



OUTDOOR SOCCER RULES

Updated 7/9/2026

Recent changes will appear in italicized and highlighted text

Situations not specifically covered or implied by these rules shall be governed by the 2023-2024 National Federation of High School Soccer Rules except where a special University of Colorado Colorado Springs Intramural Sports rule applies.

Rule 1: Facility

1. All games will be played at the Recreation Center on Alpine Field.

Rule 2: Eligibility

1. The Intramural Sports Program is open to all University of Colorado Colorado Springs undergraduate and graduate students currently enrolled, as well as faculty, staff, and affiliate members, provided they have a valid membership with Campus Recreation and a valid Sport Pass. The Semester Sport Pass can be purchased for \$20 per semester or \$15 League Pass per activity (league/event).
2. activity (league/event).
3. Prior to participating, all players must check-in with the Sport Programs Supervisor. To check-in, each participant must present their University issued virtual ID, or must provide a University or must provide a government-issued photo ID.
 - a. No participant may participate in Intramural Sport under any identification other than their own. Any player using an assumed name, false gender identity, or an illegal I.D card will cause their team to forfeit the contest they participated in. The individual will also be suspended from intramural competition and their case will be forwarded to the UCCS Dean Students Office.
4. Varsity athletes may participate in other intramural activities outside of their varsity sport. However, they may not participate in their varsity sport or its related activities at the intramural level.

Rule 3: Team Composition

1. A team consists of 7 players. A maximum of 6 field players and a designated 1 goalkeeper.
2. The minimum a team can start a game with is 5 players including a goalkeeper.
3. Open
 - a. This means there are no gender requirements. All goals are worth 1 point, regardless of who scored it.

Rule 4: Equipment

1. Jewelry
 - a. Any exposed jewelry (ear rings, nose rings, necklaces, etc.) will not be permitted.
 - b. ** Exceptions to the jewelry policy are medical alert bracelets and necklaces, but they have to be taped down as not to be a hazard to other players. The player must supply their own tape.
2. Game Ball
 - a. Sport Programs Staff will supply a game ball. The team captains, with the referee's approval, may opt to use a different ball if the captains agree (must be a size 5 ball).



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3. Jersey
 - a. Each team member must provide their own jerseys that are identical in color. Pennies are available at the field upon request. Goalkeeper must wear different colors than teammates and opponents.
4. Shoes/Shin Guards
 - a. Each player must wear shoes. The shoes must cover the feet and be made of a soft pliable upper material (canvas, leather, or synthetic) attached to a molded bottom which may or may not have rubber cleats. No exposed metal may appear on the shoe. Shoes must be worn at all times. Shoes with front toe cleats, softball cleats, and shoes with a raised heel, sandals, boots or hiking boots will not be allowed. In addition, shin guards are highly recommended. If shin guards are worn, they must be completely covered with socks
5. Illegal Equipment
 - a. Cleats are limited to studs or projections that do not exceed $\frac{1}{2}$ inch in length and are made with non-abrasive rubber or rubber-type synthetic material, which does not chip or develop a cutting edge.
 - b. No metal cleats will be allowed.
 - c. *Players may wear a stocking cap, bandanas, durags, etc.*
 - d. A player wearing illegal equipment shall not be permitted to play. This applies to any equipment which, in the opinion of the Referee, is dangerous or confusing. Types of equipment or substances which shall always be declared illegal include:
 - i. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots. EXCEPTION: Face Shield.
 - ii. Any exposed jewelry (ear rings, nose rings, necklaces, etc.)
 - iii. Pads or braces worn above the waist. Casts worn above or below the waist.
 - iv. Shoes with metal, ceramic, screw-in, detachable cleats, or any projecting metal.
 - v. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substance unless covered with at least $\frac{1}{2}$ " of closed cell, slow recovery rubber or other material of similar thickness and physical properties.
 - vi. Any slippery or sticky foreign substance on any equipment or exposed part of the body.
 - vii. Exposed metal on clothes or person. This includes "O" or "D" rings used to secure flag belts.

Rule 5: The Game

1. Kickoff
 - a. When the referee signals with a whistle, a kickoff shall initiate play at the start of each period and after goals. At the moment of the kickoff, all players, except the player taking the kickoff, shall be in their team's half of the field. *Players opposing the kicker shall be at least 10 yards from the ball until it is kicked.*
 - b. The ball is in play once it is kicked and clearly moves in any direction. If the kickoff is taken improperly, it must be retaken. After the kickoff, the ball may be played by any player except the one who kicked off. The kicker may not play the ball until it has been played or touched by another player on either team.

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2. Fouls
 - a. Tripping, striking, kicking, holding, pushing, charging or jumping at, handling the ball, sliding, and dangerous play are all fouls. High kicks, bicycle and scissor kicks, and playing the ball while sitting or lying on the ground are all examples of dangerous play. All fouls will be restarted by a free kick at point of infraction, or on the penalty kick mark for a penalty kick if it is a defensive foul in the goalie box. All free kicks on fouls are direct free kicks.
3. Red and Yellow Cards
 - a. If, in the official's judgment, the foul is serious, a yellow or red card will be given. A player receiving two yellow cards in the game will be automatically ejected and will be suspended for the next intramural competition.
4. Red Card Misconduct
 - a. The intramural Official and Supervisor has the right to eject a player, coach, or spectator before, during, or after the game. Their suspension will be determined by the Sport Coordinator of Intramural Sports.

Rule 6: Starting the Game

1. Possession Decision
 - a. Five minutes before the start of the game the Referee shall call captains to find a fair and simple solution to decide possession. (ex. rock paper scissors, coin flip, etc). All officials shall be present for the decision.
 - b. The winning captain shall have a choice of options for the first half or shall defer their option to the second half. The options for each shall be:
 - i. To choose whether their team will start on offense or defense.
 - ii. To choose the goal their team will defend.
 - c. The captain, not having the first choice of options for a half, shall exercise the remaining option
2. Start of Each Half
 - a. Each half will start with a kickoff after a signal from an official. The team that did not kickoff in the first half will kickoff in the second half.
 - b. Teams will change goals to start the 2nd half.

Rule 7: Duration of the Game

1. Periods of Play
 - a. Matches will consist of two equal periods of 18 minutes. This may not be altered by any agreement between the referee and the two teams.
2. Half-Time Interval
 - a. The half-time interval must not exceed 5 minutes. The half-time interval's duration will be at the referee's discretion.
3. Forfeit Time
 - a. Five minutes after game time is forfeit time.
4. Allowance for Time Lost
 - a. There will be no allowance for time lost through substitutions. Instead, teams will not be allowed to make any substitutions within the last two minutes of either period or overtime period.
5. Mercy Rule



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- a. If a team is up 10 or more goals at halftime or any time thereafter, the game will end. If a team is up 5 or more goals within 5 minutes of the second half, the game will end.

Rule 8: Scoring

1. A goal is scored when the whole curvature of the ball has passed over the goal line, between the goal posts and under the cross bar provided there have been no violations by the attacking team. It is the position of the ball that counts.
2. A goal may be scored directly from the kickoff.

Rule 9: Overtime

1. In regular season play, if the score is tied at the end of regulation play, the game will remain tied, and no overtime will be played.
2. In the playoff tournament games, two five-minute sudden victory overtime periods will be played before the penalty kick procedure stated below will be used.
 - a. A possession decision before the start of the overtime period will determine possession or choice of side.

Rule 10: Overtime Penalty Kicks

1. If the score is tied after overtime is completed, the winner will be determined by a penalty kick tiebreaker as follows:
2. The winner of the coin toss may elect to kick first or last. Each team will select 5 players to participate in the shootout. Only players on the field at the end of the overtime period will be eligible to take part in the tiebreaker.
3. If at the end of the match and before the kicks start to be taken from the penalty mark, one team has a greater number of players than its opponents, it must reduce its numbers to equate with that of its opponents and the team captain must inform the referee of the name and number of each player excluded. Any player thus excluded may not participate in kicks. For example, if one has 8 players and the other has 7 players, both teams may only have 7 players eligible to participate in the shootout as kickers.
4. All players on the field at the end of the overtime period are eligible to serve as the goalkeeper. Once a goalkeeper has been designated, they may not be replaced. Goalkeepers are eligible to be kickers, as well.
5. The kicks will be taken as normal penalty kicks. The player taking the kick must use one fluid motion.
6. The goalkeeper must stay on the goal line until the ball is kicked.
7. The shooter cannot play the ball again once the ball is touched.
8. Each team will take an initial series of five kicks alternately. The team scoring the greater number of goals will be declared the winner.
9. All goals scored during the tie-breaking procedure will count as one goal, regardless of the gender of the player taking the kick.
10. If the score is still tied after each team has taken five kicks, the remaining players on the field will shoot in a sudden death manner until a winner is declared. No shooter may be repeated until all players that were on the field at the end of regulation have kicked.
11. In championship finals games, two 5-minute sudden death overtime periods will be played before the penalty kick procedure stated above will be used.

Rule 11: Substitutions

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1. Either team may substitute an unlimited amount of players, provided the players report to the scorer's table and are beckoned in by an official.
2. Substitutions are allowed under the following conditions:
 - a. On any goal kick.
 - b. After a goal has been scored.
 - c. Between periods.
 - d. In the event of an injury.
 - e. When a player has been cautioned (yellow-card). The cautioned player **MUST** leave the field and cannot re-enter until the next substitution opportunity.
 - f. On a team's own throw-in or corner kick.
 - g. On the opposing team's throw-in or corner kick, only if the team with possession of the ball chooses to substitute.
 - h. When a goalkeeper has been ejected, provided that a field player is removed from the game.
 - i. If a player has an open wound or blood on their clothing, they must leave the field and may be substituted.
3. The official must beckon the player onto the field before the substitution may occur. No substitutions will be allowed during the last two minutes of a half. **ALL SUBSTITUTIONS** must be made at the half line

Rule 12: Offside

1. A player is in an offside position when nearer to the opponent's goal line than the ball, unless:
 - a. The player is in their own half of the field of play
 - b. The player is not nearer to the opponent's goal line than at least two opponents.
2. In the opinion of the referee, a player shall be penalized for being in an offside position at the moment the ball touches or is played by a teammate if the player:
 - a. Interferes with play or with an opponent
 - b. Gains an advantage by being in that position.
3. A player shall not be declared offside by the referee under the following situations:
 - a. Merely because of his being in an offside position; or
 - b. If they receive the ball directly from a goal kick, corner kick, or throw in.

Rule 13: Goalkeeper Privileges

1. Within their own penalty area, the goalkeeper has certain privileges that are not given to other players.
2. These privileges include:
 - a. Handling: The goalkeeper may catch, carry, strike or propel the ball with their hands or arms.
 - b. Immunity: While in possession of the ball, the goalkeeper may not be charged, interfered with or impeded in any manner by an opponent. Possession includes bouncing the ball with both hands as well as dropping the ball for a kick. The referee shall eject without previous caution any player who, with obvious intent, violently fouls the goalkeeper who is in possession of the ball in his/her own penalty area.
3. With the goalkeeper's privileges comes the capability for certain violations of these privileges that could not be applied to another player. These violations are:



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- a. Restrictions of the goalkeeper: From the moment the ball is in control by the goalkeeper in their hands within his or her own penalty area, the goalkeeper has six seconds to release the ball.
 - i. Penalty: Indirect free kick from point of infraction.
- b. Repossession: Having released it into play, they may not touch it again with their hands before it has been touched or played by a player of the opposing team. Throwing the ball into the air and allowing it to hit the ground is considered releasing the ball, and the goalkeeper may not retake possession unless the ball is touched or played by an opponent.
 - i. Penalty: Indirect free kick from point of infraction.
4. Pass back: If a player deliberately kicks the ball with their foot (or any part of body below the knee) to their goalkeeper or a player throws the ball in to the goalkeeper, the goalkeeper is not permitted to touch it with the hands.
 - i. Penalty: Indirect free kick from point of infraction.
5. The goalkeeper may not intentionally strike an opponent by throwing or kicking the ball vigorously at him/her or push him/her with the ball while holding it.
 - a. Penalty: Direct free kick from point of infraction.
6. If the ball is played by the attacking team towards the goal, the goalie MAY trap the ball outside of the penalty box, dribble back inside the penalty box and use their hands to pick up the ball. If the ball is played by the defending team the goalie MAY NOT use their hands.

Rule 14: Direct Free Kick

1. A direct free kick is one in which a goal can be scored directly from the kick against the offending team. A direct free kick is awarded to the opposing team if a player commits any of the following seven offenses in a manner considered by the referee to be careless, reckless or using excessive force:
 - a. Kicks or attempts to kick an opponent.
 - b. Trips or attempts to trip an opponent.
 - c. Jumps at an opponent.
 - d. Charges an opponent.
 - e. Strikes or attempts to strike an opponent.
 - f. Pushes an opponent.
 - g. Tackles an opponent.
2. Any player in a recreational match who, in the opinion of the referee, slide tackles an opponent, will be considered guilty of tackling an opponent in a reckless manner (direct free kick offense) and may be cautioned or red carded (referee's discretion) for unsporting behavior.
3. A direct free kick is also awarded to the opposing team if a player commits any of the following three offenses:
 - a. Holds an opponent.
 - b. Spits at an opponent.
 - c. Handles the ball deliberately (except for the goalkeeper within his own penalty area).
4. A direct free kick is taken from the place where the offense occurred.
5. Penalty Kick - A penalty kick is awarded if any of the above ten offenses is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

Rule 15: Indirect Free Kick

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1. An indirect free kick is one from which a goal cannot be scored directly unless the ball has been touched by a player other than the kicker before passing through the goal. If the ball is not first touched by another player before passing through the goal, a goal kick is awarded to the opposing team.
2. An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offenses:
 - a. Controls the ball with their hands for more than six seconds before releasing it from their possession.
 - b. Touches the ball again with their hands after releasing it from their possession and before it has touched another player.
 - c. Touches the ball with their hands after it has been deliberately kicked to them by a teammate.
 - d. Touches the ball with their hands after they have received it directly from a throw-in taken by a teammate.
3. An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:
 - a. Plays in a dangerous manner without contact (i.e., high kick).
 - b. Impedes the progress of an opponent.
 - c. Prevents the goalkeeper from releasing the ball from their hands.
 - d. Commits any other offense, not previously mentioned, for which play is stopped to caution or send off a player (for example, entering/leaving the field of play without permission, offside, player improperly touching the ball for a second time before it has been played by another player) The indirect free kick is taken from the place where the offense occurred.

Rule 16: Penalty Kicks

1. A penalty kick is awarded for any infringement of the rules by the defending team within the penalty area that is penalized by a direct free kick. A penalty kick can be awarded irrespective of the position of the ball if the violation by the defending team is committed within the penalty area. The ball shall be placed 12 yards from the goal line. A goal may be scored directly from a penalty kick. All players except the kicker and the goalkeeper must be on the field of play outside the penalty box, behind the penalty mark, and at least ten yards from the penalty mark. The goalkeeper may move laterally along the goal line before a penalty kick but must not move forward until the ball is kicked. The player awarded the kick must utilize one fluid motion in playing the ball and the ball must move forward as a result of the kick

Rule 17: Goal Kick

1. A goal kick is taken by a member of the defending team when the ball passes completely over the goal line, either in the air or on the ground, having last been played by a member of the attacking team. The ball can be placed anywhere within the goal area, but once the ball has been placed it may not be moved. The ball must leave the penalty box before it can be played again by any player. If the ball is played a second time before it leaves the penalty box, the kick will be retaken. A goal can be scored directly from a goal kick.
2. There is no offside on a goal kick.

Rule 18: Corner Kick

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1. A corner kick is taken by a member of the attacking team when the ball passes completely over the goal line, either in the air or on the ground, having last been played by a member of the defending team. The ball will be placed within the quarter circle at the nearest corner to the spot where the ball went out of play. Defenders must be at least 10 yards away from the corner arc, not the ball. A goal can be scored directly from a corner kick.
2. There is no offside on a corner kick.

Rule 19: Throw-In

1. A throw-in is taken in order to put the ball back into play after it has passed completely over the touch line either on the ground or in the air. The throw-in shall be taken by the opposing team of the player who touches the ball last before it went over the touchline. The throw-in shall be taken within a yard of where the ball crossed the touchline. The thrower, at the moment of delivering the ball, shall face the field of play and part of each foot shall be either on the touchline or on the ground outside the touchline. The thrower shall use both hands equally and shall deliver the ball from behind and over their head. Defenders must be at least two yards from the thrower when the throw is made. A goal may not be scored directly from a throw-in. The thrower shall not play the ball a second time before it has been touched by another player. If the ball fails to enter the field of play before it touches the ground, the ball is awarded to the opponent at the spot of the infraction.
2. There is no offside on a throw-in.

Rule 20: Dangerous Play

1. A player shall be penalized if he/she engages in play that is of dangerous nature or likely to cause injury.
2. Some examples of dangerous plays are:
 - a. Raising the foot to the level that may endanger an opponent when the opponent is at a normal stance.
 - b. Lowering the head to a position with or below the waist in an effort to head the ball in the presence of an oncoming player.
 - c. A player other than the goalkeeper covering the ball while sitting, kneeling, or lying on the ground.
 - d. Showing the bottoms of shoes while an opponent is in playing distance.
3. Playing the ball while on the ground is NOT automatically a dangerous play foul.

Rule 21: Conduct

1. Team captains may discuss plays in a sportsmanlike manner with the referees. Any player discussing calls with the officials other than the captain will be subject to a yellow card. Any team displaying unsportsmanlike conduct, foul language, abuse of officials, or unnecessary roughness of play may be eliminated from further play. Any team receiving two red cards will automatically default to their game.
2. Any player who is ejected from a contest must schedule a meeting with the Coordinator of Intramural Sports before being eligible to play their next game. It is the responsibility of the team captain to control the actions of his/her players and spectators.

Rule 22: Cautions

1. A participant will be cautioned and shown the yellow card if he/she commits any of the following offenses:

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- a. Unsportsmanlike behavior.
 - b. Dissent by word or action.
 - c. Persistent infringement of the rules.
 - d. Delaying the restart of play.
 - e. Failure to respect the required distance when play is restarted:
 - i. Corner kick = 10 yards from the arc
 - ii. Free kick = 10 yards from the spot of the kick
 - iii. Throw-in = 2 yards from the spot of the throw-in
 - f. Entering or re-entering the field of play without the referee's permission.
 - g. Deliberately leaving the field of play without the referee's permission.
 - h. Slide tackling.
2. Penalty
 - a. An indirect free kick shall be awarded for any of the above offenses if a direct free kick for another offense has not already been awarded. The cautioned player shall leave the field and may be replaced. The cautioned player may re-enter at the next legal substitution opportunity.

Rule 23: Ejections

1. A participant shall be ejected from the game and shown a red card for the following offenses:
 - a. Serious foul play.
 - b. Violent conduct.
 - c. Spitting at an opponent or any other person.
 - d. Denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area).
 - e. Denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick.
 - f. Using offensive, insulting or abusive language and/or gestures.
 - g. Receiving a second caution in the same match.
2. Penalty
 - a. An indirect free kick shall be awarded for any of the above offenses if a direct free kick for another offense has not already been awarded. EXCEPTION: A direct free kick from the point of infraction (penalty kick, if appropriate) is awarded for serious foul play or violent conduct toward an opponent.

Rule 24: Sportsmanship

1. Intramural Sports expects all participants and spectators to conduct themselves in a sportsmanlike manner. We have criteria on sportsmanship that are meant to keep teams accountable for their behavior during play. The criteria for sporting-like restrictions are the following:
 - i. 2 UCs on a player in a game = Ejection
 - ii. 3 UCs on a team in a game = Forfeit
 - iii. 3 UCs on a player in a season = Removal (even in playoffs)
 - iv. 4 UCs on a team in a season = Removal (even in playoffs)



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2. Sports Programs Staff will be keeping the amount of UC a person/team receives in our records. Additionally, you will be able to see how many UCs your team has via FusionPlay on your team name.

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