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McGILL INTRAMURALS SOCCER 7v7 RULEBOOK

Updated – August 2025

Sections **highlighted yellow** are major rule changes for the 2024-25 season.

ID. CARDS

- Before the start of intramural games students must present their valid McGill ID card to the timer. Staff and Alumni must present their valid Sports Complex Membership Cards. Please indicate to the timer which team you will be playing for. **NO ID. - NO PLAY!**
- All player IDs will be inspected by the scorekeeper and immediately handed back to the participant. IDs will NOT be kept by the scorekeeper and are not the responsibility of the McGill Intramural program.

DEFAULT RULE

- A five **(5) minute** delay to the start of the game will be granted if a team has an insufficient number of players to begin.
- The amount of time that the start of the game was delayed will be subtracted from the first and, if needed, the second period of play.
- Should a team still not have the minimum required number of players after this delay, the game will be classified as a default. The offending team will automatically lose the game **0-3**. If both teams do not have enough players, it will result in a double default.
- The defaulting team will be deducted 3 points in the standings
- The defaulting team is also subject to a \$60 Default Fee (IM Handbook article 6.1).
- This fee must be paid online before the team's next game or the team will be disqualified from their respective league.
- To begin the game, each team must have a minimum of five **(5) players** signed in and ready to play at the scheduled start time.

EQUIPMENT

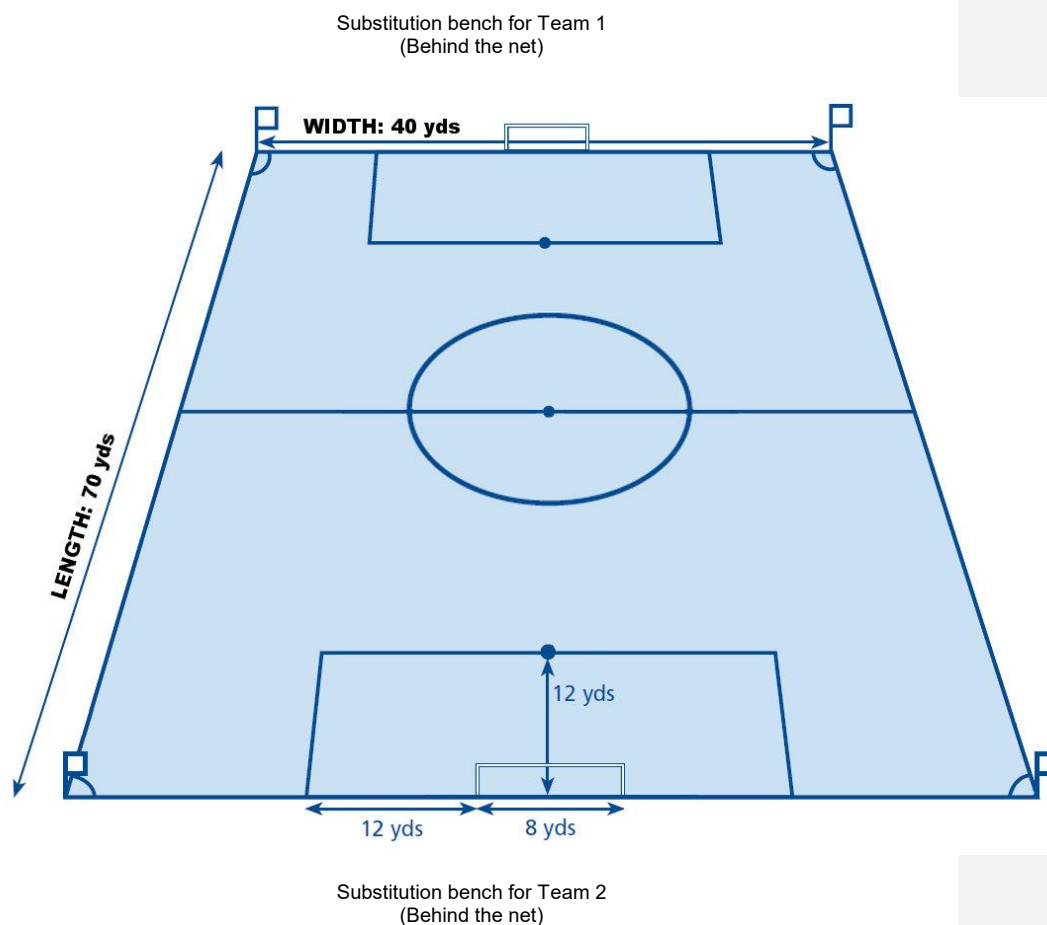
- Regulation (FIFA approved) soccer balls are supplied and used in all games.
- Metal or replaceable cleats are NOT permitted.

UNIFORMS

- Teams are no longer required to have matching jerseys with numbers.
- Home teams are now required to wear a white shirt, and away teams are now required to wear a black/dark shirt. No numbers are required. LIGHT GREY IS NOT PERMITTED. We suggest players bring both colours to each game in case of confusion.
- Goalkeepers need to wear any other colour than black or white so they can be distinguished from other players
- Personal stats (points, goals, assists, etc.) will no longer be recorded in basketball or soccer. If a team wishes to have their personal stats kept, they can add numbers to each shirt or wear a previously made uniform. If a team wishes to wear previously made uniforms, they must get

- permission from the Intramural Office (intramural.athletics@mcgill.ca).
- Yellow and Red cards will still be distributed in soccer. Players must give their name to the official when a card is given. If a player is ever found (during or after the match) to be falsifying their identity it will be considered a Major Incident (Article 7.1 - multiple game suspension and Team Performance Bond penalty)

FIELD DIMENSIONS



RULES

- The International Football Association Board ([IFAB](#)) **Laws of the Game** apply during all Intramural Soccer games, with the following exceptions and amendments:

GAME TIME

- Each match will last two equal periods of **22 minutes**.
- Clock will be "continuous" (i.e. will not stop when the ball goes out of play). Stoppage/injury time

may be added at the end of each period, but the amount added will be entirely at the match officials' discretion.

- Half-time interval: max. **5 minutes**. May be reduced at the match officials' discretion.

NUMBER OF PLAYERS & SUBSTITUTIONS

- Each match is played by two teams, each consisting of seven (7) players, one of whom is the goalkeeper.
- MINIMUM: A match may not start if either team consists of fewer than **five (5) players**.
 - Should a team be reduced to less than 5 players at any given time (due to red cards or injuries) that team will forfeit the game.

MIXED

- Maximum: 3 male matching players* + 3 female matching players* + any goalie
- Minimum: 2 male matching players* + 2 female matching players* + any goalie
- Should a team, at any given time (due to ejections or injuries), be unable to align at least 2 male matching players* AND 2 female matching players*, that team will forfeit the game

*To better enable players of all gender identities to play, we have adopted more inclusive terminology when referring to players. Now, players are classified as either "male-matching" or "female-matching". Players are asked to choose what gender to wish to "match up" against but are not required to specify a gender. For the purposes of our program, the terms 'male' and 'female' are inclusive of two-spirit, trans, and gender non-conforming members of our community. We have trained our staff to understand gender as a spectrum and encourage individuals to self-select where they feel they belong within the participation structure. McGill Recreation welcomes and encourages all participants

SUBSTITUTIONS:

- Substitutions are unlimited. Players substituting off may return later in the game.
- The following four (4) conditions must be respected during a substitution:
 1. Substitutions may only take place at a stoppage in play, regardless of ball possession.
 2. Before substituting, a team must ask permission to one of the match officials.
 3. Once the match official grants their permission, the outgoing player may leave from the nearest boundary line and the substitute must enter at that team's substitution bench (see page 2).
 4. The outgoing player must first leave the field before the substitute may enter.
- Illegal substitutions (*e.g. failing to ask the referees' permission; entering the field of play too soon, etc.*) will result in a caution (yellow card) being issued to the person attempting to enter the game.
- In order to maintain the pace of the game and avoid time delays, substitutions must be carried out as quickly as possible.

SUBSTITUTION ZONES & BALLS KICKED OUT OF BOUNDS

- Each team has its own substitution bench, delimited by the zone behind each team's goal net (refer to the diagram on p.2). The purpose of these zones is two-fold:
 - Provide a space for substitutes to sit down during the match
 - Assist in **ball retrieval** when the ball is kicked over the touch line
- These measures are in place to avoid time delays and/or lost balls during the match.

LAW 4 – THE PLAYERS' EQUIPMENT

- In addition to shorts, long pants (e.g. tracksuit bottoms) are tolerated and may also be worn by any player
- Shin guards are not compulsory, but are highly recommended
- Jewelry that is deemed potentially dangerous by the match official is prohibited.
 - This includes long chains, rings, and hoop earrings.
- Watches may **ONLY** be worn under a sweatband. No protective sweatband – no watch.

PLAYOFFS

For playoff games tied after the end of regulation time, the game shall proceed to a **penalty shootout** (kicks from the penalty mark).

Format:

- Only players on the field at the end of regular time may partake in penalty kicks. The referee(s) will notify the players when the last few minutes of the game remain so that they may make any final substitutions as necessary.
- Penalty-kicks are taken on the side of the field near the timer's bench.
- Players not on the field at the end of regular time **MUST** remain on the sidelines near the timer's bench during penalty kicks and may only enter the field once all kicks are completed.
- **Five** (5) penalty kicks will be taken by each team, followed by sudden death penalty kicks.
- Once a player has taken a kick, they may not kick a second time until all other eligible players have gone once.

MIXED:

1. Each team will select five (5) kickers: **3 male matching + 2 female matching** OR **2 male matching + 3 female matching**.
2. Kicks will be taken in alternation between male and female players.
3. If the game remains tied after the first 5 kickers, sudden death penalty kicks will ensue.
4. No player shall kick more than once before all eligible players have taken a kick. Exceptions must be made to preserve the alternation between male and female players.

Commented [NM1]: male and female matching

FINAL match:

- In the final match of playoffs, a game tied at the end of regulation time will proceed to two five (5) minute periods of extra time. The halves will be played in their entirety (no golden/silver goal).
- Should the game still be tied after extra time, a penalty shootout will ensue, as per the procedure above.

INDIRECT FREE KICKS INSIDE THE PENALTY AREA

- In 7v7, an IFK awarded inside the penalty area will be taken on the penalty area (PA) line parallel to the goal line at the point nearest to where the infringement occurred.
- DFK fouls taking place inside the PA will incur a penalty kick to be taken 8 yards from goal on Rutherford or 12 yards from goal on Molson, centred with the middle of the goal.

THROW-INS

- Please make sure your players know the appropriate technique, explained here:
- *At the moment of delivering the ball, the thrower:*
 - *faces the field of play;*
 - *has part of each foot either on the touch line or on the ground outside the touch line;*
(N.B. since 7v7 touch lines on Molson are to be marked by cones, a certain level of tolerance will be shown regarding this rule)
 - *uses both hands;*
 - *delivers the ball from behind and over their head.*
- Dragging the foot along the ground is considered legal.

OFFSIDE

- There are NO offsides in 7v7 soccer.

REQUIRED DISTANCE

- In 7v7, at the execution of a free kick or corner kick, all opponents must be at a distance of **seven (7) yards** from the ball until it is played.
- The player taking the free kick may ask the referee to enforce the 7-yard distance. If such a request is made, the kick cannot be taken until the referee blows their whistle.

- Encroachment of the 7-yard distance, particularly if deemed by the match official to delay the restart of play, will result in the offending player being cautioned.

GOALKEEPERS

- A goalkeeper may not play the ball with their hands if the ball is deliberately passed to them by one of their teammates, excluding passes made with any body part above the knee. Any violation of this rule results in an indirect free kick (to be taken on the penalty area line parallel to the goal line at the point nearest to where the infringement occurred).
- If a trick pass is used to pass the ball to the goalkeeper with the chest, head, knee, etc. so that the keeper may pick the ball up with their hands, the player who initiates the deliberate trick, whether or not the keeper picks up the ball, will receive a yellow card. Play is restarted with an IFK.

HANDBALLS

- Only DELIBERATE handballs will be called. The judgement of whether a handball is deliberate is entirely at the referees' discretion.
- The upper part of the shoulder (above the armpit) is not considered a handball.
- If a player uses their hands for protection (e.g. against a hard shot to the face), the decision will be at the referee's discretion. Such instances are usually tolerated in PLAY-FUN divisions, but NOT in OPEN/WOMENS/MIXED.
- If the ball comes into contact with the hand or arm and enters the goal or the player whose hand/arm contacted the ball scores immediately thereafter, the goal will be disallowed whether or not the handball was deliberate.
- ALL handballs called by the referees result in **DIRECT** free kicks. Handballs inside the penalty area result in a penalty kick.