

SOCCER

NATIONAL FEDERATION RULES

The Iowa High School Athletic Association abides by the soccer rules found in the 2022-2023 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 BE receiving a 2022-2023 Soccer Rules Book.

REGULATIONS PERTAINING TO SOCCER MATCHES AND PRACTICE

Year	First Practice: Week/Date	First Contest: Week/Date
2022-23	Week 37/March 13th	Week 39/March 27th
2023-24	Week 37/March 12th	Week 39/March 26th
2024-25	Week 37/March 11th	Week 39/March 25 th
2025-26	Week 37/March 16 th	Week 39/March 30 th

CLASSIFICATION OF SCHOOLS

1. Classifications: By Board of Control action, there will be four classes in spring soccer.

- a) Class 4A- 36 schools
- b) Class 3A- 40 schools
- b) Class 2A- 48 schools
- c) Class 1A- remaining schools

2022-2023 NFHS SOCCER RULES CHANGES

4-2-2: The change clarifies that hair adornments, such as beads, may be worn in the hair if they are secured to the head and do not present a risk of injury to the player, teammates or opponents.

Rationale: Clarifies that hair adornments can be worn in the hair if they do not endanger other players as well as being more inclusive of participants' cultural and religious beliefs.

7-1-3: State association may adopt procedures to require the game be played in its entirety.

Rationale: This allows states that may require the game to be played in its entirety (for post-season or regular season seeding play), to do so without a conflict with the current rule.

10-1-2f, 10-1-1, 10-1-3h (NEW): Clarifies that a player cannot score by throwing the ball into the goal.

Rationale: Defined the outcomes on a goalkeeper's throw when throwing the ball directly or own goal.

12-2, 11-1-1. 18-1-1s (NEW): Clarifies the upper boundary of the arm is in line with the bottom of the armpit.

Rationale: Defines the arm for the purposes of determining handling and offside.

14-1 Penalty: Defines that an indirect free kick is awarded the defending team for an improper penalty kick.

Rationale: Penalizes the kicking team for not kicking the ball forward on penalty kick.

17-1-2: Defines proper distance for the opposing team from a corner kick restart.

Rationale: Clarifies the proper distance for the opposing team on a corner kick.

REGULATIONS PERTAINING TO SOCCER GAMES & PRACTICES

1. Starting Date: Soccer practice shall begin on the Monday of Week 37, which is March 13, 2023.

2. First Competition: Schools are permitted to compete on the Monday of Week 39, which is March 27, 2023.

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 IHSA 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 20, 2023. A jamboree can be held from March 20, 2023 through March 27, 2023.

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.

c) A jamboree shall have a maximum of 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 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 2022-23 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 not provide game balls for the post season. The host school for each post season match will be required to supply NFHS authenticated soccer balls for the games they host. The IHSAA will supply soccer balls for the state tournament.

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 18th; Tuesday, May 2nd ; and Tuesday, May 16th. 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 on the following dates.

Monday, May 15th: Class 1A and Class 2A

Tuesday, May 16th: Class 3A and Class 4A

Monday, May 22nd: All classes

Wednesday, May 24th: All classes

- 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.
- d) Substate pairings will be posted on Monday, May 8, 2023.
- 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 6th, 2023.

- 4 Points for a win over a Class 4A School
- 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 Tuesday, May 30th; Thursday, June 1st; and Saturday June 3rd, 2023. 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 4A team would result in 4 points, 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 2023, 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 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.