

**CAMPUS RECREATION  
INTRAMURAL SPORTS**

**2024-**



UNIVERSITY OF  
NORTHERN IOWA

9. **OVERTIME:** During the regular season there is no overtime, games will end in a tie. During the playoffs, the winner of a tie game will be determined by five (5) minute sudden death (Golden Goal) overtime. If neither team scores during the overtime, penalty kicks will determine a winner. Each team will have three (3) kicks

10. **SUBSTITUTIONS:** Substitutions are unlimited, and may be made at any time there is a dead ball. The player leaving the floor must be completely off the court before the substitute enters. Additional substitutions may be made by requesting a substitute to an official during a dead ball.
11. **GOALKEEPER:** The goalkeeper may not throw the ball over mid-court unless a player makes contact with it or it bounces before half. A violation will result in a free kick from the point the ball crossed the mid-court line.
12. **GOALKEEPER DELAY:** The goalkeeper has five (5) seconds to put the ball back in play after he/she gains possession. If not, the opposing team will receive a free kick from the nearest "X."
13. **GOALKEEPER PASS BACKS:** The goalkeeper may not touch the ball with his/her hands when passed with the feet from a teammate.
14. **Goal Keeper Area:** If a defensive player touches the ball with the intent to defend a goal while inside the goal arc, a penalty kick will be awarded to the offensive team.
15. **OUT OF BOUNDS:** The ball will be considered out of bounds if it leaves the playing area, enters the designated out of bounds area behind or side of the goal, or contacts a ceiling obstruction. Play will be resumed at the nearest point on the court to where the violation occurred.
16. **SLIDE TACKLING:** No form of slide tackling is permitted. The penalty is a yellow card and free kick for the opposing team. If the act is deemed intentional and blatant, a red card may be issued.
17. **DELAY OF GAME:** Trapping the ball in a corner to consume time will be considered delay of game, and a free kick will be awarded to the opposing team.

18.



24. UNSPORTSMANLIKE CONDUCT FOUL LIMIT: If two (2) players are ejected from a game, that game will



UNIVERSITY OF  
NORTHERN IOWA



30. FEMALE SCORING: In “A” LEAGUE a goal scored by a female will count as one (1)



UNIVERSITY OF  
NORTHERN IOWA

