

# **2023 SOCCER RULES MEETING**

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**This PowerPoint Presentation Was  
Compiled Jointly By The Staffs Of The  
Iowa High School Athletic Association  
And The Iowa Girls High School Athletic  
Union**

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# **SOCCER ADVISORY** **COMMITTEES**

## **Boys Advisory Committee**

- Dustin Kralik, Head Coach, Norwalk
- BJ Jordison, Head Coach, Gilbert
- Marcus Miller, Head Coach, Iowa Mennonite, Kalona
- Jesse Kuehler, Head Coach, Spencer
- Troy Bendickson, Head Coach, North Scott, Eldridge
- Michael Lucht, Official, Des Moines
- Jim Frizzell, Head Coach, Johnston; President IHSSCA [Non-voting member]

## **Girls Advisory Committee**

- Chair: Rod Wiebers (AD), ADM
- Heather Currans, Gilbert
- Kim Croston, Sergeant Bluff-Luton
- Ann Larew, Regina
- Mike Krawczyk, Head Coach, WCV-NV
- Dave Rosenthal, Head Coach, Iowa City, West
- Official: Sarah Curry, Glenwood



# MANDATORY CONCUSSION COURSE FOR ALL 7-12 COACHES



ALL 7-12 coaches (paid or volunteer) are required to view the NFHS course, **“Concussion in Sports”** before the beginning of their respective sport season. Information regarding accessing this course has been sent to your school administrator.



# CONCUSSIONS

***Iowa Code Section 280.13C states, in part,***

- “Annually, each school district and nonpublic school shall provide to the parent or guardian of each student a concussion and brain information sheet, as provided by the Iowa High School Athletic Association and Iowa Girls High School Athletic Union.
- The student and student’s parent or guardian shall sign and return the concussion and brain injury information sheet to the student’s school prior to the student’s participation in any interscholastic activity for grades seven through twelve.”





## A FACT SHEET FOR PARENTS AND STUDENTS

# HEADS UP: Concussion in High School Sports

The Iowa Legislature passed a new law, effective July 1, 2011, regarding students in grades 7 – 12 who participate in extracurricular interscholastic activities. Please note this important information from Iowa Code Section 280.13C, Brain Injury Policies:

- (1) A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.
- (2) A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.
- (3) Key definitions:  
"Licensed health care provider" means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board.  
"Extracurricular interscholastic activity" means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

### What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

### What parents/guardians should do if they think their child has a concussion?

1. OBEY THE NEW LAW.
  - a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
  - b. Seek medical attention right away.
2. Teach your child that it's not smart to play with a concussion.
3. Tell all of your child's coaches and the student's school nurse about ANY concussion.

### What are the signs and symptoms of a concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

### STUDENTS:

If you think you have a concussion:

- Tell your coaches & parents – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- Get a medical check-up – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- Give yourself time to heal – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

### Signs Reported by Students:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

### PARENTS:

#### How can you help your child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

### Signs Observed by Parents or Guardians:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Information on concussions provided by the Centers for Disease Control and Prevention.

For more information visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)

### IT'S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON.

**IMPORTANT:** Students participating in interscholastic athletics, cheerleading and dance; and their parents/guardians; must sign the acknowledgement below and return it to their school. Students cannot practice or compete in those activities until this form is signed and returned.

We have received the information provided on the concussion fact sheet titled, "HEADS UP: Concussion in High School Sports."

Student's Signature

Date

Student's Printed Name

Parent's/Guardian's Signature

Date

Student's School



# CONCUSSION RECOGNITION & MANAGEMENT

## Recognition and Management

If an athlete exhibits any signs, symptoms, or behaviors that make you suspicious that he or she may have had a concussion, that athlete must be removed from all physical activity, including sports and recreation. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death.

### SYMPTOMS REPORTED BY ATHLETE

Headache
Nausea
Balance problems or dizziness
Double or fuzzy vision
Sensitivity to light or noise
Feeling sluggish
Feeling foggy or groggy
Concentration or memory problems
Confusion

Parents and coaches are not expected to be able to “diagnose” a concussion. That is the role of an appropriate health-care professional. However, you must be aware of the signs, symptoms and behaviors of a possible concussion, and if you suspect that an athlete may have a concussion, then he or she must be immediately removed from all physical activity.

### SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES

Appears dazed or stunned
Is confused about what to do
Forgets plays
Is unsure of game, score, or opponent
Moves clumsily
Answers questions slowly
Loses consciousness
Shows behavior or personality changes
Can't recall events prior to hit
Can't recall events after hit

**When in doubt, sit them out!**

- Complete information on concussions can be found at [www.iahsaa.org](http://www.iahsaa.org) or [www.ighsau.org](http://www.ighsau.org).
- Click on “Information on Sports Concussions” on the IHSAA home page.



# CONCUSSIONS

- **Coach Removal** – Iowa law requires a **student's coach who observes** signs, symptoms, or behaviors consistent with a concussion or brain injury, during any kind of participation, i.e. practices, scrimmages, contests, etc., **to remove the student from participation immediately and the student shall not return until the coach, or school's designated representative, receives written clearance to return from a licensed health care provider.**





# CONCUSSIONS

- **Contest Official Removal** – Iowa law requires a **contest official who observes** signs, symptoms, or behaviors consistent with a concussion or brain injury during scrimmages, contests, etc., **to remove the student from participation immediately and that official, or a designated contest official at the contest/event, must receive the written clearance to return from a licensed health care provider before the student can return to participation in that contest/event**, including an event that takes place over multiple days.



# RETURN TO LEARN PROTOCOL- HOUSE FILE 2442

- Personnel of a school district or accredited nonpublic school with enrolled students who participate in an extracurricular interscholastic activity which is a contest in grades seven through twelve shall develop a return-to-learn plan based on guidance developed by the brain injury association of America in cooperation with a student removed from participation in an extracurricular interscholastic activity and diagnosed with a concussion or brain injury, the student's parent or guardian, and the student's licensed health care provider to accommodate the student as the student returns to the classroom.



# ADMINISTRATIVE INFORMATION

**NO CURRENT 8<sup>th</sup> GRADE  
STUDENTS (BOYS OR GIRLS)  
ARE ELIGIBLE TO COMPETE  
AGAINST OTHER MEMBER HIGH  
SCHOOLS, INCLUDING  
SCRIMMAGES AND/OR  
JAMBOREES**



# ADMINISTRATIVE INFORMATION

## ***SCHOLARSHIP RULE***

### ***IHSAA & IGHSAU***

A student is not eligible to participate in an interscholastic sport if the student has, in that same sport, participated in a contest with or against, or trained with, a National Collegiate Athletic Association (NCAA), National Junior College Athletic Association (NJCAA), National Association of Intercollegiate Athletics (NAIA), or other collegiate governing organization's sanctioned team. A student may not participate with or against high school graduates if the graduates represent a collegiate institution or if the event is sanctioned or sponsored by a collegiate institution.





# ADMINISTRATIVE INFORMATION

## **SCHOLARSHIP RULE**

### **IHSAA & IGHSAU**

***Students that failed a quarter, trimester or semester course that goes on their permanent transcript and soccer is the first sport they have participated in, will be required to sit out for 30 consecutive days.***



# ADMINISTRATIVE INFORMATION

## ***ROSTER REQUIREMENTS***

Per Rule 3-1-3 of the NFHS Soccer Rules Book, each team shall submit a roster containing the first and last names and numbers of all players, substitutes, all bench personnel and all coaches to the officials at least 5 minutes prior to the start of the game. Players, substitutes and bench personnel may be added after the start of play.



# **ADMINISTRATIVE INFORMATION**

## ***TEAM PLAYING DATES***

**Boys – fifteen (15), two (2) of which may be multiple team tournaments. 19 game maximum.**

**Reminder- in multiple team tournaments, the maximum number of games that can be played in one day is 3. (Per IHSAA Soccer Advisory Committee)**



# **ADMINISTRATIVE INFORMATION**

## ***INDIVIDUAL PLAYING DATES***

**Individual limitation – nineteen (19) games – four (4) halves per day – waived for multiple team tournaments- six (6) halves per day.**

**One half played in one day- No individual game counted.**

**Two halves played in one day- One individual game counted.**

**Three/four halves played in one day- Two individual games counted.**

**Five/six halves played in one day- Three individual games counted.**





# **ADMINISTRATIVE INFORMATION**

## ***IGHSAU PLAYING DATES***

**Maximum of seventeen (17) matches per level of competition. 17 matches at the 9<sup>th</sup> grade level, 17 matches at the JV level, 17 matches at the Varsity level.**

***Individual Player Limitation may not exceed six (6) halves in a calendar day.***

***There is no season match limitation for an individual player.***



# **ADMINISTRATIVE INFORMATION**

## **SCRIMMAGES**

**Boys are allowed two scrimmages any time during the season. Girls are allowed one scrimmage.**

## **JAMBOREES**

**Boys and girls are each allowed one jamboree after the first day of practice. For girls and boys, the jamboree can be played until the first playing date.**



# ADMINISTRATIVE INFORMATION

## ***OVERTIME***

**It is the expectation of both the IHSAA and the IGHS AU that all varsity soccer matches are to be played until a winner can be determined. Unless weather, facility, injury or other factors prohibit this from occurring, no games shall end in a tie. See ensuing slides for the protocols for overtime and exceptions from the IGHS AU regarding matches ending in ties.**



# ADMINISTRATIVE INFORMATION

## ***OVERTIME***

**Same overtime procedure for both boys and girls; both boys and girls require all tied varsity games to have overtime. (See IGHSAU exception on next slide.)**

**Tournament games are required to have an overtime, which may go directly to kicks from the mark. Preapproved criteria is not acceptable to determine a winner if the match is tied at the end of regulation.**



# ADMINISTRATIVE INFORMATION

## ***IGHSAU OVERTIME EXCEPTION***

A game that has met the requirements of a complete game (one completed half) but has ended due to weather/facility/injury may be recognized as a complete game, even if it ends in a tie.



# **ADMINISTRATIVE INFORMATION**

## ***BOYS AND GIRLS OVERTIME PROCEDURE***

**5-minute break after regulation**

**10-minute overtime, sudden death**

**If still tied, 2-minute break**

**Second 10-minute overtime, sudden death**

**If still tied,**

**Kicks from the mark, each coach selects any 5 players to take the kicks**

**If still tied,**

**Each coach selects 5 different players to take the kicks in the sudden-victory situation**



# **ADMINISTRATIVE INFORMATION**

## **USE OF ELECTRONIC EQUIPMENT**

**Coaches are not permitted to use electronic equipment to communicate with players on the field.**

**Coaches are permitted to use electronic equipment such as monitors to review previous game action and communicate with players that are on the sideline. This communication shall not be shown to officials for review of previous action.**



# ADMINISTRATIVE INFORMATION

## IOWA CONDUCT RULES

**Per IHSAA/IGHSAU state adoption, any coach who sends a previously cautioned player back to the official substitution area prior to his/her five minute send off period expiring is mandated to receive a caution. This is not an option, it is a requirement.**





# ADMINISTRATIVE INFORMATION

## IOWA CONDUCT RULES

**Any player receiving a caution (yellow card) must leave the game for five (5) consecutive minutes. Penalty will carry over from half to half and end of game to overtime and overtime to overtime. A caution in the second 5 minutes of the second overtime will result in no further play.**



# ADMINISTRATIVE INFORMATION

## IOWA CONDUCT RULES BOYS ONLY

**Any team receiving four varsity **red cards**, including coach cards, will not be eligible to participate in the post season tournament. If the fourth card is received in a post season tournament game, the game will end, and the team will forfeit the contest.**



# ADMINISTRATIVE INFORMATION

## IOWA CONDUCT RULES BOYS ONLY

**Any varsity coach receiving two **red cards** over a three-year period will not be allowed to coach his/her team in the post-season tournament for two years.**



# **ADMINISTRATIVE INFORMATION**

## **ONLINE GAME REPORT IHSAA & IGHS AU**

**Following each game, an administrator from the home school, the referee(s), assistant referee(s) and both head coaches need to complete a report. A future mailing will give instructions including the web address.**





# **BOYS CLASSIFICATION INFORMATION FOR 2023**

- **Beginning with the Spring of 2023, there will be four classes of boys' soccer.**
- **CLASS 4A (36 schools)**
- **CLASS 3A (40 schools)**
- **CLASS 2A (48 schools)**
- **CLASS 1A (Remainder Of Schools)**



# ADMINISTRATIVE INFORMATION

## **IHSAA TOURNAMENT GAME BALL**

- **For the IHSAA substate tournament, the home team will provide any game ball that has the NFHS authenticating mark on it.**
- **For the IHSAA state tournament, the IHSAA will provide a specific game ball. At this time we are working on securing what type of ball.**



# **BOYS SUBSTATE TOURNAMENT INFORMATION**

- **Substate Games Dates:**
- **May 15<sup>th</sup>: Class 1A and 2A**
- **May 16<sup>th</sup>: Class 3A and 4A**
- **May 22<sup>nd</sup> : All Classes**
- **May 24<sup>th</sup>: All Classes**



# **BOYS STATE TOURNAMENT INFORMATION**

- **State Games Dates:**
- **Tuesday May 30th - Quarterfinals: All Classes**
- **Thursday, June 1st - Semifinals: All Classes**
- **Saturday, June 3rd- Finals: All Classes**
- **Location – Cownie Soccer Park, Des Moines**





# ADMINISTRATIVE INFORMATION

## TOURNAMENT GAME BALL

**IGHSAU**

**SPALDING TF-5000**



# **GIRLS REGIONAL/STATE TOURNAMENT INFORMATION**

## **2023 Girls Soccer Classification:**

Class 3A (40 schools)

Class 2A (48 schools)

Class 1A (remainder of schools)

## **Girls Regional Soccer Dates:**

Class 1A: May 15, May 17, May 23, May 25

Class 2A: May 19, May 23, May 25

Class 3A: May 19, May 23, May 25



# **GIRLS STATE TOURNAMENT INFORMATION**

**Dates: May 31  
June 2, 3, 2023**

**Location: Cownie Soccer Complex  
in Des Moines**



# MANDATORY STATISTICS REPORTING

Boys' Soccer coaches will be **REQUIRED** to have soccer statistics updated on the following dates:

Tuesday, April 18 at 3 PM

Tuesday, May 2 at 3 PM

Tuesday, May 16 at 3 PM



All matches played through the previous Saturday are to be included in these statistical updates. Coaches that fail to comply with these deadlines after a third violation will not be allowed to coach in the tournament series for boys.





# MANDATORY STATISTICS REPORTING

- Girls' soccer coaches are **REQUIRED** to have soccer stats updated each Tuesday of the soccer season.
- Coaches are also expected to update their stats throughout the Regional Tournament series.



# MANDATORY STATISTICS REPORTING

## **CORNER KICKS**

The number of corner kicks that each team has during each varsity game is required to be reported on QuikStats/Bound. There will be an area for coaches to enter the number of corner kicks each game.

This statistical information will provide coaches the opportunity to evaluate how many times they and their upcoming opponent were on the offensive side of the field.



# **GIRLS OFFICIAL RECOMMENDATIONS**

- Girls Coaches have **30 DAYS** after the last day of the State Soccer Tournament (June 3) to submit official recommendations to the State Office.
- The 2023 deadline is Wednesday, **July 5<sup>th</sup>**



# **2022-23 NFHS SOCCER RULES**





## **OTHER EQUIPMENT**

### **4-2-2**

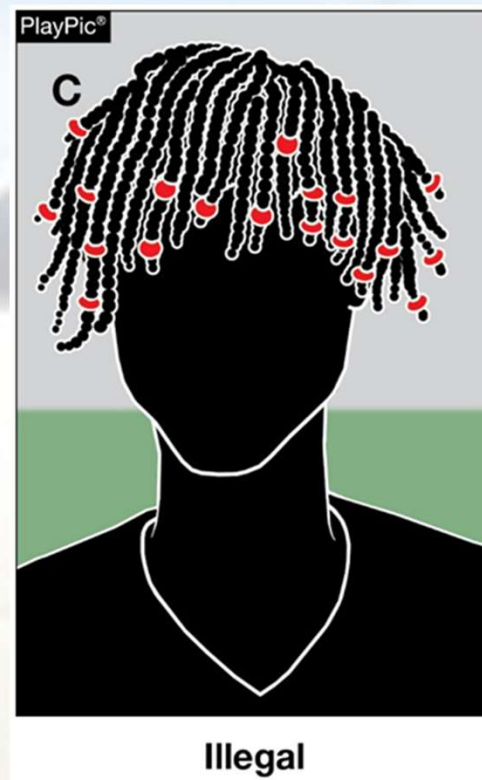
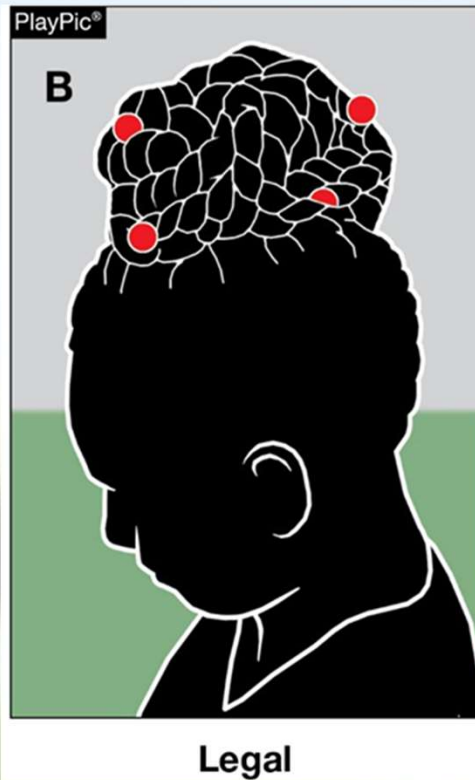
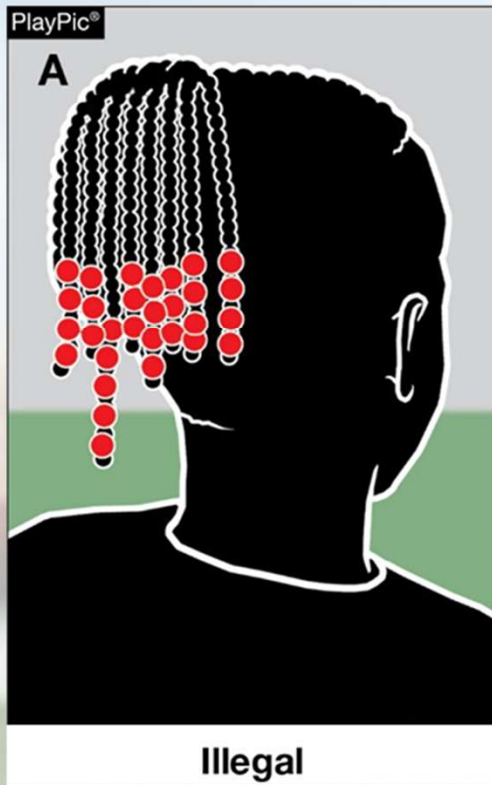
Hair control devices and other adornments worn in the hair must meet the following criteria:

- Be securely fastened to the head.
- Do not present an increased risk to the player, teammates or opponent.
- This change promotes the inclusion of participants based on their cultural and religious beliefs.



## OTHER EQUIPMENT

### 4-2-2

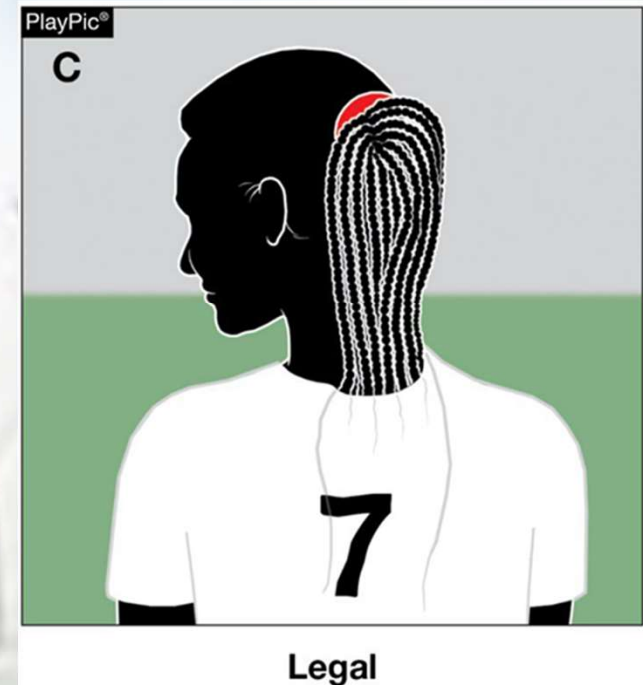
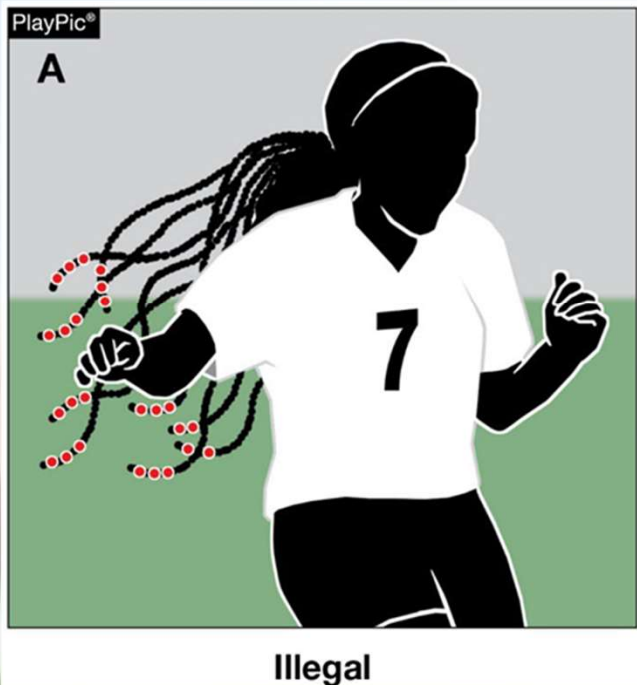


In PlayPics A and C, the beads worn by each player are not securely fastened to the head.  
In PlayPic B and D, the beads worn are securely fastened to the head.



## OTHER EQUIPMENT

### 4-2-2



- In PlayPics A, the player cannot participate with the hair adornments worn in the current position since the adornments are not securely fastened to the head. Play Pics B and C are options to make legal.



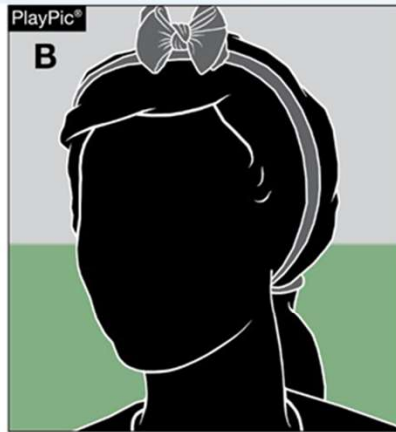


## OTHER EQUIPMENT

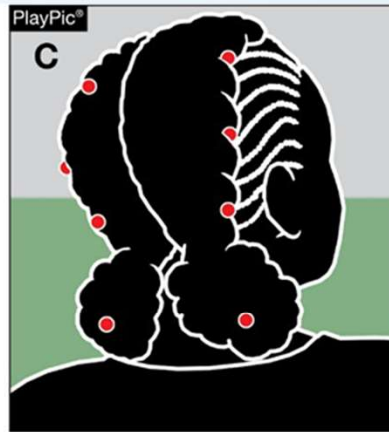
### 4-2-2



Legal



Legal



Legal



Legal



Illegal

- In PlayPics A, B, C and D, the hair control devices worn are securely fastened and are legal.
- In PlayPic E, the hair control device is illegal as it is not securely fastened to the head.



## EQUIPMENT AND ACCESSORIES

### 4-1-6a



- Hair charms are considered jewelry and per rule 4-1-7 would not be permitted.





# GOALS

## 10-1-2f, 10-1-3h NEW



- A goal may not be scored directly from a goalkeeper's throw into the opponent's goal.
- A goal may be scored for the opponents when a goalkeeper throws the ball into the team's own goal.



# HANDLING

## 12-2

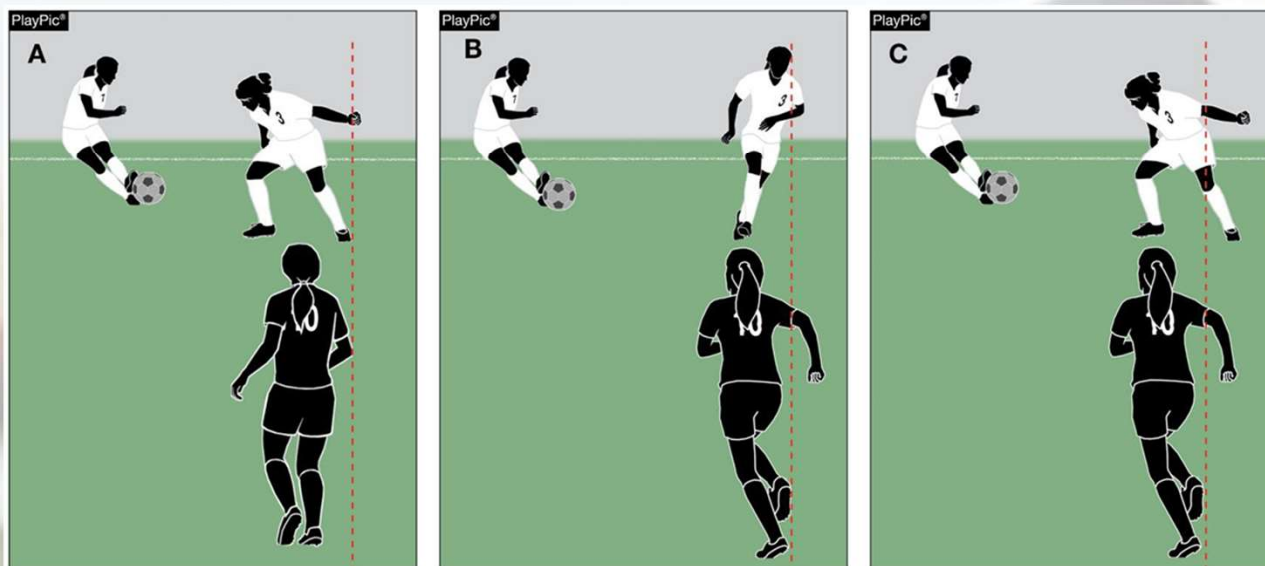


For the purposes of determining handling offences, the upper boundary of the arm is in line with the bottom of the armpit.



## OFFSIDE DEFINITIONS OF PLAYING TERMS

### 11-1-1, 18-1-1s



- In PlayPic A, offside is judged by the upper boundary of #10's arm — in line with the bottom of the armpit compared to #3 of the attacking team. **#3 of the attacking team is not offside.**
- In PlayPic B, even though #10's right arm is beyond #3's left shoulder, **#3 is offside.** The position of the hand/lower arm is not considered when determining offside.
- In PlayPic C, even though part of #10's hand/lower arm is beyond #3's left leg, **#3 is offside.**

**For** the purposes of determining offside, the upper boundary of the arm is in line with the bottom of the armpit.





# PENALTY KICK

## 14-1 PENALTY

**Penalty Kick Situations**

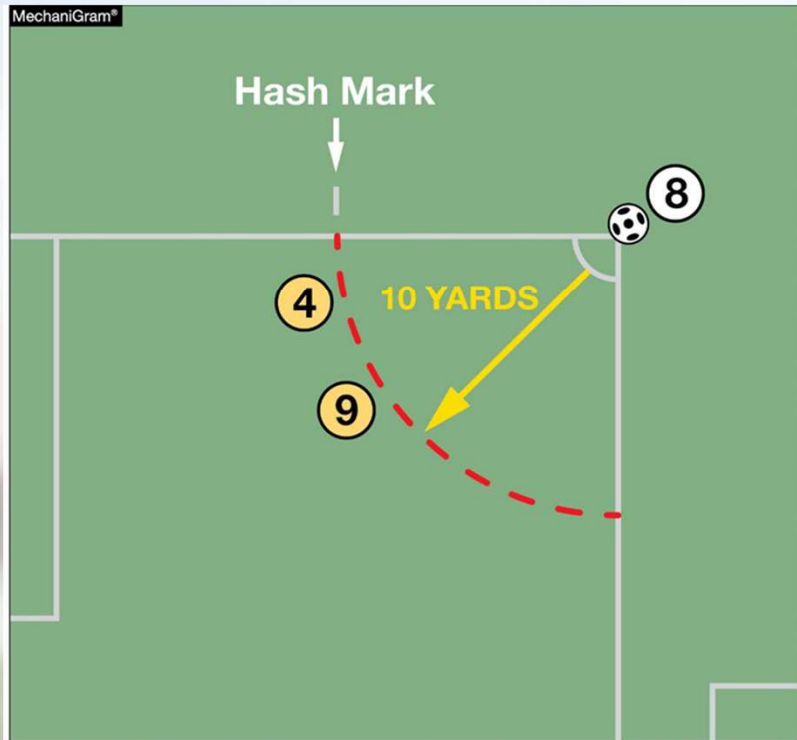
Result of Penalty Kick	No Violation	Violation by Attacking Team Only	Violation by Defense Only	Violation by Both
Enters Goal	Goal	Retake	Goal	Retake
Goes Directly Out of Bounds	Goalkick	Goalkick	Retake	Retake
Rebounds into Play From Goal/ Goalkeeper	Play Continues	Indirect Free Kick	Retake	Retake
Saved and Held by Goalkeeper	Play Continues	Play Continues	Rekick	Retake
Deflected Out of Bounds by Goalkeeper	Corner Kick	Indirect Free Kick	Retake	Retake
Ball not Kicked Forward	Indirect Free Kick for Defending Team			

- When the ball is not kicked forward on a penalty kick, the defending team is now awarded an indirect free kick. The penalty kick is no longer retaken in this instance.
- Additionally, language changes were made to the Penalty Kick Situations Chart to more accurately describe a kick taken again as a Retake.



# CORNER KICK

## 17-1-2, 17-1-3



- Players of the defending team shall be at least 10 yards from the corner arc circle until the ball has been kicked.
- The distance is now measured from the corner arc instead of the ball.





# **2023 POINTS OF EMPHASIS**



# SPORTSMANSHIP

- The NFHS is concerned that unsporting behavior in education-based athletic has increased across all sports. As a result, the NFHS has made sportsmanship the no. 1 Point of Emphasis for the 2022-23 school year.
- The interscholastic coach is responsible for setting the tone at athletic contests and must act in a sportsmanlike manner.
- If coaches are complaining constantly about the decision of contest officials, spectators are likely to do the same.



# SPORTSMANSHIP

- A positive, open line of communication between officials and coaches ultimately leads to better behavior by student-athletes.
- Good sporting behavior is expected before, during and after every contest.



# SPORTSMANSHIP



- Contest officials should never engage with spectators who are exhibiting unsporting behavior. Instead, school administration, or in their absence, the home team's head coach is responsible for dealing with unruly spectators.
- The NFHS is concerned about unsporting behavior inhibiting the recruitment and retainment of officials.
- In addition, an environment with demeaning language, taunting and/or hate speech directed at players does not further the mission of education-based activity programs.



# STRATEGIC TIME-WASTING TECHNIQUES

Time-wasting techniques disrupt the flow of the game and allow a team to gain an unfair advantage.

Officials must be aware of these tactics including:

- Goalkeepers holding the ball for longer than 6 seconds before releasing the ball into play.
- Delays on restarts such as free kicks or throw-ins. For example,
  - when players take unnecessary time to set up a free kick or throw-in by re-tying their shoe or adjusting their uniform.
- Moving the ball to different location once it has been placed
- Team excessively substituting before the 5-minute rule applies.





# PENALTY KICK

- A stutter step or a hesitation move is permissible.
- The ball must be kicked forward.
- If the ball is not kicked forward, an indirect free kick is awarded to the defending team from the penalty kick mark.

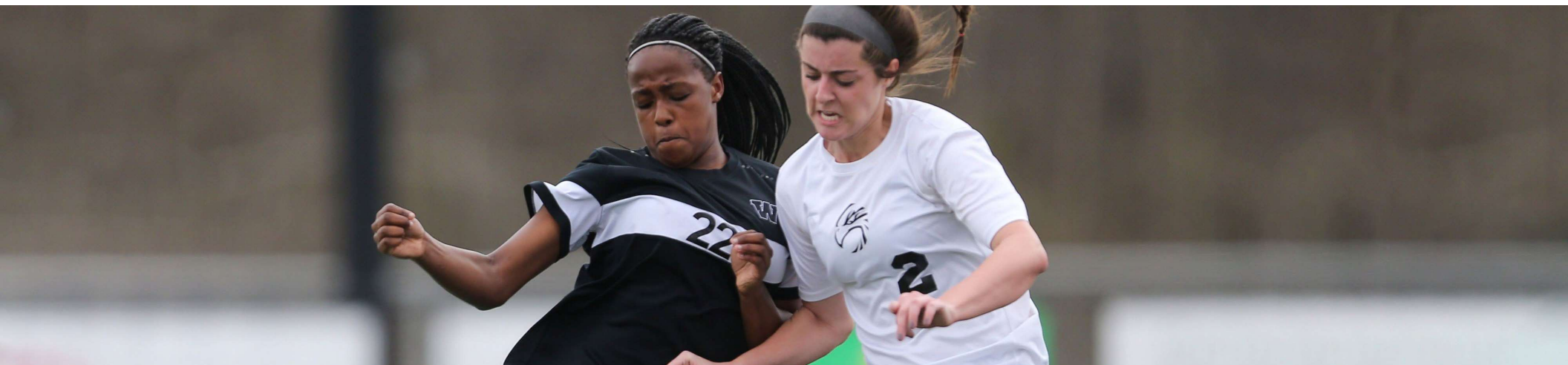


# DISSENT

Rule 12-8-1c defines dissent.

- Expressions of frustration or disappointment or private dissatisfaction not directed at anyone can usually be handled by a verbal warning or private discussion with the player.
- Simply disagreeing with an official's decision isn't always dissent. Several factors to consider in each situation.
- Continual public complaining, prolonged and repeated actions or personally directing comments at the referees must be dealt with.



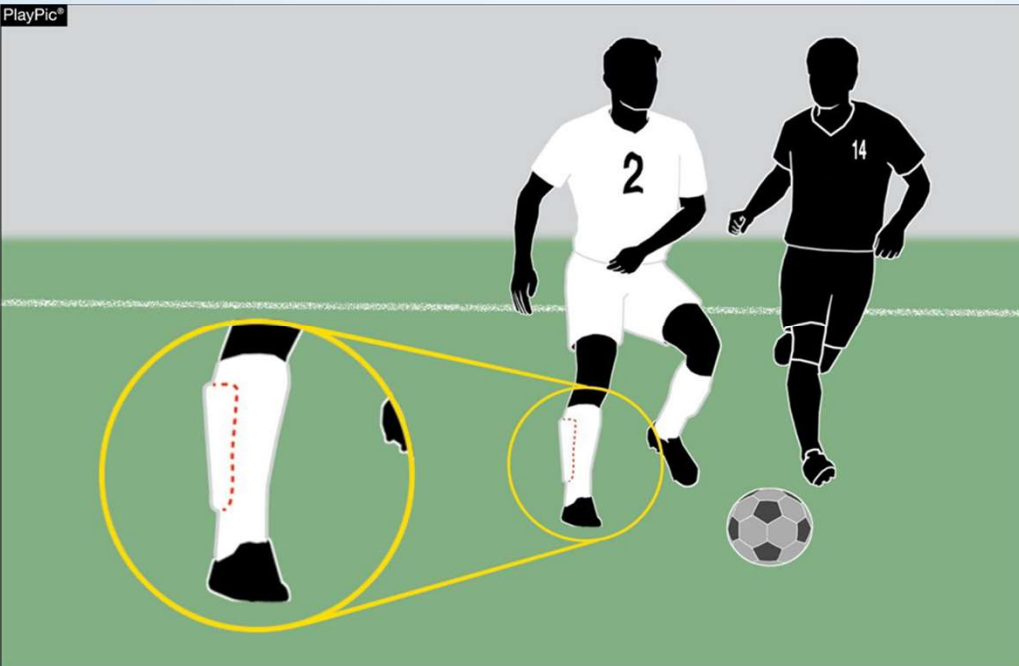


# 2022-2023 NFHS SOCCER EDITORIAL CHANGES



## REQUIRED EQUIPMENT

### 4-1-1



1 was reorganized to assist with easier flow and understanding.

Shinguards must:

- Provide adequate and reasonable protection.
- Be professionally manufactured.
- Be age and size-appropriate.
- Not be altered to decrease protection.
- Be worn under the socks and worn with the bottom edge no higher than 2 inches about the ankle.
- Meet the NOCSAE standards at the time of manufacture.
- Additionally, shinguards must be worn properly.





## REQUIRED EQUIPMENT

### 4-1-1 (SOCKS)



- Teammates shall wear the same-colored socks.
- Visiting team players wear solid white socks
- Home team players wear 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 is applied.
- **If sock is modified by cutting off the foot of the sock**, then any visible material worn under the sock and above the **ankle must be of similar color to the predominant color of the sock.**

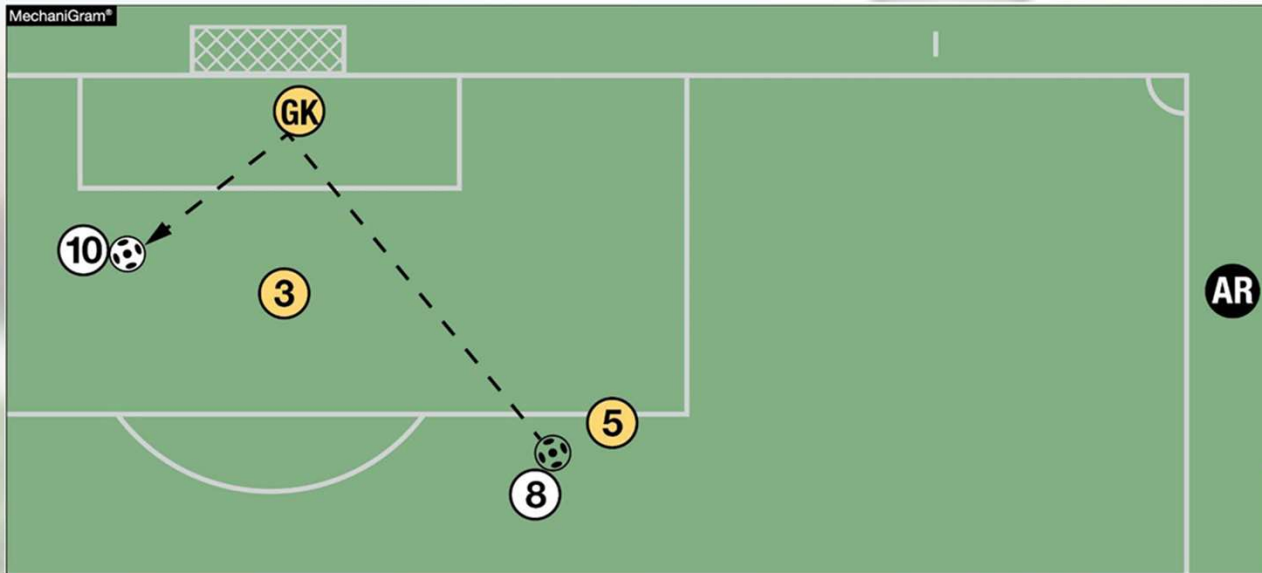




# OFFSIDE

## 11-1-4b

11-1-4b was revised to clarify that offside shall be ruled if the player is gaining an advantage by being in an offside position.



In this MechaniGram, **A10 is offside** since the player is receiving the ball from a deliberate save by the goalkeeper.



# SOCCER UNIFORMS



# NFHS SOCCER UNIFORM

## Game Jersey

- Home Team
  - Dark color contrasting white
  - If gray is used, the shading of the gray color should be 70% dark or darker for it to clearly contrast with white (Gray Color Spectrum Chart)
- Visiting Team
  - All-white
  - Trim on collar permitted



# NFHS SOCCER UNIFORM

## Game Jersey

- Only names and patches, emblems, logos or insignias referencing the school are allowed
- 2 ¼ inch square manufacturer's logo allowed
- Team members wear the same color and style uniform
- Goalkeeper's jersey must distinctively be different in color from that of team members and opposing team





# NFHS SOCCER UNIFORM

- **Front of Jersey**

- All jerseys, including the goalkeeper, must be numbered on the front
- Numbers must not be duplicated
- There must be a 4-inch number on the front (either the jersey or shorts)
- The color of the number must contrast with the color of the jersey or pants, be clearly visible and match the color of the number on the back of the jersey

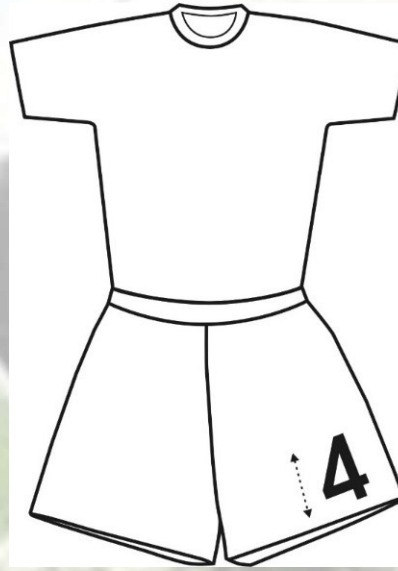


# NFHS SOCCER UNIFORM

- **Back of Jersey**
  - All jerseys, including the goalkeeper, must be numbered on the back
  - Numbers must not be duplicated
  - There must be a 6-inch number on the back
  - The color of the number must contrast with the color of the jersey, be clearly visible and match the color of the number on the front of the jersey



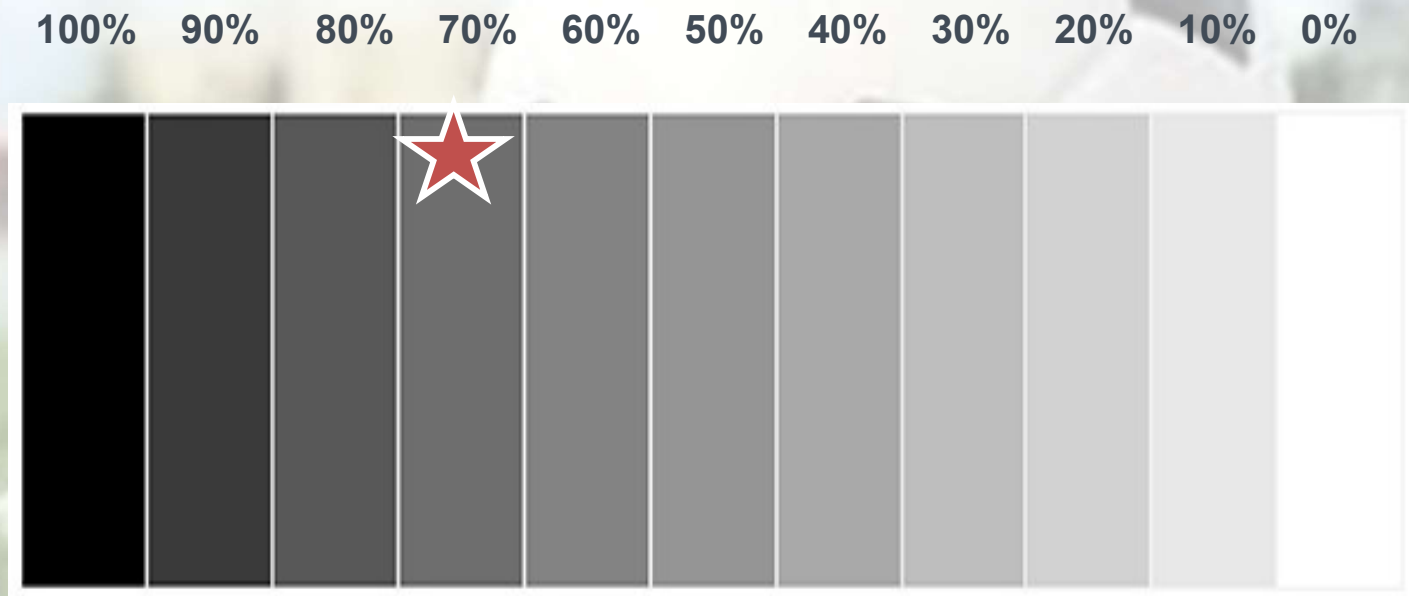
# NUMBER PLACEMENT



# HOME TEAM JERSEYS

## GRAY COLOR SPECTRUM

### CHART





# OTHER ITEMS WORN

- Socks
  - Home Team
    - Dark color contrasting white
    - Does not need to match the jersey color
    - Both socks must be the same color
  - Visiting Team
    - All white
  - If tape or stays are used, they must be the same color as the socks
  - Manufacturer's logo on both sides of the socks is legal
- Shorts
  - May be of a color unlike that of the jersey
  - May have an appropriately sized manufacturer's logo



# OTHER ITEMS

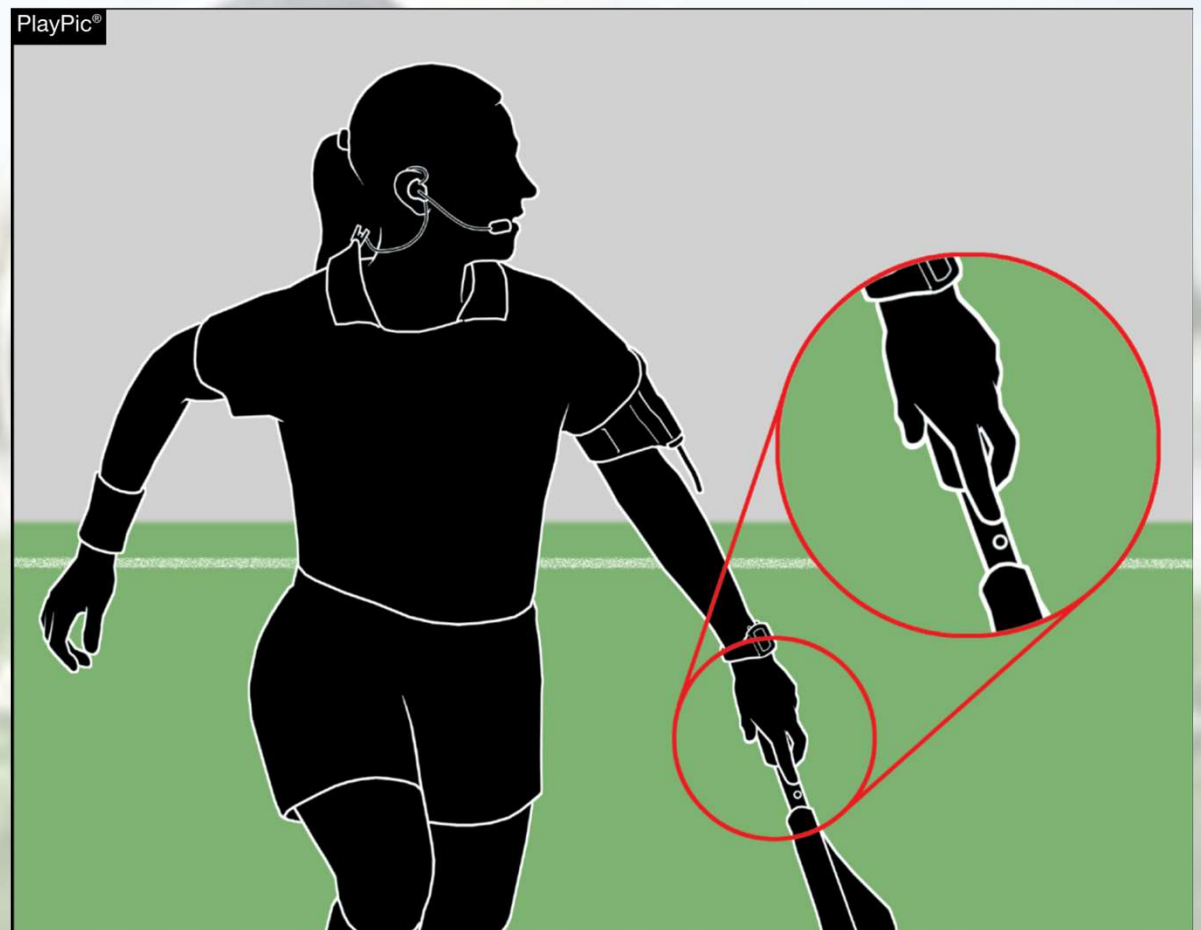
- Shin Guards
  - Must meet the NOCSAE standards at time of manufacture
  - NOCSAE seal and height range permanently mark on front of shin guard
  - Worn with bottom edge no higher than 2 inches above the ankle
  - Age- and size-appropriate
  - Worn under socks
  - Must not be altered
- Undergarments
  - If worn, must be of a similar length for an individual
  - Solid color, alike for the team, if worn



# RULE 5-1-3F

## OFFICIALS: GENERAL

Electronic-communication devices including buzzer/beep flags and headsets may be used by the officials.



# **HIGH SCHOOL SOCCER**

Spring 2023

**IOWA REFEREE COMMITTEE**

Points-of-Emphasis





# TOPICS

- Professionalism
- Communication
- Assistant Referee (AR) Safety
- AR Responsibilities
- Misconduct
- Referee/Coach Rapport
- Issuing Cards to a Coach
- Inappropriate Fan Behavior
- Reckless & Serious Foul Play
- Fitness



# PROFESSIONALISM

- Contact the School Administrator and your crew members at least two days before the match to confirm date, time, location, and uniform color.
- Travel to the match together as a crew or meet at the site no later than 30-45 minutes before kickoff.
- Make sure you have prepared yourself both physically and mentally, master both the NFHS rules of the game and mechanics necessary to enforce the rules
- Exercise impartial authority in a firm and controlled manner.
- Stay current with game management



# PROFESSIONALISM

- Officials are an integral part of the education-based athletics
- Inspect the field together and conduct a proper pre-game.
- Identify the local site administrator.
- Meet with both coaches and introduce yourself and crew (Give coaches crew cards or give crew names in team's scorebook).
- Avoid conflicts of interest- do not accept an assignment if you have a family member playing or coaching for one of the teams.
- Be fit. You must be able to keep up with the players for the entire match.
- If you are injured, do not accept the assignment.
- Respect the game, coaches, players and your fellow officials.
  - Are you APPROACHABLE?
  - Are WE trying to grow the sport for ALL (This is including, players, fans, referees)
  - Same question to coaches.
- Let's be try to lead by example (Both referees and coaches)



# COMMUNICATION

- **Pre-Game Meeting**
  - It is the expectation of the IHSAA/IGHSAU that the head coach from each team be present at the pre-game meeting (coin toss). This is **a requirement** in HS Soccer.
  - Make adjustments in your pre-game protocol to ensure that the head coaches are involved in this meeting.
  - The required pregame meeting is your time to communicate expectations to both head coaches and captains. Make sure you cover pertinent rules, sportsmanship, coin toss and legally equipped players.





# Communication

## Pre-Game

- Gets everybody on the same page
- Review responsibilities
- Restart Mechanics / Positioning
- Dissent and other Misconduct
- Tie-breaking procedures
- *Other?*



### Soccer Pre-Game Instructions



Trifold

Mark. AR takes a position at the intersection of the PA and the Goal Line.

**PK Mechanics:** AR acts as goal judge and watches for ball out of play. AR watches for problems behind Referee's back and watches for kicker 2<sup>nd</sup> touch. AR indicates Goalkeeper encroachment by moving the flag to the hand toward the field.

**Misconduct behind Referee's back for a Caution:** AR waits for a stoppage then raises flag straight up to get Referee's attention. Other AR mirrors if necessary. Referee and AR confer. AR provides Referee with player number, jersey color, a short description, and correct offense to book.

**Misconduct behind Referee's back for a Send-off:** AR immediately raises flag straight up with a waggle to get Referee's attention. Other AR mirrors if necessary. Referee and AR confer. AR provides Referee with player number, jersey color, a short description, and correct offense to book.

**Fighting:** AR1 should record jersey numbers of any players who enter the field, as well as any players or coaches actively involved in the fight. AR2 should record numbers of players involved, and be prepared to assist the Referee on the field if necessary.

**Tie Breakers:** Review the competition tie breaker procedures, i.e., overtime, sudden victory, and/or kicks from the mark.

#### Notes

Call what is observed. Officials don't rely on player / coach / spectator reactions to make a call. Just because they react, it doesn't mean there was a foul. It may, however, be useful information for the crew.

Always treat players and coaches with respect. To get respect, you must earn respect. Be honest.

Good Officials are the ones who call a good game, know the laws, and do all the things they should. Great Officials are the ones who accept criticism, learn from their mistakes, and find ways to improve.

Keep your head up. Dropping your head shows indecision and weakness.

When speaking with players and coaches, maintain eye contact. This shows confidence.

Keep your cool. Even when others are yelling and upset, maintain your composure.

#### Legend

2LD – 2<sup>nd</sup> to last Defender  
DFK – Direct Free Kick  
GK – Goal Kick  
PK – Penalty Kick

CK – Corner Kick  
FK – Free Kick  
IFK – Indirect Free Kick  
TI – Throw In

2017



# ASSISTANT REFEREE

## SAFETY

- Do **NOT** allow coaches or players to crowd the touchline!
- Coaches are to remain in their Technical Areas.
  - AR Safety – ARs have been injured
  - AR Visibility – of the Touchline
- If a coach or player has repeatedly been asked to step back, this would be worthy of a Yellow Card for Unsporting Conduct.



# MISCONDUCT



## Rule 12-8-1 and 12-8-2

- Know the situations for which a player, coach, or bench personnel shall be cautioned vs. disqualified.
- NOTE: A player who receives a Caution shall sit out for 5 consecutive minutes of playing time and can return only during a substitution opportunity.
- A coach who sends his player to re-enter as a substitute prior to the 5-minute expiration is guilty of Misconduct and cautioned.
- IMPORTANT: File an online report for all disqualifications.
- ❖ Links for the online reporting of disqualifications for the IHSA & IGHS AU will be provided in a separate communication.

A coach who is disqualified must leave the vicinity of the playing area.



# Referee/Coach Rapport

- Introduce Crew to coaches
- Listen to coaches when feedback is given in appropriate manner
  - It is ok to answer coaches' question, when the time is right.
  - When communicating Yellow and Red card to the coach (Mandatory) This is one way communication (Ref to coach) and not a conversation.
- Understand that soccer is emotional
  - Is the coach reacting emotionally and speaking out or is the coach consistently commenting on opinion/close calls (Big difference)





# Issuing Cards to A Coach

## **ASK, TELL, DISMISS** Process:

- **ASK** – Advise the coach: “Your behavior is not appropriate. You need to change your behavior.”
- **TELL** – Inform the coach: “This is your Caution. Further inappropriate behavior will result in your dismissal.”
- **DISMISS** – Remove the coach: “Coach, you are disqualified. The match will not resume until you are out of sight and sound.”



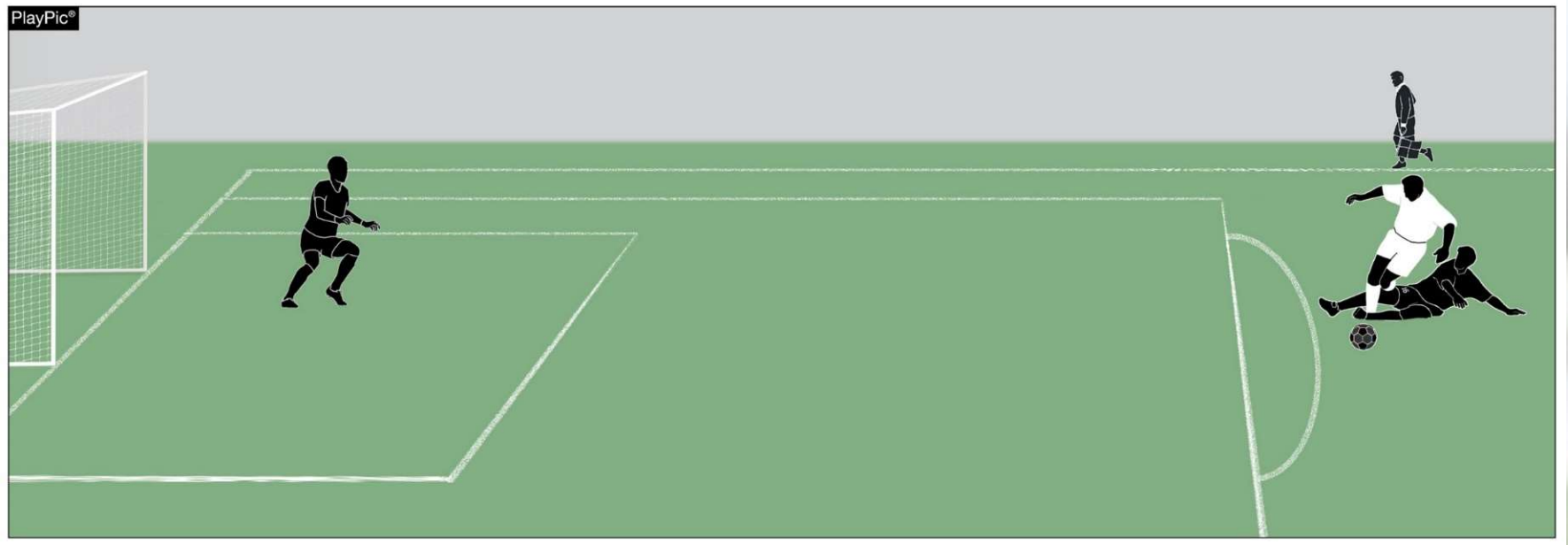
# Inappropriate Fan Behavior

1. Summon the Site Administrator.
2. Explain the issue.
3. Wait until the Site Administrator has acted to correct the issue before restarting the match.

**Do not address the fan(s) directly!!!**



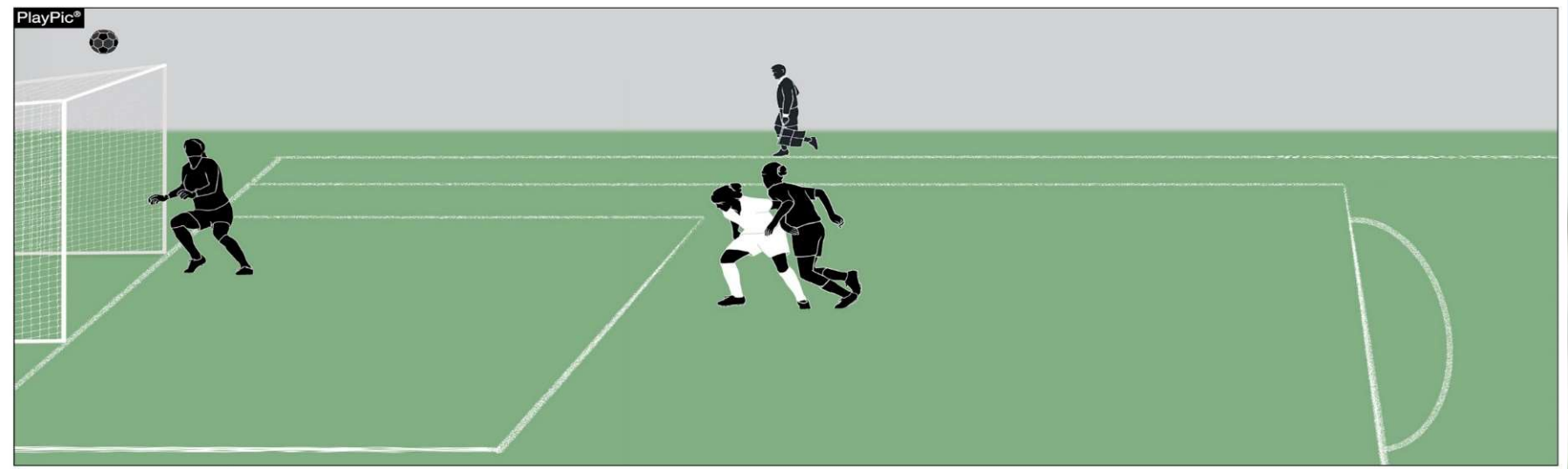
# RECKLESS AND SERIOUS FOUL PLAY: DENIAL OF GOAL SCORING OPPORTUNITY



- When an attacker is fouled and denied a goal scoring opportunity outside the penalty area and a goal is not scored, the fouling player is disqualified (red card).



# RECKLESS AND SERIOUS FOUL PLAY: DENIAL OF GOAL SCORING OPPORTUNITY

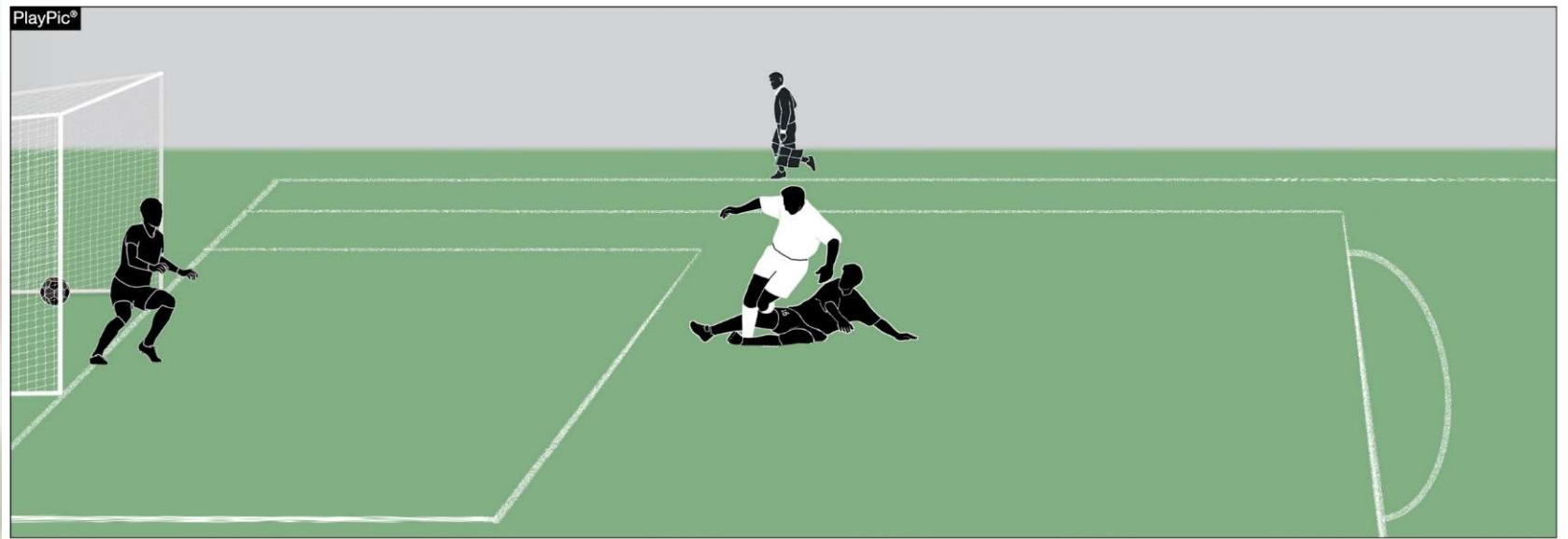


A player who commits a foul inside the penalty area in an attempt to play the ball and a goal is not scored and the referee awards a penalty kick the fouling player is cautioned. If the player commits a foul while not attempting to play the ball and the goal is not scored and the referee awards a penalty kick , the fouling player is disqualified (red card).





# RECKLESS AND SERIOUS FOUL PLAY: DENIAL OF GOAL SCORING OPPORTUNITY



- When an attacker is fouled and the goal is scored, the fouling player is cautioned (yellow card).



# Fitness

“The ability to sprint and be agile while moving around the field of play will benefit referees as the speed of the game has increased. Speed/quickness allows a referee to ‘close down’ quick counter attacks and long balls. Fitness also provides the referee an opportunity to add presence to action/decisions around the ball without interfering with play or players.”

**MAKE SURE YOU DO PRE-SEASON TRAINING**



# Resource Material

Resources for Iowa High School Soccer Referees will be found at:

- <https://max.dragonflyathletics.com/maxweb/max-cover/login>

Online Rules Meeting

Online Testing

Online Post Season Payments



# Questions?

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