

# MEN'S AND WOMEN'S SOCCER

## Information Sheet Winter 2026

**This information sheet is intended to provide basic information and rules for this activity. Please refer to the 'Information' tab on the intramural web page for detailed information about policies and procedures of the Intramural Sports Program.**

### ENTRIES OPEN

Online team schedule registration will begin at 9:00 AM on Monday, January 5 and will end at 11:00 AM on Thursday, January 8 (**Entries are limited**). Visit our website and click on the 'Registration' tab. Schedule distribution will begin at 4:00 PM on Thursday, January 8.

### ENTRY FEE

A \$50.00 entry fee will be required for each team. Team schedules may only be purchased by those who have an active My Financial Center account.

### CAPTAINS MEETING

A meeting for team captains (or a representative from each team) will be held **Monday, January 12 at 4:00 PM in the Varsity Theater - WSC**. Intramural policies and procedures will be discussed so it is important that all teams be represented at this meeting.

### ELIGIBILITY

All current full-time BYU students are eligible. All current faculty, administrative staff,  $\frac{3}{4}$  and full-time staff employees and their spouses are eligible.

The following are eligible with an Intramural Activity Fee: Part-time students, students on leave of absence, non-degree seeking students (Post-Baccalaureate, Evening School, Salt Lake Center, English Language Center), student employees,  $\frac{1}{2}$  staff employees, and spouses of students. All students are also eligible to participate for two semesters beyond the last semester in which they were enrolled in classes.

The Intramural Activity Fee is paid online. **Payment must be made before a participant can be added to a team roster.** The cost is \$25 per semester (fall/winter) or \$15 per term (spring/summer). This fee enables a participant to compete in any intramural activity during the current semester or term. **Do NOT pay this fee before the first day of the applicable semester or term.**

To participate in a team sport, each player must be added to his online team roster by 3:00 PM for weekday games and by 3:00 PM on Friday for Saturday games. Team rosters are limited to **sixteen** players. Each participant may play for only **one** Soccer team.

### RELEASE AGREEMENT

All Intramural participants must complete an online [release agreement](#) before they can be added to a team roster. Release agreements are valid for one academic school year – fall semester through summer term.

### DAYS, TIMES, AND LOCATION

Games will be played Tuesday through Friday 6:15 PM to 10:00 PM and Saturday 11:15 AM to 5:00 PM. Games will be played in the Indoor Practice Facility located west of the Smith Field House.

### CHECK-IN

It is recommended that participants check-in with the activity supervisor at least ten minutes prior to game time. All participants must show a valid (government or school issued) picture ID before every game.

## FORFEITS

Teams are encouraged to arrive ten minutes before game time. **FORFEIT TIME IS GAME TIME!** A forfeit is given to teams with less than **five** legal players at game time. Teams receiving their second forfeit may be dropped from regular season and elimination tournament play. *Refunds will not be given for forfeited schedules.*

## EQUIPMENT

Teams will need to supply a soccer ball for each game. **All participants are required to wear shin guards**, appropriately sized, secured and covered **with long socks**. Shoes with metal cleats or spikes fastened to the sole of the shoe will not be allowed. Cleats that are metal tipped are allowed. Toe cleats are not permitted. Any cleat deemed unsafe by officials will not be allowed.

## UNIFORMS

**Teams are required to have two sets of shirts/jerseys of differing colors (one white and one dark).** The lower numbered team will wear white, and the higher numbered team will wear dark. An appropriate, modest athletic uniform is permissible. Shirts, shorts or pants, and shoes must be worn.

## OFFICIALS

The Office of Intramural Sports will provide all officials. Officials and supervisors assigned to your game have the authority to make decisions on any point not specifically covered by rules of the game or by intramural policies.

## LIABILITY

**All participants play at their own risk and must acquire their own insurance.**

## SPIRIT OF SPORTSMANSHIP

“Athletics are explosive, as any of us know who have participated in them. The problem therefore, is to do everything that is fair and honorable to win, and also to know the line where sportsmanship stops and mockery starts. Stop short of winning if integrity is to be impaired.... Sportsmanship is the spirituality in athletics” (The Teachings of Ezra Taft Benson).

Sportsmanship is everyone's responsibility. We hope everyone will conduct himself in a mature and friendly manner. The BYU Intramural Sports program has identified the following principles as our “Spirit of Sportsmanship” guidelines. We encourage all employees, participants, and spectators to incorporate these principles on and off the playing field.

1. **Stand as a Witness:** *We are to stand as witnesses of God at all times and in all things, and in all places* (Mosiah 18:9). Be consistent with who you are in all situations. “Never check your religion at the door. That kind of discipleship cannot be – it is not discipleship at all.” (Elder Jeffrey R. Holland – Israel, Israel, God is Calling. September 2012)
2. **Live with Integrity:** *We believe in being honest, true, chaste, benevolent, virtuous, and in doing good to all men...* (Thirteenth Article of Faith). Honesty applies equally in sports as it does in all other areas of life. Never lower your standards because “it’s just a game.”
3. **Play by the Rules:** Do not push limits or escalate the level of physical play to match the style of enforcement. This style of play endangers other players. Intentional disregard for the rules of the game is unsportsmanlike. Play hard, but honor the rules.

4. **Be Accountable:** Although we are free to choose our actions, we are not free to choose the consequences. Others cannot determine our feelings or thoughts. We are each accountable for what we do and say and should never blame others for our behavior.
5. **Live the Golden Rule:** *And as ye would that men should do to you, do ye also to them likewise* (Luke 6:31). Sportsmanship is the Golden Rule in action. Treat others—officials, opponents, spectators, teammates—with honor and respect.
6. **Be Meek:** If you begin to feel unsettled or agitated, take a personal timeout. Step back to gain composure and perspective. Retaliation does not solve conflict, it only compounds the situation. Demonstrate humility in victory and dignity in defeat.
7. **Be Gracious:** Compliment your opponent after a good play. Focus on the good. Build people up, do not tear people down. Be genuine when you congratulate your opponent.
8. **Have Fun:** *Men are, that they might have joy* (2 Nephi 2:25). Be safe, play fair, and enjoy the experience.

### **YELLOW/RED CARD SYSTEM**

A yellow/red card system is used to monitor unsportsmanlike behavior and improper conduct. A participant who receives a yellow card will be required to sit out for two minutes of game time. A participant who receives a red card will be ejected from the game and must leave the facility before play resumes. A team with a carded player must play with one less player until the penalty time has expired (Yellow = 2 minutes & Red = remainder of game).

The following are examples of yellow/red card offenses:

Yellow Card: Non-directional profanity; arguing; rough play; taunting.

Red Card: Illegal participation; directional profanity; flagrant contact; fighting; threatening behavior.

### **TOURNAMENT INFORMATION**

Each activity has a classification process that is intended to place similarly skilled teams against each other for tournament competition. Teams will be given a ranking between 1 and 5 (5 being the highest) for each regular season game they play. To receive a 5 ranking, a team must be proficient in each of the following five criteria:

1. Passing and shooting.
2. Dribbling.
3. Team speed.
4. Positioning.
5. Defense – goal prevention.

At the conclusion of regular season play an overall average of each team's rankings will be computed and eligible teams will be placed in the tournament division that best fits their ability. Important tournament dates are listed below.

#### **Women's Tournament**

- Tournament classification rankings will be posted by 4:00 PM on Tuesday, March 3.
- Teams will have until **4:00 PM on Thursday, March 5** to challenge classification rankings.
- Tournament brackets will be posted by 6:00 PM on Saturday, March 7.
- Tournament play begins Tuesday, March 10.

## Men's Tournament

- Tournament classification rankings will be posted by 4:00 PM on Tuesday, March 3.
- Teams will have until **4:00 PM on Thursday, March 5** to challenge classification rankings.
- Tournament brackets will be posted by 4:00 PM on Friday, March 6.
- Tournament play begins Tuesday, March 10.

Tournament brackets may be viewed on the intramural web page or in the glass cases located next to the Intramural Office (145 RB). **Posted game times will not be changed for personal conflicts.** Team captains should notify the Intramural Office **in advance** to avoid potential scheduling conflicts for their team(s). This can be done using a schedule request form, which is available in the Intramural Office. This form must be submitted by 4:00 PM on Thursday for the following week's schedule.

## RULES

Coed Soccer abides by the 2025-2026 National Federation of High School Association Rules with the following exceptions or points of emphasis:

1. *Team Composition:* Teams may consist of five (minimum) to seven (maximum) players including one goalkeeper. Team rosters are limited to fifteen participants.
2. *Point Values:* All goals scored by are worth one point. All penalty kicks are worth one point.
3. *Game Duration:* Each game will consist of two 20-minute halves with a two-minute break between halves.
4. *Timing:* The clock will stop during the last five minutes of the game (when the goal differential is within three) for the following reasons:
  - Penalty kick.
  - Official's timeout.
  - Caution or Disqualification (Yellow/Red Card).
  - Following the score of a goal, until play is resumed.
  - **NOTE:** A period shall end at the expiration of time. The only exception is to allow a penalty kick to be completed.
5. *Overtime (tournament only):* in the event of a tie, a five-minute "golden goal" period will be played followed by the best of five penalty kicks taken by each team. If the game remains tied, penalty kicks will continue, in a sudden-victory situation, through all eligible participants for each roster.
6. *Offsides:* The offside rule will **not** be in effect.
7. *Slide tackling:* Slide tackling from **any** direction will not be allowed. Slide tackling is defined as going to the ground in an attempt to play the ball within playing distance of an opponent. Any play deemed dangerous by the official will be penalized. This includes playing the ball while on the ground.
8. *Equipment:* Shoes with metal cleats or spikes fastened to the sole of the shoe will not be allowed. Cleats that are metal tipped are allowed. Toe-cleats are not allowed. Any cleats deemed unsafe by officials will not be allowed. **All participants are required to wear shin guards**, appropriately sized, secured and covered **with long socks**.

## **DEFINITIONS (Adapted from the 2025 - 2026 NFHS Rules Book)**

### **BALL IN AND OUT OF PLAY**

The ball is out of play when it has completely crossed the goal line or touchline (sideline), whether on the ground or in the air. The ball is **in play at all other times including:**

- a. When it rebounds from a goal post, crossbar, or corner flag post.
- b. When it touches an official or line judge in the field of play.
- c. Until an official sounds the whistle.

### **DROP BALL**

A method by which a dead ball becomes live. An official drops the ball to the ground. When the ball strikes the ground, it becomes live and may be touched by any player. Play will resume with a drop ball:

- a. When the ball is caused to go out-of-bounds by two opponents simultaneously.
- b. Following a temporary suspension of play for an injury or unusual situation in which no team has clear possession of the ball.
- c. When simultaneous fouls of the same degree occur by opponents.

### **PENALTY KICK**

A kick awarded to a team because an opponent was charged with a direct free kick penalty within his/her own penalty area.

### **THROW-IN**

A method by which a dead ball becomes live. A player throws the ball using both hands. The ball must be delivered from behind and over the head in one continuous movement, while both feet are on the ground on or behind the touchline and the player must be facing the field.

### **GOAL KICK**

A goal kick shall be awarded to the defending team when the entire ball crosses the goal line, outside of the goal, either in the air or on the ground, having last been touched or played by the attacking team. A goal may be scored directly from a goal kick, but only against the opposing team. Players opposing the kicker shall remain outside the penalty area until the ball is in play. Once spotted, the ball shall be kicked from the ground from any point within the goal area by a player of the defending team. The ball is in play when it is kicked and moves. The kicker may not play the ball until it has been touched by another player.

### **CORNER KICK**

A corner kick shall be awarded to the attacking team when the entire ball passes over the goal line, outside of the goal, either in the air or on the ground, having last been touched or played by the defending team. A goal may be scored directly from a corner kick, but only against the opposing team.

**If you have any questions, contact Brianna in 145 RB (801-422-7597) or access our web page.  
iSports.byu.edu Have a fun season!**