

TAMUK
Recreational Sports

Flag Football Rules

Flag football games will be conducted under the rules of NIRSA. This document covers the major rules with some exceptions:

THE FIELD, THE PLAYERS, AND EQUIPMENT

1. The field shall be a rectangle 100 yards by 40 yards, including two 10-yard end zones. The width of the field shall be lined at 20-yard intervals from goal line to goal line. The 3 and 10-yard try for point lines shall be 1 yard wide.
 2. Seven players constitute a men's or women's team. A team may play with five (i.e., a team must start if five players are present). If fewer than five players are present, the game will be declared a forfeit. If at any time a team falls below the minimum number of players, the game will be declared a forfeit.
 3. A player's name must appear on the scorecard before they may enter the game. A team may add players to the scorecard at any time during the game.
 4. Shoes must be soft-soled soccer/football-type cleats or cross-country, tennis, or Astroturf shoes. Cleats must be made of nonabrasive rubber or rubber-type synthetic material, which does not chip or develop a cutting edge.
 5. The use of headgear, jewelry, shoulder pads, body pads, or any unyielding or dangerous equipment is prohibited. Players may wear a knit or stocking cap and use soft, pliable gloves if they desire. No baseball-style caps or bandanas may be worn at any time.
 6. Tape or bandages on the hand, wrist, forearm, or any other part of the body are prohibited except to protect an injury. Under no circumstances will a player wearing a cast or splint be allowed to play. Braces with exposed metal parts must be covered.
 7. Each team must wear the same type of jersey or shirt. If not, jerseys will be provided but may not always be clean. The jersey must be tucked in at all times or be at least 4 inches above the flag belt.
 8. Belt loops, pockets, exposed drawstrings, or untucked hoods on sweat tops are illegal.
 9. The flag belt must be free of all knots.
 10. Any decision on the legality of any equipment on or being used by a player will be made by the manager on duty, and their decision will be final.
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THE TOSS AND OPTIONS

Three minutes prior to the start of the game, the referee shall toss a coin, and the visiting team captain shall call the toss. The winner of the toss shall have offense, defense, direction, or defer

their option until the second half. The team losing the toss shall have the choice of options at the start of the second half unless the team winning the toss deferred their option until the second half.

PERIODS, TIME FACTORS, AND RESTRICTIONS BEFORE THE SNAP

1. Playing time shall be 40 minutes, divided into two halves of 20 minutes each. Half-time shall be 5 minutes long. In case of overtime, there will be a one-minute intermission between the end of the game and overtime. Time shall run continuously throughout the entire game until the final 2 minutes of both halves. During this period, the clock will stop under all normal dead ball situations. The referee shall have discretion to reduce the length of half-time if necessary.
NOTE: Overtime will only be played in playoffs. If a game ends in a tie, the two captains will determine the options by a coin flip. The home captain will call the toss. Each team will get a series of downs from the 10-yard line.
 2. **MERCY RULE:** If a team is 19 or more points ahead when the referee announces the 2-minute warning for the second half, the game shall be over. The same rule applies if a team scores inside 2 minutes with this differential.
 3. Each team is permitted 3 time-outs per half; these time-outs shall be 1 minute in length. First-half time-outs do not carry over to the second half.
 4. The referee may start or stop the game clock whenever, in their judgment, either team is trying to conserve or consume playing time by using illegal or unfair tactics.
 5. No offensive player shall make a false start. A false start includes simulating a charge or start of a play.
 6. Following the ready-for-play, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball.
 7. After the ready-for-play whistle, it is illegal to consume more than 25 seconds before putting the ball in play.
 8. Players can enter and leave the game as many times as they want, but substitutions must be made during a dead ball.
 9. All offensive players must momentarily be within 15 yards of the ball after the ready-for-play.
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KICKING THE BALL

1. **Punt Line-ups:** The offensive team must have the snapper on their line of scrimmage at the time of the snap. Neither team may cross the scrimmage line until the ball is kicked. The defensive team may block the punt. No fake punts are allowed.
 2. **Kicking the Ball:** The kicker must be at least 2 yards behind the line of scrimmage when receiving the snap. The kicker must kick the ball immediately and in a continuous motion.
 3. **Opportunity to Catch a Kick:** A player of the receiving team must be given an unmolested opportunity to catch a free kick or scrimmage kick.
 4. During a punt, if the receiving team fouls beyond their neutral zone before the end of the kick, the foul will be enforced where the kick was caught.
 5. **Punt Behind the Goal Line:** When a punt breaks the plane of the receiving team's goal line, it is dead and declared a touchback.
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SNAPPING, PASSING, AND DEFLAGGING

1. A team shall snap the ball from their 14-yard line to begin each half and following a try for point, safety, or touchback.
 2. The player who receives the ball from the snapper must be at least 2 yards behind their scrimmage line.
 3. The offensive team is only required to have the snapper on the line of scrimmage at the time of the snap. The offensive team must come to a complete stop for one second before the ball is snapped.
 4. If the ball is fumbled, it is immediately dead upon hitting the ground.
 5. All players are eligible to touch a forward pass. The passer may catch their own forward pass after it has touched another player.
 6. A catch is established when a player possesses the ball with one foot in bounds.
 7. Defensive players must not contact the passer anytime during or after the play.
 8. Removal of the flag belt – A player is considered down when the flag clip is broken, the flag belt is torn, or the flag is removed.
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SCREENING, RUSHING, AND CONTACT

1. Contact that places either team at a disadvantage is illegal.
 2. An offensive player may screen a defensive player by maintaining a position in their path without initiating contact.
 3. Downfield screens are allowed.
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SCORING

- **Touchdown:** 6 points
- **Safety:** 2 or 1 point(s)
- **Try for Points:**
 - 1 point from 3 yards
 - 2 points from 10 yards
 - 3 points from 20 yards

Note: The succeeding spot after a safety is the 30-yard line.

MISCELLANEOUS ITEMS

1. **Protests:** There can only be protests over a player's eligibility or a rules interpretation. An official's judgment call cannot be protested. Protests concerning eligibility must be made before, during, or immediately following the game. Protests concerning a rule interpretation must be made immediately following the play in question. The manager's decision is final. Only players of the offended team will be allowed to protest.
 2. **Forfeits:** If a team forfeits a game, they will have 48 business hours to pay a \$30.00 forfeit fee if they wish to remain in the league. If not, a team on the waiting list will replace them. If a team forfeits twice, they will be dropped from the league.
 3. **Grace Period:** A team will have a 10-minute grace period from the scheduled game time to arrive with the minimum number of players to avoid a forfeit. At the scheduled game time, the supervisor will start the game clock. For every minute the team is not ready to begin play, the offended team will receive one (1) point. When the team arrives with the minimum number of players and is ready to play, the score will reflect the points awarded, and the clock will not be reset. If the team has not arrived within 10 minutes, they will forfeit the game. The game will be recorded as a forfeit with a score of 10-0.
 4. **Playoffs:** All teams advance to the playoffs.
 5. **Unsportsmanlike Penalties:** Accumulation of three unsportsmanlike penalties by the same team will constitute a forfeiture of the game.
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SUMMARY OF CO-RECREATIONAL FOOTBALL RULES

1. **The Game:** The game shall be played between 2 teams of eight players, four men and four women. Teams with seven players shall consist of four men and three women or three men and four women. Six players, three men and three women, or any gender combination of four and two, are required to avoid a forfeit.
2. **The Ball:** A regular, intermediate, youth, or junior-size football shall be used.

3. **Minimum Line Players:** The offensive team only needs the snapper on their scrimmage line at the snap.
 4. **Male Runner:** A Team A male runner cannot advance the ball through Team A's scrimmage line without a legal forward pass. There are no restrictions during a run by a female player, beyond the line of scrimmage, or following a change of possession.
 5. **Male-to-Male Completion:** During the offensive team's possession, there may not be two consecutive legal forward pass completions from a male passer to a male receiver. If a male passer completes a forward pass to a male receiver, the next completion must involve either a female passer or runner for positive yardage beyond the line of scrimmage.
 6. **Illegal Reception:** If a male passer completes a forward pass to a male receiver on a closed play, it is an illegal reception. Penalty: 5 yards, loss of down, and the next play remains closed.
 7. **Mercy Rule:** If a team is 19 or more points ahead when the referee announces the 2-minute warning for the second half, the game shall be over. If a team scores during the last 2 minutes of the second half that creates a 19-point differential, the game shall end at that point.
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SUMMARY OF 4 ON 4 FOOTBALL RULES

1. **Players:** The game shall be played between two teams of four players each. Three players are required to avoid a forfeit.
2. **Field Dimensions:** The field measures 60 yards in length and 30 yards in width, including two 10-yard end zones.
3. **Toss Options:** The captain winning the toss shall select offense, defense, direction, or defer their choice to the second half.
4. **Game Time:** Playing time shall be two 12-minute halves. The clock will run continuously for the first 11 minutes unless stopped by a time-out.
5. **One-Minute Warning:** Approximately 1 minute before the end of each half, the referee shall stop the clock and inform both captains of the playing time remaining. During the last minute of each half, a start/stop clock shall be used.
6. **Tries for Points:**
 - 1 point from 3 yards
 - 2 points from 10 yards
 - 3 points from 20 yards
7. If the defense intercepts a pass or fumble in flight, it may be returned for 3 points.
8. **Time-Outs:** Each team is entitled to one charged time-out per game, including overtime.
9. **Series of Downs:** A team shall have 3 consecutive downs to advance to the next zone by scrimmage.
10. **No Run Zone:** If an offensive player is within 5 yards of the zone line to gain, the ball must be advanced by a legal pass or handoff (no run zone).

11. **Rushing:** All players who rush the passer must be 7 yards from the line of scrimmage when the ball is snapped. Players not rushing may defend at the line of scrimmage.
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SUMMARY OF PENALTIES

Loss of 5 Yards:

1. Failure to wear required player equipment
2. Delay of Game (Dead Ball)
3. Illegally Consuming Time
4. Illegal Substitution
5. Illegal Procedure
6. Encroachment (Dead Ball)
7. False Start (Dead Ball)
8. Illegal Snap (Dead Ball)
9. Disconcerting Act (Dead Ball)
10. Illegal Formation
11. Illegal Motion
12. Illegal Shift
13. Illegal Advancement (Co-Rec)
14. Illegal Backward Pass (Loss of Down)
15. Illegal Forward Pass (Loss of Down if by A prior to change of possession)
16. Intentional Grounding (Loss of Down)
17. Illegal Reception: Man-to-Man forward pass completion on a closed play (Loss of Down) (Co-Rec)
18. Helping the Runner

Loss of 10 Yards:

1. Unsportsmanlike Conduct, Illegal Player Equipment
2. Illegal Kick, Quick Punt
3. Kick Catching Interference
4. Offensive Pass Interference
5. Defensive Pass Interference
6. Personal Foul, Strip or Attempt to Strip the Ball
7. Personal Foul, Unnecessary Contact of Any Nature
8. Roughing the Passer (Automatic 1st Down)
9. Illegal Flag Belt Removal
10. Guarding the Flag Belt
11. Holding
12. Illegal Participation

TAMUK
Recreational Sports

Softball Rules

The Game

1. The current USA Softball Rules will govern play except where modified herein.
 2. Captains or managers must meet with the umpires before the game to cover ground rules and determine the home team.
 3. Games will be played under a “**Drop Dead Time Limit**” of 50 minutes or 7 innings. During the regular season, a game may end in a tie. If the game is tied during playoffs, complete innings will be played until the tie is broken. Any inning started before the expiration of the “**Time Limit**” will be completed for playoffs only.
 4. If a team has a 20-run advantage after three innings, 15-run advantage after four innings, or 10-run advantage after five innings, the game will end.
 5. Three completed innings will be considered a completed game if it is interrupted by rain or any other cause. If the game is stopped before three completed innings, the game will be replayed only during the playoffs.
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Players

1. The game shall be played between two teams of no more than 11 players each. Ten players will play in the field with an option of an “**Extra Hitter**” (EH). The EH may be placed anywhere in the lineup; however, they will not play in the field. The umpire must be notified of the use of the EH before the game begins. Once the team starts with an EH, the game must be completed with an EH.
 2. A team must have eight players present and ready to play by scheduled game time and must continue to have eight players during the game, or a forfeit shall be declared. Teams with less than 10 players (11 when an EH is used) will be charged with an out when the missing players reach their batting position in the lineup. Players arriving late may be added to the lineup at any time.
 3. The captain or team manager is the only person who may speak for the team in all dealings with the umpire.
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Equipment

1. All players must wear shoes. Spikes that cut or may be chipped to develop a cutting edge are prohibited. **(Metal spikes are not allowed.)**
 2. Bats and softballs will be provided. Individuals are responsible for providing all other equipment; however, it must meet the specifications provided by ASA, USA, or USSSA. Bats with stamps that are faded or not readable will be deemed illegal. Bats must be designated for slow-pitch.
 3. Whenever a play is being made on the batter-runner, the defense must use the white portion of the bag, and the batter-runner the colored portion. Following the play, either player may use the white or colored portion.
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Pitching Regulations

1. At the beginning of the game or when a pitcher relieves another, not more than one minute may be used to deliver not more than five pitches to the catcher or another teammate. Between innings, not more than one minute may be used to deliver not more than three pitches.
 2. The ball must be delivered with a perceptible arc and reach a height of at least six feet from the ground while not exceeding a maximum height of ten feet.
 3. When a pitched ball, in the umpire's judgment, is prevented from entering the strike zone by any actions of the batter other than hitting the ball, the ball is declared dead, and a strike will be called on the batter.
 4. Each batter will begin with a one-ball and one-strike count. With a two-strike count, each batter is allowed only **one foul ball**. The second foul ball will result in an out.
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Fenced Regulations

1. A team is allowed to hit only **six homeruns** over the fence during each game. The first batter hitting a homerun in excess of six is ruled out, and all other players hitting a homerun are ruled out and disqualified from the game.
NOTE: Any ball touched by a defensive player, which goes over the fence in fair territory, shall not be included in the total of over-the-fence homeruns.
 2. Any player hitting a homerun over the fence need only touch first base. It is the responsibility of the homerun hitter to retrieve or have someone retrieve the ball.
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Co-Rec Regulations

1. The game shall be played between two teams of no more than 12 players, placed in alternating positions on the official score sheet. Ten players will play in the field with an option of “**Extra Hitters**” (two EHs must be used in co-rec to maintain an alternating batting order). The EHs may be placed anywhere in the lineup; however, they will not play in the field. The umpire must be notified of the use of the EHs before the game begins. Once the team starts with the EHs, the game must be completed with the EHs.
2. A team must have eight players present and ready to play by scheduled game time and must continue to have eight players during the game, or a forfeit shall be declared. The team must consist of four males and four females. Teams with fewer than 10 players (12 when EHs are used) will be charged with an out when the missing players reach their batting position in the lineup. Players arriving late may be added to the lineup at any time.
3. Males and females may play any position while in the field.
4. Any walk to a male results in the male automatically advancing to second base. At the time of the walk, if there are fewer than two outs, the next female batter must bat. If there are two outs, the next female batter has the option to bat or walk unless the next batter is an automatic out. The player having the option to walk need only go to first base.



TAMUK
Recreational Sports

Basketball Rules

Basketball games will be conducted under the rules of the National Federation with the following exceptions:

The Players

1. The game shall be played between two teams of no more than five players each.
 - o **Exception:** In the Co-Rec. league, there must be a combination of either 3 men and 2 women or 3 women and 2 men.
 2. A team must have four players present and ready to play by scheduled game time, or a forfeit shall be declared. After the game has started, player names may be added to the scoresheet without penalty. In the Co-Rec. league, there must be at least 2 men and 2 women to begin the game.
 3. A team may play with less than four players after the beginning of the game, provided they have an opportunity to win the game. In the Co-Rec. league, teams may continue the game with two men and one woman, two women and one man, one man and one woman, or one man/woman.
 4. Each team shall designate a court captain, and that player shall speak for the team in all dealings with the officials.
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Equipment

1. No one will wear equipment that is dangerous or confusing to other players or is not appropriate. This includes, but is not limited to, such items as casts, headwear, and jewelry.
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Substitutions

1. A substitute who desires to enter the game shall report to the scorer's table. The substitute shall remain outside the boundary until an official beckons for them.
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General Time Factors

1. Playing time shall be two halves of 20 minutes each with a five-minute intermission between halves.
 2. The clock will not be stopped for any purpose other than called time-outs during the first 19 minutes of each half. During the final one minute of each half, the clock will run according to National Federation rules.
 3. In the regular season, if the score is tied at the end of the second half, the game will be declared a tie. In the playoffs, two-minute extra periods will continue until a winner is determined. Each extra period is an extension of the second half.
 4. Each team will be entitled to **two time-outs per half**, which shall not exceed one minute in length. Each team is allotted an additional time-out per overtime period. Unused time-outs from the second half may not be used during extra periods.
 5. A team will be charged a time-out each time one of their players is found wearing jewelry on the court of play. If the team has no time-outs remaining, the player will receive a technical foul, which counts toward their personal and team totals.
 6. If a team is **20 or more points ahead** with one or less minute remaining in the game, the game will end by mercy rule. If a team is **40 or more points ahead** anytime in the second half, the game will end by mercy rule.
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Live Ball and Dead Ball

1. Each game and overtime period will begin with a jump ball. The possession arrow will determine all other held ball situations.
 2. During the free throw, only **six players** are allowed in the marked lane spaces. The opponents of the free thrower must occupy the first marked lane spaces above the neutral zone marks. The lower blocks will always be vacant.
 3. Once the player shooting has released the ball, all players may enter the free throw lane.
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Fouls and Penalties

1. After a player-control foul, a team-control foul, or a common foul prior to the bonus rule being in effect, play will resume with a throw-in from the spot nearest the foul.
2. A violation will be called if a player leaves the court for an unauthorized reason (i.e., an offensive player avoiding a legal screen).
3. A player will be disqualified from the game after accumulating **5 personal fouls, 2 technical fouls, or a flagrant foul**.
4. The **one-and-one bonus** will be in effect on or after the **7th team foul** in each half. The **two-shot bonus** will be in effect on or after the **10th team foul** in each half.
5. If a team receives **three technical fouls** during a game, the game will be declared a forfeit.

6. Players that are ejected from a game become ineligible and may not participate in any Intramural activity until they meet with the Assistant Director of University Recreation. Teams will forfeit all games in which an ineligible player participates.



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Sand Volleyball Rules

1. Four players constitute a team. Each team must have at least 3 players to begin a game.
 - **Co-Rec:** Each team will play with 2 males and 2 females. A team may begin with 3 players, of any combination.
2. A coin flip will decide which team gets the choice of service or court. In the second game, courts are switched, and the losing team serves first. If a third game is necessary, the serve is decided by a coin flip.
3. Games will start at a designated time. If one team is more than 10 minutes late, a forfeit will be declared. For every minute a team is late, their opponent will receive one point.
4. Games will be the best two out of three matches. A match is completed when a team scores a total of 15 points or has played for 10 minutes running time, whichever occurs first. A team must have a two-point advantage to win; however, there will be a 17-point cap for each game. If a score is tied at the end of 10 minutes or there is only a one-point difference between opponents, play will continue until one team has a two-point lead.
 - **Note:** The ball will remain alive if the time clock sounds—keep playing.
5. **Scoring:** Rally scoring to 15 points.
6. **Substitutions:** Substitutions may occur at any time, provided a “time-out” has been recognized. The free substitution rule will be in effect (you may substitute into the game any number of times) but you must replace the player who took your place.
 - **Co-Rec:** Male for male and female for female.
7. **Rotation:** The team receiving the ball for service shall immediately rotate positions in a clockwise direction. At the time of the serve, players must remain in the same relative position, but they may switch positions after the ball is served.
 - **Co-Rec:** The serving order and positions on the court shall alternate.
8. If a player serves out of turn, a “side out” shall be called, and the ball will go to the opposing team.
9. A served ball that hits the net is a “side out.”
10. **Playing the Ball:** The ball must be clearly hit. It may be hit with one or both hands (open or closed) above the waist. It is illegal to “push,” “carry,” or “lift” the ball.
 - **Co-Rec:** Spiking is legal.
11. The ball can be played with any part of the body.
12. A ball may be hit only three times on one side. A player cannot hit the ball twice in succession.
 - **Co-Rec:** When a ball is played more than once on a team’s side of the net, a female must come in contact with the ball.
13. **Simultaneous Hit:** If the ball is hit at the same time by two players, either one of the players can hit the ball again.

14. **Net Play:** It is a violation to touch the net. It is not a violation if the player has hit the ball into the net, causing the net to touch a player on the other side. There is an imaginary plane extending indefinitely above the net.
- It is illegal to strike the ball on your opponent's side of this imaginary plane.
 - However, the ball may hit on your side of the plane, and your follow-through might cause your arm or hand to penetrate this plane. This would not be a violation.
 - It is also legal to penetrate this plane if you are blocking your opponent's hit, provided your arm is not in a downward thrust.
 - A player may reach under the net provided they do not interfere with an opponent to legally play the ball.
 - **Co-Rec:** There are no restrictions on males or females at the net.
15. **Center Line:** A player may cross under the vertical plane of the net to play a ball.
16. **Timing:** There shall be one time-out per team per game with a one-minute duration. There shall be a three-minute break between the games. If a team is called out because of an injury and the player remains in the game, the team loses one of their time-outs. Teams are penalized a point for excess time-outs.
17. **Boundaries:** If any part of the ball touches a boundary line, the ball is considered in bounds. A replay shall be declared where there are conflicting calls between teams. All balls must be returned above the net and between the vertical tape markers.



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Volleyball Rules

The Game

1. The current National Federation Volleyball Rules will govern play except where modified herein.
 2. A coin toss shall be conducted between the designated player of each team prior to the first and third game of the match. The winner shall choose either to serve/receive or playing area. The loser shall be given the remaining choice.
 3. A game shall be won by the team that has scored the most points and is at least 2 points ahead:
 - (a) when one team has scored 25 points rally score for all games (best two-out-of-three games)
 - (b) the first time the ball becomes dead after 15 minutes running time.
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Players

1. The game shall be played between two teams of no more than six players each. A team must have four players present and ready to play by scheduled game time to avoid a forfeit. However, if a team plays with less than 6 players, a point and side-out will be awarded to their opponent when the open positions rotate to serve.
 2. A team will have a 10-minute grace period from the scheduled game time to arrive with the minimum number of players to avoid a forfeit. At the scheduled game time, the supervisor will start the game clock. For every minute the team is not ready to begin play, the offended team will receive one (1) point. When the team arrives with the minimum number of players and is ready to play, the score will reflect the point(s) awarded due to the lateness of the team, and the clock will not be reset. If the team has not arrived within 10 minutes, they will forfeit the game. The game will be recorded as a forfeit with a score of 10-0.
 3. The first server of the game is the player in the Right Back position. Thereafter, when a team is awarded a side-out, the player in the Right Front position rotates to the serving area.
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The Court

1. A ball striking the ceiling or an overhead obstruction shall remain in play. However, the ball must return to the side of the court where it was last played before returning it over the net.
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General Time Factors

1. The clock shall run continuously throughout the entire playing time except where stopped by rule.
 2. The time between games of a match shall be no more than 2 minutes.
 3. Each team is limited to two time-outs per game that should not exceed 30 seconds.
 4. In case of injury, the referee may interrupt play and, after sufficient time for replacement of the injured player, direct a replay.
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During Play

1. The net serve shall be allowed, and play shall continue provided net contact is entirely within the net antennas.
 2. The first opponent in contact with the ball is allowed to unintentionally double hit the ball without penalty, provided it is not prolonged.
 3. A block is having a player close to the net who is reaching higher than the net and deflects the ball coming from an opponent.
 - It is illegal for back-row players, on or in front of the attack line, to complete a block or collective block while the ball is completely above the height of the net. The serve may not be blocked.
 4. The ball may be attacked (spiked) or set, including a served ball, when it has partially crossed the net.
 - When a back-row player, on or in front of the attack line, contacts the ball completely above the height of the net and completes an attack, it is illegal (back-row attack).
 5. **Spiking** is a play in which the ball is forcibly hit into the opponent's court from above the top of the net.
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Substitutions

1. The position of the substitute shall be that of the player replaced without changing the serving order as recorded on the scoresheet.
 2. Free substitutions during a dead ball.
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Co-Rec. Competition

1. A team shall consist of 3 males and 3 females who shall be placed in alternate positions on the floor. If 5 players are present, any combination of 3 and 2 may participate. If 4 players are present, the team must play with 2 males and 2 females. However, if a team plays with less than 6 players, a point and side-out will be awarded to their opponent when the open positions rotate to serve.
2. Participants shall only substitute for their gender.
3. The height of the net shall be that which is regulation for men's competition.



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Outdoor Soccer Rules

The Game

1. The current National Federation Soccer Rules will govern play except for the TAMUK modifications.
 2. Prior to the game, a coin toss will determine the end to defend or the kickoff.
 3. If the official stops the play for an injury or unusual delay, the ball shall be put back into play by a drop ball from where it was when play was stopped. If the team has clear possession of the ball when play was stopped, that team shall put the ball into play by an indirect free kick.
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The Players and Equipment

1. The player eligibility rules stated in the TAMUK Intramural Handbook will be utilized.
 - **Note:** An open division has been created to provide additional games for teams, which will not count against their record. Players may play in a Men's or Women's division as well as Open and Co-Rec. There are no eligibility rules for the Open League pertaining to varsity or club sport athletics.
2. The game shall be played between two teams of no more than eight players each. A minimum of six players is required in all divisions to play.
 - **Co-Rec:** There must be 4 males and 4 females if eight are present.
 - If only seven players are present, there must be 4 males and 3 females or 4 females and 3 males.
 - If six players are present, there must be 3 males and 3 females.
3. Offside penalties have been eliminated.
4. Slide tackling is illegal. **Penalty:** Red card.
5. Each team must wear uniformly colored jerseys with numbers. The jersey of the goalkeeper shall be distinctly different from that of any teammate or opponent. Jerseys may be checked out if needed.
6. Shin guards are highly recommended but not required. Shin guards should meet National Federation guidelines.
7. Shoes must be soft-soled soccer/football-type cleats or cross-country, tennis, or astro-turf shoes. Cleats must be made of nonabrasive rubber or rubber-type synthetic material that does not chip or develop a cutting edge.
8. No jewelry is allowed.
9. The playing area shall be 100 yards by 40 yards.

Definitions

1. **Handball:** All players, except the goalie, shall be penalized for deliberately handling, carrying, striking, or propelling the ball with their hands or arms. **Penalty:** Direct Free Kick.
2. **Yellow Card:** A warning device for poor sportsmanship or repeated use of physical tactics. A player receiving a yellow card will be removed from the game for two minutes, and the team will play short-handed during this time.
 - If the two minutes are not up at the end of a half, the player may return to the game at the beginning of the next half or overtime period.
 - A player receiving two yellow cards will be ejected from the game.
3. **Red Card:** Issued for flagrant fouls or extreme game misconduct. This results in the immediate ejection of the player.
4. **Ejected Player:** All ejected players must follow the TAMUK intramural policy stated in the handbook. They will meet with the Assistant Director of University Recreation.

Time

1. There will be two 20-minute halves and a five-minute intermission.
2. The clock shall run continually except for a penalty kick, caution, disqualifications, a scored goal, and when the official orders a time-out.
3. Each team is entitled to two one-minute time-outs per half.

Substitutions

1. Either team may make substitutions:
 - Between periods, on a goal kick, when a goal is scored, during an injury, or when a player is cautioned or disqualified (except for unsportsmanlike conduct penalties).
2. The team in possession of the ball may substitute:
 - On a throw-in or a corner kick.

Playing the Ball

1. On the kickoff, all players shall be in their team's half of the field. Players opposing the kicker shall be at least 10 yards from the ball until it is kicked.

2. The ball is out-of-bounds when it has completely crossed a goal line or touchline, whether on the ground or in the air.
3. **Special Situations:**
 - **Drop Ball:** Occurs when the ball is caused to go out-of-bounds by two opponents simultaneously or after a temporary suspension of play for an injury or unusual situation where no team has clear possession of the ball.
 - **Indirect Free Kick:** Cannot score directly without first being touched by another player. Opponents must remain at least 10 yards from the ball until it is put in play.
 - **Direct Free Kick:** Can score directly from anywhere on the field. Opponents must remain at least 10 yards from the ball until it is put in play.
 - **Goal Kick:** Awarded to the defensive team if the offensive team is the last to touch the ball out-of-bounds over the end line. A goal may be scored directly from a goal kick.
 - **Corner Kick:** Direct free kick awarded to the offensive team. Opponents must remain at least 10 yards from the ball until it is put in play.
 - **Throw-In:** Awarded when the opposing team last touches or plays the ball before it passes beyond the touchline. The thrower must face the field, with both feet on the ground and both hands delivering the ball over the head in one motion.
 - **Penalty Kick:** Awarded for a foul that ordinarily results in a direct free kick within the offending team's penalty area. The goalkeeper must remain on the goal line until the ball is kicked.

Scoring

1. One point will be awarded for each goal scored.
2. The game may end in a tie during the regular season. During playoffs, if tied at the end of regulation time, each team will have five penalty kicks for two rounds.
 - If still tied, one-on-one sudden death penalty kicks will occur. Every individual on the score sheet must kick before repeating players.