Soccer Rules
The following rules are general guidelines. Official rules of play will be the Federation Internationale De Football Association (FIFA), with a few minor exceptions. Complete rules may be obtained at the Intramural office. Abridged rules will be handed out at the captain’s meeting.

PLAYERS
- Teams will consist of eleven players.
- The minimum number of players to begin a contest is seven.
- For co-rec teams, there must be at least 4 women and 7 men.
- Teams may roster 22 players on any given day.
- Each team shall designate a captain to act as team spokesperson and make decisions. Only the captain may talk to officials. Team representatives including players, spectators, team managers, coaches, and group members subject to the rules.

EQUIPMENT
- The Intramural Sports office will supply nets, field markers, a game ball, jerseys and officials.
- Players must wear shoes without metal cleats, toe cleats or five toed shoes.
- Players may not wear Jeans, cargo shorts or anything with belt loops.
- A t-shirt must be worn under the game jersey or teams may opt to wear their own like colored t-shirts with numbers on the back (color must be approved by the intramural office).
- All jewelry must be removed including watches, earrings, bracelets, etc. Players may wear soft, pliable basketball or wrestling knee pads on legs, knees and/or ankle.

THE GAME
- Each game will begin at the indicated time on the schedule.
- Forfeit time is game time
- Once a team has the minimum number of players necessary to start, they must begin play.
- We will determine what way teams will go and who gets ball first with a coin toss before the game
- The game will consist of two 20 minutes halves with a five minutes halftime
- Substitutions must occur half and only when your team has possession on a throw in, a goal kick or the other team is subbing.
- Mercy rule: A team is ahead by a difference of 8 goals
- If play is stopped for an injured player then they must come off the field until the ref waves them back on
- Only the center ref can wave a player back on the field.
- The referee has the final word
- Violations will result in warnings/yellow/red cards.

RAIN-OUTS
- Rain-outs of league play will not be rescheduled.
- A decision to cancel games due to weather will not be made until 2:00 pm on game day.
- Please call the office at (801)581-3797 after 2:00 pm and check your email for updates.

OTHER
- Alcoholic beverages are not permitted. Violation of this rule will result in forfeiture of the game.