

SOCCER

NATIONAL FEDERATION RULES

The Iowa High School Athletic Association abides by the soccer rules found in the 2018-2019 Soccer Rules Book as published by the National Federation of State High School Associations. National Federation rules are further revised by this manual. Member schools will NOT be receiving a 2019-2020 Soccer Rules Book.

REGULATIONS PERTAINING TO SOCCER MATCHES AND PRACTICE

<u>Year</u>	<u>First Practice: Week/Date</u>	<u>First Contest: Week/Date</u>
2019-20	Week 37/ March 16 th	Week 39/ April 2 nd
2020-21	Week 37/ March 15 th	Week 39/ April 1 st
2021-22	Week 37/March 14 th	Week 39/March 31 st
2022-23	Week 37/March 13 th	Week 39/March 30 th
2023-24	Week 37/March 12 th	Week 39/March 29 th

CLASSIFICATION OF SCHOOLS

1. Classifications: By Board of Control action, there will be three classes in spring soccer.
 - a) Class 3A- 48 schools
 - b) Class 2A- 56 schools
 - c) Class 1A- remaining schools

2019-2020 NFHS SOCCER RULES CHANGES

3-4-3 NEW: The clock shall be stopped when a substitute by the team in the lead is beckoned on the field in the final five minutes of the second period only.

Rationale: Rule affected by change in 7-4-3.

4-3: Improperly Equipped Players (18-1-1u)

Cautions will not be issued for improperly equipped player(s).

If not immediately correctable, improperly equipped player(s) shall be instructed to leave the field of play when the ball next ceases to be in play. The player(s) may be replaced. The removed player(s), if not replaced, may re-enter at the next dead ball only after reporting to an official, who shall be satisfied the player's equipment and uniform are in order. Play shall not be stopped for an infringement of this rule except that the referee may stop play immediately where there is a dangerous situation.

Rationale: The change corrects an injustice. For the far more serious infringement of illegal equipment, the offending team does not play shorthanded. For the less serious offense of improper equipment, they are required to play shorthanded. The change addresses this inequity.

5-3-1d: The officials shall:

(d) call out "play on" and, with an underswing of one or both arms, indicate a foul which was observed but shall go unpenalized because penalizing the offending team would give an advantage to the offending team. If the referee applies the advantage, which was anticipated but does not develop at that time, the referee shall penalize the original offense.

Rationale: This change permits the use of one arm to signal advantage.

7-4-3 NEW: 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.

Rationale: Coaches in the lead will make multiple substitutions in the later stages of the match. This tactic is being used as a time-wasting ploy. Adding this rule will help the game to be decided by the players and not a coach who is wasting time when in the lead. These substitutes are usually players from the far side of the field that take more time off the clock. This addition would stop this practice.

9-2-1: The game is restarted with a drop ball:

- a. when the ball is caused to go out of bounds by two opponents simultaneously;
- b. when the ball becomes deflated;

c. following temporary suspension of play for an injury or unusual situation and a goalkeeper is not in possession of the ball

d. when simultaneous fouls of the same degree occur by opponents.

Rationale: This rule changes the awarding of a free kick to a drop ball thereby possibly creating a scoring opportunity for a team undeserving.

9-2-3: The ball is dropped by an official from waist level to the ground. Any number of players may contest a dropped ball (including the goalkeepers); a referee cannot decide who may contest a dropped ball or its outcome.

Rationale: This addition helps to provide clarity in the application of this rule.

9-2-5 NEW: ART. 5 . . . The ball shall be dropped again if it touches a player before it touches the ground or leaves the field of play after it touches the ground without touching a player.

Rationale: This addition helps to avoid confusion and allow the rule to be more equitable under the circumstances.

9-2-6 NEW: ART. 6 . . . 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.

Rationale: This addition helps to avoid confusion and allow the rule to be more equitable under the circumstances.

9-3: In case of a temporary suspension due to injury or any unusual situation the game shall be started by a drop ball at the point where the ball was when the play was suspended (except as noted in 14-1-7), provided the ball was not in the goal area and not in the possession of the goalkeeper. 12-8-2

Rationale: This change will eliminate free kick opportunities that often create scoring opportunities that are not deserved.

2019-20 POINTS OF EMPHASIS

1. Anterior Cruciate Ligament (ACL) Injury Prevention.
2. Pre-game Communication Between the School Administration and Game Officials.
3. Official's Communicating Misconduct with Coaches.

REGULATIONS PERTAINING TO SOCCER GAMES & PRACTICES

1. **Starting Date:** Soccer practice shall begin on the Monday of Week 37, which is March 16, 2020.
2. **First Competition:** Schools will not be permitted to compete until the Thursday of Week 39, which is April 2, 2020.
3. **Game Limitation:** Each school will be permitted 15 regular season playing dates. Two of these 15 playing dates may be multiple team tournaments involving no more than 8 teams. Per IHSAA Soccer Advisory Committee- A maximum of three games per day is permitted.
4. **Scrimmages:** Each team will be allowed two interscholastic scrimmages. This is per soccer program, not two at each level of competition. If the varsity team is scrimmaging at one location and the junior varsity at another location on the same day, this is considered two separate scrimmages. If the varsity team is scrimmaging at home and the junior varsity is scrimmaging at home on the same day, this would be considered one scrimmage. These scrimmages may occur any time after the beginning of practice until each team plays their first post season tournament game.
5. **Jamborees:** Each school will be allowed to participate in one jamboree. The following are the guidelines for that jamboree:
 - a) The first legal playing date for a jamboree is the Monday of Week 38, which is March 23, 2020. A jamboree can be held from March 23, 2020 through April 2, 2020.
 - b) A school may not participate in more than one half of play (maximum 40 minutes) during a jamboree.
 - c) A jamboree shall consist of no more than 8 teams participating.
 - d) Schools and/or individuals participating in a soccer jamboree will not be charged with a game under the soccer limitation rules.
 - e) A jamboree does not count as one of the two scrimmages that are allowed.
6. **Individual Limitation:**
 - a) An individual may compete in 19 regular season games.
 - b) An individual may not dress in more than three games per day.
 - c) Participation in one half only in one day does not constitute a contest.
 - d) Participation in more than one game in one day will constitute two or more contests.
 - e) Participation in two halves constitutes one game toward their 19 regular season games.

- f) Two of these 19 games may be a multiple team tournament involving no more than 8 teams.
 - g) Participation is limited to six halves per day.
 - h) Overtime is considered an extension of the second half and does not count toward additional halves being played.
7. **Officials:** The National Federation “Dual Officiating System” or “Diagonal Officiating System” as outlined in the 2018-19 High School Soccer Rules Book shall be used for all games involving high school players. The “three whistle system” may also be used. The “Diagonal Officiating System” will be used in all IHSAA tournaments. All officials must be registered officials with the IHSAA.
 8. The IHSAA will be using the Spalding TF-5000 ball for IHSAA tournaments in the 2018-19 school year. The IHSAA will supply tournament hosts with the Spalding TF-5000 ball.

MANDATORY REPORTING OF STATS

Based on action of the Board of Control, head varsity soccer coaches are mandated to enter game statistics at the quik stats website, www.quikstatsiowa.com. Statistics need to be entered by 3 PM on Tuesday, April 21st ; Tuesday, May 5th ; and Tuesday, May 19th. All games played through the prior Saturday needed to be entered by each respective deadline. Each school has 24 hours to update their stats during the post season. The penalty for failure to enter statistics on time is:

First Offense – A letter/e-mail to the head coach and athletic director from the IHSAA sport administrator giving 3 days to comply with the mandate;

Second Offense – A letter to the athletic director and high school principal from the IHSAA executive director or designee, giving 3 days to comply with the mandate;

Third Offense – The IHSAA member school’s expense allowances will be withheld by the IHSAA in the sport in which the third offense occurred.

Reminder: Coaches will be required to enter the number of corner kicks per game.

RULE CLARIFICATION AND MODIFICATIONS

1. Game Length: Varsity soccer games shall be played in two equal halves of 40 minutes each. The length of halves for junior varsity competition may be shortened by mutual agreement.
2. Goal Differential: The IHSAA has adopted a 10-goal differential causing the termination of a game. Any game that reaches half-time or anytime in the second half with a 10-goal differential shall be immediately terminated. The first half is to be played to completion.
3. Tied Regular Season Games: A five minute break will occur after regulation during which both teams may confer with their coaches, and the head referee will instruct both teams as to the proper procedure. The first overtime will consist of a 10 minute period. When the first goal is scored in the overtime the game is over and a winner has been determined. If the score is still tied after the first overtime, a 2 minute break will occur. The second overtime will consist of a 10 minute period. When the first goal is scored in the second overtime the game is over and a winner has been determined. If after the completion of the two ten minute overtime periods neither team has scored, the tie will be broken using penalty kicks. The referee shall choose the goal at which all the kicks from the penalty mark shall be taken. Each coach will select any five players including the goalkeeper, on or off the field (except those disqualified or receiving a yellow card in the last 5 minutes of the second overtime) to take the kicks. If after the 5 penalty kicks, the score is still tied, each coach will select 5 different players than the first five to take kicks in a sudden-victory situation, where-in if one team scores and the other team does not score, the game is ended without more kicks being taken.
4. Tied Invitational or Conference Tournaments: Tournament games are required to have an overtime, which may go directly to penalty kicks. Preapproved criteria that does not involve overtime or penalty kicks is not permissible to determine a winner if the match is tied at the end of regulation.
4. Suspended Games: In accordance with IHSAA policy, whenever a game is suspended and no winner can be determined according to Rule 7, Section 1, Article 3, the game shall be restarted from the suspension of play.
5. **Conduct Modifications – The following are rules modifications dealing with the conduct of players, coaches and teams.**
 1. Any player receiving a caution (yellow card) for any reason must leave the contest for a period of five (5) consecutive minutes. This time period carries over from the first half to the second half; from the second half to the first overtime period and from the first overtime period to the second overtime period. Players cautioned (yellow card) in the second overtime period after the 5 minute mark are no longer eligible to participate in the game including tie breaker penalty kicks.

2. Any team receiving four varsity red cards, players or coach, will not be permitted to participate in the substate tournament. If the fourth red card is received in a substate tournament game or a state tournament game, the game will be halted and the team receiving the card will forfeit the contest.
3. If a coach receives two (2) red cards over a three (3) year period, he/she will not be allowed to coach his/her team in the substate or state tournament for two years.

SUBSTATE TOURNAMENT INFORMATION

1. Substate tournaments will be held Thursday, May 21st; Tuesday, May 26th; and Thursday, May 28th. Substate tournaments will use the following format:
 - a) There will be eight (8) substates with six, seven or eight teams in each substate.
 - b) The substate winner will qualify for the Boys' State Soccer Tournament.
 - c) Substate assignments will be posted the week of May 4th, 2020.
 - d) Substate pairings will be posted the week of May 11th, 2020.
 - e) IHSSCA rankings will be used to determine the top one (1) or two (2) seeds in each substate.
 - f) Remaining seeding will be based on the regular season point average of games played through Saturday, May 9th, 2020.
 - g) After using IHSSCA rankings, remaining team's seed will be determined on their regular season point average of games played through Saturday, May 9th, 2020.
 - 3 Points for a win over a Class 3A School
 - 2 Points for a win over a Class 2A School
 - 1 Point for a win over a Class 1A School
 - 0 Points for a loss to Class 3A, 2A, or 1A School
 - h) Substate Tournament Format will be single elimination play. In case of a tie at the end of regulation play the following format is to be used. A five minute break will occur after regulation during which both teams may confer with their coaches, and the head referee will instruct both teams as to the proper procedure. The first overtime will consist of a 10 minute period. When the first goal is scored in the overtime the game is over and a winner has been determined. If the score is still tied after the first overtime, a 2 minute break will occur. The second overtime will consist of a 10 minute period. When the first goal is scored in the second overtime the game is over and a winner has been determined. If after the completion of the two ten minute overtime periods neither team has scored, the tie will be broken using penalty kicks. The referee shall choose the goal at which all the kicks from the penalty mark shall be taken. Each coach will select any five players including the goalkeeper, on or off the field (except those disqualified or receiving a yellow card in the last 5 minutes of the second overtime) to take the kicks. If after the 5 penalty kicks, the score is still tied, each coach will select 5 different players than the first five to take kicks in a sudden-victory situation, where-in if one team scores and the other team does not score, the game is ended without more kicks being taken.
2. Team Representatives: The official soccer team for substate tournament competition shall consist of no more than 24 players and 7 other personnel (including coaches, trainers, managers, etc).
3. Substate Tournament Awards: The winning school will receive a banner upon winning the substate championship. Members of the winning team will receive medals.
4. Substate Tournament Expense Allowance: A prerequisite for receiving any expense allowance from the IHSAA is that your school must travel to another town for tournament participation. For substate soccer tournament participation, the IHSAA will reimburse each school at the rate of \$1.20 per mile one way from its school to the site of the tournament. No expense card will be required.

STATE TOURNAMENT INFORMATION

1. State Tournament: The spring state soccer tournament will be held on Monday, June 1st; Wednesday, June 3rd; and Friday, June 5th, 2020. The state tournament will be held at Cownie Soccer Park in Des Moines. Eight teams from each class will qualify for the state tournament.
2. Tournament Format: State tournament competition will be single elimination. In case of a tie at the end of regulation play the following format will be used. A five minute break will occur after regulation during which both teams may confer with their coaches, and the head referee will instruct both teams as to the proper procedure. The first overtime will consist of a 10 minute period. When the first goal is scored in the overtime the game is over and a winner has been determined. If the score is still tied after the first overtime, a 2 minute break will occur. The second overtime will consist of a 10 minute period. When the first goal is scored in the second overtime the game is over and a winner has been determined. If after the completion of the two ten minute overtime periods neither team has scored, the tie will be broken using penalty kicks. The referee shall choose the goal at which all the kicks from the penalty mark shall be taken. Each coach will select any five players

including the goalkeeper, on or off the field (except those disqualified or receiving a yellow card in the last 5 minutes of the second overtime) to take the kicks. If after the 5 penalty kicks, the score is still tied, each coach will select 5 different players than the first five to take kicks in a sudden-victory situation, where-in if one team scores and the other team does not score, the game is ended without more kicks being taken. The state tournament will use the following format:

a) State tournament pairings will be determined using a seeding method of pairing. Teams will be seeded using a point system. A victory over a 3A team would result in 3 points, a 2A team, two points and a 1A team 1 point. The point total would be divided by the number of regular season games played. If two teams have the same overall point average, the following criteria will be used to determine the higher seed:

1) The first tiebreaker is head to head competition; if no head to head competition; go to next tiebreaker.

2) The second tiebreaker will be the average goals against per game.

3) The third tiebreaker will be the average goals scored per game with the maximum margin being +5 goals. Example: Team A defeats Team B 13-0, the goal margin would be +5, or 5-0. Team A defeats Team B 9-1, the goal margin would be a maximum of +5, or 6-1.

4) The fourth and final tiebreaker would be using the alphabet. For 2019, LAST alphabetical will receive the higher seed.

3. Team Representatives: The official soccer team for state tournament competition shall consist of no more than 24 players and 7 other personnel (including coaches, trainers, managers, etc.).

4. State Meet Awards: Each school competing in the state tournament will receive a trophy. Each member of the teams participating in the state tournament will receive medals. The champion and runner-up will receive a banner.

5. Pictures: Teams who qualify for the state tournament will have their pictures taken; these will later be mounted on a plaque to be presented to each team member and coach, compliments of the IHSAA. This picture will be taken one hour before the time you are scheduled to play your quarterfinal game. Each school will receive one plaque for each team member present for the state tournament and one plaque for the coach. At the time of the original order to our office additional plaques will cost \$24.45. After the time of the original order to our office, additional plaques will cost \$37.

6. State Soccer Tournament Expense Allowance:

For state soccer tournament participation, the IHSAA will reimburse each school at the rate of \$1.20 per mile one way from its school to the site of the tournament. Teams traveling less than 100 miles will also receive \$10.00 per allotted traveling party. Teams traveling greater than 99 miles and not using lodging will receive \$20.00 per allotted traveling party. Teams traveling greater than 99 miles and using lodging will receive \$40.00 per allotted traveling party.

The maximum number allotted per traveling party is 27.