**soccer Rules  
UW-River falls Intramural Sports**Last Updated: January 2025

**League Registration:**All intramural registration will take place on IMLeagues through the UWRF Intramural Sports website. During team registration, captains will select the league and division they wish for their team to participate in. The league and division will indicate the nights and times of the contests for the regular season.

**Participant’s Quiz:**During registration, all players will take a quiz related to the general intramural policies and rules of the specific sport they are registering for. Successful completion of the quiz ensures all participants knows the rules and policies prior to the start of the intramural league. All quizzes will be completed online through IMLeagues.

**Entry Fee:**The entry fee is now an individual fee. Participants must purchase a pass from IMLeagues upon registering or use a pre-purchased pass. Passes are $10 for a single team, $30 for a semester, or $50 for a year. The team entry fee must be paid online with a credit/debit card after the successful completion of the quiz. Payment will not be accepted in any other form. Teams cannot complete registration without payment. Entry fees help cover the cost of equipment, facility expenses, student staff labor costs, and administrative expenditures.

**Schedules, Results, and Standings:**Schedules, results, and standings for league play and playoffs will be on IMLeagues. Please go to the UWRF Intramural Sports website at [www.uwrf.edu/campusrec](http://www.uwrf.edu/campusrec) and click on the Intramurals Sports and IMLeagues to access IMLeagues.

**Forfeit/Default:**If your team is unable to compete in a contest, please notify the Intramural Sports staff by email ([campusrec@uwrf.edu](mailto:campusrec@uwrf.edu)) or phone (715.425.4289) before 1pm on the day of your contest to avoid a forfeit fee. If you do not notify the campus recreation staff before the deadline or you do not show up for the contest, your team will be charged a forfeit fee.

**Questions:**Please contact the Campus Recreation Staff with any questions or concerns.

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| Contact Name | Position | Phone Number | Email Address |
| Campus Rec Staff | General Information | 715.425.4289 | campusrec@uwrf.edu |
| Barron Blom | Competitive Sports Student Manager | 715.425.4289 | [barron.blom@my.uwrf.edu](mailto:barron.blom@my.uwrf.edu) |
| Alex Pendar | Competitive Sports Coordinator | 715.425.4442 | [alex.pendar@uwrf.edu](mailto:alex.pendar@uwrf.edu) |

**General Procedures:**Please refer to the Intramural Sports Handbook for all policies and procedures related to intramural contests.

1. Each participant must present a valid UWRF ID to the intramural supervisor or scorekeeper at every contest. No other form of ID will be accepted.
2. All participants must be on the team roster. Any member not on the roster must add to the roster prior to the contest. No participant may play on two teams in the same league, or a forfeit will be charged to the second team they participated on.
3. Each participant must wear appropriate apparel and footwear.
   1. Athletic shoes, sleeved shirt, and shinguards (encouraged to bring your own)
4. Minor first aid treatment is available during intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.
5. All visible jewelry, watches, fitness trackers, and bracelets must be removed prior to participation.

*Note: Players are allowed to wear stud earrings at their own risk. All other piercings including hoop or dangle earrings will need to be removed. Accommodations can be made on as needed basis by contacting the Competitive Sports Coordinator.*

**RULES:**

1. **GAME SETUP:**
   1. The games will be officiated by two intramural officials.
   2. Games will consist of two 18-minute halves with running clock and a three-minute halftime.
      1. Officials have the right to add stoppage time, if necessary.
   3. Penalty kicks will be taken if there is no time remaining on the clock as long as it was awarded before time expiries.
2. **PARTICIPATION:**
   1. Teams will consist of eight players including the goalkeeper. Teams may consist of no more than 16 players.
   2. Teams may start with as few as seven players. If a team is reduced to less than seven players at any time during the contest, a default loss will result.
   3. Teams may consist of any combination of male and female participants.
3. **SPORTS CLUB ATHLETE ELIGIBILITY:**
   1. Current sport club members must play in the competitive league, when offered.
   2. Each team may have a maximum of two current club member per gender on the roster.
   3. There are no restrictions on past sport club members.
4. **ATHLETIC ATHLETE ELIGIBILITY:**
   1. Members of the current UWRF Men’s or Women’s Soccer team may not participant in soccer intramurals during the entirety of the academic year.

- A student-athlete who has used all NCAA eligibility in the fall semester may participate in soccer intramural leagues in the spring semester given they are not also participating in out-of-season NCAA team practices. Participants must play in competitive leagues when offered.

* 1. A previous collegiate soccer player must play in a competitive league, when offered.
  2. There are no restrictions on league players per team for athletes not participating on the UWRF soccer team two academic years prior. It is strongly encouraged those athletes participate in the competitive leagues, when available.

1. **EQUIPMENT:**
   1. **No metal cleats are allowed.** Athletic shoes, turf shoes or molded cleats are allowed.
   2. Participants must wear like colors during the contest to distinguish teams. IM Supervisor will provide jerseys for teams that do not match colored clothing.
   3. Goalies must have a different color jersey than both their team and the other team’s uniform.
   4. Game balls will be provided. Game balls will not be used for warmups.
   5. All participants are **required** to wear protective shin guards during game play.
      1. **Participants are encouraged to bring their own shin guards.** There will be some shin guards available to check out from the intramural supervisor at the beginning of each game.
2. **GAME PLAY:**
   1. The official will flip a coin (or other method) to determine initial possession and direction.
      1. The winner of the flip will have a choice to start on offense or choose goal.
   2. Substitutions can happen on any dead ball. Notify the ref of a substitution and wait for their signal.
   3. If a team deliberately kicks the ball as far as they can out of bounds to waste time, the clock will stop and the opposing team will be awarded with an indirect kick either where it occurred or at midfield, whichever is closer to their opponent’s goal.
   4. Sliding or slide tackling is not allowed.
      1. Sliding in open space will result in a free kick for the opponent.
      2. Slide tackling will result in a yellow card.
3. **OFFSIDES:**
   1. Offside penalties will be enforced when the ball is kicked, not when the player receives the ball.
   2. To be offsides, a player must be on their attacking half of the field, be involved in the play, and be closer to the end line than the second to last defender (including the goalie).
   3. Offsides does not apply on corner kicks, throw-ins, and goal kicks.
   4. If an offside is called, the opposing team gets an indirect kick from the spot of the foul.
4. **GOALIE RULES:**
   1. The goalkeeper may use their hands only within the penalty area.
   2. The goalkeeper must play the ball out of the penalty area within five seconds after a save.
   3. A goalie may dive for a ball as long as they are not diving at the feet of another participant. If the official determines they dove at the feet, the play will be enforced like a slide tackle.
   4. A goalkeeper may not play a ball with their hands if it has been passed back intentionally by a teammate. This will result in an indirect free kick from the spot nearest the infraction parallel to the goal on the goal box.
5. **FREE KICKS:**
   1. On any free kick, defending players must remain at least ten feet away from the ball in all directions until it is played by the attacking team.
   2. INDIRECT vs. DIRECT FREE KICK
      1. A team is not able to score from an indirect free kick unless touched by another player.
      2. A team is allowed to score on a direct free kick whether touched by another player or not.
      3. In general, any infraction involving a member of the other team with the ball, or a handball, will result in a direct free kick. All other infractions are indirect free kicks.
6. **MERCY RULE:**
   1. If a team is ahead by five or more goals with five minutes or less remaining, the game will be ruled a victory for the team in the lead.
7. **OVERTIME (REGULAR SEASON):**
   1. In the event of a tie, a 1-minute rest period is followed by five-minute golden goal overtime.
   2. Officials perform coin toss to decide initial ball control.
   3. Teams remain on the side they finished the 2nd half on.
   4. If the score is still tied after the overtime period, the game will end in a tie.
8. **OVERTIME (PLAYOFFS):**
   1. In the event of a tie, a maximum of two five-minute golden goal overtime periods will be played.
   2. If the second ends in a tie, a shootout will occur.
   3. A coin flip will determine kick first, defense first, or side of field.
   4. Four players (alternating gender) from each team will rotate kicking at the opponent’s goalie at a designated net.
   5. If the shootout is still tied after four rounds, the shootout will continue head to head according to gender. This will occur until one team is leading at the end of the round.
   6. Any player on the team is eligible to kick once during shootout. All team members checked in for that contest must attempt before repeating shooters while still alternating gender.
   7. A team may use any player as the goalkeeper, regardless of if they finished the game at that position.
9. **YELLOW/RED CARDS:**
   1. Any participant receiving a yellow card may be required to meet with the Intramural Student Manager and Assistant Director of Recreation prior to their next contest, based on severity.
   2. Once a player receives a yellow card they must sub out with a player on their bench immediately.
   3. Any player receiving two yellow cards in one game- will receive a red card and be disqualified for the remainder of the contest.
   4. Any participant receiving a red card or 3 yellow cards (in any cumulative number of games during the season) will be required to meet with the Intramural Student Manager and Assistant Director of Recreation and serve a mandatory one game suspension which may include playoff contests.
10. **WEATHER:**
    1. Weather cancellations will be determined by Campus Rec staff no more than two hours prior to the start of the first contests for the night. If the weather is questionable, please check the website, social media, and watch for an email from Campus Rec through IMLeagues.
    2. Games will be made up if time allows. Please check IMLeagues for game makeup dates/times.
11. **OTHER:**
    1. Other than the above exceptions, official USSF and WIAA rules will be followed.