



Loma Linda University/Drayson Center Intramural

CO-REC SHORT
SOCCER

1. PLAYERS:

Soccer leagues are for students, university faculty and staff, and Drayson Center members.

A co-rec short soccer team is made up of Seven (7) players. Two (2) or more women must be on the playing field at all times. To avoid a forfeit, a team may start a game with five (5) players. At least one (1) must be a woman. If at game time, any team does not have enough players to begin the game, the referee will start the game clock. After 5 minutes, if a Team still does not have the proper number of players to start, then the game will be called a "Forfeit". After the forfeit, a recreational game can still be played.

Any player receiving a YELLOW penalty card is restricted from playing the remainder of the half in which the penalty occurred. Two YELLOW cards or one RED card in any one game will constitute ejection from the game and receive an automatic one-game suspension. Depending upon the nature of the foul or incident, a player may receive additional suspension from the Drayson Center discipline committee.

A goal scored by a woman during regulation play will count "2" points.

2. PLAYING FIELD:

The playing fields is measured approximately 135' wide by 192' long. The goalie box runs the width of the field coming out 54' (18 yards).

3. SUBSTITUTIONS:

Players may substitute during any dead ball where their team has possession, (i.e. throw-ins, penalty...)

4. GAME TIME:

Teams will play two 25-minute halves straight running time. The clock will stop on all team time outs or injuries. Each team will be allowed 2 time-outs per half. If the game is "Tied" at the end of regulation, the game will be scored as a "Tie".

5. SAFETY RULES:

High kicking (anything over opponent's waist) and any form of slide tackling will not be allowed. This is a "Stand-up" league. Also, anything that is determined by the referee as potentially being injurious to another player will not be allowed. Safety at all times will be the rule. Sliding only to kick or save a ball will be permitted as long as it appears to the referee that no other player is involved where an injurious situation could occur.

If the Goalie has a hand on the ball, it is considered dead and no attempt should be made to try and kick the ball.

6. OFFSIDES:

In Short Soccer, there are NO offsides.

7. ILLEGAL CONTACT:

Any contact where a player uses his arms or hands to push/pull another player or tries to run through another player is a penalty. All contact must be made with arms at sides.

8. DEAD BALL WHISTLE:

On a "dead ball" situation, (example – such as a player injury), when play resumes, the ball reverts back to the team who last had possession.

9. OUT OF BOUNDS PLAY:

When a ball goes out of bounds on the sideline within the goalie box area, the throw-in occurs outside the goalie box sideline. On the throw-in, the ball may not be tossed into the goalie box area.

10. EQUIPMENT:

No metal or screw in type cleats will be allowed. Only multi-purpose molded rubber cleated shoes can be worn. See The Drayson Center shoe policy on the web site at draysoncenter.recsolutions.com Shin guards are highly recommended.

11. GOALIE PLAY:

Goalie may not throw or kick the ball past the mid-field line. Penalty will result in an indirect kick by opposing team.

12. RULES:

In all other game play, basic soccer rules will apply.