



# RECREATION

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## INTRAMURAL 7 v 7 SOCCER RULES

Last Revised: Fall 2023

 = Revised Changes

### Part A: WR Governing Rules

1. Warrior Recreation Intramural Leagues are guided by the Spirit of Competition (S.O.C.). Every participant, player, captain, and league staff will all have an active part in upholding the S.O.C.
2. Warrior Recreation 7v7 Soccer is governed by the policies and rules put forth by Canada Soccer in conjunction with the rules listed here, as well as the policies as outlined in the Spirit of Competition.
3. Officials, team captains, and players are all responsible for the good order and conduct of the game.
4. The official's judgment is final for all decisions regarding game play.
5. A more comprehensive list of rules and regulations for all intramural sports can be located in the Intramural Handbook found [here](#).

### Part B: The Teams

1. The conduct of the participants must be in accordance with the Spirit of Competition. Any player violating these guidelines may be asked to leave the facility.
2. It is recommended that both teams be dressed and ready to play 10 minutes before the scheduled start of their game. All games start at the time published on the schedule.

3. Team Members: Teams consist of 7 players playing at one time. Each team must have a minimum of 5 players.
4. Grace Time: Any team without the required number of players within 5 minutes of the scheduled time will default that game. If any team member is in doubt about their eligibility, they should speak with their team captain, League Staff, or the Intramural Coordinator immediately.
5. If players, team officials, game timekeeper, etc. show up for a game in a condition which in the official's opinion, render them unable to take part, the official may default the game.
6. Specialized Positions: One player from the team will be designated as the keeper.
  - a. The keeper must have a uniform distinctly different from the rest of the team and the opponents.
  - b. The keeper may be substituted with the permission of the official.
7. Varsity players are not eligible to participate in an intramural sport similar to their varsity sport while in season. This means that varsity soccer players are not eligible to participate in the fall semester.
8. Substitutes will remain on the sideline and any substitution must be done during a stoppage in play with the permission of the official.

### **Part C: Team Captain**

1. The team captain must be familiar with the Spirit of Competition guidelines and Eligibility rules, and inform players of all rules and conduct expectations.
2. Each team must identify their team captain at the beginning of each game to the official. If the captain is not present, the team will nominate a player to be the acting captain for that game. This person will take on all duties and responsibilities as the team captain. This person will be identified as the acting captain on the score sheet.
3. It is the team captain's duty to know his/her duties and responsibilities before the game begins.
4. Only the captain should be speaking with the officials during the game time. Players who wish to discuss any issue with an official must ask the captain to speak on their behalf.
5. It is each captain's responsibility to have the team roster ready on the score sheet by the start of game time.

6. The captains of each team are to complete the S.O.C. on the score sheet honestly by giving the opposing team a rating of 0, 1, or 2. They will also **sign and** validate the score upon completion of the game.
7. Any concerns that a captain may have regarding officiating, should be made aware to the **League Staff** in a timely and respectful manner.

#### **Part D: Officials**

1. 7v7 Soccer will have one official assigned to each game.
2. The official will require that all participants sign in. Any participant not signing in will not be able to participate.
3. All participants will respect the call of the official. The team captain may ask for clarification in a respectful manner.
4. The official will manage the match and the game sheet.
5. If there is a dispute, the official's decision is final.

#### **Part E: Equipment**

1. No jewelry (unless properly taped down), non-elastic head bands, or hard support braces are allowed during game time.
  - a. Captains will be warned at the beginning of the game to have all their players remove such items.
  - b. During the game, players found with such items will be asked to leave play until the item is removed or properly secured.
2. Religious wear may be worn while participating and must not be a safety risk to the participant, participant's team, opponents, or officials.
  - a. Items that are a safety risk will be asked to be properly secured.
  - b. It is the responsibility of the player to properly secure the item safely.
  - c. If there are any questions about an item's safety risks, players should contact League Staff or the Intramural Coordinator more than 24 hours prior to their game.
3. The following equipment will be required or provided:
  - a. Pinnies
    - i. Available to be signed-out at the Equipment Desk.
  - b. Game Ball
    - i. A game ball will be provided for game play only (not for practicing).
  - c. Nets

4. The following equipment will be optional:
  - a. If available, practice equipment may be signed out at the equipment desk.
  - b. Custom team shirts
    - i. Must be all the same colour (contrasting to opponent).
  - c. Shin Guards
5. Proper attire must be worn to participate (no jeans or pants / shorts with zippers).
  - a. Proper athletic footwear for the sport is required (no street shoes, boots, dress shoes, bare feet, or sandals etc).
  - b. Cleats are recommended but not mandatory.
  - c. Steel toe shoes and metal cleats are not permitted for use.
6. Knee braces must be padded with slow to recover foam, not just pants.

## **Part F: General Game Rules**

1. Playing Time
  - a. Games consist of two, twenty minute run time halves.
    - i. Stoppage time will be added at the end of each half in the event of injury provided the entire match does not exceed 45 minutes.
    - ii. Halftime will be 5 minutes.
      1. Both teams may agree to start earlier.
    - iii. No game shall exceed 55 minutes after the scheduled start time.
2. Overtime/Tie
  - a. If a game is tied at the end of the match, the game will be recorded as a tie.
3. Time Outs: There will be no time outs.
4. Mercy Rule: If a team is leading by a score of 6 goals, the game will be called complete and end immediately.
5. A game recorded as a default/Forfeit will be scored 3-0.
6. Captains will sign the game once completed and assign an SOC rating of 0, 1, or 2 for the opponent.
7. The winner will be determined as the team that has the most goals at the end of the game.
8. Games will be played on half fields on Warrior Field (Warrior Field #1 and Warrior Field #2).
9. Games may be cancelled due to inclement weather. An email will be sent out to notify all teams if cancelled prior to the start time. If the official cancels the game, the following will happen:

- a. The official will call the game and notify league staff immediately.
- b. If the game is cancelled during the first half, the game will be rescheduled.
- c. If the game is cancelled during half-time or later, the score will be final.

## **Part G: Specific Game Rules**

1. Unlimited substitution may be made at the intersection of the touch line and centre line.
  - a. A team can substitute only during Kick-off, Goal kick, and when it is their Kick-in (instead of a throw in).
2. The width of the Warrior Field is the length for 7v7 Soccer playing field of play. The 5-yard lines and 45-yard lines will be the touch lines. The nets will be placed on the yellow line and be centered on 25-yard line allowing the penalty area to be from 15-yard line to 35-yard line all the way up to the yellow line for the penalty area for full field soccer.
3. The minimum distance that should be respected for kick-ins is 5 meters.
4. There are no off-sides.
5. Beginner – the ball must touch 2 players in the offensive end prior to scoring.
  - a. The count resets if
    - i. an opponent gains controlled possession of the ball.
    - ii. the ball leaves the field of play.
  - b. A player kicking the ball in from the sideline does **NOT** count as a touch.
  - c. A player kicking the ball in from a corner kick **DOES** count as a touch.
  - d. A player touching the ball off kick off **DOES** count as a touch provided the ball is moved forward into the offensive end.
6. If the ball goes in the net prior to this, a goal kick will be awarded.

## **Part H: Penalties, Fouls, and Misconducts**

1. Fouls and misconducts are adapted from FIFA Laws of the game for outdoor soccer along with the free-kicks. Penalty kicks will be taken 7 meters away from the goal line.
2. The minimum distance that should be respected for direct or indirect free kicks is 7 meters.

## **Part I: Playoff Specific Rules**

1. Tie-Breaker Procedure:
  - a. If tied after full-time, a penalty shootout will take place.
  - b. A coin toss will determine who will shoot first.
  - c. Select five players from each team to shoot.

- d. If tied after five shooters, a sudden death shootout will be carried on (teams must cycle through the entire team on the field before an individual can shoot again).
- e. Goaltenders must remain constant throughout. At the discretion of the team they may be used as a shooter.
- f. All the substitutes must remain outside the field and the rest of the players not participating must remain in the center circle.
- g. Choice of net(s) will be used to the official's discretion.

## **Part J: Tie-Breaking Procedures**

1. If teams have the same number of points at the end of the regular season, the following will be used in order to determine the team that is ranked higher in the order they are listed:
  - a. The team having the higher S.O.C. will be ranked higher.
  - b. The team with the fewest defaults and forfeits will be ranked higher.
  - c. The team with the fewest defaults will be ranked higher.
  - d. The team having won the head-to-head match will be ranked higher.
  - e. The team having the best ratio of points for/against will be ranked higher.
  - f. The team having the better point differential will be ranked higher.
  - g. A coin flip will determine the team to be ranked higher
2. If multiple teams are tied, the above criteria will be used until one team is ranked higher OR lower. The process will then reset and continue until all teams have been ranked.

If there are any questions about the above rules, please email League Staff at [leagues@uwaterloo.ca](mailto:leagues@uwaterloo.ca) and they will be more than happy to explain and clarify any questions.