OUTDOOR SOCCER RULES

National Federation of High School Association Rules will govern play, with the following modifications:

1. Team Requirements
   1.1 A team shall consist of seven (7) players. A team can play with a minimum of five (5) players.
   1.2 Co-ed teams consist of three (3) women and three (3) men plus a goalie of either sex constitute a team; the minimum on the field at a time is two (2) women and two (2) men plus a goalie.
   1.3 All players must have checked in with the scorekeeper and be recorded on the game sheet before they are allowed to participate.
   1.4 Substitution shall be unlimited, but must be made ONLY on a dead ball
      a. Substitutions may be made only upon proper notification of the referee through the assistant referee, with the referee’s permission, at the following times:
         1. Prior to a kick in by your team
         2. Prior to a goal kick by either team
         3. After a goal by either team
         4. After an injury by either team when the referee stops play, ONE for ONE.
         5. At the beginning of the second half.
   1.5 All games shall be played on the date and hour scheduled. BE ON TIME. There is a 10 minute grace period allowed until the game is considered a forfeit.
   1.6 A game will automatically begin if a team has the minimum amount of players allowed and the ten minute grace period has expired. There are no exceptions for players still getting ready after the grace period has been exhausted.

2. Equipment and Facilities
   2.1 All players must wear shoes. The only legal shoes are those identified in the National Federation of High School Association Rule Book. Cleats and shin guards are strongly recommended. NO METAL CLEATS ARE ALLOWED.
   2.2 Each player must wear pants or shorts without any belt(s), belt loop(s), or exposed drawstrings. Note: Pockets are acceptable.
   2.3 All jewelry must be removed before participating.
   2.4 Equipment such as helmets, billed hats, pads or braces worn above the waist, leg and knee braces made of hard, unyielding substances, or casts is strictly prohibited. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2 inch of slow recovery rubber or similar material will be allowed.
   2.5 Teams must wear similar colored shirts or mesh vests provided by IM.
   2.6 An official ball will be one supplied by IM; however, personal soccer balls may be approved by the officiating staff.
2.7 Time and score will be kept by the scorekeeper.

3. Start of Game and Timing
3.1 Evens/odds will be administered 3 minutes prior to the start of the game. The captain winning evens/odds shall have choice of options for the first half or shall defer their option to the second half. The options for each half shall be:
   a. To choose whether his/her team will kick or receive.
   b. To choose the goal his/her team will defend. The captain, not having the first choice of options for a half, shall exercise the remaining option.
3.2 The duration of the game shall be two equal halves of 20 minutes each, with a maximum of 60 minutes from scheduled starting time. This could mean that the second half could be shortened as the game ends when the 60 minutes are over. Five minutes will be allowed between halves.
3.3 The clock is running time except for the last minute of each half when the clock will stop according to National Federation Rules.
3.4 Any regular season game ending in a tie will be recorded as a tie - no additional time will be given to break the tie.
3.5 Tie Game Procedure (Playoffs only): In the playoffs overtime will be one (1) 5 minute “golden goal” style overtime period.
   a. Evens/odds will be administered to determine which team will kick off.
3.6 If game is still tied after 1 overtime period, a shoot out will ensue.
   a. Each team will be awarded 5 alternating kicks (only players on the field at the end of regulation will be allowed to take the kicks); the team that scores the most wins.
   b. If the score remains tied after the 5 kicks, a sudden death shoot-out will continue until the tie is broken. NOTE: teams must utilize the rest of their roster before a player can kick twice.
   c. In Co-ed games the overtime procedure will be the same as above with the following modification: kicks must be taken in alternating order between males and females (i.e. male-female-male-female-male).

4. Game Rules
4.1 A goal is scored when the WHOLE BALL PASSES OVER THE GOAL LINE, between the goal posts and under the cross bar, provided it has not been thrown, directly propelled by hand or arm, or carried by a player of the attacking team.
4.2 Offsides: There will be NO OFFSIDES
4.3 Throw-Ins: All restarts from the sidelines will be with a kick-in. A goal cannot be scored directly from a kick-in. Opposing players must be at least 10 yards away from ball on kick-ins.
4.4 After a temporary suspension of play with neither team in control of the ball at the suspension, the game shall be restarted by a drop ball between two opposing players at the nearest location (inbounds at least 10 yards from boundary line) of the ball at the time of the suspension.
4.5 Goal Kick: Ball may be kicked from any place in the goal area. The ball must leave the goal area before it is touched by any other player. The ball must EITHER touch A PLAYER or THE GROUND before crossing half field. PENALTY: Indirect kick from point where ball crossed over half field.
4.6 The opposing team must be at least 10 yards from the ball during a kick off and the offense must not pass beyond their halfway line until after the kick-off.
4.7  **An indirect free kick** will be the result of all fouls and misconduct outside of the penalty area. A **penalty kick** will be the result of any fouls and misconduct inside of the penalty area. See list of infractions below:
   a. Kicking, striking, attempting to kick or strike, or jumping at an opponent.
   b. Tripping, including throwing or attempting to throw, an opponent by the use of the legs, or by stopping in front or behind him.
   c. Intentionally handling the ball (i.e. carrying, striking, or propelling it with hand or arm).
   d. Holding or pushing an opponent with the hand or arm, or with arms extended from the body, or using the knee in any way against an opponent.
   e. Slide-tackling. Slide-tackling will NOT be allowed at all. If a player is warned more than once, a yellow caution card will result.
   f. The goal keeper delays in getting rid of the ball.
   g. Illegal substitution.
   h. A player plays the ball a second time before it has been touched, or played by another player at the kick-off, throw-in, a free kick, a corner kick, or a goal-kick.

5. **Other Rules**
   5.1 **Yellow/Red Cards** will be awarded when necessary
       a. 1 Red Card = automatic ejection from the contest
       b. 2 Yellow Cards = automatic ejection from the contest
   5.2 In all instances not covered by the above rules, National Federation Soccer Rules shall be invoked. The referee shall have full discretionary power to enforce the rules as he shall see fit in order to conduct a proper game.

6. **Determination of Group Winners:** There will be two groups randomly assigned by the XUIM office. Points will be awarded as follows:
   6.1 **GAME POINTS:**
       a. 3 Points for a Win
       b. 1 Point for a Tie
       c. 0 Points for a Loss
   6.2 **TIEBREAKERS:**
       a. Head to Head Competition
       b. Net goal differential (a maximum of 4 goals differential per game apply)
       c. Total Goals Allowed.
   6.3 **FORFEITS:** A minimum of FIVE (5) players constitutes a team. Games should start at the given time. In case a team does not have five players present, it will be allowed a maximum of 10 minutes grace period before awarding the game to the opponent. A forfeit will be scored 4-0.

7. **11 vs. 11**
   7.1 Some games or tournaments will have teams consisting of eleven players. In this case, NFSR rules will apply. This means that OFFSIDES is now in effect.
   7.2 A team may begin a game with a minimum of seven (7) players.