SDUSD Middle School Athletics

Soccer Rules

I. Equipment

- Soccer cleats or tennis shoes with rubber studded bottoms will be allowed. **Metal cleats will not be allowed!**
- A player **MUST NOT** wear anything which is, *in the opinion of the referee*, dangerous to another player.
- A player wearing a cast *(Plaster or Fiberglass)* on any part of the body will not be allowed to play.
- No jewelry of **any kind** is allowed – for safety.
- No wristbands of **any kind** are allowed.
- Head ball pads are acceptable.
- Protective shin guards **MUST** be worn by all players at all times. Players must supply their own shin guards.
- An official size soccer ball will be provided by SDUSD
- Goalkeepers **MUST** wear a different color jersey that distinguishes him/her from the other players on the field.
- If any player cannot comply with the equipment rules they will not be allowed to play.

II. Team

- Referee will show teams where they will stand (in a straight line standing shoulder-to-shoulder) where they will face the opposing team (who will also be doing the same) and simply face each other and clap as a show of sportsmanship. (COVID Protocol)
- Each Team will field 7-11 players (Which includes the goalkeeper).
- To start or continue a game, a minimum of 7 field players, including the goalkeeper, must be present.

- The Goalkeeper may use their feet on any area of the field, keeping in mind that a goalkeeper may use their hands only while in the large-penalty area.
- Goalkeepers can pick up the ball with their hands inside the penalty area only if: ball is coming off from an opposing player, his/her own player passes the ball back to the goalkeeper using any part of their body except feet or hands.
- Goalkeeper can pick up the ball with hands if his/her own player kicks the ball and unintentionally the ball goes in the direction of the goalie. (***NOTE:** referee determines if pass was intentional or unintentional)
- Field players may use any part of their bodies except from below the shoulder to the hands. If the ball hits a players arm or hand – that part of the body (arm or hand) should be flat against one's own body (there should be no gap/space between arm and body).
- There are intentional and unintentional hand balls the referees (at their discretion) will determine if a hand ball is or is not intentional.

Starting the Game or Kick-Off

- Coin Toss
- Winner of the coin toss determines if they start with the ball or which side of the field they will start on. If the winner decides to choose a side the opposing team starts with the ball; if the winner of coin toss decides to start with the ball the opposing team will choose which side of the field they will start on.
- The Referee must blow their whistle to start the game from the center circle (kick-off occurs in the middle of the field and has to be touched once by the first player – the first player cannot touch the ball consecutively once he/she has touched it).
- Defensive players must be outside the center circle on their own side of the field in order for the game to start
- Offensive players must stay on their side of the field, outside of the circle (only two offensive players are allowed inside the circle for kickoff)
- The ball can be played in any direction on a kick-off, and is considered in play once the ball completes a full rotation from the initial kick.
- The kick-off is a direct kick – meaning a goal can be scored from a kick-off. The kickoff is a type of direct free kick. A direct free kick may be kicked into the net and count as a goal. Law 8 of the FIFA Laws of the Game specifically states that "a goal may be scored directly from the kick-off."

Goalkeeper

- Goalkeepers may touch the ball with their hands only while in their own large-penalty area. If the ball is on the line it is considered within the area. Please **Note**: it is **NOT** a hand ball if the goalie's feet are outside of the area…it is where the ball is.
- After a save, a goalie may take as many steps before throwing or punting the ball, but it needs to be within the large-penalty area (more or less a 7 second hold - *up to referee's discretion* or the result will be either a warning or a yellow card to the goalkeeper)
- The goalie may step out of the penalty box as a player. So they won't be able to touch the ball with their hands.
- If the goalkeeper dribbles the ball into their own penalty area, they may NOT play or touch the ball with their hands. This is a pass back violation, **NOT** a penalty kick situation but instead an indirect kick from where violation occurred.

  · A player **CANNOT** compete for the ball when the goalie has possession of it in his hands (has the ball under control). In other words, there is no contact to be made with the opposing goalie at all.

  · Once a goalkeeper has full control/possession of the ball and an opposing player tries to either kick it or punch it out of the goalkeeper's hands, it will be an automatic yellow card (no warning).

  · Goalkeepers **cannot** touch the ball with their hands if their own teammate kicks it back to them (the opposite team is awarded an indirect kick).

  · The goalkeepers **can pick up the ball only if** either: their own teammates pass the ball back with any part of the body other than their feet, or when an opposing player kicks it or heads it towards the goalkeeper or if by accident the ball if deflected off the goalkeepers own teammates, or if by accident the goalkeepers own teammate tried to deflect the ball away from his area but instead (by accident) kicks it wrong and ball is deviated back to his own goalkeeper **(The referee will determine if it is intentional or unintentional)**

Fouls that Result in a direct/indirect Free Kick

· Pushing with any part of the body.
· A player is not going for the ball but instead body checks the opposing player
· Opposing team does not give goalkeeper enough space to put ball in play
· Tripping with no intent to play the ball.
· Striking or swinging with the arms or legs.
· Kicking an opponent deliberately.
· Holding with hands, arms or legs.

· **Slide Tackling (knee cannot touch the ground when making an attempt for the ball, bottom of both feet should NEVER leave the ground at the same time.)**
· Charging.
· HandBall; from below the t-shirt line of the arm to below the hands. NOTE: Only deliberate hand balls are fouls. Accidental touches or movements to protect oneself are not penalized.
· Charging in a dangerous manner or from behind.
· Dangerous play such as high kicking. (Referee discretion)
· Obstruction is the same as setting a screen in Basketball – **it is not allowed**.
· Misconduct; any of the following may result in not only an indirect kick but one can be carded/disciplined if following occurs…

1. **<u>Unsportsmanlike</u>** conduct - includes but not limited to: taunting opposing players, arguing with opposing players etc…
2. **<u>Arguing</u>** with the referee.
3. **<u>Deliberate</u>** fouls.
4. **<u>Constantly</u>** breaking the rules.
5. Violent conduct such as **striking**, **foul language**, **gesturing (***at referee's discretion***)** or **tripping from behind.**

· The action taken for these is an indirect kick from the spot of the foul.*

<u>Note to coaches:</u> players can and will be carded even before the game starts. Players can be carded while warming up if: foul language is used (in any language), gesturing, taunting, fighting etc.. If any of the staff hear any players breaking the rules (even before their game is played) that specific player or players can and will be carded.

Injuries

· The referee shall send any player off the field that requires treatment for an injury or blood (regardless of whether the blood is their own, another's or is on his/her body or uniform).

· For treatments involving blood, a player ***must obtain the referee's approval*** before they are allowed to re-enter the field.

Play shall stop when the referee decides:

1. An injury is critical (safety of the player comes first)
2. The injured player's location is likely to interfere with play, or
3. The injured player's team has control of the ball.

NOTE: When play is stopped for an injury, the injured player must leave the field, except when it's the goalkeeper. The second time play is stopped because of an injury to the same goalkeeper; he/she must leave the field. An injured player may re-enter the field after play is restarted. If play is stopped for an injury, anyone entering the field to assist the injured player must wait for the referee's signal. If no clear possession is determined the ball is given to the defensive team.

Periods, Substitutions and Conduct

- All games consist of two **30-minute** halves with a 3 minute half-time. **Each half will be running time, however the clock will stop for all injuries.** If the game is tied after regulation time, there will be **no overtime** period **during the regular season**.
- During regular season play, if the game ends in a tie, it remains a tie. End-of-the-Season Tie-Breakers and Playoff Games are explained further down.
- Substitutions will be allowed during dead balls. A player does not have to be subbed at the midfield but must leave the field at the closest sideline (out of bounds line)
- Throw-ins, goal kicks, injury time and after scoring a goal. The referee must acknowledge all substitutions.
- The goalkeeper may be substituted when the ball is dead (**wait for a whistle**) *Notify the referee if you are going to change goalies*.
- There will be a 10 Minute Grace period for all teams who are unable to field 8 players. (Time will be taken from playing time. Referee keeps official time.)
- Teams must have a minimum of 8 players to begin a game. Max of 20 players on the roster. ***Seven players or less will constitute a forfeit***.
- The coach must present a roster of players at the beginning of the season. Rosters are locked after the 4th game. **NO EXCEPTIONS!**
- Accumulation of two yellow cards in one game equals a **Red Card** and the player must leave the game and cannot be substituted with another player.
- A **Red Card** can and will be given before or after a game starts/ if players use foul language (in any language), fight with opposing players, taunting, etc…
- Red Cards will be an automatic one game suspension. ***Students fighting will be suspended for the season.***

- Foul or abusive language by anyone, or towards anyone, is an automatic **Red Card.**

Overtime

- Tie games in the regular season will stay a tie.
- ***Tie games during playoffs and/or championship games will be decided by the following:***

1. 10min Overtime Period

If score is still tied after overtime period, teams will go into Penalty Kicks:

2. Penalty kicks are as follows: One set of 5 – whichever team scored the most penalties, wins. If teams are still tied, we will continue with a series of one shooter from each side, until we have a winner – meaning, until one team scores and the opponent does not, during such series.

- At the end of the season tie breakers will be decided as follows.
  - Total Points
  - Head to Head
  - Goals Against (GA)
  - Coin flip

Coaches are responsible for the conduct of his/her players at all times.

1. Coaches **should not** interfere with the referee. Coaches should be supportive and assist with crowd and parent control.

2. Ninth graders are not permitted to participate under any circumstances in the Middle School Athletic League. Any school using ninth graders will forfeit all games where he/she has participated.

3. **Teams may not borrow players from other schools.** Any school using players from another school will forfeit all games where he/she has participated.

4. ***Players and coaches are responsible for picking up any trash left behind from their players and parents***. Trash bins will be placed on the perimeter of the field.

5. We expect all coaches and players to abide by Code of Conduct.

Coach's Decorum

- Coaches must be **Role Models** in regards to **Sportsmanship** at all times.
- Coaches are expected to deal with officials, **respectfully**.
- All decisions will be upon the judgment of the Referee and/or League Administration
- Criticizing opposing players in any manner is not allowed. **Coaches must deal with their unruly fans** immediately to stop from escalating into an ugly/uncontrollable situation. The coach must physically go to the stands and address the situation (See below Fan Decorum).
- A coach/assistant coach **can and will** be ejected for the use of foul language, leaving the coach's box, or threatening player(s), officials, or fans (parents).
- Suspension may be extended if the coach does not leave promptly. If disruptive behavior takes place while exiting the property, action will be taken by the official &/or League Administration respective to what the situation is called for.
- Assistant coaches **may not** argue, speak to, criticize or badger the official. **Note:** Most officials have received some form of verbal abuse from coaches, players, or participants. Of all the people involved with the game, the referee hopes that the game is called as fair/evenly as possible. An official would never intentionally make a bad call knowing that someone is bound to give them some type of verbal abuse.

Players' Decorum

- Players are expected to display sportsmanship at all times.
- Players **may not** criticize officials.
- NO TRASH TALKING with opponents is allowed. Minimum penalty will result in a yellow card; possible red card.
- The use of profanity is strongly prohibited and will result in an automatic **Red Card;** players will be asked to sit.
- If a player, players or the whole team decides to sit or taunt in any way during regular game time, they will be given first a warning, then a yellow and may result in an ejection as well.

- Further action will be taken upon the discretion of the MSA Administration if deemed necessary.

Fans' Decorum

- Fans are expected to display/practice sportsmanship at all times. Cheer and support your team in a positive manner.
- Booing or negative behavior toward the other team is greatly discouraged.
- Fans are not allowed to criticize, to badger, threaten, or accuse officials of any wrongdoings.
- It is the **responsibility of respective coaches** to deal with officials.
- If a fan is really upset about the officiating: they can bring it up to their respective coach and such coach has the option to discuss the issue with the League Administration.

League Administration

- League Administration will review any decisions made by officials and or outcomes of games and decide if further action is deemed necessary; especially when critical calls have been made.
- Fans are to refrain from using profane language or harassing players, other parents, coaches, or officials.
- Never ridicule or scold a child for making a mistake during a game. All fans must know that their negative behavior can affect their respective teams.
- If any fans act out of line they will be asked to 'correct their behavior' by their respective team captain, coach or team manager. If the same fan is acting out again then they will be asked to leave.
- Fans' negative behavior may result in a Yellow or Red Card for their respective team.
- Ejected players, coaches, or fans will not be allowed to participate in the next game.
- If a single player, coach, or fan is ejected more than twice in a season the league has the option of expelling that player, coach or fan from the league or for the rest of the season.
- Proper suspensions will be assessed. Suspensions are determined by the League Administration.
- **Zero Tolerance Fighting Policy**

1. The player, coach, or fan will be expelled from the league.

2. The league also holds the right to expel any player involved in a fight. This may occur in the first and/or single incident: if the league deems the altercation severe enough then we reserve the right to expel the player(s).
3. Teams may appeal this action if they feel the player, coach, or fan was using self-defense. Appeal must be written and submitted within a week of the altercation.
4. Leaving the bench or stands during an altercation will result in a minimum of 1 game suspension.

· Any type of reoccurrence of disruptive behavior that was not aforementioned will cause League investigation and possible expulsion of league: This includes fans, coaches, and players.

· In the case of these rules and regulations not covering every circumstance that may arise, it will be upon the discretion of the League Administration in handling such situations.

Code of Ethics/Conduct

(Coaches) General Code of Ethics/Conduct

· Are expected to display good sportsmanship at all times.

  · Cheer and support their respective team in a positive manner.
- At the conclusion of each game both teams will line up 10 feet across from each other, clap for 5 seconds, waive and say "good game"

· Unsportsmanlike conduct, including obscene language, violent behavior, insulting demeaning language or taunting will NOT be tolerated.

- Are responsible for the conduct of their assistant coaches, managers, players, spectators/fans and parents at all times.
- Are expected to deal with officials respectfully and stay in the coaches designated area.
- If asked by an official or staff person to sit down and refuse the coach will be asked to leave the facility/ game/court/gym/field.
- Criticizing opposing players in any manner is not allowed.
- Coaches must deal with their unruly fans immediately to stop from escalating into an ugly situation. The coach must go to the stands and address the situation.
- Coaches are responsible for letting team's parents/spectators (fans/parents) know what is expected of them during games – if parents spectators do not adhere to the rules the coach will be asked to speak to them – if behavior continues parents/spectators will be asked to leave the facility/game/court/gym/field – if conduct continues their will start to get penalize or forfeit of game.
- Coaches must stay within their bench area when on the sidelines.

- All teams must be represented by a coach at all times. The head coach is responsible for the conduct of players and spectators. If the head or assistant coach is not present, their team will forfeit their game.
- On game day, each team will be allowed to have up to 4 coaches: 1 head coach, 3 assistant coaches. **Only the head coach is allowed to talk to referees.** Assistant coaches: any concerns or questions address them to your head coach.
- Assistant coaches may not argue, criticize or badger the referee/official. They are not allowed to stand during the game unless they are attending an injured player. If the assistant fails to sit during the game an referee/official will follow the following protocol:

  1) Warning

  2) Technical Foul/Yellow Card/Penalty

  3) Ejection from the game

- If assistant coaches continue to undermine the referees' calls, they will be asked to leave the coaches area; if they continue to undermine calls they will be asked to leave the premise; if they refuse to leave the premise within the allotted (5 minute grace period) time the game will be called off and the win will be given to the opposing team. ***Same rules apply to head coaches.***
- Any coach caught doing an unsportsmanlike act will be suspended from playing in the next scheduled game, and the coach in charge of the team will receive an official written warning. If there is a second offense by the same coach, they will be suspended for the next two games, and the coach may be suspended for a period of one week. If there is a third offense by the coach, they will be suspended for the remainder of the season, and the coach may be expelled from the league.

An unsportsmanlike act includes, but is not limited to:

  - Refusing to shake hands.
  - Spitting on their hands before shaking hands.
  - Spitting on the opposing team/officials.
  - Intentionally bumping players of the opposing team/officials.
  - Taunting, or confronting their opponent, officials, coaches, or fans.
  - Showboating, swearing, or using inappropriate gestures at their opponent, officials, coaches, or fans.
  - Taking a swing at an opponent/official or fighting.
- If a coach is ejected more than twice in a season SDUSD has the option of expelling that coach from the league.
- Zero Tolerance Fighting Policy (The coach will be expelled from the league).
- Leaving the bench or stands during an altercation will result in a minimum 1 game suspension

<u>(Players) Code of Ethics/Conduct</u>

- Are expected to display good sportsmanship at all times.
    - Cheer and support their respective team in a positive manner.
- At the conclusion of each game both teams will line up 10 feet across from each other, clap for 5 seconds, waive and say “good game”

- Unsportsmanlike conduct, including obscene language/ profanity, violent behavior, insulting demeaning language or taunting will NOT be tolerated and will result in an automatic technical foul/yellow card/penalty and the player will be asked to be subbed out.

- Criticizing opposing players in any manner is not allowed.
- NO TRASH TALKING with other opponents is allowed. Minimum penalty will result in a technical foul/yellow card/penalty.
- No player may showboat, taunting acts, or words which endanger ill will. Also, any delayed, excessive, or prolonged act, by which a player attempts to focus attention upon him or she, will face possible ejection from the game or league. Furthermore, should a team display any of the misconduct stated above, the entire team will be subject to ejection from the game or league.
- An ejected player will not be allowed to participate in the next game.
- If a player is ejected more than twice in a season SDUSD has the option of expelling that player from the league.
- Zero Tolerance Fighting Policy (The player will be expelled from the league).
- Leaving the bench during an altercation will result in a minimum 1 game suspension
- Any player caught doing an unsportsmanlike act will be suspended from playing in the next scheduled game, and the player in the team will receive an official written warning. If there is a second offense by the same player, they will be suspended for the next two games, and the player may be suspended for a period of one week. If there is a third offense by the player, they will be suspended for the remainder of the season, and the player may be expelled from the league.

An unsportsmanlike act includes, but is not limited to:

- Refusing to shake hands.
- Spitting on their hands before shaking hands.
- Spitting on the opposing team/officials.
- Intentionally bumping players of the opposing team/officials.
- Taunting, or confronting their opponent, officials, coaches, or fans.
- Showboating, swearing, or using inappropriate gestures at their opponent, officials, coaches, or fans.
- Taking a swing at an opponent/official or fighting.

(Parents/ Spectators) Code of Ethics/Conduct

- Are expected to display good sportsmanship at all times.
- Cheer and support their respective team in a positive manner.

· Unsportsmanlike conduct, including obscene language, violent behavior, insulting demeaning language or taunting will NOT be tolerated.

- Criticizing or harassing opposing players in any manner is not allowed.

  · Booing or negative behavior toward the other team is not allowed.
  · Are not allowed to criticize, badger, threaten, or accuse referees/officials of any wrongdoing. Any negative behavior may result in a technical foul/penalty flag/yellow card/red card for their respective team.
  · If a parent/spectator is really upset about the officiating then they can bring it up with their respective head coach and the coach has the option to discuss it with the MSA Administration.
- If parents spectators do not adhere to the rules the coach will be asked to speak to them –if they continue to undermine calls they will be asked to leave the premise; if parent/spectator refuse to leave the premise within the allotted (5 minute grace period) time the game will be called off and the win will be given to the opposing team.
- An ejected parent/spectator will not be allowed to attend the next game.
- If a parent/spectator is ejected more than twice in a season the league has the option of expelling that parent/spectator from the league.
- Zero Tolerance Fighting Policy (The parent/spectator will be expelled from the league).

  · Leaving the stands during an altercation will result in a minimum 1 game suspension
  · Parents/spectators must remain in the stands assigned by the SDUSD staff or around the outside of the playing area.
  · Parents/spectators cannot be in the team bench area.