

Coed High School Division – Basic Rules of Play

- Games will be 11 v 11. In the regular season, if one team has just 11 players, both teams will play 10 v 10. If one team has 8, 9 or 10 players the other team can still play up to 10 players. If one team has 7 or less players, a forfeit is called and coaches should combine teams to play a scrimmage. If both teams have 7 or less players, a double forfeit is called and coaches should combine teams to play a scrimmage.
- Games are run with **2, 35-minute halves** with a 5-minute halftime and no extra time.
- The games are refereed. Treat the referees with respect. Any intimidation or mistreatment of referees will not be tolerated. Head coaches are responsible for the conduct of their players and parental sideline. If a head coach needs assistance with any conduct violations, they are encouraged to reach out to the Division Coordinator and/or the Assistant Commissioner for assistance.
- Coaches should remain on the sidelines, on their own half, and come into the field of play only when needed to assist a player.
- Substitutions are made from midfield, *and are solely at the direction and discretion of the referee*. They can occur only during kick-offs (by either team), goal kicks (by either team), corner kicks (by either team) or throw-ins (by either team). No substitutions during free kicks or drop balls.
- On the field players should be mixed coed, with at least two female players on the field at all times. If a team only has only one or two female players, a male player is not be allowed to substitute for a female player, and when one or more female player is off the field the team is down a player. When a team has no female players at the game, the team plays a player down the entire game, or until a female player is available.
- An injured player does not have to leave the field unless bleeding. If a substitute replaces an injured player the other team may also substitute a single player (i.e. one-for-one).
- Offside calls are made. For a player to be called for an offside foul, all three conditions must be met. They must a) be in the opponent's half, b) be closer to the goal line than the ball and second to last opponent (the goalkeeper is usually the first) when a pass is initiated, and c) be involved in the play by playing the ball or distracting/interfering with the keeper or defender. **Please do not** have knock-down arguments over a close call for a player being a hair offside or allow your parents to scream and holler at the ref about it.
- An Indirect free kick is awarded when a player commits a minor offense (impeding, dangerous play, obstruction, invalid touch, goalkeeper violation, offside, etc.) or the referee stops play when no specific foul has occurred.
- A Direct free kick is awarded when a player commits a major offense (striking, holding, pushing, hand ball, kicking, tripping, jumping in, violent charge, charge from behind, spitting, flagrant foul against a goalkeeper, etc.).
- Penalty kicks are awarded for major offenses by a defensive player within the penalty area.
- No slide tackles.
- Cards are issued for dangerous play and inappropriate conduct. Players receiving a Yellow Card must be substituted out for a minimum of 5 minutes. Players receiving a red card must leave the field area immediately, and their team cannot substitute for the player, leaving their team down a player. Additional consequences may also apply.
- Shin guards are *mandatory*, socks **over** shin guards. Socks should match the uniform color.
- Size 5 soccer ball.