

SOCCER SKILLS CHALLENGE Rules & Regulations

**The University of Akron
Student Recreation & Wellness Services
Intramural Sports**

Participation in any and all activities within this facility and/or sponsored by The University of Akron is voluntary. All participants understand and agree that use of this facility and/or participation in an activity sponsored by the university is at their own risk and that the university is not responsible for any incidents, injuries or loss of property that may occur.

All team representatives, including players, substitutes, replaced players, coaches, trainers, spectators and/or other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of officials assigned to the game as well as the site supervisor.

GENERAL INFORMATION:

- All students, faculty or staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Participants Handbook. All participants must present a valid University of Akron ZipCard. **NO ID, NO PLAY!**
- This event will be held in the 2-court gymnasium of the Student Recreation & Wellness Center.

EQUIPMENT:

- Intramural Sports will provide all required equipment.
 - A soccer ball or a futsal ball may be used for any station; the choice is up to the participant.
- Athletics shoes must be worn. No boots, sandals, etc. will be permitted.

EVENT FORMAT:

- The Soccer Skills Challenge will consist of 4 stations:
 - Shootout
 - Juggling
 - Weaving
 - Passing
- Individuals may participate in any number of stations, but only once per station.

SHOOTOUT:

- Participants will be given five (5) attempts to shoot a futsal ball through hoop targets in the goal.
- Multiple hoops will be hung within the goal, each with different point values; participants may aim for any hoop in any order.

JUGGLING:

- Participants will attempt to juggle a soccer ball for as long as possible, using only his/her feet, legs, and knees.
- A prescribed area will be marked out, and participants will be restricted to this area while juggling the ball.
- Timing will stop once:
 1. The participant leaves the restricted boundaries,
 2. The participant uses a body part other than the feet, legs or knees, or
 3. The ball contacts the ground.

WEAVING:

- Participants will attempt to weave in/out of a pre-arranged set of cones in as little time as possible, while dribbling a futsal ball.
- Timing will begin when the participant crosses the start line, and end when the participant's entire body *and* ball have crossed the finished line.
- Any cones that are skipped and/or knocked over will result in a 2 second time penalty (per cone).
- If more than half of the cones are skipped/knocked over, the participant's attempt will be a disqualification.

PASSING:

- Participants will have five (5) attempts to pass the ball through pre-set pairs of cones, focusing on accuracy.
- Each set of cones will be arranged at different distances, each with a corresponding point value.
- Participants may aim for any set of cones in any order; the ball must pass completely through both cones to receive points.

AWARDS:

- The top participant in each division (Men's, Women's) will receive Intramural Sports Champion T-shirts.

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