



I. Policy and Procedures

- A. For all Policy and Procedures, please refer to Columbia University's Intramural Handbook which can be found on perec.columbia.edu under Intramurals, Rules & Policies, as well as under Handbooks/Manuals on the Columbia University's imleagues.com website. All Intramural participants are responsible for knowing all of the Intramural Policy and Procedures.
- B. Leagues offered:
 - 1. **Men's**
 - 2. **Women's**
 - 3. **Open-Recreational:** a mixed gender league that is open for anyone to register and participate. This league is encouraged for teams not looking for gender-specific requirements. ***No Co-Rec rules will apply***
- C. All players must present a valid Columbia University identification (CUID) or Dodge Fitness Center identification (DFCID) to Intramural Staff in order to play.
- D. All games are played at Baker Athletics Complex at 533 W. 218th Street. Teams must arrive ready to play no more than **10 minutes** after the scheduled game time or a forfeit will be declared.

II. Team Size

- A. Seven (7) players constitute a full team. Teams may start and finish the game with five (5) players.

III. Equipment

- A. Players must wear close-toed, athletic type shoes at all times. No metal cleats allowed, rubber cleats can be worn.
- B. Players must wear athletic clothing such as shorts or sweatpants. Jeans or dress pants are not permitted.
- C. Pinnies will be provided and must be worn unless a team has matching jerseys with legible numbers and the officials can differentiate between the teams. **Players must wear a t-shirt underneath their pinnies. A player cannot just wear a pinnie.**
- D. Any equipment that, in the Official's judgement, would be injurious to the participants, would aid the individual who is wearing it, or is not within the spirit of the rules is illegal.
- E. No hats, jewelry, or watches may be worn during a game. Exceptions may be made for mandatory religious paraphernalia, at the discretion of the Columbia Intramurals Department.

IV. Time Factors and Substitutions

- A. Games shall consist of two 20-minute halves, running time, with a 3-minute halftime.
- B. There are no time-outs. The clock will stop only at the official's discretion.
- C. Teams may substitute on the fly.
- D. Substitutions must take place within 10 yards of the mid field line.
- E. All goalie substitutions must be reported to a field official.

V. Basic Rules

- A. The winner of the pre-game coin toss shall have the first choice of two options: choice of ends of the field or the kickoff.
- B. The ball shall be considered in play unless the referee sounds the whistle or the ball has completely crossed the plane of the goal line.
- C. There will be no off-sides except during the kick-off.
- D. The following yellow / red card system will be used:
 - 1. A player receiving a **yellow card** for misconduct must sit out for **two minutes** of playing time. The entire two minutes of playing time must be served regardless of the developments on the field. The player serving the penalty period cannot be substituted, therefore their team will play short-handed. The official/scorekeeper will note the time of the infraction and release the penalized player when the penalty period has expired.
 - 2. A second yellow card issued to an individual during a single game results in an ejection from the game and a minimum one game suspension. An incident report will be completed. The exact suspension length will be determined during a required meeting between the offending player and the Director or Coordinator of Club Sports and Intramurals. Two successive games in which a single player receives yellow cards will also disqualify that player from the next game.
 - 3. A **red card** will be given to a player by the official or supervisor for severe misconduct (fighting, verbal or physical abuse of an official or supervisor) and results in an **immediate ejection** and the player's suspension from at least the team's next game. An incident report will be completed. The length of the suspension will be determined during a required meeting between the offending player and the Director or Coordinator of Club Sports and Intramurals.
 - 4. Teams will have to play down a player (i.e. short-handed) for any players that are ejected during a game.
 - 5. If a player receives a total of one red card and two yellows or two red cards throughout the season (regular season and playoffs), that player will be disqualified for the rest of the season.
- E. **No slide tackling is allowed.** Any player using a slide tackle (in the judgment of the official) will receive a yellow card.
- F. Any foul committed by the defense inside the goal box will result in a penalty kick unless the severity of the foul demands a stiffer penalty as determined by the judgment of the official.
- G. Penalty shots are unobstructed direct free kicks taken from the penalty spot, 10 yards from the goal. All players other than the designated kicker must be behind the shooter. A missed penalty shot will be a dead ball and play is restarted with a **GOAL KICK for the opposing team**.
- H. All handballs outside the goal crease result in direct kicks at the spot of the foul. Handball inside the goal crease will result in a penalty kick.
- I. The ball must be put into play within 5 seconds for all indirect and direct kicks, and kick-offs. The first violation of this rule will result in a warning, subsequent violations will result in a change of possession with an indirect kick from midfield.
- J. If a substitute touches the ball while it is in play, the opposing team will receive a penalty kick.

VI. Goalie Rules

- A. The goalie will have 5 seconds to play the ball once it is in their possession. After a warning the opposing team will take an indirect kick from midfield.

- B. The goalie may not pick up a ball sent from a teammate's foot or from a throw-in. Opposing team will receive an indirect kick from midfield.
- C. The goalie may collect the ball, dribble back into the goal box, and then pick up the ball (provided that the goalie did not collect the ball off a pass from their teammate's foot or from a throw-in.)
- D. The goalie may not pick up a ball that they had previously held in their hands and placed onto the ground. *A basketball dribble is allowed.*

VII. Free Kicks/Throw-Ins

- A. On all free kicks, the kicker's opponent must remain at least 7 yards from the ball until it is put into play. Any motion towards the ball by a defender before the offense puts the ball into play is considered encroachment. Failure to heed an official's warning will result in a yellow card for unsportsmanlike conduct.
- B. When a player is taking a goal kick, a direct free kick or an indirect free kick while in their penalty box, all opponents must remain outside the penalty box until the ball has left the box. The ball must travel beyond the box before another player may touch it.
- C. Direct Free Kicks and Corner Kicks indicate that a goal may be scored directly (played by only one player).
- D. Indirect free kicks, goal kicks, and kick-offs necessitate that a goal may be scored only after the ball has touched two players of either team.
- E. Requirements for a legal throw-in:
 - 1. Both feet must be on the ground.
 - 2. The ball must be thrown straight over the head.
 - 3. The ball must touch another player before entering the goal.
- F. A **direct free kick**, or **penalty kick** (should the offense occur in the penalty area) shall be given to the opposing team if a player:
 - 1. Kicks an opponent
 - 2. Trips an opponent
 - 3. Jumps into an opponent
 - 4. Charges
 - 5. Charges from behind
 - 6. Strikes, hits, elbows
 - 7. Holds or pushes
 - 8. Touches the ball with their hands
 - 9. Exhibits unsportsmanlike conduct
 - 10. Intentionally slides into an opposing player
 - 11. Is Ejected
 - 12. Plays in a dangerous manner, including playing on the ground.
- G. An **indirect free kick** shall be awarded to the opposing team if a player:
 - 1. Charges fairly, but when the ball is not in playing distance
 - 2. Obstructs
 - 3. Charges the goalkeeper
 - 4. Delays the game
 - 5. Persistently infringes of the rules of the game
 - 6. Shows dissent by action or word
 - 7. Uses abusive language

8. High Kick - raises leg above waist in an attempt to play the ball when other players are near the play
9. If the goalie touches the ball with their hands from a throw-in or pass back from their teammate's foot.

VIII. Overtime (Occurs in Playoffs Only)

- A. If a game ends in a tie, a single 5-minute running clock sudden death period shall be played. A coin toss will determine possession for the overtime kick-off.
- B. If the game remains tied after the sudden victory period, a shoot-out will occur:
 1. Each team will select 5 players to take the kicks, these players do not need to have been in the game when time runs out.
 2. The goalkeeper must have played keeper during the game and be in the game when time runs out.
 3. The goalkeeper is allowed to move side to side **ONLY** before the kick.
 4. The team scoring on the greatest number of these kicks shall be declared the winner.
- C. If the game is **STILL** tied after the first shootout:
 1. Each team will select 5 **DIFFERENT** players if possible, than the first five who have already kicked.
 2. This will be a sudden-victory situation, wherein if one team scores and the other team does not score, the game is ended without more kicks being taken.
 3. A player may NOT kick twice until all eligible players have kicked once.
- D. If game is still tied - repeat sudden-victory shootout.

Only the captain or designated captain can approach officials or activity supervisors during or after the game.

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