

# PLAYING RULES FOR THE LMSC SPRING INTRAMURAL PROGRAM

## JUNIORS, INTERMEDIATES, QUASARS AND PROTONS DIVISIONS

The following is a brief description of the 5 v 5 rules that will be used in the Middle Age Divisions. The rules have been modified so as to maximize player enjoyment. Coaches are always asked to remember that the primary objective of the program is **ENJOYMENT OF THE GAME OF SOCCER**.

### LAW I -- THE FIELD

Fields will be approximately 40 yards long and 30 yards wide. There will be a midfield line and a goalie line five yards out from each goal line. The goal lines extend from one sideline, across the field to the other sideline.

### LAW II -- THE BALL

The Juniors and Quasars Divisions will use a size 3 ball. The Intermediates and Protons Divisions will use a size 4 ball.

### LAW III -- NUMBER OF PLAYERS AND SUBSTITUTIONS

Each team will have up to 14 players. On game day, the coach will divide the players into two teams of seven players. Each of these teams will play against one of their opponent's seven player teams on adjacent fields. Games will be 5 vs. 5 (**four field players and a goalie**). Coaches are to rotate players so that they all get a chance to play goalie. All players are to get EQUAL playing time. Star players and children of the coaches are NOT to be given extra playing time.

Special LMSC Intramural Rule: If a team is losing by four or more goals, the coach may put an extra player on the field until the deficit is reduced to three goals.

Substitutions may be made whenever the ball goes out of play, or when there is an injury. Substituting while the game is in progress may only be done if absolutely necessary. Coaches are to get the attention of the referee by yelling "substitutions, please." If the referee does not hear you and play continues, the substitutions may not enter the field.

Coaches are urged to minimize the number of times substitutions are made since the process reduces the amount of time the ball is in play during the game.

**Coaches Note:** Coaches are to divide the teams up evenly, there should NEVER be a strong team and a weak team.

**Special Field Note:** If one team only has 9 or fewer players, then one or both of the games should be played 4 vs. 4. In this situation, the goals should be moved in from the end line to the goal lines, making the field 30 yards long.

### LAW IV -- PLAYER EQUIPMENT

Players should have a pair of soccer shoes with rubber cleats on the bottom. They should not play in sneakers or dress shoes since this will cause them to slip more frequently and increase the probability of injury. Players should not wear long pants (sweat pants are acceptable). Coaches and referees should look to be sure all players shoes are properly tied.

Players should wear navy gym shorts and a pair of white soccer socks over their shin guards.

Shin guards are MANDATORY by order of the United States Soccer Federation. Players may NOT play without them.

For safety reasons, players may NOT wear baseball hats or any other type of hat. Any player wearing a baseball hat will need to remove it immediately.

## **LAW V -- THE REFEREE**

There will be one referee. The referee shall be responsible for starting the game on time and ending the game on time so that following games do not get put behind schedule. The referee is the **ONLY** person who may start play, stop play and call fouls. **If a referee does not show for a game, the coaches are to find someone else to officiate.**

**Coaches are not to yell at or try to intimidate the referee.** If they should disagree with a call, they should talk to the referee in private at half time or after the game. It is very important that coaches maintain a positive image in the eyes of their players and not yell at the referees. Any coach or adult who abuses the referee will be reported by the referee to the Division Commissioner who will deal with the matter accordingly.

## **LAW VI -- ASSISTANT REFEREES (LINESMAN)**

Since the fields are so small, assistant referees (linesman) will not be used. If needed, the referee may ask for someone to help indicate if a ball has rolled over the opposite sideline.

## **LAW VII -- DURATION OF THE GAME**

There are two 25 minute halves with a 5 minute break in between. The team listed first on the schedule should have their players switch fields at halftime so that both five man team plays each of the opponent's five man teams. Teams will change direction at halftime.

The referee is to see that the game starts on time. If a game is running behind schedule, the referee will shorten the game so that the next game can start on time.

## **LAW VIII -- THE START OF PLAY**

Opponents must be in their own half of the field and at least five yards from the ball. Play must start with a pass (forwards or backwards). Teams may **NOT** simply blast the ball down the field.

## **LAW IX -- BALL IN AND OUT OF PLAY**

The ball is in play until it **ENTIRELY** goes over one of the out of bounds lines (whether in the air or on the ground). Play shall continue in all cases until the referee blows the whistle. Coaches and spectators are not to tell players to stop playing unless the whistle has sounded.

## **LAW X -- METHOD OF SCORING**

The **ENTIRE** ball must go through the goal while on the ground or in the air. In 5 vs. 5, goals may only be scored if the ball is shot from the team's offensive half of the field.

## **LAW XI -- OFFSIDES**

There is no offsidess rule. Coaches are to have all field players go up the field on offense and have all field players go back on defense. Coaches are to discourage and prohibit players from cherry picking.

## **LAW XII -- FOULS AND MISCONDUCT**

All fouls will result in an **INDIRECT FREE KICK** (a goal may not result directly from the kick). All opponents must be at least **FIVE** yards from the ball. If an attacking team gets a free kick near their opponent's goal, the free kick must be taken from beyond the goalie line. Free kicks in a team's defensive goalie area may move the ball to the top of the goalie area. There are no penalty kicks taken in these divisions.

The referee is to stop play and briefly **EXPLAIN** (15 words or less) the foul to both the offending player **AND** to the other players. The referee is to try and help the players to better understand the game of soccer.

In **EVERY** soccer age group, up through professional, a hand ball violation is **NOT** called if the ball hits a player in the arm when his arms are at his side and the player could not possibly avoid having the ball hit his arm. Hand balls are only called if the player could avoid having the ball hit his/her arm.

**SLIDE TACKLES ARE ILLEGAL** IN ALL LMSC INTRAMURAL DIVISIONS. This will be strictly enforced by the referees. Coaches are not to teach slide tackles to their players.

**LAW XIII -- FREE KICKS**

All free kicks are indirect, meaning that the player taking the kick may not score directly from the free kick. Another player (on either team) must first touch the ball. It is highly recommended that the player PASS the ball to restart play. This will help players to understand teamwork.

Defensive players must be at least five yards from the ball on all restarts.

**LAW XIV -- PENALTY KICKS**

There will be no penalty kicks in these age groups.

**LAW XV -- THROW INS**

When the ball goes out of bounds on the sideline, the other team will get a free kick. There are no throw ins in 5 vs. 5 soccer. The free kick is indirect (the ball may not go directly into the goal). Opponents must be at least five yards away from the kick.

**LAW XVI -- GOAL KICK**

A Goal Kick will restart the game after the ball has entirely crossed the goal line, but not through the goal posts and is last touched by an attacker. The goal kick may be taken by the defensive team from any point inside the goalie area. Opponents must be at least five yards away from the ball. The player taking the goal kick may not play the ball again until it is played by another player.

**LAW XVII -- CORNER KICK**

A Corner Kick will restart the game after the ball has entirely crossed the goal line (except for a goal) and was last touched by a defender. The kick is taken from the corner of the field. Opponents must be at least five yards from the ball.

**LAW XVIII -- COMMON SENSE**

When in doubt, common sense should be used to interpret the laws and maintain the spirit of the game.