

**STUDENT RECREATION & WELLNESS CENTER
WASHBURN UNIVERSITY**

INTRAMURAL SOCCER SKILLS CONTEST RULES

- 1) **ALL PARTICIPANTS MUST BRING THEIR CURRENT WASHBURN PICTURE ID TO ENTER THE SRWC.** ID checks may be made to verify eligibility of players. Players without proper ID will not be allowed to participate. Washburn Intramural guidelines concerning eligibility are in effect.

- 2) Each participant may compete in three different drills – Speed Dribbling, Juggling, and Shot Accuracy

- 3) Speed Dribbling drill

- a) The object of this drill is to dribble the ball around a set amount of cones as quickly as possible.
- b) Each participant will have 1 opportunity at the drill.
- c) Participants will start at the line and when signaled to start, will begin to weave through the cones.
- d) Participants will need to circle around the final cone and weave back through the cone toward the start line.
- e) The clock will stop when both the ball and the player completely cross the start line.
- f) Points will be awarded on the following table:

20 seconds or less	10 points	40.01 to 45 seconds	5 points
20.01 to 25 seconds	9 points	45.01 to 50 seconds	4 points
25.01 to 30 seconds	8 points	50.01 to 55 seconds	3 points
30.01 to 35 seconds	7 points	55.01 to 60 seconds	2 points
35.01 to 40 seconds	6 points	1 minute or more	1 point

- 4) Juggling drill

- a) The object of this drill is to keep the ball off the ground while accumulating as many touches as possible in 60 seconds.
- b) Each participant will have 1 opportunity at the drill.
- c) Participants will begin with the ball in their hands.
- d) When signaled to start, the participant will toss the ball in the air.
- e) Each legal soccer body contact will count for one point.
- f) Each illegal soccer body contact will count for negative three points.
- g) The drill will end when either 60 seconds has passed or the ball hits the ground.

- 5) Shot Accuracy drill

- a) The object of this drill is to hit the three posts of the goal with as many shots as possible.
- b) Each participant will have 10 shots.
- c) The ball will be placed on the start line.
- d) The participant shall be allowed to adjust the ball anywhere on the line.
- e) Each post hit will count for one point. The ball must contact the post in the air to count.
- f) Each time a complete set (left post, right post, crossbar) is hit, an extra bonus point shall be awarded. Example: Shot one hits left post, shot two hits right post, shot three hits crossbar – 4 total points are awarded.
- g) You may not start a second set until the first set is complete. Example: Shot one hits the crossbar, shot two hit the left post, shot three hits the left post, shot four hits the right post, shot five hits the right post, shot six hits the crossbar- 7 total points awarded.

- 6) Following the completion of all drills, scores will be totaled and this shall be the final score.

- 7) Tie-breaker procedure:

- a) Number of Accuracy cycles completed
- b) Total time in Speed Dribbling drill

Revised 06/2019

**For complete information on general intramural information and sportsmanship policies visit
www.washburn.edu/getfit**