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McGILL INTRAMURALS SOCCER 11v11 RULEBOOK

Updated – August 2025

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

ID. CARDS

- Prior to 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 by 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 following this delay, the offending team will default the game. The offending team will automatically lose the game **3-0**. 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 seven (7) players signed in and ready to play.

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 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)

RULES

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

LAW 3 – THE NUMBER OF PLAYERS

- MINIMUM number of players to *continue* a match:
 - Should a team be reduced to less than seven (7) players at any given time (due to red cards or injuries) that team will forfeit the game.

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 the halfway line, or near their team's bench.
 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.
- To maintain the pace of the game and avoid time delays, substitutions must be carried out as quickly as possible.

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.

LAW 7 – THE DURATION OF THE MATCH

- Each match will last two equal periods of **22 minutes**.
- Clock will be “continuous” (i.e. will not stop when 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.

PROCEDURES TO DETERMINE THE WINNER OF A MATCH – PLAYOFFS

If a playoff game is tied after the end of regulation time, the game shall proceed to a **penalty shootout** (kicks from the penalty mark) as described in IFAB Laws of the Game.

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.
- Players not on the field at the end of regular time **MUST** remain in their substitution zone 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 players have gone once.

FINAL match:

- In the final match of playoffs, a game tied at the end of regulation time will proceed to two five (5)-minute halves 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.

RULES – USEFUL REMINDERS

THROW-INS

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;*
- *uses both hands;*
- *delivers the ball from **behind** and over their head.*

Dragging the toes of one foot along the ground is considered legal.

FREE KICKS

- For the following instances, the free kick **cannot** be taken quickly – play cannot be restarted until the referee blows their whistle:
 - The team taking the free kick asks the referee to *enforce the 10-yard distance*.
 - The foul results *in a card (yellow or red) being given*.
- Encroachment of the 10-yard distance, particularly if deemed by the match official to delay the restart of play, will result in the offending player being cautioned (e.i. yellow card).

GOALKEEPERS

- A goalkeeper may NOT pick up the ball with their hands if the ball is deliberately passed to them by one of their teammates, with the exception of passes made with any body part above the knee.
 - Any violation of this rule results in an indirect free kick inside the penalty area.
- 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.
- 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.

OFFSIDE

