. Bandanas and sweatbands are permitted. No rings or dangling jewelry is permitted. UHD Sports & Fitness reserves final judgment on any uniform disputes.

TEAM ROSTERS & SCORE SHEETS- All players must be on a team roster before being able to be placed on a game score sheet. All players must be on that team's score sheet prior to being able to play in a match. Team managers/captains are responsible for the maintaining the team rosters. Team managers/captains are responsible for completing a team's line-up sheet for game officials prior to each game.

LENGTH OF GAME- Games shall consist of two 20 minute halves with a five (5) minute halftime. If a regular season game is still tied after time expires, it will finish as a tie game.

Play-off games only: If the score is tied after regulation ends, two 5 minute overtime periods will be played.

If the game is still tied after overtime, penalty kicks according to FIFA rules will determine the winner. Each team will have 5 penalty kick scoring attempts. The teams alternate after each attempt. If the game is still tied after the 5 penalty kick scoring attempts, then each team will alternate penalty kick attempts until one team scores and the other fails.

Mercy Rule: Once one team gains a six-goal advantage in the game, the game shall be declared over.

UNLIMITED SUBSTITUTION- An unlimited number of substitutions may be made during the course of a game. Free substitution is permitted during a stoppage in a play and must be first acknowledged by the referee. Substituting players must wait at the halfway line and enter only when the exiting player completely leaves the field.

BENCH AREAS- Players are to remain in their designated team bench area when not in the game. Players or spectators are not to roam the sidelines or obstruct the path or view of game officials. This is also a matter of safety.

FOULS AND PENALTIES-

Offside. Offside will be enforced.

Slide Tackles. Since this is an intramural league slide tackles are prohibited. Slide tackles may result in a yellow card or a direct red card.

Minor Penalties. Minor penalties may be assessed for minor fouls. Direct or indirect kicks will be the result against the offending team.

Major Penalties. (Yellow Card) Major penalties may be assessed for poor sportsmanship or for rough play by the official in which he/she feels a player's safety is at risk. Flagrant fouls (Red Card) result in immediate ejection/suspension. Such penalties will be recorded by referees and intramural officials. An ejection from one game results in automatic suspension for the next game. Severe violations will be dealt by UHD Sports & Fitness and may result in loss of Sports & Fitness privileges.