



McGILL UNIVERSITY - DEPARTMENT OF ATHLETICS



INTRAMURAL OUTDOOR RULES

7v7 SOCCER

McGILL ID POLICY & SIGN-IN PROCEDURE

- See article 4.1 of the IM Handbook. **NO McGILL ID — NO PLAY — NO EXCEPTIONS!**
- After the scorekeeper has confirmed a player's identity, they must select a pinnie of the appropriate color and report that pinnie's number to the scorekeeper.
- At the end of the game, all pinnies must be returned to the team captain. The captain is responsible for returning **all** pinnies to the scorekeeper. The scorekeeper will return the team's ID cards when **all** pinnies are accounted for.

DEFAULT RULE

- See article 8.1.1 of the IM Handbook.
- The minimum number of players to start a match in outdoor soccer is **five (5)**.

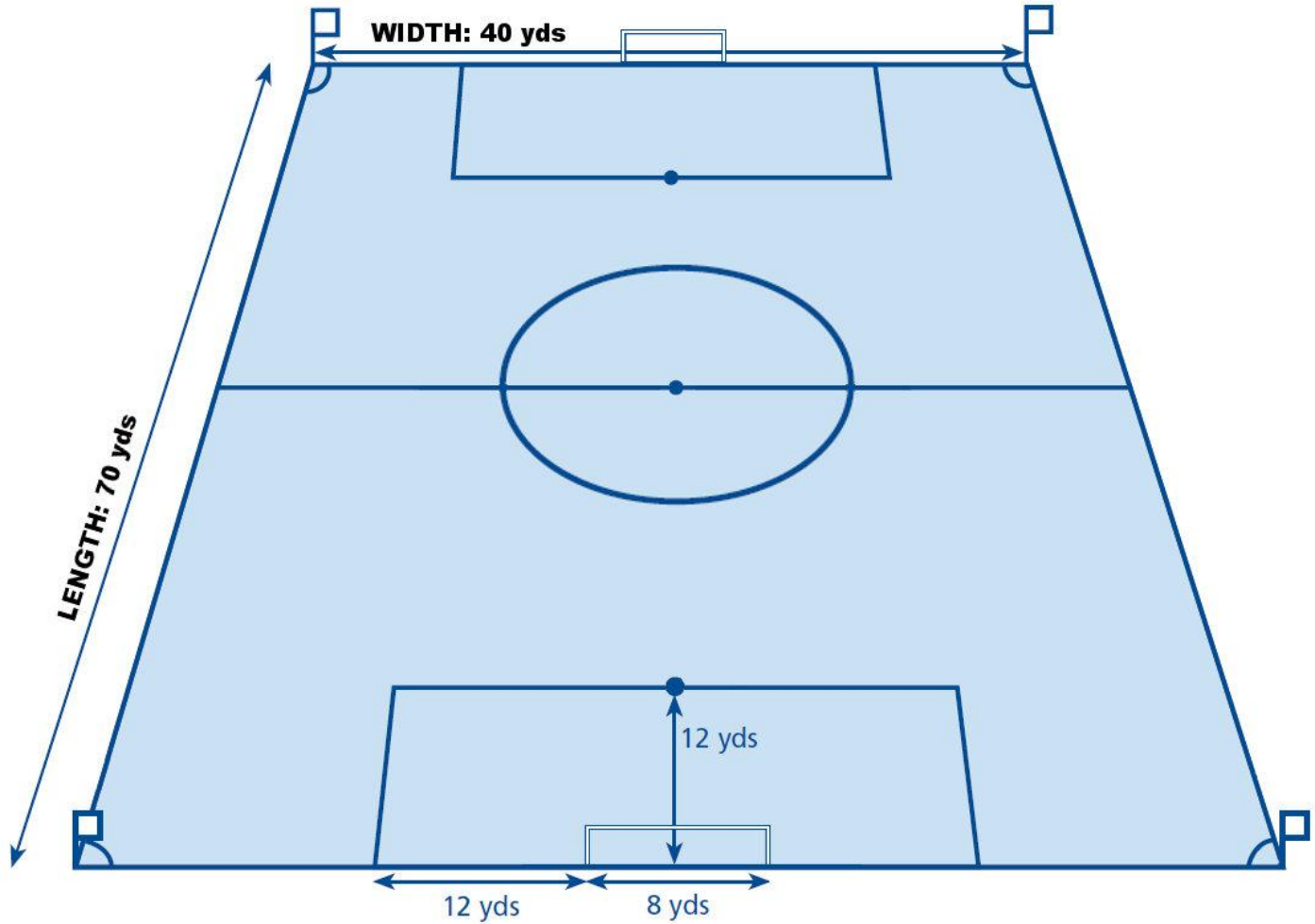
EQUIPMENT

- Pinnies will be issued to each team at the game site. Goalkeepers will not wear a pinnie, so that they can be distinguished from the other players.
- Regulation (FIFA approved) soccer balls are supplied and used in all games

SHOES: Metal or replaceable cleats are NOT permitted.

FIELD DIMENSIONS

SUBSTITUTION BENCH for TEAM 1 (behind the nets)

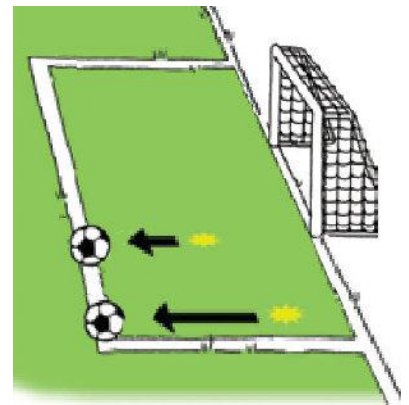


SUBSTITUTION BENCH for TEAM 2 (behind the nets)

INDIRECT FREE KICKS inside the PENALTY AREA

In 7v7, an IFK awarded inside the penalty area will be taken on the penalty area (PA) line parallel to the goal line at the point nearest to where the infringement occurred (see diagram on the right).

DFK fouls taking place inside the PA will incur a penalty kick to be taken 12 yards from goal, on the PA line.



RULES

- Fédération Internationale de Football Association (**FIFA**) rules apply during all Intramural Soccer games, with the following exceptions and amendments.

GAME TIME

- Each match will last two equal periods of **22 minutes**.
- Clock will be “continuous” (i.e. will not stop when ball goes out of play). Stoppage/injury time may be added at the end of each period, but the amount added will be entirely at the match officials’ discretion.
- Half-time interval: max. **5 minutes**. May be reduced at the match officials’ discretion.

NUMBER of PLAYERS & SUBSTITUTIONS

- Each match is played by two teams , each consisting of **seven (7) players**, one of whom is the goalkeeper.
- **MINIMUM:** A match may not start if either team consists of fewer than **five (5) players**.
 - Should a team be reduced to less than 5 players at any given time (due to red cards or injuries) that team will forfeit the game.

CO-REC

- In Co-Rec divisions, the male/female ratio of **outfield players** (i.e. excluding the goalkeeper) must always be **1:1**. That is, in order for a game to begin, a team must have a minimum of 5 players in this configuration:

1 Goalkeeper (gender non-specific)
2 Males
2 Females

- In order to encourage Co-Rec teams to field at least 3 male and 3 female players each match, extra players beyond the minimum requirement of seven may be added as per the following format:

	Goalkeeper	Males	Females
5 players (minimum)	1	2	2
6 players	/	/	/
7 players	1	3	3

In other words, a Co-Rec team may not play with a 6-player configuration.

- **EXCEPTION:** should a team be reduced in numbers due to a **red card** or an **injury**, that team need not take off another player in order to respect the 1:1 ratio.

e.g. a team which started the match with 7 players and which receives a red card, *may* play in a 6-player configuration (1 GKP + 3 males + 2 females OR 1 GKP + 2 males + 3 females)

SUBSTITUTIONS:

- Substitutions are unlimited. Players substituting off may return later in the game.
- The following four (4) conditions must be respected during a substitution:
 1. Substitutions **may only take place at a stoppage in play**, regardless of ball possession.
 2. Before substituting, a team must **ask permission to one of the match officials**.
 3. Substitutions must take place **at that team's substitution bench** (see below).
 4. The **outgoing player must first leave the field**, before the ingoing player may enter.
- Illegal substitutions (*e.g. failing to ask the referees' permission; entering the field of play too soon, etc.*) will result in a caution (yellow card) being issued to the player attempting to enter the game.
- In order to maintain the pace of the game and avoid time delays, substitutions must be carried out as quickly as possible.

CO-REC

- In order to facilitate monitoring of the male/female ratio in Co-Rec games, all outgoing players must exit the field of play and TOUCH their substitute before the latter can step in, **one at a time**.
- Officials are instructed to strongly enforce this rule: transgressors will receive one warning at their first offence, and will then be cautioned.

SUBSTITUTION ZONES & BALLS KICKED OUT OF BOUNDS

- Each team has its own **substitution bench**, delimited by the zone behind each team's goal net (refer to the diagram on p.2). The purpose of these zones is two-fold:
 - 1) Provide a space for substitutes to sit down during the match
 - 2) Assist in **ball retrieval** when the ball is kicked over the goal line (see below)
- At the start of every match, each team captain will be provided with one (1) GAME BALL. These balls are to be kept close to the team bench during the game.
- When the ball is kicked over the **touch line** (and/or over the Forbes Field fence), **play is stopped** until the ball is retrieved.
- When the ball is kicked over the **goal line**, **play is resumed** by using one of the balls from the substitutes' bench. The team who touched the ball last must provide the new ball.
- **Substitutes from the team who kicked the ball out are responsible to retrieve it!!** Once they do, the recovered ball is placed beside their bench.

These measures are in place to avoid time delays and/or lost balls during the match.

PLAYOFFS

For playoff games tied after the end of regulation time, the game shall proceed to a **penalty shootout** (kicks from the penalty mark).

Format:

- **Five** (5) penalty kicks will be taken by each team, followed by sudden death penalty kicks.
- Kicks may be taken by **any team member** registered on the gamesheet, regardless of whether the player was on the field at the match's completion.
- Once a player has taken a kick, they may not go a second time until all other players have gone once.

CO-REC:

1. Each team will select five (5) kickers: **3 male + 2 female** OR **2 male + 3 female**.
2. Kicks will be taken in alternation between male and female players.
3. If the game remains tied after the first 5 kickers, sudden death penalty kicks will ensue.
4. No player shall kick more than once before all eligible players have taken a kick. Exceptions must be made to preserve the alternation between male and female players.

FINAL match:

- In the final match of playoffs, a game tied at the end of regulation time will proceed to two five (5) minute halves of extra time. The halves will be played in their entirety (no golden/silver goal).
- Should the game still be tied after extra time, a penalty shootout will ensue.

THROW-INS

Make sure your players know the appropriate position:

At the moment of delivering the ball, the thrower:

- *faces the field of play;*
- *has part of **each foot** either on the touch line or on the ground outside the touch line;*
(N.B. since 7v7 touch lines will be marked by cones, a certain level of tolerance will be shown regarding this rule)
- *uses both hands;*
- *delivers the ball from **behind** and over his head.*



Dragging the toes of one foot is considered legal.

OFFSIDE

- There are NO offsides in 7v7 soccer.

FREE KICKS

- In 7v7, at the execution of a free kick or corner kick, all opponents must be at a distance of **seven (7) yards** from the ball until it is played.
- The player taking the free kick may ask the referee to enforce the 7-yard distance. If such a request is made, the kick cannot be taken until the referee blows their whistle.
- Encroachment of the 7-yard distance, particularly if done with the explicit intent to delay the restart of play, will result in the offending player being cautioned.

GOALKEEPERS

- A goalkeeper may not play the ball with his/her hands if the ball is deliberately passed to him/her by one of their teammates, excluding passes made with any body part above the knee. Any violation of this rule results in an indirect free kick (to be taken on the penalty area line parallel to the goal line at the point nearest to where the infringement occurred).

HANDBALLS

- Only DELIBERATE handballs will be called. The judgement of whether a handball is deliberate or unintentional is entirely at the referees' discretion.
- The upper part of the shoulders is not considered a handball.
- If a player uses their hands for protection (e.g. against a hard shot to the face), the call will be at the referee's discretion. Such instances are usually tolerated in Beginner/Recreational divisions, but NOT in Competitive/Intermediate.
- ALL handballs called by the referees result in **DIRECT** free kicks. Handballs inside the box result in a penalty kick.

DISCIPLINARY ACTION – YELLOW CARDS, RED CARDS, SUSPENSIONS

Suspensions are in effect in the league, and will be given out to players accumulating **yellow cards**:

2 yellows	1-game suspension
4 yellows	2-game suspension
5 yellows	suspended for remainder of the season

Yellow cards received during regular season are reset at the beginning of playoffs. Suspensions resulting from yellow-card accumulation however carry over.

IMPORTANT: Suspensions for yellow-card accumulation apply automatically, but captains will NOT be automatically notified. Team captains are thus **responsible for checking their team's card record themselves**, in order to ascertain if any of their players are suspended for a given match.

All **red cards** result in immediate dismissal from the game and an automatic **one** (1), **two** (2), or **three** (3) game suspension.

OFFENSE	SUSPENSION (minimum)
2CT, DOGSO-H, DOGSO-F	1 game
OFFINABUS, SFP	2 games
S, VC	3 games

SFP – serious foul play / **VC** – violent conduct / **S** – spitting at an opponent or any other person / **DOGSO-H** – denying a goal/obvious goalscoring opportunity through a deliberate handball / **DOGSO-F** – denying an obvious goalscoring opportunity through a foul sanctionable by DFK, IFK, or PK / **OFFINABUS** – offensive, insulting and/or abusive language/gestures / **2CT** – receiving a second caution in the same match

Upon receiving the match official(s)' report, the *Intramural Protest & Disciplinary Committee* (IPDC) acts as the governing body to apply disciplinary sanctions. A suspension's length may be increased further beyond the minima outlined above, depending on:

- the severity of the infraction
- the player's behaviour after the dismissal
- the player's history

See also **article 10** of the IM Handbook

A player who receives their second (2nd) Red Card of the season will be suspended for the remainder of the season, including playoffs.

INTRAMURAL SOCCER Website & TOPSCORERS ranking – DISCONTINUED



Arising from a personal initiative on the coordinator's part to keep statistics, an Intramural Soccer site featuring a **Topscoreers Ranking** was regularly updated from years 2004 to 2012.

The website can still be found at the following address.

<http://www.ht-arena.com/mcgillsoccer/>

Its full list of features includes:

- **TEAM Rankings**
- **TOPSCORER Rankings**
- **SEASON STATISTICS**
- **HALL of FAME**

PRIZES

- In each division, all eligible members of the champion team receive a **McGill Soccer Intramural Mug**.
- In each division, the topscorer at season's end receives a **McGill Athletics T-shirt** – DISCONTINUED