

U8-U15 INTRAMURAL RULES  
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**ALL DIVISIONS:**

MERCY RULE:

RULE of (6) six goals (**this doesn't end the game**). Once (6) six goal differential is reached, have your team work on passing (or rotate players positioning). Substitute active players with benched players. If you are the team currently losing, you may add another player to the field while the winning team takes a player off the field.

If you and the Opponent's Coach agree before the game starts, notify the Referee (Refs may not enforce the rule but let them know that you and the opposing Coach have agreed to play the Mercy Rule).

For U8 & U10:

Game is played 7v7, but may be played 5v5 or 6v6, depending on how many players show up.

\*See example in the For All section below.

U8 is the **ONLY** division to have a Coach on the field. To encourage players to participate and maintain the structure of the game. And there is **NO OFFSIDE RULE FOR U8.**

For U12:

Game is played 9v9, but may be played 8v8 or 7v7, depending on how many players show up.

\*See example in the For All section below.

For U15:

Game is played 11v11, but may be played 10v0 or 9v9, depending on how many players show up. \*See example in For All section below.

For ccxvxcAll:

Check in: Players will be checked in by the Referee. This includes name, cleats, shin pads/guards, correct socks (socks that cover the entire shin pad/guard), goalkeeper shirt, correct ball size and anything pertinent to the game.

\*Example for game field players: If Team A has enough to field players but Team B has less players, then see if Team A would be ok with playing one less. If Team B during the first half of game has enough players to field a then inform Team A coach & Referee that during halftime. Players who come after check in would have to wait until the Referee checks them in.

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Substitutions: also known as subs. Substitutions that are ready for play must stand at the center line and go into the game when the Referee acknowledges them. Unless an injury occurs and player must be immediately replaced.

Referees will explain rules and fouls to players at this level, if needed. Referees are NOT TO BE HECKLED or CONFRONTED BY COACHES, PARENTS, OR BYSTANDERS. **COACHES can ONLY ask for a clarification of a call during the game.**

### **LAW 1 FIELD OF PLAY:**

The field of play is rectangular. The length of the touch line (sideline) must be greater than the length of the goal line.

**FIELD MARKINGS:** Distinctive lines no more than 5" wide. There is a center mark or circle. **FLAGS** can be found in the shed and are to be placed in the ground using the stakes in each corner of the goal line and touch line (sideline).

#### **7V7:**

**LENGTH 55-70 yards**

**WIDTH 35-45 yards**

**With build out lines.**

**GOAL SIZE 6'X18.5' with anchors or sandbag on each goal.**

#### **9V9:**

**LENGTH 70-80 yards**

**WIDTH 45-55 yards**

**NO build out lines.**

**GOAL SIZE 6'X18' with anchors or sandbags on each goal.**

#### **11V11:**

**LENGTH 80-120 yards**

**WIDTH 55-75 yards**

**NO build out lines.**

**GOAL SIZE 8'X24' with anchors or sandbag(s) on each goal.**

### **LAW 2 SIZE OF BALL**

U8, U10 & U12 use a size (4) four ball.

U15 use a size (5) five ball.

### **LAW 3 NUMBER OF PLAYERS:**

A match will consist of (2) two teams.

U8 & U10

Updated on 2/1/2023

7v7 will consist of (6) six field players and (1) one goalkeeper.

U12

9v9 will consist of (8) eight field players and (1) goalkeeper.

U15

11v11 will consist of (10) field players and (1) one goalkeeper.

Substitutions : At any stoppage and unlimited. Players **MUST** stand at the center line on the sideline. Once acknowledged by the Referee may the player(s) enter the field.

Playing time: Due to the number of players on the team it's  $\frac{1}{3}$  of the game. Unless Coaches have enough players for substitutions for the field.

The Recreation Intramural Coordinator or her/his designee will assign teams. Player allocation considerations may include, but not be limited to, the following: team/Coach requests, carpooling requests etc. **TEAMMATE AND COACH REQUESTS ARE NOT GUARANTEED.** When possible an assistant coach will be allocated. **The order to which players will be turned away will be based on the last to register and so forth. We're ALWAYS looking for Coaches.**

**Please see the Intramural Coordinator for information about assisting in Coaching.**

#### **LAW 4 PLAYERS EQUIPMENT:**

**ALL PLAYERS MUST HAVE SHIN GUARDS/ PADS WITH SOCKS THAT COVER THEM COMPLETELY for practice and games, NO EXCEPTIONS!** Shin guards/ pads are **NOT** to be worn over socks. Soccer cleats are suggested.

**JEWELRY must be removed by parent or guardian, Coaches are NOT responsible for any jewelry removal nor storage of jewelry!** Taped earrings are unacceptable by the rules. Rings, necklaces, bracelets, watches etc are unacceptable by the rules.

No eyeglasses are to be worn without protective eye wear, as per NJ Law Chapter 306; effective July 1, 2006. This applies to matches, practices and training sessions.

#### **LAW 5 REFEREES**

(1) One youth Referee.

(2) **COACHES** shall remain off the fields in their player bench (technical) area adjacent to the touch line (sideline) during a match.

- Except for the U8 division where (1) coach is allowed to be on the field to encourage players and assist with positioning.

- (3) Coaches, players and spectators shall remain back a minimum of (1) one yard or (3) three feet from the touch line (sideline).

#### **LAW 6 ASSISTANT REFEREES**

On certain occasions like during playoffs and or Championship games there may be a need to bring in (1-2) one or two Assistant Referees.

#### **LAW 7 DURATION OF THE MATCH:**

The match is divided into (2) two halves. With a halftime of (5) minutes.

\*Depending on weather conditions (heat/cold) may be divided into (4) four quarters. With a halftime of (5) five minutes. And a (2) two minute cool/warm up session. Please discuss this with the opposing team coach and Referee.

#### **LAW 8 THE START & RESTART OF PLAY:**

According to FIFA, with the exception of opponents of the team taking the kick off are at least (8) eight yards from the ball until the ball is in play.

#### **LAW 9 BALL IN & OUT OF PLAY:**

Conforms to FIFA. The ball must **COMPLETELY** cross the touch line (sideline) or goal line.

#### **LAW 10 METHOD OF SCORING:**

Conforms to FIFA. The ball must **COMPLETELY** cross the goal line for a goal. Score is recorded at ALL Intramural levels and team standings are posted.

#### **LAW 11 OFFSIDE**

Conforms to FIFA.

U8 **WILL NOT** play with the offside rule. Coaches are to remind the Referee. Infractioning players will be cautioned to get on sides. **NO SLIDE TACKLES TO BE ALLOWED IN THE U8/U10 AGE BRACKET.**

U10-U15:

OFFSIDE RULE DOES APPLY. A player is in an offside position if he/she is nearer his/her Opponent's goal than the ball.

#### **UNLESS:**

- He/she is on his/her own half of the field.
- (2) Two opponents (including the goalie) are nearer the goal than the player is.
- A player can be declared OFFSIDE at the moment the ball touches or is played by one of his team mates while he/she is in an offside position, if in the opinion of the Referee he/she is:

- A. Interfering with play (ie: passed to him/her).
- B. Interfering with (ie: obstructs) an opponent(s).
- C. Seeking to gain an advantage by being offside. (Ball waiting to be passed).
- A player CAN NOT BE DECLARED OFFSIDE for merely being in an offside position or if he/she received the ball directly from a goal kick, corner kick or throw in or when the ball has been dropped by the Referee to restart the game.
- **If a player is declared offside, the Referee shall award the opposing team an indirect free kick from the place where the offside occurred.**

### **LAW 12 FOULS & MISCONDUCT:**

A direct free kick is awarded when a player:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges at an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately.

### **LAW 13 FREE KICKS:**

Free kicks are divided into (2) two categories.

- Direct Free Kick

A direct free kick can be shot directly into the opposing team goal without touching another player.

- Indirect Free Kick

An indirect free kick is indicated by the Referee raising his hand during the kick. An indirect free kick can only go into the goal if it has been touched by another player before it enters the goal.

- The ball must be stationary for both types of kicks.

### **LAW 14 PENALTY KICKS**

Penalty kick is awarded either when a defensive player fouls an attacking player or commits a handball in his/her team's penalty area. The penalty kick is played on the penalty spot, and all players on both teams must remain outside of the penalty box during the shot. They **MAY ONLY** enter the box immediately after the shot is taken.

### **LAW 15 THROW IN:**

Throw in is awarded when the possessing team plays the ball out of bounds over the touch line (sideline). The ball **MUST COMPLETELY CROSS THE TOUCH LINE (SIDELINE).**

- While taking a throw in, a player **MUST** do the following:
- Both feet **MUST** be on the ground.
- Both hands on the ball.
- Ball must be thrown over the head.

U8 will be granted a second chance. While U10-U15 will not. If the above mentioned are not met, play is stopped and the opposing team is given the opportunity to throw in. Players are not allowed to score directly off a throw in. Throw-ins can not be touched with their hands by the goalkeeper of the team who throws the ball back into play.

### **LAW 16 GOAL KICK**

A goal kick is awarded when the offensive team plays the ball out of bounds over the defensive team's goal line. (**BALL MUST COMPLETELY CROSS THE LINE TO BE CONSIDERED A GOAL KICK.**) After the ball is out of play, the defender or goalkeeper may place the ball anywhere within the (6) six yard goal box and kicks the ball back into play.

### **LAW 17 CORNER KICK**

A corner kick is awarded to the offensive team when the defensive team plays the ball out of bounds over its goal line. The ball is placed within the corner (or corner arc) and is kicked back into play by the offensive team. Players **CAN score from a corner kick.**