

SOCCER

NATIONAL FEDERATION RULES

The Iowa High School Athletic Association abides by the soccer rules found in the 2021-2022 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 2021-2022 Soccer Rules Book.

REGULATIONS PERTAINING TO SOCCER MATCHES AND PRACTICE

Year	First Practice: Week/Date	First Contest: Week/Date
2021-22	Week 37/March 14 th	Week 39/March 28 th
2022-23	Week 37/March 13 th	Week 39/March 27 th
2023-24	Week 37/March 12 th	Week 39/March 26 th
2024-25	Week 37/March 11 th	Week 39/March 25 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

2021-2022 NFHS SOCCER RULES CHANGES

4-2-10 NEW: Head coverings worn for religious reasons shall not be made of abrasive or hard materials; and must fit securely.
Rationale: This rule addition will allow student-athletes to express their religious beliefs through the wearing of headwear without the approval from the state.

4-2-11 NEW ARTICLE: In addition to the above permitted uses, state associations (or designee) may on an individual basis permit a player to participate while wearing a head covering for medical or cosmetic reasons if it is required by a licensed physician. A physician's statement is required before the state association can approve a covering which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely that it will come off during play.

2020-2021 NFHS SOCCER RULES REMINDERS

2-2-4: SECTION 2 BALL SPECIFICATIONS ART. 4...If the ball becomes deflated during play, it is declared dead and the game is resumed by a drop ball at the spot where it was last played. If the ball becomes deflated within the goal area, then the ball is dropped subject to the provisions of Rule 9-2-2 and 9-2-3. Ball deflated during a penalty kick results in retaken kick.
Rationale: The provisions for a drop ball have changed, refer to 9-2.

4-1-1a: SECTION 1 REQUIRED EQUIPMENT ART. 1a...The visiting team shall wear solid white jerseys and solid white socks, and the home team shall wear dark jerseys and socks (dark is defined as any color which contrasts with white).
Rationale: Manufacturing practices have changed.

4-2-7e, f: SECTION 2 OTHER EQUIPMENT ART. 7...A tooth and mouth protector (intraoral), if worn, shall:
Rationale: SMAC no longer recommends the mouth protector meet these two criteria; dropping these two requirements brings soccer in line with the other sports that allow mouth guards.

9-1-1b: SECTION 1 BALL IN AND OUT OF PLAY ART. 1...The ball is out of play when: a. it has completely crossed the goal line or touch line, whether on the ground or in the air; b. the ball touches an official and remains on the field; and 1. a team starts a promising attack; 2. goes directly into the goal; 3. possession changes
Rationale: This is to address situations where the ball touches a referee and a team gains an advantage.

9-2-1: SECTION 2 DROP BALL ART. 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 a temporary suspension of play for an injury or unusual situation; (except as noted in 14-1-7) d. when simultaneous fouls of the same degree occur by opponents; or e. when the ball touches an official as per 9-1-1b.
Rationale: This proposal prevents an opponent from gaining an advantage.

9-2-3: SECTION 2 DROP BALL ART. 3...The ball is dropped by an official from waist level to the ground. The referee drops the ball to one player of the team that last possessed the ball at the position where it was last touched by a player(s), an outside agent or match official. If when play was stopped, the ball was in the penalty area or the last touch, by either team, was in the penalty area, the ball is dropped to the defending team's goalkeeper with all opposing players outside the penalty area. In all cases, all other players must remain at least 4 yards from the ball until it is in play.

Other Rules Affected: 9-2-2: SECTION 2 DROP BALL ART. 2...The ball should be dropped at the location where it became dead unless this is within the goal area, in which case, it shall be dropped on that part of the goal-area line which runs parallel to the goal line nearest the location where the ball was when play was stopped. If the ball was caused to go out of bounds by two opponents simultaneously, the ball is dropped five yards inside the boundary line to one player of the team in possession of the ball prior to the simultaneous touch, unless this is the goal area. (See 9-2-3)

Rationale: Simplifies the drop ball procedure.

9-3: DELETE SECTION 3 TEMPORARY SUSPENSION

Rationale: Information was redundant.

13-2-3b: DELETE SECTION 2 WHEN AWARDED ART. 3b...

Rationale: Provisions for drop ball changed.

13-3-1: SECTION 3 HOW TAKEN ART. 1...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. If the free kick is awarded to the defending team in its penalty area, players opposing the kicker shall be outside the penalty area at least 10 yards from the ball and shall remain there until the ball is in play. Where 3 or more defending team players form a wall, all attacking team players must remain at least 1 yard from the wall until the ball is in play.

Rationale: This will allow the ball to be put back into play quicker and will lead to a decrease in confrontational moments during free kicks.

13-3-2: SECTION 3 HOW TAKEN ART. 2...The ball shall be kicked while it is stationary on the ground at the spot specified by the official. To be in play, the ball shall be moved in any direction. Failure to kick the ball as specified shall result in a rekick.

Rationale: Allows the ball to be put back into play quicker.

13-3-4: NEW SECTION 3 HOW TAKEN NEW ART. 4...For indirect kicks, the referee shall signal an indirect kick (using Official NFHS Soccer Signals Rule 5-3-1b) by raising an arm above the head; this signal shall be maintained until the kick is taken and the ball touches another player or goes out of play. If the referee fails to signal the kick is indirect and the ball goes directly into the opponent's goal, the kick shall be retaken.

Rationale: This clarifies the need to make the signal and prevents punishing the team taking the kick when the referee fails to give the proper signal.

14-1-3: SECTION 1 PENALTY KICK ART. 3...The opposing goalkeeper shall stand with at least one foot on or in-line with the goal line, facing the kicker, between the goal posts, and shall not be touching the goal posts, crossbar, or nets, until the ball is kicked. Lateral or forward movement is allowed, but the goalkeeper is not permitted to come off the line with both feet until the ball is in play.

Rationale: This clarifies the goalkeeper's position during the taking of a penalty kick.

16-1-2: SECTION 1 GOAL KICK ART. 2...Players opposing the kicker shall remain outside the penalty area until the ball is in play.

Rationale: Clarifies when the ball is in play.

16-1-3: SECTION 1 GOAL KICK ART. 3...Once spotted, the ball shall be kicked from the ground from any point within the goal area by a player of the defending team. The ball is in play when it is kicked and moves.

Rationale: Clarifies when the ball is in play.

16-1-4: SECTION 1 GOAL KICK ART. 4...After the goal kick is properly taken, the ball may be played by any player except the one who executes the goal kick. The kicker may not play the ball until it has been touched by another player.

Rationale: Clarifies how the kick is taken and when it is in play.

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.

REGULATIONS PERTAINING TO SOCCER GAMES & PRACTICES

1. **Starting Date:** Soccer practice shall begin on the Monday of Week 37, which is March 14, 2022.
2. **First Competition:** Schools are permitted to compete on the Monday of Week 39, which is March 28, 2022.
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 21, 2022. A jamboree can be held from March 21, 2022 through March 28, 2022.
 - b) A school may not participate in more than one half of play (maximum 40 minutes) during a jamboree.
 - c) A jamboree shall have a minimum of 4 teams participating.
 - d) A jamboree shall have a maximum of 8 teams participating.
 - e) Schools and/or individuals participating in a soccer jamboree will not be charged with a game under the soccer limitation rules.
 - f) 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 two or three halves in one day constitutes one game toward their 19 regular season games.
 - e) Participation in four halves in one day constitutes two games toward their 19 regular season games.
 - f) Participation in five or six halves in one day constitutes three games toward their 19 regular season games.
 - g) Two of these 19 games may be a multiple team tournament involving no more than 8 teams.
 - h) Participation is limited to six halves per day.
 - i) 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 2020-21 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 2021-22 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 19th; Tuesday, May 3rd; and Tuesday, May 17th. 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 Tuesday, May 17th (Class 1A Pigtail games only; #8 vs. #9) Thursday, May 19th; Monday, May 23rd; and Wednesday, May 25th. Substate tournaments will use the following format:
 - a) There will be eight (8) substates with six, seven, eight or nine 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 2, 2022.
 - d) Substate pairings will be posted the week of May 9, 2022.
 - 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 7th, 2022.
 - g) After using IHSSCA rankings, remaining team's seed will be determined on their regular season point average of games played through Saturday, May 7th, 2022.
 - 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 9 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 Wednesday, June 1st; Friday, June 3rd; and Saturday June 4th, 2022. The state tournament will be held at Cownie Soccer Park in Des Moines. Eight teams from each class will qualify for the state tournament. There will be no consolation championship matches held at 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 2022, FIRST 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 9 other personnel (including coaches, trainers, managers, bus driver, 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.
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.