Regulations published in the Lamar Intramural Sports Handbook will be the governing policies for all intramural sports. Team captains are responsible for possessing a thorough understanding of these regulations and their implications. The current National High School Federation (NFHS) rules will be in effect with the following interpretations and exceptions.

**TEAM CAPTAINS**

- Team captains are responsible for informing their teammates of all Intramural Sports governing rules and policies.
- The team captain is responsible for the eligibility of the team’s players.
- Only the team captain may address an official, on matters of rule interpretations or to obtain essential information.
- Team captains are responsible for their team and fans behavior before, during and after their game.
- Team captains are responsible for any equipment given to them, such as team jerseys and team balls. (Team captains, you will be charged for the missing items).

**ELIGIBILITY**

- Participation is limited to currently-enrolled, Lamar University-Beaumont and LIT students or faculty and staff.
  - LU & LIT students must be enrolled in current semester (Example must be enrolled in the Spring to play Spring sports)
- NO ID NO PLAY! In order for participation in an intramural contest each player must present one of the following ids and print their name on the score sheet:
  - LU-Beaumont Students = Cardinal One Card
  - LIT- ID Students = Validated Student ID
  - Faculty/Staff = Employee ID (must have paid Rec Sports membership fee)
- Players may not play if they are wearing jewelry of any type, including necklaces, earrings, bracelets etc.
- Team captains are responsible for informing their teammates of the game schedules and of all Intramural Sports governing rules and regulations, eligibility of team players, teams and fan’s behavior before, during and after games, and equipment loaned to them for IM games such as team jerseys and balls.
- **GAME TIME IS FORFEIT TIME!**

Note: Current Lamar women’s soccer players are ineligible to play in the same academic year. No more than two (2) club players per intramural team.

**Faculty/Staff Participation**

Faculty/Staff must demonstrate positive examples of behavior and professionalism when competing with students. Not doing so will suffer game suspension and possible indefinite suspension for future Intramural events.

**Game Rules**

1. Play will be 5- on-5 (four field players and a goal keeper) for two (2) twenty-minute halves. The clock will be a running clock and will only be stopped for an injury, official time out or in the event to retrieve a ball. Halftime will not exceed five minutes. Regular season games will end in a tie.

2. A team must have three players to begin play, anything less is a forfeit. **GAME TIME IS FORFEIT TIME!**

3. **Substitutions are on the fly.** Substitutions can occur without the approval of the referees or scorekeepers. Players may not enter the court of play until the player coming off the court has reached the bench area. Exception: Goalkeepers may only be substituted with approval of the referees and may only occur during a stoppage of play. In the views of the Intramural staff that a goalkeeper substitution is used as a time wasting tactic it may be disallowed and the substitution will not be made.

4. The goalkeeper shall not punt, but may either throw or roll the ball to release their possession of it. **If thrown in the air, the ball must come in contact with an object (floor, wall or body) before going past other team’s penalty line.** If the ball does not come in contact with an object, than the other team receives an indirect kick at half court.
5. **All kicks are INDIRECT.** A goal may not be scored directly from an indirect kick, rather it must be touched by a second player before a goal can be scored.

6. **Passing back to the goalie is allowed.** However, they are only allowed to pick the ball up if it was passed to them with any part of the body that is not the foot. The ball may be picked up by the goalie when it hits a teammates foot if the pass was inadvertent. This is at the discretion of the referees. Should a goalie pick up a pass illegally it will result in an indirect kick at the top of the penalty box.
   - The goalie may hold on the ball after shots on goal or inadvertent kicks at the max of six seconds.

7. **If any ball hits the roof, the rafters, the ceiling and/or the lights it will result in an indirect kick for the non-kicking team at the closest location.**
   - If a ball gets stuck anywhere, get into the net over the team boxes or hit out by a team on their side, the team who touched it last will lose possession. The other team will be awarded an indirect kick at the closest location to the infraction.
   - Only intentional kicking of the ball out of play shall be penalized with a yellow card

8. Any player receiving a yellow card will get a 2 minute penalty, and their team shall play a man/woman down for the entire 2 minutes, unless the opposing team scores a goal during the “power play”. The first player in the box may leave when the opposing team scores.

   Any player receiving a red card will be removed from the game and their team shall play a man/woman down for the rest of the game. Any player ejected must leave the Sheila Umphrey Recreational Sports Center. This person will not be allowed to play in their next game regardless of division. This person will be required to set up a meeting with the Intramural Sports Coordinator and will not be allowed to play again until this meeting has occurred.

   - Teams that have a player ejected will play short-handed for the remainder of the game. If the number of players falls below three then a forfeit will occur.

9. **There is no sliding or slide tackling allowed. Only goalies may slide within the penalty area, should they slide outside of the penalty area then the following result applies. The opposing team will receive an indirect kick at the point of the infraction and if any slide tackle was made near an opposing player then the result will be a yellow card.**

   - Any player receiving 2 red cards or 6 yellow cards in the league/tournament will be eliminated from further play for the remainder of the league/tournament.

11. Penalty kicks will be taken from a mark designated on the court by tape.

12. Goal boxes will be designated.

**Co-Rec Rules**

All rules apply as stated above except:
- There shall not be more men than women on the court. The only possible lineups are 1 man and 4 women, 1 man and 3 women, 1 man and 2 women, 2 men and 3 women, 2 men and 2 women,
- Goals scored by women will count as 2 goals.

**Mercy Rule**

A game will be stopped when there is a deficit of the following goals at the last 10 minutes of the second half.
- Men & Women: 7 or more goals
- CoRec: 11 or more goals
**Playoffs**
*Game procedures and rules are the same during the playoffs and championship games. However, games ending in a tie in regular season will remain a tie.*

**Tied Game**
*Tie games in playoffs and Championships will continue into a 3 minute golden goal over time period, where the first team to score wins. If the game remains tied after 3 minutes. A penalty shootout will occur where each team will select 3 players from their team. A coin toss will determine who shoots first. With each team taking turns, the team with the most goals following three shots wins. If teams are still tied teams will take one shot each until there is a winner. Teams will re-use the order they used in the previous 3 round shootout until a winner is determined.*

**Protective Gear**
*Intramural Sports does not provide protective gloves or shin guards but highly encourage all players and keepers to wear them.*

**Fans/Spectators**
*Teams are responsible for their spectators!*

- If any spectator for a team is misbehaving then that person will be asked to leave and their actions will reflect on the team’s sportsmanship grade. Sportsmanship grades play a part in making the playoffs and seedings.

- Spectators are only allowed outside of the court and may line up along the glass. At no times shall any spectators hit or slap glass. This will count as misbehaving as well.

- Spectators are not to stand on the track and look down to watch the match. Track is for jogging and walking only.*