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CAMPUS RECREATION

Rec Sports

Rec Sports Official Rules

8v8 Outdoor Soccer

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Table of Contents	
1. The Field and Equipment	5
1.1 Field of Play	5
1.2 The Ball	5
1.2.1 Defective Ball	5
1.3 Players' Equipment	5
1.3.1 Illegal Equipment	5
2. The Players and Substitutes	6
2.1 The Players	6
2.1.1 CoRec Leagues Have Gender Ratio Requirements:	6
2.1.2 Open and Res Hall Have No Gender Ratio Requirements	6
2.2 Forfeit	6
2.2.1 Rescheduling	7
2.3 Eligibility	7
2.4 Substitution	7
2.4.1 Substitution: Throw-In	7
2.4.2 Substitution: Injury	8
2.4.3 Substitution: Cautioned	8
2.4.4 Substitution: Goalkeeper Ejected	8
2.5 Injury	8
2.5.1 Changing goalkeepers	8
3. Officials and Their Duties	8
3.1 Jurisdiction	8
3.2 Discretionary Power	8
3.2.1 Injuries	9
4. Time Factors, Play, and Scoring	9
4.1 Length of Game	9
4.1.1 Halftime Interval	9
4.1.2 Timekeeper	9
4.2 Start of Play	10
4.2.1 Coin Toss	10
4.2.2 Kickoff	10
4.2.3 After a Goal	10
4.2.4 Change of Ends	10
4.3 Ball In and Out of Play	10
4.3.1 Out of Play	10
4.3.2 In Play	10
4.3.3 Restarts	10
4.4 Scoring	11
4.4.1 Method of Scoring	11
4.4.2 Winning the game	11
4.4.3 Forfeited/Defaulted game	11
5. Offside	11
5.1 No Offside Rule	11

6. Violations and Misconduct	11
6.1 Handling	12
6.2 Holding and Pushing	12
6.3 Violent or Dangerous Charging	12
6.4 Fouling Goalkeeper	12
6.5 Slide Tackles and Diving	12
6.5.1 Slide Tackles	12
6.5.2 Diving	12
6.6 Kicking Ball Held by Goalkeeper	13
6.7 Obstruction	13
6.8 Dangerous Play	13
6.9 Goalkeeper Privileges and Violations	13
6.9.1 Privileges	13
6.9.2 Violations	14
6.10 Misconduct	14
6.10.1 Unsporting Behavior	14
6.10.2 Violent Conduct	14
6.10.3 Non-participants on Field of Play	14
6.10.4 Caution	14
6.10.5 Ejections	15
7. Awarded Kicks and the Throw-In	15
7.1 Free Kicks	15
7.1.1 Types of Free Kicks	15
7.1.2 How a Free Kick is Taken	16
7.1.3 Direct Free Kick Offenses	16
7.1.4 Indirect Free Kick Infractions	17
7.2 Penalty Kick	17
7.2.1 When a Penalty Kick is Taken	17
7.2.2 How a Penalty Kick is Taken	17
7.2.3 Infringements	18
7.2.4 End of Time Variations	18
7.3 Goal Kick	18
7.3.1 When a Goal Kick is Taken	18
7.3.2 How a Goal Kick is Taken	18
7.4 Corner Kick	19
7.4.1 When a Corner Kick is Taken	19
7.4.2 How a Corner Kick is Taken	19
7.5 Throw-In	19
7.5.1 When a Throw-In is Taken	19
7.5.2 How a Throw-In is Taken	19
7.5.3 Throw-in to Goalkeeper	20
8. FAIR PLAY	20
8.1 Official Discretion	20

8.2 General Breakdown of Fair Play Scores	20
8.3 Zero Tolerance Policy	20

The UC Davis Rec Sports Soccer rules will be based on the rules elaborated by the National Federation of State High School Associations (NFHS), with modifications deemed necessary by conditions of Rec Sports competition. Any rules not covered by this supplement shall be governed by the [NFHS Soccer Rule](#) Guide.

1. THE FIELD AND EQUIPMENT

1.1 Field of Play

Field size is designed to accommodate 8-on-8. All games must be played on Dairy Field, unless otherwise indicated on the schedule. Changes may only be made by the Rec Sports Office staff.

The referee and supervisor shall decide in the case of unfavorable atmospheric conditions hampering the commencement of a game whether the game will start or not.

1.2 The Ball

- Rec Sports will provide 1 game ball that **must** be returned to the play of field if kicked out of the facility by the individual that kicked it out of play from either respective team.
- If a team prefers using their own ball rather than the Rec Sports ball, they can use it if the referee and both teams agree to the use of the ball.
- Each team is responsible for providing at least one ball that may be used as the game ball if the ball provided by Rec Sports is kicked out of the facility.

1.2.1 Defective Ball

If one team is in clear possession when the ball becomes defective, the game is restarted by a direct free kick. If one team is not in clear possession, the game is restarted by a drop ball at that spot or at the nearest point outside the goal area.

- If the ball becomes defective during a stoppage of the game (e.g., kickoff, goal kick, corner kick, penalty kick, free kick, or throw-in), the game shall be restarted accordingly.

1.3 Players' Equipment

Shoes must be worn by all participants in a game. Shoes with soles containing leather, rubber, nylon or plastic cleats, studs or bars, and whether molded as part of the sole or detachable are allowed so long as they are judged to be not dangerous by the referee. The use of metal cleats, whether detachable or otherwise, is not permitted. No shoes with toe cleats may be worn (see [Illegal Equipment](#)).

- It is highly recommended that a player wears shin guards (not required).

1.3.1 Illegal Equipment

A player may not wear anything which is dangerous to another player (e.g., rings, metal belts, casts, watches, chains, earrings, etc.). If the referee considers any article other than shoes liable to cause injury to another player, the referee must require the removal of that article; if the player fails to remove it, the referee must order the player off of the field.

The use of any hard or dangerous head, face, or body protective equipment is illegal. Knee or wrist braces with any metal parts are permissible provided all metal is covered with cushioning material. **No player wearing a hard cast of any kind will be allowed to play.** It is mandatory that the referee in each game examines the equipment of each player to see that it complies with these standards. A player wearing any equipment not in compliance shall be sent off the field temporarily. The player shall not return without reporting to the referee first, who shall be satisfied that the player's equipment is in order. Then, the player may re-enter the game only at a moment when the ball is not in play. The referee shall be the sole judge of what is called "dangerous."

2. THE PLAYERS AND SUBSTITUTES

2.1 The Players

A game shall be played by two teams, each of which shall consist of no more than eight people playing at one time, one of whom shall be the goalkeeper. Although only eight people play at a given time, one team's roster can consist of up to 19 players.

No more than nineteen players may sign up with a team over the entire season. Players may register up until the conclusion of the last regular season game. No player may change teams at any time once they have signed up for one team, unless granted permission by the Rec Sports Office.

New players must be added to the team roster before the individual(s) is (are) to play. **No additions** may be made after the team plays its last regular season game (game before playoffs begin) or the last day of the regular season, whichever comes first. A team can add new players the following ways:

- Add player(s) to the online roster on the Fusion Play app
- Email recsports.campusrec.ucdavis.edu for assistance

2.1.1 CoRec Leagues Have Gender Ratio Requirements:

- **EDITED RULE:** Of the 8 playing participants of a team, only 50% may be composed of individuals of the same gender identity.
- Examples of legal gender ratios:
 - 4 female players : 1 non-binary players : 3 male players
 - 4 female players : 4 male players
 - 2 female players : 3 non-binary players : 3 male players
- Examples of illegal gender ratios:
 - 2 female players : 1 non-binary players : 5 male players
 - 1 female players : 6 non-binary players : 1 male players
 - 5 female players: 3 male players

2.1.2 Open and Res Hall Have No Gender Ratio Requirements

- In open and res hall leagues, no gender ratios are enforced.

2.2 Forfeit

EDITED RULE: A forfeit by a team will result in a fine of \$20.00. Team captains will be held responsible for the payment of the fine, which will be billed directly to their student account. A single forfeit will not necessarily eliminate a team from playoffs. If a team forfeits more than half of their season games, they will not be allowed to participate in playoffs. Any of the following constitutes forfeiture of a game:

- Non Appearance
- Less than six players on the field at game time (this applies to all leagues)
 - If a team goes down to less than six players due to an injury or ejection, then the forfeit score (3-0) is used. If the losing team goes down by injury or ejection to less than six players on the field, then the score at that moment will stand and the game will end.

- If a team is found to be playing with more than the allowed eight players on the field at one time, the referee shall stop the game immediately and remove that extra player from the field. The team that did not have the extra player will be awarded a direct free kick taken from the location of the ball when the whistle was blown.
- Late appearance (5 minutes or more after game time)
- Use of an ineligible player
- Cancellation of contest with less than 24 hours notice to the Rec Sports office
- **EDITED RULE:** Failure to return Rec Sports soccer ball to Rec Sports staff by the end of the game. If a team accidentally kicks the ball over the Dairy Field fence, they are responsible for fetching it themselves and will forfeit the game if they fail to do so.

2.2.1 Rescheduling

Captains must contact the Rec Sports office by 5:00 p.m. one business day before their scheduled game for this request (by Friday at 5:00 pm for games on Saturday or Sunday). Both team captains must agree to the reschedule time for the request to be honored.

2.3 Eligibility

Open to all undergraduate and graduate students who have paid full registration fees for the current term, as well as University Affiliates (e.g., staff, faculty, alumni, IEPP, etc.) with a current **Rec Sports ONE Pass**. Proper identification is required to participate in all Rec Sports activities. All players must comply with the official [Rec Sports Eligibility Rules](#).

PENALTY FOR INELIGIBLE PLAYERS: forfeit of the contest in the sport concerned, and disqualification of the violator and knowing team members from further Rec Sports participation in that sport.

Each soccer participant may compete for only one team in each league (e.g., players may play on a team in Open Competitive and Open Recreation leagues, but not two teams in Open Competitive).

- Sport Club members competing in the same Intramural Sport are limited to two players on a roster. There are current clubs that play in the following Intramural Sports – Soccer, Ultimate Frisbee, and Volleyball. Previous Intramural Executive Board rulings have ruled in favor of hockey, baseball and fastpitch playing Intramural Sports because even though the Intramural Sport is similar, the rules and game play are much different.
- A team roster may have no former college **NCAA Division 1 or 2 varsity athlete** who has participated in that related sport within the last academic school year. There are no restrictions on the number of former collegiate athletes on the roster if they had played previous to the year time frame.

2.4 Substitution

Substitutions in the course of a game are not limited. The referee must be notified of the substitution(s) and either team may substitute only under the following conditions:

- On a goal kick
- On a corner kick
- On a throw-in
- Between periods
- Player cautioned

- After a goal has been scored
- In the event of an injury
- When a player is sent off for an equipment change
- Goalkeeper ejection

PENALTY: Direct free kick against the offending side from the location of the ball at the time the infraction is discovered

2.4.1 Substitution: Throw-In

When a team substitutes on their own throw-in, the opponent may replace an equal number of player(s) at the same time.

2.4.2 Substitution: Injury

In the event of an injury, only the injured player(s) may be replaced. The opponent may replace an equal number of player(s) at the same time.

2.4.3 Substitution: Cautioned

In the case of a player being cautioned, the team may substitute for the player(s) cautioned if desired. If such a substitution is made, the opponent shall have the opportunity to make a like number of substitutions at that time.

2.4.4 Substitution: Goalkeeper Ejected

In the case of a goalkeeper being ejected, the team may substitute for the ejected player only. If such a substitution is made, a field player also must be removed, and the opposing team may not substitute at that time.

2.5 Injury

A player is required to leave the field, regardless of the severity of a player's injury, if the player has a bleeding wound or blood-stained clothing.

2.5.1 Changing goalkeepers

The referee must be given notice when any substitution for the goalkeeper is made (either by another player on the field changing places with the goalkeeper or by substitution from the team bench).

PENALTY: Both players (goalkeepers) shall receive a verbal warning at next stoppage of play

3. OFFICIALS AND THEIR DUTIES

3.1 Jurisdiction

- The referee shall enforce the rules and decide any disputed point. The referee's rulings connected with the play shall be final (not appealable) so far as the result of the game is concerned.
- Jurisdiction begins from the time the referee enters the field of play and continues until all participants have left the field of play. The power to penalize shall extend to offenses committed when play has been temporarily suspended or when the ball is out of play.
- The referee shall refrain from penalizing small fouls (tugs, pulls, etc.) such that an advantage would be granted to the attacking team in doing so. When the referee observes a foul that is not to be penalized, the referee shall call out the words "play on" to indicate that a foul has been seen.
- The referee shall signal all fouls.

3.2 Discretionary Power

The referee has discretionary power to:

- Temporarily stop the game for any infringement of the rules or any other circumstance when the referee deems such stoppage necessary.
- Caution any player of misconduct or unsporting behavior (persistent infringement of any of the rules of the game) and, if the behavior persists, eject the player from further participation. The name of any participant suspended, along with details of the incident, shall be submitted to the Rec Sports Office. This includes possible suspension from the remainder of league play or playoffs. A team may not substitute for a red-carded player; they must play shorthanded.
- When cautioning a player, the official shall display a yellow card and indicate the player concerned. The second card displayed to a previously cautioned player shall be a red card. When ejecting a player, a red card shall be displayed. When a player is ejected for unsporting conduct, the ejected player must immediately meet with the supervisor on duty.

NOTE: If the player leaves without meeting with the supervisor on duty, the captain is responsible for providing the supervisor with the player's information. The player must then leave the field (out of sight and sound) within two minutes. If this does not occur, the game will be defaulted.

3.2.1 Injuries

- **General Injuries:** Stop the game and the clock temporarily if a player appears to be injured. If the injury proves to be serious, the referee shall direct the player to leave or be removed from the field of play. Time resumes when the player is off the field. If the player is not replaced, they may reenter the game at any stoppage of play, providing permission has been granted by the referee.
- **Bleeding, oozing injuries or blood on uniform:** Stop the game and the clock temporarily and remove the player(s) from the field of play. The player(s) may reenter the game after the injury has been properly treated, the uniform has been changed, or it has been determined that blood has not saturated the fabric and permission has been granted by the referee.

4. TIME FACTORS, PLAY, AND SCORING

4.1 Length of Game

The duration of the game shall be two equal periods of twenty minutes running time.

During the last two minutes of the second half, stop time will be used for

- Ball out-of-bounds
- Goal scored
- Penalty kick awarded
- Player carded
- **EDITED RULE:** Direct kicks only if the score is within 3 points

Allowance shall be made for all time lost through injury at the discretion of the referee.

Time shall be extended if a penalty is called at the conclusion of the game. In this case, only the defending goalkeeper and the kicker shall remain on the field.

In the regular season (any game not a playoff game), there **will be ties** at the end of regulation. For playoff games, if the game is tied at the end of regulation, one five-minute sudden death overtime (i.e., Golden Goal) will be played.

If no team scores during the sudden death period, penalty kicks will be taken (see [Penalty Kick](#)).

4.1.1 Halftime Interval

There will be a halftime period of no more than two minutes.

4.1.2 Timekeeper

The referee shall be the sole timekeeper.

4.2 Start of Play

4.2.1 Coin Toss

At the beginning of a game, the choice for ends of the field and the kickoff shall be decided by the “toss of a coin.” The team winning the toss shall have the choice of ends of the field or the kickoff. During playoff games, a “coin toss” will determine the choice of ends of the field or the kickoff before the start of the overtime period. A “coin toss” will also be used to determine the kicker sequence for penalty kicks used to break tie games during playoffs.

4.2.2 Kickoff

- At the referee's signal (whistle), the game shall be started by a player kicking the ball **backwards**. All the players shall be in their half of the field and every player of the team opposing that of the kick shall remain at least 10 yards from the ball until it is kicked off. **A goal may be scored directly off of backwards kickoff pass.**
- The kicker may not play the ball again after being kicked off until it has been touched or played by another player (either team).

PENALTY: Direct free kick

- The game is started only when the ball is properly kicked off, that is; kicked and moved backwards. If the ball is not properly kicked backwards, the ball will again be placed on the center mark and properly kicked backwards. After the ball has been properly kicked off, it may be kicked in any direction.
- Any player who repeatedly kicks off improperly, willfully encroaches on the ten-yard distance, or willfully moves beyond own halfway line will be cautioned and ejected from the game upon repetition.

4.2.3 After a Goal

After a goal is scored, the ball shall be taken to the center of the field and kicked off under precisely the same conditions as when the game was started by the side against which the goal was scored.

4.2.4 Change of Ends

Teams shall change ends of the field at the start of the second half and play shall then start with a kickoff by a member of the team opposite to that of the team taking the first half kickoff.

4.3 Ball In and Out of Play

4.3.1 Out of Play

The ball is out of play in the following circumstances:

- When it has **completely crossed** a boundary line, whether on the ground, in the air, or even if the ball has landed within the field after being beyond the line in midair.

- When the game has been stopped by the referee, the referee shall blow the whistle when the ball is out of play.

4.3.2 In Play

The ball is in play at all other times from the start of the match to the finish, including rebounds from a goal post, crossbar, and corner flag into the field of play. If the ball rebounds from the referee when on the field, it is still in play. In the event of a supposed infringement of the rules, the ball is in play until the whistle is blown.

4.3.3 Restarts

A ball out of play is put back into play in the following methods:

- After crossing a boundary line
- When the ball crosses a touchline or goal line, a throw-in, goal kick, or corner kick is used to put it in play.
- After temporary suspension of play
- In case of temporary suspension of play due to an injury or any unusual situation and one team is clearly in possession of the ball, the game shall be restarted by a **direct free kick** by the team in possession at the point where the ball was when play was suspended. Should there not be clear possession at the time play was suspended due to injury or any unusual situation, there will be a **drop ball** at the spot where the ball was declared dead, provided the ball is not in the goal box area. If play was suspended with the ball in the goal area, it should be dropped on that part of the goal area at the top of the box (opposite the goal). The ball is in play when it touches the ground; however, if the ball is played before it touches the ground, the referee shall drop it again.

4.4 Scoring

4.4.1 Method of Scoring

A goal is scored when the ball completely crosses the goal line between the goal posts and under the crossbar, provided it has not been intentionally thrown, carried, or propelled by hand or arm, by a player of the attacking side, except as otherwise provided by these rules.

If the defending players **deliberately** stop or deflect the ball with their hands or arms to stop a goal, **it shall be scored a goal if it goes in**, and the player will be red carded and ejected. Should the ball not go in, a penalty kick shall be awarded to the attacking team and the player ejected.

4.4.2 Winning the game

The team scoring the greater number of goals during a game shall be the winner.

4.4.3 Forfeited/Defaulted game

The score of a forfeited or defaulted game shall be 3-0.

5. OFFSIDE

5.1 No Offside Rule

There is no offside rule in effect for Rec Sports play.

6. VIOLATIONS AND MISCONDUCT

A player shall be penalized if player kicks, strikes, attempts to kick or strike, uses blood or

bleeding injuries improperly, jumps at, or spits at an opponent. Player shall also be penalized if player trips, or attempts to trip, including throwing, or attempting to throw an opponent by stopping in front of or behind opponent.

PENALTY: Direct free kick

NOTE: Jumping at an opponent is different from jumping to play the ball, which is jumping straight upward.

Tripping, kicking, striking, spitting, or jumping at an opponent or attempting to do the same is dangerous and liable to cause injury. In such cases, the referee shall, in addition to the stated penalty, either:

- Issue a caution to the offending player if the referee considers it a misconduct and inform the player that a repetition will result in ejection from the game, or
- Eject the player immediately if the referee considers the act as serious foul play or violent conduct.

Any active player or players on the bench shall be penalized if they deliberately strike or attempt to strike another player or bench personnel in a malicious manner or leaves bench area to participate in an altercation.

6.1 Handling

A player shall be penalized if player handles the ball whether intentionally or

unintentionally, that is, carries, strikes, or propels it with hands or arms (This does not apply to the goalkeeper within their own penalty area).

PENALTY: Direct free kick.

NOTE: Unintentional handling (ball touching the hands or arms) shall always be penalized.

6.2 Holding and Pushing

A player shall be penalized for holding or pushing an opponent.

PENALTY: Direct free kick.

6.3 Violent or Dangerous Charging

A player shall be penalized for charging an opponent in a violent or dangerous manner. A fair charge consists of a nudge or a contact with the near shoulder, when both players are in an **upright position**, within playing distance of the ball, and have at least one foot on the ground and their arms held close to the body.

PENALTY: Direct free kick.

6.4 Fouling Goalkeeper

The referee will eject, without warning, any player who, with obvious intent, violently fouls the goalkeeper in possession of the ball in their own penalty area.

PENALTY: Direct free kick.

6.5 Slide Tackles and Diving

6.5.1 Slide Tackles

No slide tackles or diving allowed in Rec Sports play. You cannot leave your vertical plane at any time.

Slide tackling is defined as, but not limited to, the following:

- Sliding for the ball while in the possession of another player, attempting to save the ball from going out of play, or attempting to deflect the ball into the goal.
- Dropping to one knee when attempting to play the ball within the vicinity of another player. There is no sliding of any kind.
- Slide tackling penalty is up to the discretion of the official depending on the severity of the slide tackle.

6.5.2 Diving

Diving is defined as, but not limited to:

- Leaving your vertical plane in order to play the ball or impeded another player with your head or upper body.

PENALTY: Direct free kick.

6.6 Kicking Ball Held by Goalkeeper

A player shall be penalized if the player kicks or attempts to kick the ball when it is in possession of the goalkeeper. Possession includes contact with the ball.

PENALTY: Direct free kick.

6.7 Obstruction

A player shall be penalized for obstructing an opponent when not playing the ball; that is, running between an opponent and the ball or interposing the body as to form an obstacle to an opponent.

PENALTY: Direct free kick.

6.8 Dangerous Play

A player shall be penalized for engaging in play which is of a dangerous nature or likely to cause injury to oneself or an opponent. Some examples of dangerous play are:

- Raising the foot to the level (above the waist) that may endanger an opponent when the opponent is in a normal stance.
- "Hitching" or double kicking (e.g., scissor kicking/bicycle kicking), which may endanger an opponent.
- Lowering the head to a position level with or below the waist in an effort to head the ball in the presence of an oncoming player (this is likely to cause injury to the player heading the ball in such a manner).
- A player other than goalkeeper playing the ball while sitting, kneeling, or lying on the ground.

PENALTY: Direct free kick.

6.9 Goalkeeper Privileges and Violations

6.9.1 Privileges

Within the penalty area, the goalkeeper has certain privileges which are not given to any other player. These privileges include:

- Handling
- The goalkeeper may catch, carry, strike, or propel the ball with hands or arms.
- The actions normally used by a goalkeeper

- Holding the ball, bouncing the ball, or throwing the ball in the air and catching it are allowed. Moving the ball along the ground by hand is also considered possession.
- If the goalkeeper receives the ball (that is not deliberately passed to them by a teammate) outside of the penalty box and dribbles into the box, they *may* pick-up the ball with their hands.
- Immunity
- The goalkeeper may not be charged, interfered with, or impeded in any manner by an opponent while in possession of the ball. Possession includes the act of bouncing the ball in preparation for kicking it into play, tossing the ball in the air and re-catching it, throwing the ball out to be played, and the dropping of the ball for the kick and parrying. Possession includes contact with the ball.

PENALTY: Direct free kick from point of infraction.

NOTE: Outside the penalty area, the goalkeeper has no more privileges than any other player.

6.9.2 Violations

With the goalkeeper's special privileges comes the capability for certain violations of these privileges which could not be applied to any other player. These violations are:

- Repossession
- After releasing the ball from possession, the goalkeeper may not touch or receive the ball with their hands until an opposing player touches or plays the ball. The goalkeeper may put the ball on the ground immediately to play it with their feet but may not again take possession (control) with their hands until it has been touched or played by an opponent. 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. If this happens, the official may call a direct kick from outside the box.
- Parrying (during a save or attempted save) when there is no clear attempt to control the ball does not count as possession or control.
- When a field player intentionally plays the ball with their feet, legs, or on a throw-in, to their goalkeeper, the goalkeeper is not permitted to touch it with their hands. If trickery is involved, the player is guilty of unsporting conduct and will be cautioned.
- Once the goalie has possession of the ball, they may only drop-kick or throw with their hand. There is no punting the ball in rec sports soccer. If there is a punt, the other team goalie will then start with the ball on their goal box and a direct kick is given.

PENALTY: Direct free kick from the point of infraction.

- **6-second limit:** From the moment the goalkeeper takes control of the ball with the hands within the keeper's own penalty area, the goalkeeper is to be penalized if keeper fails to release the ball into play before six seconds have elapsed.

PENALTY: Direct kick from point of infraction

- Changing jerseys with the goalkeeper during play without the officials' knowledge is a mandatory caution at next stoppage of play for both players.

6.10 Misconduct

6.10.1 Unsporting Behavior

Players and team representatives are expected to conduct themselves in the tradition of fair play and sportsmanship, which is inherent in this game.

- There are seven types of behavior for which the referee shall penalize by caution ((yellow card)see [Caution](#)).
- There are six types of behavior for which the referee shall penalize by expulsion (red card) (see [Ejections](#)).

6.10.2 Violent Conduct

The referee has the discretionary power to suspend from further participation in the game, without previous caution, a player or coach guilty of violent conduct or abusive language to a referee or player.

6.10.3 Non-participants on Field of Play

No person other than the players is allowed on the field of play without permission from the referee.

PENALTY: Direct free kick from location of ball at the time of infraction.

6.10.4 Caution

A player shall be cautioned by the referee and a yellow card displayed if player:

- Joins team after the kickoff or returns to field of play without first reporting to referee
- Persistently infringes upon any rules of game
- Shows dissent by word of mouth or action to decisions given by the referee
- Is guilty of unsporting conduct, including taunting
- Is guilty of any incidental vulgar or profane language
- Delays the restart of play
- Fails to respect the required distance when play is started.

The player who receives a yellow card will be ejected from the game for a total of 4 minutes. Their yellow card will carry on to the next game played.

PENALTY: A direct free kick from point of infraction (penalty kick if appropriate) in case of persistent infringement or unsporting conduct where the violation requires such penalty. A free kick will be taken if the ball was in play at the time of the caution. if the ball is out of play at the time of the caution, the game shall resume with the proper restart (i.e., throw in, goal kick, corner kick, or kick-off).

NOTE: If a non-participant player is cautioned, the game shall be resumed by an direct free kick, against their team, given from the point where the ball was when the infraction occurred.

****If a player receives two behavioral yellow cards, they will be suspended from playoffs.****

6.10.5 Ejections

The referee has the discretionary power to eject from the game, without previous caution, a player (who cannot be replaced) or a coach if they:

- Are guilty of violent conduct or serious foul play
- Are abusive in language or gesture

- Receive a second caution in the same match
- Intentionally stop an opponent's obvious goal scoring opportunity by committing one of the direct free kick fouls while the ball is in play
- Are guilty of fighting
- Spit at an opponent or any other person

PENALTY: A direct free kick from the point of infraction (penalty kick, if appropriate) in case of serious foul play. a free kick will be taken if the ball was in play at the time of the ejection. if the ball is out of play at the time of the ejection, the game shall resume with the proper restart (i.e. throw in, goal kick, corner kick, or kick-off).

A player who has been ejected from the game **shall not** return to the field of play and will not be allowed to participate in playoffs.

7. AWARDED KICKS AND THE THROW-IN

7.1 Free Kicks

7.1.1 Types of Free Kicks

A free kick is taken to resume play after the play has been stopped by the referee for any of the offenses listed in Sections 7.1.3 of this rule. The kick is taken by a member of the team against which the offense is committed and is taken from the point where the infraction occurred.

Free kicks are classified as "direct":

- **Direct free kick:** A direct free kick is one from which a goal can be scored directly from the kick against the offending team.

7.1.2 How a Free Kick is Taken

When a free kick is being taken, a player of the opposite team shall not approach within 10 yards of the ball until it is in play, unless the player is standing on own goal line, between the goal posts. The kick shall be retaken if a player is within 10 yards of the ball and intentionally interferes with the kick. If a player tries to slow the game by not moving 10 yards away from the ball, player or the team captain shall be cautioned, and if any member of the team repeats the infraction, that player may be ejected from the game.

As soon as the ball is in position to be played, it may be kicked in any direction. The ball must be stationary when the kick is taken and is not in play until it has been kicked. The kicker may not play the ball a second time until it has been touched or played by another player.

The kicker must wait for the official's whistle to restart play for direct.

- Yardage is asked for by the participant and counted out by the referee.
- There is a discussion between the referee and any participants that halts an immediate free kick.

PENALTY: Direct free kick from point of infraction.

When a free kick is awarded to the defending team in the penalty area, the ball is not in play until kicked, and enters the field of play beyond the penalty area. All opponents must be outside the penalty area and at least 10 yards from the ball or the kick must be retaken.

The goalkeeper may not receive the ball into their hands from a free kick to thereafter kick the ball into play.

PENALTY: If the goalie does receive the ball into their hands. It is a Direct free kick from the top of the box from the opposing team.

7.1.3 Direct Free Kick Offenses

Offenses for which a direct free kick will be awarded are (see [Violations and Misconduct](#)):

- Handling the ball.
- Holding an opponent.
- Pushing an opponent.
- Striking or attempting to strike an opponent.
- Jumping at an opponent.
- Kicking or attempting to kick an opponent.
- Tripping or attempting to trip opponent.
- Charging an opponent violently or dangerously.
- Handling by the goalkeeper outside the penalty area.
- Violently fouling the goalkeeper in possession of the ball in the penalty area
- Goalkeeper striking or attempting to strike an opponent with the ball.
- Charging illegally when the ball is not within playing distance, unless being obstructed
- Slide tackle.
- Spitting at an opponent or official.
- A player playing the ball a second time before it has been played by another player at the kickoff, on a throw-in, on a free kick, on a corner kick, on a goal kick (if the ball has passed outside the penalty area) or on a penalty kick.
- The goalkeeper takes more than six seconds to release the ball.
- A substitution or re-substitution being made at an improper time (i.e., not at a correct stoppage of play).
- Persons other than the players entering or leaving the field of play without the referee's permission.
- To resume play after a player has been ejected from the game for misconduct, provided a separate violation has not been committed at the same time that requires a different restart.
- The goalkeeper receives in their hands a ball intentionally played to them via their teammate's feet, legs or on a throw-in.
- Dissenting by word or action with a referee's decision.
- Unsporting behavior.
- Dangerous play.
- To resume play after a player has been ordered off the field.
- Charging (but not violently or dangerously) when not in playing distance of the ball.
- Interfering with the goalkeeper or impeding goalkeeper in any manner until the ball is released or kicking or attempting to kick the ball when it is in goalkeeper's possession.
- Illegal obstruction other than holding.

All direct kicks awarded to the offensive team in the penalty area are penalty kicks.

7.1.4 Indirect Free Kick Infractions

There are no indirect free kicks in Rec Sports Soccer.

7.2 Penalty Kick

7.2.1 When a Penalty Kick is Taken

A penalty kick is awarded for any infringement of the rules by the defending team within the penalty area which is penalized by a direct free kick. The ball must be in play when the infringement is committed for a penalty kick to be awarded.

A penalty kick can be awarded irrespective of the position of the ball if an infraction by the defending team is committed within the penalty area. A goal may be scored directly from a penalty kick.

A penalty kick is **not** awarded for infractions that call for a direct free kick, regardless of where or by whom the offense is committed.

7.2.2 How a Penalty Kick is Taken

The penalty kick is taken 4-5 long steps from the penalty mark (12 yards in distance from the goal line). Only those players on the field, at the time the penalty kick is awarded, may take the penalty kick.

When it is being taken, all players (except for the kicker and the opposing goalkeeper) shall be within the field of play, but outside the goal box and at least 10 yards from the penalty mark.

The opposing goalkeeper must stand on own goal line, between goal posts, and is permitted to move laterally (i.e., from side to side) until the ball is kicked.

The player taking the kick must kick the ball forward one full rotation in order for it to be in play.

The kicker may not play the ball a second time until it has been touched by another player. If the ball hits the goal posts or the crossbar and rebounds into play, the kicker still may not play the ball until it has been played by another player.

PENALTY: If the ball is kicked a second time before it has been touched by another player, a direct free kick shall be awarded to the opposing team and shall be taken from the spot where the infraction occurred.

Penalty kicks taken at the end of a tie **playoff** game to determine the winner:

- Referee shall choose the goal at which kicks will be taken.
- Kicks shall be taken alternately by opposing teams.
- A coin toss shall determine which team will kick first. The winner of the coin toss has the option of kicking first and letting their opponent choose a respective side or kicking second and choosing a respective side first.
- Any players on the team at the end of the game may be involved in the taking of penalty kicks.
- If after five penalty kicks have been taken the score is still tied, continue alternating kicks until one team scores and the other team does not.
- Each kick taken must be by a different player. No player may take a second kick until all players have kicked at least once.
- Any player on the team at the end of the game may exchange places with the goalkeeper at any time during the series of penalty kicks.
- For CoRec, teams must alternate between genders.

7.2.3 Infringements

- On a penalty kick, for any infringement by the defending team, the kick shall be retaken if a goal **has not** resulted.
- On a penalty kick, for an infringement by the attacking team other than the player taking the kick, the kick shall be retaken if a goal **has** resulted.
- On a penalty kick, for any infringement by the player taking the kick committed before the ball is in play, the player shall be cautioned or ejected as appropriate, and the kick taken.

7.2.4 End of Time Variations

If the ball touches the goalkeeper before passing between the posts when a penalty kick is being taken at or after the expiration of time, it does not nullify a goal.

If necessary, time of play shall be extended at half time or full time to allow a penalty kick to be taken.

If a penalty kick is taken after the expiration of time, only the kicker and goalkeeper are allowed on the field.

7.3 Goal Kick

7.3.1 When a Goal Kick is Taken

A goal kick is taken by a member of the defending team when the ball passes completely over the goal line (excluding that portion between the goal posts), either in the air or on the ground, having last been played by a member of the attacking team.

7.3.2 How a Goal Kick is Taken

The ball is placed on the ground at a point within the goal area and is kicked into the field of play. The ball must be kicked beyond the penalty area, or the kick shall be retaken. **A goal may not be scored from a goal kick.**

Players of the team opposing that of the player taking the goal kick shall remain outside the penalty area until the ball goes over the penalty area line after the kick has been taken, or the kick shall be retaken.

The goalkeeper shall not receive the ball into their hands from a goal kick in order to kick it into play. The goalkeeper cannot pick up the ball and kick it - the ball must be placed on the ground and kicked from there.

The kicker may not play the ball a second time after it has passed beyond the penalty area and before it has touched or been played by another player.

PENALTY: Direct free kick from the point of infraction.

7.4 Corner Kick

7.4.1 When a Corner Kick is Taken

A corner kick is taken by a member of the attacking team when the ball passes completely over the goal line (excluding that portion between the goal posts), either in the air or on the ground, having last been played by a member of the **defending** team.

7.4.2 How a Corner Kick is Taken

A member of the attacking team shall take a kick from within the quarter circle at the nearest corner. **A goal may be scored directly from a corner kick.**

Players of the defending team shall not approach within 10 yards of the ball until the ball is in play, that is, has traveled forward, or the kick shall be retaken.

The kicker may not play the ball a second time after the ball is in play until it has been touched by another player. If the ball hits the goal post and rebounds toward the kicker, the kicker still may not play the ball until it has been touched by another player.

PENALTY: Direct free kick from the point of infraction.

7.5 Throw-In

7.5.1 When a Throw-In is Taken

A throw-in is taken to put the ball back into play after it has passed completely over a touch line, either on the ground or in the air.

7.5.2 How a Throw-In is Taken

The thrower, at the moment of delivering the ball, must face the field of play and part of each foot shall be either on the touch line or the ground outside of the touch line. The thrower shall use both hands equally and shall deliver the ball from behind and over the head. The throw-in shall be taken from the point where it crossed the line, being thrown in any direction by a player of the team opposite to that of the player who last touched the ball. The ball shall be in play from the throw as soon as it enters the field of play. **A goal may not be scored directly from a throw-in.**

The thrower may not play the ball a second time before it has been touched or played by another player.

If a goal is scored from a throw-in from the opposing team without touching anyone, the ball will be restarted as a goal kick. If a player throws the ball into their own goal without the ball touching anyone, then the restart will be a corner kick.

PENALTY: If the ball is improperly thrown in, the throw-in shall be taken by a player of the opposite team.

7.5.3 Throw-in to Goalkeeper

A goalkeeper **may not catch a ball** that is thrown to them by a teammate with their hands.

PENALTY: direct free kick from point of infraction.

8. FAIR PLAY

8.1 Official Discretion

- **EDITED RULE:** Teams will start with a fair play score of 5 and can work down depending on their behavior before, during, and after the game.
- Officials have a 1-point discretion if no cards are given.
- **EDITED RULE:** A minimum average fair play of 3 throughout the season is needed in order to have your team make it to playoffs.

8.2 General Breakdown of Fair Play Scores

TABLE 1: BREAKDOWN OF FAIR PLAY SCORE

Fair Play Score	Breakdown of Fair Play Score
5	Exceptional sportsmanship
4	Above average sportsmanship
3	Average sportsmanship
2	Below average sportsmanship
0-1	Very poor sportsmanship

8.3 Zero Tolerance Policy

Any player that receives three yellow cards or two red cards in one season will not be allowed to participate in Rec Sports for the rest of the quarter. Two yellow cards or one red card results in a one game suspension.