

High School Federation Basketball rules will govern play except for the following Intramural Sports modifications:

The Game

- 2 teams of 5 players
- Minimum to start is 3 players. Less than 3 players will result in a forfeit.
- CoRec Teams consist of 3 males and 2 females or 3 females and 2 males. **Teams may not have more than 3 of either gender on the field at a time.**
- Two 20 minute halves
- The clock does NOT stop once play has begun unless for official timeouts or injuries.
- **Mercy Rule:** 10 at 5. If a team is ahead by 10 or more goals with 5 minutes or less remaining, the game will be ruled a victory for the team in lead.
- Regular season games that end in a tie will remain a tie.
- Playoffs games that end in a tie will play overtime.
- In the event of a tie at the end of regulation in playoffs, a 1-minute rest period is followed by 5-minute overtime. The choice of ends and the kickoff will be decided by a coin toss. The first team to score a goal is declared the winner (golden goal). In the case of a tie after the overtime period, a shootout will occur. 4 players from each team will kick at the opponent's goal, rotating teams (co-rec: 2 males and 2 females must kick). If the game is still tied after this shootout, then another shootout will take place. This will occur until there is a winner. Any player on the team is eligible to kick once during shootout (may repeat after all members have kicked.)
- A coin toss will occur to determine which team shall kick first in the shootout.
- **GAME TIME IS FORFEIT TIME!** The minimum players must be present and checked in to begin.

Eligibility

- Current Ferris State University students, faculty and staff are eligible to participate.
- Players must bring their Ferris State Student ID card to EVERY game
- **NO ID = NO PLAY**
- Current Varsity soccer players are not eligible to participate
- Former Varsity players are only eligible if they have not played varsity soccer for one full year.
- A maximum of two (2) club sports participants are permitted to be on each team's roster.

Playoff Eligibility

- IM Sports recommends that you have at least two extra players than the required amount on your roster in case you need subs throughout regular season and for playoffs.
- All players must be listed on the team roster as soon as possible during the regular season.
- Rosters will be frozen the final week of regular season. This means that all players **MUST** be signed up on IMLeagues on the roster of that team AND paid for prior to the beginning of playoffs.

Equipment

- NO JEWELRY is allowed!
- Balls will be provided by the Intramural Department
- Jerseys: players of opposing teams must wear contrasting colored jerseys. Goalkeepers must wear a different colored shirt than their team.
- Shoes: Shoes must be worn and each player must wear CLEAN soled shoes with no metal on

them.

- Shin guards are highly recommended.
- Any articles that may endanger other players are not permitted (i.e. jewelry, plaster casts, etc.)
- Officials of each game will determine legality of all equipment. A player wearing illegal equipment will not be permitted to play

Substitutions

- Free substitution is allowed at all times as long as the substituting team does not gain an unfair advantage.

Time outs

- Teams DO NOT have any timeouts
- Injury time outs may be determined only by the officials and/or Intramural Supervisor

Goal Keeping

- The goal keeper may use his/her hands only within the penalty area. The goalkeeper must play the ball out of the penalty area within 6 seconds after control has been established.
- A goalie may drop kick the ball at anytime and the ball may pass midfield.
- During a goal kick, no players can touch the ball before it leaves the penalty area besides the player taking the kick.
- A goalkeeper may not, after releasing the ball into play, touch the ball again with his hands before it has been touched by another player of the same team outside the penalty area or by an opposing player either inside or outside the penalty area. If the goalkeeper plays the ball to a teammate and the teammate passes the ball back to the goalkeeper, he/she may not use his/her hands to play the pass. Penalty for violation of this rule is an indirect free kick.
- A goalkeeper shall not touch the ball with his/her hands via a throw-in from his/her own team or a deliberate kick by a teammate. Penalty is an indirect free kick.
- **COREC - Designating a goalie:** A male must be in the goal for one half and a female must be in goal for the other half. The teams will agree on what half will be for what gender. After that, the goalies can be switched at any time as long as it is the same gender.

Playing the Ball

- **Kickoff Procedure:** a coin toss before the beginning of the game will determine which team kicks off and which has the choice of ends. The team not receiving the ball first will have possession to begin the second half.
- On the referee's signal, the game shall start or resume following a goal with a kick from the center of the field.
- All players shall be within his/her half of the field. Defending players must line up at least five yards away from the kick off point.
- The ball must be kicked forward for the ball to be in play. If the ball is not passed forward across the mid-field line, the same team will re-kick.
- The kicker shall not play the ball a second time until another player (of either team) has touched the ball. The penalty for this is an indirect free kick.

Scoring

- A goal is scored only when the entire ball has passed completely over the goal line, between the goal posts and under the crossbar, provided no infraction of the rules has occurred during this process.
- The clock does not stop after a scored goal

Out of Bounds

- After the ball wholly crosses the sidelines, either on the ground or in the air, the team that did not touch the ball last shall be awarded the throw-in.
- Any ball contacting the ceiling or walls will be out of play; a free kick will ensue directly under the spot of contact.
- If the ball touched directly above the goal box area, the free kick will be taken ten (10) yards from the goal line.

Throw-ins

- Must be with two hands on the ball, extending directly behind the head and releasing when the arms are over the head. Both feet must remain on the ground at all times. The back foot can be dragged.
- A goal cannot be scored directly from a throw-in. An improper throw will result in the award of the throw to the other team.

Goal Kicks

- Awarded when the ball crosses the end line, either on the ground or in the air and was last touched by an OFFENSIVE player. The ball is then placed anywhere within the goal area (box).
- The player taking the goal kick cannot retouch the ball until another player has touched it.

Corner Kicks

- Awarded when the ball crosses the end line, either on the ground or in the air and was last touched by a defensive player. The ball must be placed on the ground on the quarter circle near the corner of the field.
- A goal may be scored directly from a corner kick. The opposing team must be ten yards away at the time of the kick.
- The kicker cannot retouch the ball until it is touched by another player (either team).

Offsides

- There is NO OFFSIDES in Intramural 5v5 Soccer.

Sidetakling

- There is NO slide tackling in Intramural Recreation Soccer. This rule applies to all players including the goalkeeper.
- A slide tackle occurs when a player leaves his/her feet and leads with his/her feet to play the ball while the ball is in the proximity of another player. A slide tackle does not require that any contact occur between the players.
- Automatic yellow card. If the officials deem the penalty as malicious, the player will be ejected immediately.

Restarts

- When restarting the game after a temporary suspension of play (i.e. injury), except on a free kick or throw-in, the team that was clearly in possession of the ball at the time of the suspension shall be awarded an indirect free kick from the spot the ball was at the time of the suspension.
- If neither team was in clear possession of the ball, the referee shall drop the ball at the place where it was when the play was suspended and the ball is in play when it touches the ground. If the play was stopped with the ball in the goal area, the ball is dropped at the nearest point outside the goal area.

Individual Sanctions

- Addressing officials concerning their decisions
- Making profane or vulgar acts, gestures, or remarks
- Committing acts or gestures attempting to influence officials
- Disruptive coaching or other actions by any team member
- Distracting an opponent while the ball is in play

Degree of Sanction

- Offenses committed by team members may result in the following sanctions by the officials:
- **WARNING:** For minor unsporting offenses such as talking to opponents, spectators, or officials.
- **PENALTY:** For a second minor offense or other serious offenses, a penalty is issued and recorded on the score sheet. Teams may not get better than a 3.0 sportsmanship rating.
- **EJECTION:** Extremely offensive conduct (such as a flagrant foul, two technical fouls, obscene or insulting words or gestures) toward official(s), spectators or other players result in ejection of a team member from the game in which the offense occurred. Ejected individuals must leave the facility. That will have a short time to gather their belongings and depart. Further delay may result in team forfeiture. **All players ejected from an intramural contest, for any reason, must meet with the Intramural Coordinator before playing in any future Intramural game. Ejected players will serve an automatic one game suspension with severity of the conflict dictating further suspensions. A player who is ejected from two contests during a season will not be eligible for playoff competition.** The Intramural Coordinator reserves the right to impose further penalties against player(s) or team at his/her own discretion. Team may receive no better than 2.0 sportsmanship rating.
- **DISQUALIFICATION:** A second ejection during the same game, attempted or actual aggression towards an official, spectator, or opponent results in the disqualification of the entire team as well as match forfeiture. Team may get no better than a 1.0 sportsmanship rating.

Fouls and Misconduct

- The word "kicks" in the text below refers only to circumstances where a player plays the ball with the foot or feet. Similarly, a deflection with the foot or feet is permitted in circumstances where it is not intentional (involuntary deflection or mis-kick from a teammate).
- A player who commits any of the following offenses shall be penalized by the award of an indirect free kick or direct free kick (as noted) to be taken by the opposing team from the spot where the infraction occurred
- (Indirect) Dangerous play - In the opinion of the official, all high kicks above the waist or any attempt to make a play on the ball while kneeling or laying on the ground in a dangerous manner shall be prohibited.
- (Indirect) Charging a player not in possession of the ball - A player shall not intentionally charge an opponent unfairly. A player shall not charge into the goalkeeper who is not in possession of the ball.
- (Indirect) Obstruction - Obstruction is the intentional act by a player, not in possession of the ball or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle.
- (Indirect) Goalkeeper holding the ball longer than six (6) seconds after he/she receives it. Goalkeeper touching the ball with his/her hand when received by throw-in or deliberate kick from a teammate.
- (Indirect) Interfering with the goalkeeper - No player of the opposing team shall interfere with a goalkeeper in possession of the ball.
- (Indirect) Delay of game - No player or team shall unnecessarily delay the playing of the game.
- (Direct) Kicking or striking an opponent - A player shall not intentionally attempt to kick or strike an opponent. The goalkeeper may not intentionally strike or attempt to strike an opponent by throwing the ball at the opponent.
- (Direct) Jumping at or tripping an opponent - A player shall not intentionally jump at nor intentionally

trip an opponent.

- (Direct) Charging a player in possession of the ball - A player shall not intentionally charge an opponent unfairly. Offenses include violently and/or dangerously charging a player or charging from behind.
- (Direct) Holding, pushing, or impeding an opponent - A player shall not use his/her hands or arms to hold, push, or impede an opponent.
- (Direct) Hand ball (Handling) - A player shall be penalized for intentionally handling, carrying, striking, or propelling the ball with a hand or arm. Unintentional handling occurs when the ball strikes the hands or arms of a player who has not moved the hands or arms to play the ball; this unintentional handling shall not be penalized.
- In addition to the above penalties, a referee may issue a yellow (caution), or red (dismissal from game) card for the following offenses:
 - Note: The red card will also be used for ejections.
 - (Yellow) Leaving the field or coming onto the field without a referee's permission.
 - (Yellow) Unsportsmanlike conduct
 - (Yellow) Persistent infringement of the rules of the game.
 - (Yellow) Showing dissent (disagreement) toward a referee's call, including objecting by word of mouth or action.
 - (Yellow card - or Dismissal) Slide tackling.
 - It will also be up to the referee's judgment if the slide tackle was done intentionally to cause harm to the other player (ejection).
 - (Red- Dismissal) Intentionally handling the ball within his own penalty area during an obvious goal-scoring opportunity - If, in the opinion of the referee, a player, other than the goalkeeper within his/her own penalty area, denies his/her opponents a goal, or an obvious goal-scoring opportunity by intentionally handling the ball, he/she shall be sent off the field of play for serious foul play.
 - (Red - Ejection) Excessive foul or abusive language.
 - (Red - Ejection) Persistent misconduct after receiving a caution.
 - (Red - Ejection) Violent or serious foul play.
 - (Red - Ejection) Intentionally impeding an opponent through unlawful means during an obvious goal-scoring opportunity - If a player who is moving toward his opponents' goal with an obvious opportunity to score a goal is intentionally impeded by an opponent through unlawful means (an offense punishable by a free kick or penalty kick), thus denying the attacking player's team the goal-scoring opportunity, the offending player shall be sent off the field for serious foul play.
- A team caution, a disciplinary action facing an entire team as a result of a violation by a player of that team, may be assessed by the referee in the following instances: encroachment on free kicks, intentional hand balls by the defense, and unnecessary delay. Once a team caution has been issued, if any player from that team commits the same foul, that player will be ejected.

Dismissal

- A red card that results in the temporary dismissal of the offending player from the match.
- The dismissed player may not be replaced and may not return to the match until a goal is scored by the opposing team.
- If a goal is scored by the direct free kick or penalty kick that is awarded for the slide tackle offense, the offending player must remain out of the game and the offending team will continue to play a person down until the next goal (a second goal) is scored by the opposing team.
- Once the proper goal is scored, the offending player or another substitute may reenter the field for the team.
- Following the first issuance of a red card that results in a dismissal to a team, any subsequent fouls by that team that warrant a dismissal will result in player ejection without the ability to replace the

player on the field (teams will play a player down for each red card / ejection).

Ejection

- A red card that results in the ejection of the offending player from the match.
- The ejected player may not return for the remainder of the match, must leave the facility, and may not be replaced by a substitute.
- Teams will play (finish the match) a player down for each red card / ejection.
- Ejected participants are immediately suspended from all IM play and must complete the reinstatement procedure to participate in future contests.

Protests

1. Protests can only be made based on rule misinterpretation by the Intramural Sports Staff at the time of the incident (i.e. you cannot protest a rule misinterpretation after the game is over)
2. A time-out must be called, and a protest requested to the officials must be made by the captain of the team. If the staff was incorrect, you will not lose the time-out
3. Protests based solely on a decision involving the accuracy of judgment on the part of an official will not be considered
4. Protests involving player eligibility will also be considered

Free Kicks

- An indirect free kick is a free kick from which a goal may not be scored unless the ball is touched by another player from either team.
- A direct free kick is a free kick from which a goal may be scored against the offending team.
- The free kick may be taken by any player of the offended team on the field of play at the time of the offense.

- When a direct or indirect free kick is awarded, all opposing players must be at least ten yards away from the spot where the free kick is to be taken, unless they are standing on their goal line between the goal posts.
- When a player is taking a free kick from within his defensive penalty area, the ball must be kicked beyond the penalty area and all opponents must be outside the penalty area.
- The ball must be stationary when a free kick is taken. The kicker shall not play the ball again until it has been touched by another player (either team). The ball may be kicked in any direction.

Penalty Kicks

- A penalty kick is awarded after a serious or intentional rule infraction takes place in the penalty area by the defensive team. A penalty kick can be awarded regardless of the position of the ball, if the infraction by the defending team is committed in the penalty area. It is not awarded for infractions that call for an indirect free kick.
- The penalty kick shall be taken from anywhere on the penalty mark, twelve yards from the goal line.
- The penalty kick may be taken by any player of the offended team on the field of play at the time of the offense. (Co-Rec) The person taking the penalty kick must be of the same gender as the person who was fouled originally.
- All players except the goalie must stay outside the penalty area and at least 10 yards from the penalty mark
- The goalkeeper must stand on the goal line and may not move forward until the ball is kicked. The goalkeeper may move laterally.
- The kicker must wait for the official to start the play. The kicker must kick the ball forward. If the ball is not put into play properly, the kick will be retaken. Any action to deceive the goalkeeper by the kicker is illegal.
- Following the kick, the ball shall be deemed in play if it remains on the field of play; however, the kicker shall not play the ball a second time until it has touched another player (either team).
- For any infringement by the defending team, the kick shall be retaken if a goal has not resulted. For any infringement by the attacking team other than by the kicker, the kick shall be retaken if a goal has resulted.