



YOU NAME IT, WE PLAY IT!

5 on 5 Soccer Rules

All participants must have signed BKS Waiver before the start of every game. Anyone without a waiver will not be allowed to participate. *No exceptions.*

THE GAME

- Teams consist of five (5) players (4 plus a goalie).
- A team can begin and play the game with four (4) players without forfeiting the game.
- A grace period of five (5) minutes is allotted for each team. For every 3 minutes following the grace period the checked in team will receive two (2) points and the game clock will begin running.
- If a team does not have the minimum number of players four (4) present after 6 minutes following the grace period, the game will be counted as a forfeit.
- Dropping below four (4) players (by ejection) will constitute a team disqualification (forfeit).
- A coin toss shall determine which team shall kick off and what goals each team shall defend.

TIME PERIODS

- The game will consist of two (2) twenty (20) minute halves.
- Half time will last for five (5) minutes.
- The clock will run continuously during both halves except for charged time outs.
- Each team is allowed one (1) timeout per half. Timeouts may only be requested when the ball is not in play.
- An official may only grant a time-out after any player on the floor has requested one.
- Timeouts for injuries, disqualifications, etc., will be charged to the official, not the team.

OVERTIME (PLAYOFFS ONLY)

- Games will be ruled a tie unless in playoff situation
- In the event of a tie score at the end of regulation, a five-minute sudden death overtime period will take place. The first team to score will be the winner.
- Overtime (sudden death period) will begin with a coin toss to determine which goal teams will defend, and who kicks or plays the ball first.
- In case of the overtime period ending in a tie, the game will be decided by a 4-person shootout (rotating between teams after each shot).
- If the game is still tied after the shootout, there will be a sudden-death shootout that will decide the game. Only players on the floor at the end of the sudden death overtime period are eligible for the shootout.

GENERAL

- A goal will be awarded when the entire ball crosses the vertical plane of the goal line.
- NOTE: It is possible for the ball to touch the red paint inside the goal and not be a goal.
- **There is absolutely no slide tackling permitted.** This will result in a yellow card and a two (2) minute penalty.
 - Players may be added to a team's roster up to the last game of the regular season.
 - Players must play at least one game during the regular season to be eligible for the playoffs.

EQUIPMENT

- Only BKS soccer balls may be used
- A game ball will be provided, and may not be used by teams for warming up.
- No jewelry, hats, jeans, metal braces, or dress shoes are permitted to be worn during the game.
- All teams must have the SAME colored jerseys / t shirts

SUBSTITUTIONS

- Substitutions may be made on the fly or during dead ball situations.
- Substitutions may also be made for injured players.

- Substitutions may not be made for ejected players.
- Unlimited substitutions are allowed.
- A substitution for the goalie cannot be made on a shootout.

GOALKEEPERS

- One player from each team shall be designated as the goalkeeper.
- The goalie may use his/her hands within the box to trap, catch, or hold the ball.
- The goalkeeper may change positions with any other player on the field when there is a stoppage of play.
- The goalkeeper has five (5) seconds to put the ball into play once he/she has possession.
- Failure to put the ball in play in the allotted time will result in an Indirect Free Kick to the opposite team at the closest line to the goalie.
- The goalkeeper may not punt or drop kick the ball at anytime. An Indirect Free Kick will be awarded to the opposite team at the closest line to the goalie.
- Goalie throws must hit the floor, sidewall or player before crossing the centerline. An Indirect Free Kick will be awarded to the opposite team at the closest line to the goalie.
- If the ball is played back to the goalie by a teammate from below the waist, the goalkeeper may not handle the ball with his/her hands.
- A goalkeeper may not touch or pick up a ball that he/she had dribbled into the penalty area.

PENALTIES

• **Direct Free Kick:** The following infractions

- Handling the ball
- Holding, pushing, or striking an opponent
- Jumping at an opponent
- Kicking or using the knee on an opponent
- Charging an opponent violently
- Handling by the goalkeeper outside the penalty area
- Violently or intentionally fouling the goalkeeper while in possession of ball in the penalty area
- Goalkeeper intentionally striking an opponent with the ball.

• **Indirect Free Kick:** The following infractions

- A player touching the ball a second time, before another player touches it during a kick-off or free kick
- Goalkeeper taking more than four steps, or delays in getting rid of the ball
- Charging illegally (not violent or dangerous)
- Interfering with the goalie
- Obstruction (other than holding)
- High Kicking.

• **Yellow card and a two-minute penalty:** For the Following infractions will result in a

- Attempting to kick the ball while in possession of the goalkeeper
- Body Checking an opponent
- Encroachment
- Slide-tackling
- Jumping over a player (non accidental)
- Illegal Substitution
- A player (on the floor) *wearing jewelry* after the game has started
- Failure to comply with the directions of game officials

• **Player Ejections:**

- Two yellows on a single player during any one game will result in an ejection from the game and that player may not be substituted for.
- An official shall disqualify, without caution, any player who flagrantly fouls the goalkeeper in possession of the ball.
- Players receiving red cards will be ejected and disqualified for the rest of the game and the next Intramural contest.
- Players who are ejected from the game may not be substituted for; the team must play shorthanded for the remainder of the game.

- Ejected players must meet with the Coordinator or Assistant Director of Intramural Sports before being allowed to play again.
- A team that receives four (4) yellow cards –OR– two (2) red cards will be disqualified from the game; and receive an automatic forfeit regardless of the score.
- A team may continue to play the game with four players (or less) if dropping down below four players is for a temporary duration of the game—non ejection penalties.

PENALTY KICK

- A Penalty Kick is awarded for fouls committed by the defense within their own penalty area.
- The shootout line is three (3) feet from the white line away from the goal. The ball will be placed by the referee.

MERCY RULE

- If after the expiration of ten (10) minutes in the 2nd half, a team that is up by 10 or more goals over their opponent will automatically receive the win and the game will be stopped.
- At any time during the final ten minutes of the 2nd half the scoring differential becomes ten or more, the game will be called in accordance with the mercy rule.

CO-ED RULES (for Co-Ed Leagues Only)

- A team must/may consist of the following combinations:
 - 3 Women and 2 Men (five players)
 - 2 Women and 3 Men (five players)
 - 2 Women and 2 Men (four players required to avoid a forfeit)
- A goal scored by a female during co-rec play will count two (2) points.

MISCELLANEOUS

- A player that receives a yellow card and a two-minute penalty may not be substituted for; the team must play short handed.
- If the team playing short-handed because of a penalty, and is scored upon during the penalty time, the short-handed team can bring in a substitute for the penalized player to play full strength after the score; however, the player that was penalized may not return to the game until the penalty time has expired.
- Defenders MUST be ten (10) feet from the ball on any awarded direct or indirect kick; failure to comply with directions given by the referees may result in a yellow card (after warning).
- During a penalty kick all players must be behind the blue line of the side of the court not being used.
- High kicking is a judgment call by the officials. Generally, a high kick is described as playing the ball with the foot above the level of the waist, with another player within one-to-two steps. Because there is a higher risk of injury to another player, a call will be made (i.e. a player attempting to “head” a ball while an opponent is trying to kick the ball). If there is not inherent danger to another player (i.e. no other player within the immediate area), the play will continue with the referee noting “Play-on Advantage”.
- Player’s continuing to play dangerously after being warned may be ejected from the game.

BLOOD RULE

- If and when an official observes a player is bleeding, or has an open wound, or has an excessive amount of blood on his/her uniform (clothing), the player must leave the game.
- In an instance when a substitute is not available, the official may allow time for the player to receive medical attention, but the time may not be excessive in the judgment of the official.
- If a substitute is available, the player must leave and may not re-enter until after the clock has run and a substitution opportunity occurs.

EJECTION

- In the case of an ejection, the player not only must leave the premises but also needs to meet with the BKS Coordinator before she/he may participate in the next activity.

BKS SPORTSMANSHIP

1. Have Fun
2. Understand, appreciate and abide by the rules of the game.
3. Respect the integrity and judgment of game officials and BKS staff.

4. Respect your opponent and congratulate them in a courteous manner following each match whether in victory or defeat.
5. Be responsible for your actions and maintain self-control.
6. Do not taunt or bait opponents and refrain from using foul or abusive language.

THE BKS STAFF HAS THE RIGHT TO STOP A CONTEST IF THEY DEEM IT NECESSARY!!!!