

Soccer Rules

**Pregame Warm up and Procedures:**

- Set clock 30 min and start both teams permitted on the game field for warmup. - 10 Team reports to sideline. Coaches, captains, and officials meet. - 5 minutes National Anthem

**Competition Rules:**

- No jewelry can be worn on the field. Including but not limited to rings, ear rings, or nose piercings.

- Length of shorts must meet SECC Standard rule

- Cleats must not have front cleat if studded the stud must be removed with no screw or cut off.

- Home team wears dark jerseys and socks.

- Number must be visible on both front and back of uniform.

- Compression / bicycle shorts may be worn under the uniform bottom. However, such shorts may not be worn in lieu of the uniform bottom and must be matching in color to bottom.

- Minimum crew size is during regular season is two officials (head and assistant referee).

- Official time will be kept by a contest official on the field, if stadium clock is available it is unofficial.

- Middle / JV (if applicable) will play two 20 minute halves. Varsity will play 30 minute halves.

- A regular season soccer game that has completed one half or more shall be con sidered an official game. A game that has been called due to weather or darkness prior to first half being completed is a suspended game and shall resume at the point of suspension.

- Six (6) goal differential attained at the end of the first half or secured at any point during the second half terminates the game. If 6 goal differential is attained in first half clock will continue to run for the duration of the half.

- There will be a five minute interval between the first and second half. If game ends in a ties there shall be a five minute interval before overtime play starts. There shall be a coin toss and one 10 minute overtime period. If a tie still exists at the end of the 10 minute period the coaches will meet midfield with the offi cial. The official will review the procedure for penalty kicks. All games regular season or tournament that are tied at the end of regulation play must be resolved in overtime procedure.

**Timeouts:**

**There shall be a three-minute timeout in each half for rehydration at the 15 minute mark** of players and for coaches to deal with player situations. Players shall remain on the field and there shall be no delay in substitution. No timeouts may be called when there is an immediate scoring opportunity.

**Injuries:**

If there is an injury on the field the official will stop the clock at the moment of the injury unless there is an immediate scoring opportunity. In the case of an immedi ate scoring opportunity the official will stop play after the scoring opportunity. Coaches are expected to immediately come to the field, move players back, and have them take a knee. Players are not permitted to move other injured players off the field for any reason whatsoever. Once the injured player is removed the game will resume and the clock will restart.

**Substitutions:**

Substitutes may enter throughout the game regardless of who has possession of the ball. When there are excessive substitutes near the end of the game in an effort to waste time, the official has the option of stopping the clock to avoid the loss of time. This situation also be considered unsporting conduct and a caution issued. If any player, coach, or bench personnel enter the field without consent from the offi cial the head official should blow the play dead at the appropriate time and award a an indirect free kick to the opposing team at the Point of the infraction.

**Card System for Misconduct:**

must be administered as follows:

a. A player, coach, or bench personnel who commits any violation shall be cau tioned (issued a yellow card). A player may be substituted for immediately, and shall be required to leave the field until the next legal substitution opportunity. An official may issue a red card and disqualify (eject) a player, coach, or bench personnel on a first offense if the situation warrants.

b. A player, coach, or bench personnel who commits a second violation shall be issued a second caution (blue card), shall be disqualified (ejected) from further

participation in the game and shall not be replaced on the field with a substitute. The official shall first show the yellow card by raising the card above the head, followed by raising the blue card above the head. (Note: the yellow and blue cards shall not be shown simultaneously).

c. A player, coach, or bench personnel who commits repetitive unsportsmanlike conduct shall be disqualified (ejected) and shall not be replaced on the field with a substitution. The head official may determine if such violation warrants participants to be removed from premises.

d. A player shall be guilty of committing a foul inside the penalty area, while not attempting to play the ball and a goal is not scored and shall be disqualified (ejected) from the contest. The player shall be issued a blue card and shall not be replaced on the field with a substitute

**Sportsmanship:**

Players, coaches, administrators, spectators, contest officials and all other persons connected directly or indirectly with a member school shall practice and promote the highest standards of sportsmanship and ethics before, during and after any in terscholastic event. If a player or coach is ejected he or she must sit for one game. If a second ejection occurs they must sit for 3 games. If a third ejection happens within a season that player or coach is no longer permitted to participate in SECC soccer for that season. The SECC would then make a determination about the play er or coach going forward for any addition SECC season.

**“Unsportsmanlike Conduct” Defined.** A student who commits an act of mali cious and hateful nature toward a contest official, an opponent or any other person attending an athletic contest shall be guilty of unsportsmanlike conduct. Such acts may include, but are not limited to, profanity, striking or threatening a contest offi cial; physical contact with an opponent which is beyond the normal scope of com petition; spitting on a contest official or opponent; directing gender, racial or ethnic slurs toward a contest official, an opponent or any other person attending an athletic contest; or other such acts deemed to be unacceptable conduct according to the principal of the member school the student attends or this Association. Students who are found to have committed unsportsmanlike conduct will be ineligible to participate in interscholastic athletic competition until a decision is made by the SECC President and Executive Conference leaders concerning length of suspen sion.

**Crowd Control.** Any member school whose principal / Athletic Director commits unsportsmanlike conduct or whose principal fails to control the conduct of the stu dent body, faculty, and spectators shall be subject to the appropriate penalties, which may include expulsion from membership in this Association.

**Overtime Procedure:**

Following a five minute interval there shall be one overtime periods. A coin toss shall be held in advance of this overtime period. There will be one 10 minute peri od. Whichever team has the most goals at the conclusion of the first overtime will be declared the winner. If a tie still exists the head coaches and team captains from both teams will meet with the officials at the halfway line to review procedure for penalty kicks.

1. The official will choose the goal at which all kicks from the penalty line will be taken.

2. Each coach will select any five players, including goal keeper, on or off the field (except those who have been disqualified) to take penalty kicks. 3. A coin toss will be used to determine choice of kicking first or second. 4. Teams will alternate kickers. There is no follow up on the kick. 5. Defending team may change goal keeper prior to each penalty kick. 6. The team scoring the greatest amount of goals wins.

7. If tie still exists then coaches will select five different players. If team has fewer than 10 players all unused players must first be exercised in the selection then the coach may choose additional players from the first five. At this time first goal scored will determine the winner.

Field Dimensions:

See the diagram for more information.

- Minimum Length of field 80yd

- Minimum Width 40yd

- Goal size must be 8ft in height & 24ft in width (regulation size).

***I have read and understand these rules. While aware there are state high school athletic rules that we follow if the SECC does not explicitly cover the rule they do not supersede SECC Soccer Rules and Procedures.***