

Below is a summary of basic rules for Intramural Outdoor Soccer, 7 v 7. For the complete rules, please check the Outdoor Soccer, 7 v 7 Rules document.

Equipment

- A. Players of the same team should wear the same color shirt/jersey. The goalkeeper for each team should wear a contrasting jersey/shirt color than the other members of their team or their opponent. Intramural Sports will not provide jerseys.
- B. Shoes with metal cleats are not permitted.
- C. Players may not wear jewelry (including earrings, bracelets, watches, piercings, etc.). Medical alert bracelets/necklaces or religious items may be worn, but must be taped down.
- D. Shin guards are not required for play but are strongly encouraged. The Intramural Sports staff will have a limited supply of shin guards available for check-out.

The Field and Timing

- A. The field is 80 yards long and 40 yards wide.
- B. Play will be divided into two 15-minute halves. Clock runs continuously throughout the game unless there is an extended injury or unforeseen delay.
- C. Games will end in a tie and overtime will not be played during the regular season.
- D. In the playoffs, an overtime period will consist of 5 shooters from each team will participating in a penalty kick shootout.

Gameplay

- A. All leagues except Co-Rec will be played with 7 players on the field for each team. A minimum of 4 players is required to start the game.
- B. Co-Rec leagues will be played with 8 players on the field for each team, 4 men and 4 women. A minimum of 5 players is required to start the game with a minimum of 2 men/women and maximum of 4 men/women.
- C. Each team is required to have a goalkeeper.
- D. Substitutes may enter the game only during a dead ball when beckoned onto the field by an official.
- E. There is no limit on the number of substitutions for each team.
- F. A goal may be scored directly from the kickoff.
- G. The ball is out of play if it completely crosses a goal line or sideline, whether on the ground or in the air.
- H. There is no Offsides.
- I. All forms of slide tackling are illegal.
- J. After a foul, the offended team will be awarded either a direct or indirect kick.

Sportsmanship

- A. Teams will earn a sportsmanship rating on a 4.0-scale at the end of each game. This rating is based on the respect, cooperation and behavior displayed by each team throughout the game.
- B. Teams must achieve a 3.0 sportsmanship average rating during the regular season to be eligible for the playoffs, and must maintain that 3.0 average throughout the playoffs to continue.
- C. Yellow and Red Cards may be given by any staff member for various unsporting actions. Players that receive 2 yellow cards or 1 red card in a match will be disqualified and required to meet with the Competitive Sports Coordinator before participating.