

# NFHS Soccer Rule Book 2019-2020

## Soccer Rule Changes

- a. *Stop the clock during the last 5 minutes of the second half or second overtime half when the team in the lead substitutes.*
- b. *In case of a temporary suspension due to injury or any unusual situation, play will now be resumed with a drop ball; this change eliminates the awarding of an indirect free kick to a team and prevents an otherwise undeserved goal-scoring opportunity. The only exception to this is when the goalkeeper is in possession of the ball at the time of the stoppage.*
- c. *Any number of players may contest a dropped ball and referee may not decide who should contest the dropped ball.*
- d. *If a dropped ball enters the goal without touching at least two players, play is restarted with a goal kick if it enters the opponent's goal or a corner kick if it enters the team's own goal.*

### 1. Rule 1 – Field (Diagram pg. 10):

#### A. Section 1 – Size of Field

- The field shall be rectangular, 100 to 120 yards long and 55 to 80 yards wide. (pg. 10)

#### B. Section 2 - Markings

- Where games are played on a field marked for other sports, it is RECOMMENDED MARKINGS which contrast in color to the other sport markings be used to indicate the soccer field areas. (pg. 10)
- A halfway line shall be marked across the field. (pg. 10)
- When markings become obscured by the elements during the course of the game, the markings shall be assumed to be present and decisions shall be rendered by officials to the best of their ability to interpret original positions of the markings. (pg. 11)

#### C. Section 3 – Corner Flags

- These flag posts shall be placed at each corner of the field of play and shall not be removed during the course of play. (pg. 12)

#### D. Section 4 – Goals

- They shall be white. (pg. 12)
- No markings other than a single manufacturer's logo may appear on the goal posts. (pg. 12)
- If portable goals are used, they shall be adequately anchored, secured, or counterweighted to the ground. (pg.12)
- If used on a football field, the front of the portable goals should be at least 2 yards in front of the base of the existing football posts. (pg.12)
- Nets shall be attached to the posts. (pg.12)

#### E. Section 5 – Officials and Team Areas

- There shall be at least 10 feet (3 yards) from team bench and the touchline. (pg. 13)
- The team areas shall extend 10 yards on each side of the halfway line for a distance of 20 yards, and each area shall be marked by a solid line. (pg. 13)

#### F. Section 6 – Spectators' Area

- **NO ONE** shall be permitted directly behind either goal unless in bleachers. (pg. 13)

#### G. Section 7 – Field Conditions

- Before the game begins, it is responsibility of home administrator to judge whether or not the condition of the field allow for a safe game to begin. Once the game begins, and until it ends, the determination of whether or not a game may be safely continued shall be made by the referee. (pg. 13)

## 2. Rule 2 – Ball:

### A. Section 1 - Supply

- Responsibility of HOME team to provide three or more official game balls of similar quality. If the home team cannot provide three balls, the referee shall choose game balls from those offered by both teams. (pg. 14)

### B. Section 2 - Specifications

- The weight of the balls at the start of the game shall be at least 14 ounces, but no more than 16 ounces. (pg. 14)
- The ball shall include the NFHS Authenticating Mark. (pg. 14)

## 3. Rule 3 – The Players and Substitutions:

### A. Section 1 – Numbers of Players

- Game shall be played by two teams, each consisting of not more than 11 players, one of whom shall be the goalkeeper. (pg. 15)
- Each team shall designate **a team captain** on the field who is the team's representative, may address an official on matters of interpretation, and may address an official to obtain essential information. (pg. 15)
- A game shall not be started with fewer than seven properly uniformed players on each team. After the game has started, it may not be continued with fewer than seven players on either team; failure to do so, game shall be terminated and a forfeit shall be declared.

**EXCEPTION:** if team drop below 7 players due to a player having to leave field for temporary equipment repair, minor injury, blood-rule situation, the official may stop the game momentary until the problem is corrected and then continue the game. (pg. 15)

- Each team must submit a team roster of all players, substitutes, bench personnel, and all coaches, to the officials **at least 5 minutes** prior to the start of the contest. The game shall not begin until this is complete. Players, substitutes, bench personnel, and coaches may be added to the roster after the start of play. Goalkeepers may have two numbers listed on the roster a goalkeeper's number and a field player's number. (pg. 15)

### B. Section 2 – Position of Players

- The team winning the coin toss shall have the option of choosing which end of the field to defend or to take the kickoff. (pg. 16)

### C. Section 3 – Substitutions

- Either team may substitute and unlimited numbers of players from the bench between periods. (pg. 16)
- Either team may substitute and unlimited numbers of players from the bench, provided they report to the nearest official and are beckoned in: a goal is scored, when a player is injured (coach or appropriate health-care professional *may not enter the field without approval from a referee*), if the referee stops the clock for an apparent injury to a field player **or goalkeeper**, the field player or goalkeeper will have to leave the field; the field player may be replaced, and the goalkeeper shall be replaced by either a substitute or a field player. (pg. 16)
- Any player who exhibits signs, symptoms of concussion (headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional. (pg. 16)
- If the injured player is being replaced during a penalty kick situation, substitutes may not take the penalty kick. (pg. 16)
- Either team may substitute and unlimited numbers of players, provided they report to the nearest official and are beckoned in: a goal kick, when a player from either team is cautioned (yellow card), a player is

disqualified (red card), communicable disease concerns (athlete who is bleeding), when bench personnel is cautioned or disqualified. (pgs. 16-17)

- The team in possession of the ball may substitute an unlimited number of players: on a throw-in and on a corner kick. (pg. 17)
- The team **NOT** in possession of the ball may substitute an unlimited number of players at a throw-in or corner kick if the team in possession of the ball is also substituting. (pg. 17)
- **A substitute becomes a player when he/she is beckoned onto the field of play, at which the replaced individual is no longer a player.** (pg. 17)
- **BECKONED IN SCENARIO 3.3.3 SITUATION F.** (pg. 19)
- D. Section 4 – Procedure for Substitution
  - A substitute may enter the field of play at the beginning of a period without being beckoned by the referee. After a score and when a player is injured and removed from the field, substitutes **MUST** be beckoned. (pg. 20)
  - The clock shall be stopped when a substitute by the team in the lead is beckoned onto the field in the final five minutes of the second period only (this included second overtime period). (pg. 20)
- E. Section 5 – Goalkeeper Change
  - The goalkeeper may change places with a player on the field whenever the clock is stopped or a substitution takes place, provided the uniforms are legal. Any time the goalkeeper is changed, a referee shall be notified. **PENALTY: Both players (goalkeepers) shall receive a warning at the next stoppage of play.** (pg. 21)
- F. Section 6 – Excessive Player Substitutions
  - When a team repeatedly substitutes to consume time, a referee shall order the timer to stop the time clock during such substitutes and shall notify the coach of the offending team. The repetition may be consumed as unsporting conduct. (pg. 21)

#### 4. Rule 4 – Player Equipment:

- A. Section 1 – Required Equipment
  - The required player equipment includes a jersey, shorts, socks, suitable shoes and shinguards. The NOCSEA seal and height range shall be permanently marked on the front of the shinguards. (pg. 22)
  - Requirement for uniforms: home team shall wear solid white jerseys and solid white socks; the visiting teams shall wear dark jerseys and socks (dark is defined as any color which contrasts with white). (pg. 22)
  - Prior to and during the game, jerseys shall be tucked into the shorts, unless manufactured to be worn outside. (pg. 22)
  - Both socks shall be the same color, with the home team wearing a solid white socks and the visiting team wearing socks of a single dominant color, **but not necessarily the color of the jersey.** If tape or a similar material (stays/straps) is applied externally to the socks, it must be of similar color as that part of the sock to which it applied. (pg. 22)
  - If visible apparel is worn under the jersey and or shorts, it shall be of a similar length and a solid-like color for the team. (pg. 23)
  - All jerseys, including the goalkeeper’s jersey, shall be numbered on the back and on the front (jersey or shorts) with the same number. Numbers shall be of a solid contrasting color to the jersey (or shorts) and clearly visible. (pg. 23)
  - Only those names, patches emblems, logos or insignias referencing the school are permitted on the team jersey and/or shorts; the player’s name may also appear in uniform. (pg. 23)
  - **The jersey of the goalkeeper shall distinctly differ in color from that of any teammate or opposing field player.** The socks of the goalkeeper are not required to be the same color as his/her teammates, but shall differ in color from the opposing field players. (pg. 23)

- Shoes with soles containing metal (aluminum, magnesium, titanium, etc...), leather, rubber, nylon, or plastic cleats , studs, or bars, whether molded as part of the sole or detachable, **are allowed as long as the referee does not consider them dangerous.** (pg. 23)
- It is recommended that team captains wear an upper arm band of a contrasting color; the captain's band, if worn, shall be worn on the upper arm. (pg. 23)

#### B. Section 2 – Other Equipment

- Illegal equipment shall not be worn by any player. This applies to any equipment which, in the opinion of the referee, **is dangerous or confusing.** (pg. 26)
- Hard and unyielding items (guards, casts, braces, etc...) on the hand, wrist, forearm, elbow, upper arm or shoulder, unless covered, and must be padded with a closed-cell, slow recovery foam padding no less than 1/2-inch thick. (pg. 26)
- Knee braces which are altered from the manufacturer's original design/production are illegal. **Knee braces that are unaltered are legal and do not require any additional padding.** (pg. 26)
- Non-metal ankle braces that are unaltered are legal and may be worn outside a sock. Ankle braces of metal or unyielding material that are unaltered are legal if covered by a sock.
- Hats, caps, or visors are illegal; goalkeeper may wear a soft-billed baseball type hat or soft-billed visor. (pg. 26)
- Players may wear soft and yielding caps during inclement weather. Caps must be alike in color. **NOTE: The wearing of illegal uniforms or equipment is prohibited even though the coaches of both teams approve it.** (pg. 26)
- Hair control devices may be worn if made of soft material and not for adornment (pg. 26)
- Sweatbands may be worn on the head or wrist if made of soft material. (pg. 26)
- Jewelry shall not be worn **except** for religious or medical medals (a religious medal must be taped and worn under uniform; a medical alert must be taped and may be visible). (pg. 26)
- Hearing aids worn in or behind the ears, including cochlear implants, are legal provided that the device does not create the threat of injury. (pg. 27)
- A tooth or mouth protector, if worn shall be made of any readily visible color, not be completely white or clear. (pg. 27)
- A protective face mask may be worn by a player with a facial injury. The mask may be made of hard material, but must be worn molded to the face. **A medical release for the injured player signed by appropriate health-care professional shall be available at the game site.** (pg. 27)
- **Soft-padded headgear is permitted.** (pg. 27)

#### C. Section 3 – Coaches' Responsibilities

- Each head coach shall be responsible for ensuring that each of his/her players is properly and legally equipped. (pg. 29)
- **PENALTY ILLEGALLY EQUIPPED PLAYER: The head coach shall receive the first caution issued (yellow card) for an illegally equipped player. All subsequent cautions (yellow cards) for illegally equipped player(s) shall be issued directly to the player(s) and not to the head coach. The player must be removed and may be replaced at the time of the caution to the coach or player.** (pgs. 29-30)
- An illegally equipped player shall be instructed to leave the field of play when the ball next ceases to be in play. Play shall not be stopped for an infringement of this rule except where the referee may stop play immediately where there is a dangerous situation. (pgs. 29-30)
- **Cautions will not be issued for improperly equipped player(s).** They shall be instructed to leave the field of play when the ball next ceases to be in play. (pg. 30)

### 5. Rule 5 – The Officials:

#### A. Section 1 – General

- The officials shall be a head referee and a referee (2 men system) or a head referee and two assistant referees assisted by a timer, scorers and at least 2 ball holders. (pg. 31)
- The jurisdiction of the officials shall begin on their arrival at the field of play and its immediate surroundings (to begin their official responsibilities), which shall be no later than 15 minutes prior to the start of the game and end with their leaving the field of play and its immediate surroundings. (pg.31)
- **The officials can only correct a decision so long as the game has not been restarted.** (pg. 31)
- State associations may intercede in the event of unusual incidents that occur before, during or after the officials' jurisdiction has ended or in the event that a contest is terminated prior to the conclusion of regulation play. (pg.31)
- The officials shall not use any tobacco products during this time. (pg. 31)
- The officials shall be dressed alike in the uniforms primary consisting of: shirt approved by state association, black shorts or long trousers, predominately black shoes and black knee socks with white horizontal stripes, a solid black cap. (pg. 31)
- Unless prohibited by the state association, electronic communication devices may be used by officials to communicate. (pg. 31)

#### B. Section 2 – Pregame Responsibilities

- Officials shall be in uniform at the site of the game **no less than 15 minutes before the scheduled starting time**. The head referee shall conduct a pregame conference briefly reviewing the duties of all officials. (pg. 32)
- Conduct a pregame conference with the head coach and team captains to: review rules, address good sportsmanship, conduct coin toss, and inquire of each head coach whether each of his/her players will be properly and legally equipped at the kickoff. (pg. 32)
- Assistant referees must assist the center referee in inspecting game balls and field of play. (pg.32)

#### C. Section 3 – During the Game

- If the referee applies the advantage, which was anticipated but does not develop at that time, the referee shall penalized the original offense. (pg. 33)
- Hold a yellow card or red card with arm fully extended above a referee's head and indicate the player or coach being carded. (pg. 33)
- If a player, coach, or bench personnel is being disqualified for a second yellow card, the referee will show a yellow card indicating the subsequent caution followed immediately by showing a red card. (pg.33)
- Have the authority to terminate a game when stated rule and conditions warrant. (pg.33)
- Have the authority to suspend play or terminate the game whenever the elements, spectators, or other causes require. (pg. 33)
- Have the power to make decisions on any point not specifically covered in the rules. (pg. 33)
- Confirm or overrules the assistant referees' signals. (pg. 33)
- Instruct the timer to correct the clock, when necessary. (pg. 33)
- Deflecting the ball with hands inside penalty area **SCENARIO**: if ball goes in, give yellow card and goal counts; if ball doesn't go in, award a penalty kick and red card player for serious foul play. (pg. 34)
- **Ejecting Soccer Coach**: Coach must be removed from the vicinity of the playing area. The coach shall be prohibited from further contact, direct or indirect, with the team members during the remainder of the game. Failure to comply shall result in termination of the game. (pg. 34)
- Officials may temporarily suspend play due to the elements or emergencies (extremely humid conditions, thunderstorms, power failure). (pg. 34)
- If a game is terminated due to a fight among players of both teams, no winner is declared by the official and all conditions regarding the incident shall be reported to the proper authorities in writing. (pg. 34)

#### D. Section 4 – After the Game

- The head referee shall report in writing any disqualifications and unusual incidents to the proper authorities. (pg. 35)

## 6. Rule 6 – Ball Holders, Timer, and Scorer:

### A. Section 1 – Ball Holders

- At least 2 ball holders shall be provided by the home team. If the home team cannot provide ball holders, the visiting team may; they are under direct supervision of officials. (pg. 35)

### B. Section 2 – Timer

- The official timer shall start the timing device when the ball is put into play and stop the timing device when signaled to do so by a referee: for an injury, for a penalty kick, for a caution, for a disqualification, following the scoring of a goal, and when an official orders the clock to be stopped. (pg. 35)

## 7. Rule 7 – Duration of the Game and Length of Periods:

### A. Section 1 – Lengths of Periods

- Two equal halves of 40 minutes shall be played. It is recommended junior high school play 30-minute halves. (pg. 36)
- In the event a games must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it an official game if one complete half or more of the game has been played. If less than one-half of the game has been played, the game may be re-scheduled from the start, or restarted from the suspension of play according to state association adoption. (pg. 37)
- **Play shall be extended beyond the expiration of a period, in regulation time and overtime, to permit a penalty kick to be completed.** (pg. 37)
- **Penalty Kick Scenario:** when time expires and with two seconds remaining in the game (ball is deflected by goalkeeper and is shot back into the goal by a teammate of the kicker); **GOAL** if the ball enters the goal prior to the expiration of time, but **NO GOAL** if time expired. (pg. 37)

### B. Section 2 – Intervals between Periods

- The halftime shall be 10 minutes unless opposing coaches mutually agree to a different length. (pg. 37)

### C. Section 3 – Tie Games

- Regular-season games which are tied at the end of 80 minutes of play may be resolved by procedures adopted by state high school associations. **NOTE: No overtime procedures shall exceed 20 minutes of play during the regular season.** (pg. 37)
- **The interval between the second half and the first overtime shall be five minutes.** (pg. 38)
- **The interval between first overtime period and second overtime period shall be two minutes.** (pg. 38)

### D. Section 4 – Time-Out and In

- The clock shall be stopped for an injury, for a penalty kick, for a cautioning (yellow card), for disqualifications (red card), following the scoring of a goal and **when a referee orders the clock to be stopped.** (pg. 38)
- **The clock is restarted when the ball is properly put into play, NOT when the whistle blows.** (pg. 37)

### E. Section 5 – Play

- If a team refuses to play after being instructed to do so, the game is terminated. (pg. 38)

## 8. Rule 8 – The Start of Play:

### A. Section 1 – Kickoff

- When the referee signals with a whistle, a kickoff shall initiate play at the start of each period. (pg.38)
- At the moment of kickoff, all players, except the player taking the kickoff, shall be in their team's half of the field. Players opposing the kicker shall be at least 10 yards from the ball until it is kicked. (pg. 38)
- The ball is kicked and clearly moves in any direction. (pg. 38)

- After the kickoff, the ball may be played by any player except the one who kicked off. The kicker may not play the ball until it has been played or touched by another player on either team. **PENALTY: Indirect free kick awarded to the opponent at the spot of the foul.** (pg. 38)
- Kickoff can be done by kicking ball backward. (pg. 39)

## 9. Rule 9 – Ball In and Out of Play:

### A. Section 1 – Ball In and Out of Play

- The ball is out of play when it has completely crossed a goal line or touchline, whether on the ground or in the air. (pg. 39)
- The ball is in play at all other times including: when it rebounds a goal post, crossbar, or corner flag posts, when it touches an official on the field of play, or when a drop ball touches the ground. (pg. 39)
- A second whistle is required to restart play for the taking of a penalty kick, after a substitution is made, after a caution, red card, injury and **AFTER** setting a wall prior to a free kick. (pg. 39)
- **Offense team is the only one that can request a wall (10 yards); play shall be restarted by a second whistle.** (pg. 40)

### B. Section 2 – Drop Ball

- The game is restarted with a drop ball: when the ball is caused to go out-of-bounds by two opponents simultaneously, when the ball becomes deflated, following a temporary suspension of play for an injury or unusual situation **and a goalkeeper is not in possession of the ball**, when simultaneously fouls of the same degree occur by opponents. (pg. 40)
- The ball is dropped by an official from **waist level** to the ground. Any number of players may contest a dropped ball (including the goalkeeper); a referee cannot decide who may contest a dropped ball or its outcome. (pg. 40)
- The ball shall touch the ground before it is played. **PENALTY:** if the ball is played before it touches the ground, an official shall drop the ball again. (pg. 40)
- **If a dropped ball enters the goal without touching at least two players, play is restarted with a goal kick if it enters the opponent's goal or a corner kick if it enters the team's own goal.** (pg. 40)

### C. Section 3 – Temporary Suspension

- In case of temporary suspension due to an injury or any unusual situation, the game shall be restarted by a dropped ball provided the ball was not in the goal area and not in possession of the goalkeeper. (pg. 41)
- Should there not be clear possession at the time play is suspended due to an injury or any unusual situation, there will be a drop ball at the spot where the ball was declared dead. (pg. 41)

## 10. Rule 10 – Scoring:

### A. Section 1 – Goals

- A goal is scored when the **entire ball** passes beyond the goal line, between the goal posts and under the crossbar provided it has not been deliberately thrown, carried, or propelled by the hand or arm of a player of the attacking team. (pg. 41)
- A goal **MAY** be scored directly from a: kickoff, direct free kick, goal kick, penalty kick, corner kick, drop ball, **goalkeeper's throw**, punt or drop-kick. (pgs. 41-42)
- A goal **MAY NOT** be scored directly from a/an: indirect free kick, throw in, direct free kick into a team's own goal, goal kick into a team's own goal, corner kick into a team's own goal or a dropped ball. (pg. 42)

### B. Section 2 – Forfeits

- The score of a forfeited game shall be 1-0 if the game is not started, the score is tied or the offended team is ahead at that time. If the offending team is behind at the time of forfeit, the score at that time is the final score. (pg. 42)

### C. Section 3 – Winner

- The winning team is the team scoring the greater number of goals during the game. (pg. 42)

## 11. Rule 11 – Offside:

### A. Section 1 – Offside

- A player is in offside position when nearer to his/her opponents' goal line than the ball, unless: the player is in his/her own half of the field of play or the player is not nearer to the opponent's goal line than at least two opponents. **NOTE: The position of any part of the player's head, body or feet will be the deciding factor, not the player's arms.** (pg. 42)
- A player shall not be penalized for being in an offside position if the ball is received directly from a **goal kick**, a corner kick, or a throw-in. (pg. 42)
- It is not an offense in itself to be in an offside position. (pg. 42)
- Player is offside and penalized if, at the time the ball touches or is played by a teammate, the player in an offside position becomes involved in active play by: interfering with play or with an opponent or seeking to gain an advantage by being in that position.
- A player in an offside position receiving the ball from an opponent, who deliberately plays the ball (except from a deliberate save), is not considered to have gained advantage. (pg. 42)
- **PENALTY FOR OFFSIDES: indirect free kick at the spot of infraction.** (pg. 43)

## 12. Rule 12 – Fouls and Misconduct:

### A. Section 1 – Spitting, Kicking, Striking, Tripping, and Jumping

- A player shall not kick, attempt to kick, strike, attempt to strike, spit at, or jump at an opponent. (pg. 56)
- A player shall not trip, or attempt to trip an opponent. (pg. 56)
- A goalkeeper shall not strike or attempt to strike an opponent by throwing or kicking the ball at an opponent or by pushing an opponent with the ball while holding it. (pg. 56)
- **PENALTY: Direct free kick.** (pg. 56)

### B. Section 2 – Handling

- A player shall be penalized for deliberately handling, carrying, striking or propelling the ball with hand/arm. **Exception:** GK when ball is within his/her own penalty area. **PENALTY: Direct free kick.** (pg. 56)
- Protecting the head, face, groin or chest from a hard shot or pass using the hands or arms as a reflex is not considered deliberate and therefore not handling. (pg.57)

### C. Section 3 – Holding, Pushing

- A player shall not hold or push an opponent with the hand(s) or arm(s) extended from body. **PENALTY: Direct free kick.** (pg. 57)

### D. Section 4 – Charging

- A player shall be penalized for charging an opponent in a dangerous or reckless manner, or using excessive force. An allowable fair charge is where players make shoulder-to-shoulder contact in an upright position, within playing distance of the ball, have at least one foot on the ground and their arms held close to their body. (pg. 58)
- A player shall not, in any manner, charge the goalkeeper in the penalty area unless the goalkeeper is obstructing the player or dribbling the ball with the feet. (pg.58)
- An official shall caution any player who flagrantly fouls the goalkeeper in possession of the ball. Possession or control of the ball includes any time the goalkeeper has the ball trapped by either or both hands or when bouncing it to the ground or when releasing the ball into play. (pg. 58)
- Outside the penalty area, the goalkeeper has no more privileges than any other player. (pg.58)
- **PENALTY: Direct free kick.** (pg. 58)
- The goalkeeper in possession of the ball shall not be interfered with or impeded in any manner by an opponent. This includes the act of bouncing the ball or dropping the ball for a kick or attempting to throw

the ball or tossing the ball in the air to re-catch. When goalkeepers put the ball on the ground, they relinquish their privileges as goalkeepers. **PENALTY: Indirect free kick.** (pg. 57)

- A player shall not charge into an opponent when neither player is within playing distance of the ball. **PENALTY: Indirect free kick.** (pg. 58)

#### E. Section 5 – Obstruction

- Obstruction is the deliberate act of a player, not in possession of the ball and/or not attempting to play the ball, of running between an opponent and the ball or moving the body to become an obstacle to an opponent. **PENALTY: Indirect free kick.** (pg. 59)

#### F. Section 6 – Dangerous Play

- A player shall not participate in dangerous play, which is an act an official considers likely to cause injury to any player. This includes playing in such manner which could cause injury to self or another player (opponent or teammate.) **PENALTY: Indirect free kick.** (pg. 59)

#### G. Section 7 – Restrictions on the Goalkeeper

- Goalkeeper has six seconds to release the ball into play once he/she takes control of the ball with the hands. Once the ball has been released into play, the goalkeeper may not touch it again with the hands until it has been played or touched by another player. (pg. 60)
- A goalkeeper shall not deliberately parry the ball and then touch it again with his/her hands. (pg.60)
- On any occasion when a player deliberately kicks the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch it with his/her hands. (pg. 60).
- A goalkeeper shall not touch the ball with his/her hands when receiving it directly from a throw-in by a teammate. (pg. 60)
- NOTE: Players may not use a trickery to circumvent the previous rules. Example: Players may not flick the ball with their feet to their own head, chest, or knee and then pass it to their own goalkeeper who touches it with the hands. (pg.60)
- **PENALTY: Indirect free kick awarded to the opponent at the spot of the violation, unless in the goal area.** (pg. 60)

#### H. Section 8 – Misconduct

- A player, coach, or bench personnel shall be cautioned (yellow card) for:
  - a. Entering or leaving the field of play (except through the normal course of play) without the permission of an official. (pg. 61)
  - b. Persistent infringement of any rules of the game. (pg. 61)
  - c. Objecting by word of mouth or action to any decision given by an official (dissent). (pg. 61)
  - d. Any incidental use of vulgar or profane language. Note: this may be a disqualification (red card). (pg.61)
  - e. Any use of electronic communication devices with the on-field players during play. Examples: amplifying devices, wireless communication devices such as cell phones, headphones, personal digital assistant, etc... Note: a coach may engage in verbal communication with his or her own team during play. (pg. 61)
  - f. Unsporting conduct, including, but not limited to: coaching outside the team area, unnecessary delay (kicking, throwing the ball away on a free kick, etc...), holding a shirt, short, etc..., deliberate verbal tactics, encroachment, a deliberate handball to stop an attack, a deliberate tactical foul, faking an injury, simulating a foul, a player who displays reckless play, an illegally equipped player. (pgs. 61-62)
  - g. Unsporting conduct, including, but not limited to: any delayed (excessive or prolonged acts by which a player attempts to focus attention upon himself/herself and/or prohibits a timely restart of the game; a player (other than a goalkeeper within his/her own penalty area) who deliberately handles the ball, attempting to prevent a goal, and the goal is scored; a player who commits a foul, attempting to deny an obvious goal-scoring opportunity, and the goal is scored; a player who

commits an offense against an opponent within his/her team penalty area in an attempt to play the ball that denies the opponent an obvious goal-scoring opportunity and the referee awards a penalty kick. (pg. 62)

- h. Use of any tobacco products or electronic cigarettes at the game site during the period of the jurisdiction of the officials. (pg.62)
- i. An obvious attempt to deceive an opponent. Ex: Mine, "Mia." (pg. 63)
- **PENALTY: A cautioned player shall leave the field and may be replaced. Should the team with the cautioned player elect to play shorthanded, the cautioned player may not re-enter nor be replaced until the next legal substitution opportunity.** (pg. 62)
- A player, coach, or bench personnel shall be disqualified (red card) for:
  - a. Exhibiting violent conduct. (pg. 62)
  - b. Taunting – use of word or act to incite or degrade an opposing player, coach, referee or other individual. **Note:** The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule, or demean others under any circumstances including on the basis of race, religion, gender, or national origin. (pg. 62)
  - c. Subsequent caution. (pg. 62)
  - d. Committing serious foul play: any play in which the player commits one of the offenses punishable with a direct free kick and uses disproportionate and unnecessary force against an opponent while playing for the ball or a player (other than goalkeeper in own penalty area) deliberately handles the ball, attempting to prevent a goal and the goal is not scored. (pg. 62)
  - e. Committing serious foul play: a player commits a foul outside the penalty area when attempting to deny an obvious goal-scoring opportunity and the goal is not scored or a player commits a foul inside the penalty area, while not attempting to play the ball, and the goal is not scored. (pg. 62)
  - f. Spitting at an opponent, teammate or game official. (pg. 62)
  - g. Using insulting, offensive or abusive language or gesture. (pg. 62)
  - h. Leaving the team area to enter the field where a fight or altercation is taking place unless summoned by an official. (pgs. 62-63)
  - i. A team does not play short for a team member disqualified during an interval between periods. (pg. 65)
- **PENALTY: A disqualified player must leave the field and may not return or be substituted for, and the player's team must play short. The disqualified player is restricted to the team area. Disqualified team members who are not players are restricted to the team area and may not enter the game. Disqualified adult team area personnel must leave the vicinity of the playing area.** (pg. 63)
- Coach responsibility:
  - a. The head coach shall be responsible for ensuring that each of his/her player(s) is properly and legally equipped. The head coach shall receive the first caution issued for an illegally equipped player.
  - b. The coach may be cautioned or disqualified either for team misconduct or for bench misconduct that cannot be attributed to a specific individual. (pg. 63)
  - c. A coach who is disqualified shall leave the vicinity of the playing area immediately and is prohibited from any contact, direct or indirect, with the team during the remainder of the game. Failure to comply shall result in termination of the game. **Note:** The rules committee strongly recommends that each state high school association adopt a policy wherein a disqualified player or coach disqualified shall be barred from participating in the next contest(s). (pg. 63)

### 13. Rule 13 – Free Kick:

- A. Section 1 – Description of a Free Kick

- Free kicks shall be classified “direct” from which a goal may be scored against the offending team or “indirect” from which a goal may not be scored unless the ball is touched or played by another player of either team. (pg. 65)
- All free kicks, with the exception of penalty kicks, may be taken in any direction. Free kicks are taken from the spot of the foul except for restarts listed in **Section 2**. (pg. 65)
- Indirect free kicks for offside are taken from the spot where the offending player interfered with play, interfered with an opponent or gained an advantage by being in that position. (pg.66)
- Any free kick awarded to the defending team within its own goal area may be taken from any point within the goal area. (pg. 66)
- Any indirect free kick awarded to the attacking team within its opponent’s goal area shall be taken from the part of the goal-area line which runs parallel to the goal line at the point nearest to where the offense was committed. (pg. 66)

#### B. Section 2 – When Awarded

- **DIRECT FREE KICKS** are awarded and taken from the point of infraction (except Penalty Kicks and any free kick awarded to the defending team within its own goal area). (pg. 66)
- If a player spits at, kicks, strikes attempts to kick or strike, or jumps at an opponent. (pg. 66)
- If a player trips or attempts to trip an opponent. (pg. 66)
- If a goalkeeper attempts to strike, strikes or pushes an opponent with the ball. (pg. 66)
- If a player, other than the goalkeeper in his/her own penalty area, deliberately handles the ball. (pg. 66)
- If a player pushes an opponent with the hand(s) or arm(s) extended from the body. (pg. 66)
- If a player holds an opponent. (pg. 66)
- If a player charges an opponent in a dangerous or reckless manner, or using excessive force. (pg. 66)
- If a player charges an opponent while the opponent, in the act of playing the ball, has both feet off the ground. (pg. 66)
- If a player charges the goalkeeper. (pg. 66)
- If a player, coach or bench personnel enters or leaves the field of play without permission of an official and interferes with play or an official. (pg. 66)
- **INDIRECT FREE KICKS** are awarded and taken from the point of infraction (except Penalty Kicks and any free kick awarded to the defending team within its own goal area). (pg. 66)
- If the ball is played next by the kicker following a kickoff, a free kick, a penalty kick, a goal kick, a corner kick, or by the thrower following a throw-in. (pg.67)
- If a player is penalized for being offside. (pg. 67)
- If a player fairly charges into an opponent when neither is within playing distance of the ball. (pg. 67)
- If a player who is not in possession of the ball obstructs an opponent who is attempting to play the ball. (pg. 67)
- If a player kicks or attempts to kick the ball while it is in the possession of the goalkeeper. (pg. 67)
- For dangerous play. (pg. 67)
- If the goalkeeper take more than six seconds before releasing the ball for play. (pg. 67)
- If the goalkeeper illegally handles the ball while in his/her own penalty area after once relinquishing possession of the ball. (pg. 67)
- If the goalkeeper touches the ball again with his/her hands before it has been touched or played by another player. (pg. 67)
- If the goalkeeper touches the ball again with his/her hands after it is deliberately kicked by a player to his/her own goalkeeper. (pg. 67)
- If the goalkeeper touches the ball again with his/her hands when receiving it directly from a throw-in by a teammate. (pg. 67)
- If the game is stopped for misconduct of a player, and no other restart takes precedence. (pg.67)

- Spitting at a teammate or game official. (pg. 67)
- Indirect free kicks are taken from where the ball was when the referee stopped play: (a). if player, coach, or bench personnel enters or leaves the field of play without permission of an official and does not interfere with play or an official, (b). for temporary suspension of play for an injury unusual situation and the goalkeeper has possession of the ball, (c). if the game is stopped because of misconduct by a person in the team and coaching area. (pg. 67)
- If a direct or indirect free kick taken from outside a team's penalty area goes untouched into a team's own goal, a corner kick shall be awarded to the opposing team.

#### C. Section 3 – How Taken

- Players opposing the kicker shall be at least 10 yards from the ball until it is kicked, unless they are standing on their own goal line between the goal posts. (pg. 68)
- **PENALTY:** an official shall caution a player who fails to move the required distance away from the ball or engages in time-wasting tactics such as kicking or carrying the ball away after a free kick has been awarded to the opponent's team. (pg.68)
- If the free kick is awarded to the defending team in its penalty area, the ball is not in play until it is beyond the penalty area and into the field of play. Failure to kick the ball as specified shall result in a re-kick. (pg. 68)
- The kicker may not play the ball until it has been touched or played by another player; if this happens, an indirect free kick will be awarded to the opponent from the spot of the foul. (pg. 68)

### 14. Rule 14 – Penalty Kick:

#### A. Section 1 – Penalty Kick

- A penalty kick shall be awarded when a foul, which ordinarily results in the awarding of a direct free kick, occurs within the offending team's penalty area. (pg. 69)
- All players except the kicker and goalkeeper shall be outside the penalty area and at least 10 yards from and behind the penalty mark until the ball is kicked. (pg. 69)
- The opposing goalkeeper shall stand on the goal line, facing the kicker, between the goal posts, until the ball is kicked. Lateral movement is allowed. (pg. 69)
- To be in play, the ball shall be moved forward. (pg. 69)
- The player taking the penalty kick is permitted to use a stutter-step. (pg.6 9)
- **PENALTIES:** Infringement by the defending team is not penalized if the goal is scored. If goal is not scored on the penalty kick, it is re-taken. (pg. 69)
- **PENALTIES:** Encroachment by the attacking team and the ball enters the goal, the goal does not count and the kick shall be retaken. If there is an infringement by the attacking team and the ball does not go into the goal, there is no re-kick. (pgs. 69-70)
- If there is an infringement by the attacking team and the ball rebounds into play or is deflected out of bounds by the goalkeeper, the game shall be stopped and restarted with an indirect free kick for the defending team at the location of the encroachment. (pg. 70)
- If there is an infringement by the attacking team and the ball is saved and held by the goalkeeper, play shall continue. (pg. 70)
- In cases where players from both teams are guilty of infringements, the kick shall be retaken regardless of the outcome of the kick. (pg. 70)
- After the penalty kick is properly taken, the ball may be played by any player except the one who executed the penalty kick. **The kicker may not play the ball until it has been touched or played by another player on either team. PENALTY: Indirect free kick awarded to the opponents from the spot of the foul.** (pg. 70)

- When a penalty kick is taken, the ball is in play until its momentum is spent, it goes out of bounds, or is retouched by the kicker. (pg. 70)

#### **15. Rule 15 – Throw-In:**

##### A. Section 1 – Throw-In from the touchline

- A throw-in shall be awarded to a team when the entire ball passes the touchline either in the air or ground. (pg. 71)
- A goal may not be scored directly from a throw-in. (pg. 71)
- Player must face field of play and must have both feet on the ground on or behind the touchline. (pg. 71)
- Thrower shall deliver the ball from behind and over the head in one continuous movement. (pgs.71-72)
- **PENALTY FOR BAD THROW-IN:** throw-in awarded to the opponent from the spot of the foul. (pg.72)
- An opponent shall neither interfere with nor in any way impede the actions of the thrower, and shall stand at least two yards from the point at which the throw-in is being taken. **PENALTY: referee shall administer a caution for unsporting conduct.** (pg.72)
- The thrower may not play the ball until it has been touched or played by another player. **PENALTY: Indirect Free Kick awarded to the opponent from the spot of the infraction.** (pg.72)
- If, on the throw-in, the ball fails to enter the field of play before it touches the ground, the ball is awarded to the opponent at the spot of the infraction. (pg.72)

#### **16. Rule 16 – Goal Kick:**

##### A. Section 1 – Goal Kick

- A goal may be scored directly from a goal kick, but only against the opposing team. (pg. 73)
- Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area. (pg. 73)
- Once spotted, the ball shall be kicked from the ground from any point within the goal area by a player of the defending team; once the ball is placed, the ball cannot be moved from one spot to another. (pg. 73)
- If the ball is not kicked beyond the penalty area, the goal kick shall be repeated. (pg.73)
- On a goal kick, the kicker may not play the ball until it has been touched by another player. **PENALTY: Indirect Free Kick awarded to the opponents from the spot of the foul.** (pg.73)

#### **17. Rule 17 – Corner Kick:**

##### A. Section 1 – Corner Kick

- A goal may be scored directly from a corner kick, but only against the opposing team. **NOTE:** a corner kick shall be awarded to the opposing team when a free kick taken from outside the penalty area goes untouched into a team's own goal. (pg. 74)
- Players of the defending team shall be at least 10 yards from the ball until it has been kicked. (pg. 74)
- The ball shall be kicked from the ground within the quarter circle, including on the lines, **nearest where the ball left the field of play.** (pg. 74)
- The ball is in play when it is kicked and moves. (pg.74)
- Failure to kick the ball as specified, shall result in a re-kick. (pg.74)
- An offensive player who is not offside during the corner kick may be put in an offside position during a subsequent play. (pg.74)
- On a corner kick, the kicker may not play the ball until it has been touched by another player. **PENALTY: Indirect Free Kick awarded to the opponent from the spot of the foul.** (pg.74)

