

Wittenberg University
Intramural 7 Aside Soccer Rules

1. A game will be two 15-minute halves – running time except the last 2 minutes of the second half. During the last 2 minutes of the second half, the clock will stop on all whistles.
2. Out of bounds is anything over the SIDELINES OR ENDLINES.
3. When a team member sends the ball out of bounds, play will resume with a THROW IN on the sideline where the ball went out by the opposing team. A GOAL KICK or CORNER KICK would occur if the ball went over the end line.
4. When the game is being restarted all players must be at least 5 yards from the ball.
5. Handballs will be enforced – with the exception of the goalie in the goal box area.
6. The goalie may only use their hands to field the ball in the goal box area.
7. The goalie MAY NOT pass the ball from the goal box area over the centerline.
8. The goalie may leave the goal box area and play as a regular player.
9. The goalie may wear protective eyewear, gloves and shin guards only.
10. Goals may only be scored from a kick in the offensive half of the field. A goal may not be scored directly from a free kick – the ball must touch one other player in a free kick situation.
11. The following fouls will result in a DIRECT FREE KICK – tripping, holding, pushing, handball, and roughing the goalie.
12. Free kicks, both direct and indirect, must be taken a minimum of 5 yards outside the goal box area.
13. Direct free kick situations occurring inside the goal box will result in a PENALTY KICK taken from the penalty kick mark (centered approximately 2 yards off the goal box line) directly in front of the goal.
14. Each team is allowed one time out per half. A time out is maximum of one minute in length.
15. Substitution is unlimited and may take place in a dead ball situation only. All substitutions must be motioned on to the field by an official.
16. Any balls hung up in the goal cage net will result in a goal kick.
17. On a goalie clear, another player must touch the ball before it crosses the centerline.
18. SLIDE TACKLES ARE NOT ALLOWED. A 2 MINUTE PENALTY IN ADDITION A DIRECT FREE KICK WILL BE ENFORCED FOR ANY SLIDE TACKLE, TRIPPING, PUSHING, OR ROUGHING THE GOALIE. THE PLAYER COMMITTING THE FOUL MUST STAND BY THE TIMER AND THEIR TEAM MUST PLAY SHORT DURING THE PENALTY.
19. ALL PLAYERS MUST WEAR ATHLETIC SHOES TO PARTICIPATE. NO SCREW IN METAL CLEATS ALLOWED.
20. ALL KNEE BRACES AND ANKLE BRACES MUST NOT HAVE ANY EXPOSED OR PROTRUCING METAL PARTS. NO CASTS ALLOWED!
21. Each team will consist of not more than 7 players on the field at one time. The game may begin with a minimum of 4 players. During co-rec play, the team must have at least 3 women on the playing field at all times.
22. During the regular season, games may end in a tie. During the play-offs, a 5-minute sudden death overtime period will be played, followed by a sudden death shoot out if necessary.