Thank you for being a part of one of the best intramural programs in the nation. We are proud to offer a variety of quality intramural activities. Good luck and we hope you have a fun and exciting season!

If you have questions throughout the season, please feel free to contact us by calling our office (540-231-8297), emailing imsports@vt.edu, stopping by our office in 135 War Memorial Hall, or consulting our Participant Policy and Procedure Manual.

Key Dates (tentative and subject to change)
Tournament Dates: Monday, March 23rd – Thursday, March 26th

Rules of the Game

1. Players & Substitutes
   a. Games are played between teams of 7 players.
   b. Each team must have 4 players to begin a game.
      i. During the game, a team may play with fewer than 4 if the game remains competitive.
   c. *CoRec – the ratio between males/females may not differ by more than one. The extra male/female is required to play goalkeeper if a team is playing with an odd number of players (e.g., 5 or 7).

2. The Game
   a. A game consists of two 20-minute halves and a 5-minute half time.
   b. The clock runs continuously throughout the entire game.
      i. Teams are not allowed time-outs.
      ii. The referee may stop the clock for injuries, delays of game, etc.
      iii. Each half ends when the referee blows their whistle.
      iv. A half may be extended for the taking of a penalty kick.
   c. If the game clock is stopped for an injury, the injured player must be replaced.
   d. Regular season games ending in a tie will be recorded as such. Playoff games ending in a tie will be decided by penalty kicks (see overtime procedure below).

3. Kickoffs
   a. During a kickoff, the ball may be played in any direction.
   b. Kickoffs are direct kicks so a goal may be scored directly from a kickoff.
   c. Opposing players must be at least 6 feet away from the ball until it is kicked.
   d. The kicker may not play the ball a second time until it has been touched by another player.

4. Out-of-Bounds & Kick-ins
   a. A ball that completely crosses the goal line or sideline (on the ground or in the air) is out of bounds.
   b. A ball hitting any part of the basketball hoop is considered out of bounds.
   c. The crossbar and posts of the goal are considered in-bounds.
   d. Location of the ball for a kick:
      i. Kick-in: must be placed on/behind the sideline nearest to where the ball was out of bounds.
      ii. Goal kicks: may be placed anywhere inside the penalty box.
      iii. Corner kicks: must be placed on the corner of the sideline and goal line.
      iv. If a kick-in is not taken from the proper spot, the result shall be a re-kick.
      v. If the kick-in does not enter the court, the ball is awarded to the opposing team at the spot where the ball was kicked.
   e. The kicker may not play the ball again until it has been touched by another player.
2

f. Opponents must be at least 6 feet away from the ball until it is kicked.
g. Opponents interfering with a kick-in will be issued a yellow card for unsportsmanlike conduct.

5. Substitutions
   a. Substitutions are allowed throughout the game from the substitution box (marked by the bench area).
   b. An incoming substitute must wait to enter the court until the replaced player is inside the box.
   c. A player wishing to substitute replace a goalkeeper must wait until a stoppage in play and must also inform the referee of the switch.
   d. **Penalty for illegal substitutions**: yellow card for the incoming substitute.

6. The Goalkeeper
   a. The goalie may use his/her hands to control the ball within the penalty box (includes penalty kicks).
      i. The goalie may not use hands to touch the ball if it is passed from a teammate on the court or during a kick-in.
      ii. The goalie may use hands to touch the ball if it is passed from a teammate using the head, chest or knee. A player may not use trickery to circumvent this rule.
   b. After obtaining possession, the goalie has 6 seconds to release the ball into play.
      i. The ball may not be thrown beyond the mid-court line unless it has touched a player or the court before crossing the line. **Penalty**: Kick-in for the opposing team on the sideline closest to the throw.
   c. A goalie may not drop kick or punt the ball. **Penalty**: Corner kick for the opposing team.
   d. Goal kicks may be kicked beyond mid-court with no penalty.
   e. Opponents may not interfere with a goalie attempting to put the ball back in play.

7. Scoring
   a. The entire ball must cross the line for a goal to be scored.
   b. In all games, goals count for 1 point (including penalty kicks).

8. Penalty Kicks
   a. The kicker and goalie must be on the court at the time of infraction.
   b. All players – except the kicker/goalie – must be at least 6 feet from and behind the penalty box until the ball is kicked.
   c. The ball must roll forward.
   d. Once a kicker begins approaching the ball, he/she may not interrupt his/her forward movement.
   e. After kicking, a kicker may not play the ball again until it is touched by another player.
   f. The goalie must be in contact with the goal line’s vertical plane until the ball is kicked.
      i. A goalie may move laterally as long as contact is maintained with the goal line’s vertical plane.
   g. A penalty kick may be awarded even if time has expired.

9. Overtime Procedure (Playoffs Only)
   a. If the game is tied at the end of regulation, kicks from the penalty mark will be used to determine a winner.
      i. Kicks will be 1 for 1, meaning each team will get to take 1 kick.
      ii. If both teams score or both teams miss, a second round of 1 for 1 kicks will be taken.
      iii. This will continue to occur until 1 team scores and the other team misses, at which point the game is over.
      iv. No player on a team may take a second kick until all players of the team have taken a first kick.
      v. Any player may be chosen to be goalie or take a kick regardless of who was on the court at the end of regulation.

10. Direct Kicks
    a. Direct kicks include corner kicks, kickoffs, and goal kicks.
    b. Direct kicks result from actions including but not limited to handballs, tripping, slide tackling, pushing, other illegal physical contact.
    c. Opponents must be at least 6 feet away from the player taking a direct kick.
    d. The ball can be played in any direction.
e. The ball may be kicked directly into the goal, in which case a goal is scored.

11. Indirect Kicks
   a. A goal cannot be scored on an indirect kick until the ball is touched by a player other than the kicker.
   b. Indirect kicks result from action including but not limited to sliding (if there is no attempt to make a tackle), dangerous play, obstruction, illegal handling of the ball by the goalie in the box. c. Kick-ins are indirect kicks.
   d. Opponents must be at least 6 feet away from the player taking an indirect kick.
   e. The ball can be played in any direction.

12. Handling
   a. Only the goalie is allowed to use his/her hands inside the penalty box, as permitted by rule.
   b. If a goalie handles the ball outside the penalty box, it is handling.
   c. **Penalty, handball inside the box (defensive player other than the goalie):** penalty kick.
   d. **Penalty, handball in court of play by any player:** direct kick from the spot of the infraction.

13. Sportsmanship & Yellow/Red Cards
   a. Cards are given for improper conduct at the discretion of the officials.
   b. Yellow Card: may be given for excessive verbal abuse, intentional delays of game, minor fouls, etc.
      i. Slide tackling is illegal! Slide tackling within 6 feet of an opposing player is an illegal slide tackle. **Penalty:** yellow card (whether or not there is an opponent near the player).
      ii. A goalkeeper may dive but may not lead with his/her feet.
   c. After receiving a yellow card, the player does not have to leave the court of play, but play may not resume until the yellow card has been issued and both teams ready for play to begin.
   d. Red Card: may be given for a second yellow card, blatant major fouls (e.g., swinging or kicking at an opponent regardless of contact), excessively roughing a goalie, slide tackling from behind, taunting, excessive celebration, etc.
      i. A team must play down a player anytime a red card is issued to a member of that team.
      ii. *CoRec – A team must still only have 1 more player of a particular gender at a time.
   e. The use of foul language, toward an official or not, will not be tolerated.
   f. Intramural Staff reserves the right to impose disciplinary action on players/teams if the situation warrants.

14. Mercy Rule
   a. With 2 minutes remaining in the second half, the game shall be declared over if one team is winning by 3 or more goals.

*Denotes a CoRec rule modification.
**Rules not outlined in this sheet follow the National Federation of State High School Association (NFHS) Rules.