

# 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 should contact the Division Coordinator and/or the Assistant Commissioner for assistance.
- Coaches should remain on the sidelines on their own half, and come onto the pitch 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. Here is a basic understanding of Offside calls. For an offside foul to be called a) the player must have been in the opponent's half and b) be closer to the goal line than the ball and second to last opponent when a pass is initiated, and c) be involved in the play by playing the ball or distracting/interfering with the keeper or defender.
- 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. Anyone 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 designated uniform color.
- Size 5 soccer ball.
- Please review gametime rules at <https://www.freedomoptsoccer.com/fall-soccer-game-related-faqs>.
- Please review recent rules changes at <https://www.freedomoptsoccer.com/recent-game-rule-updates>.
  - Players now have a maximum of five seconds for a goal kick or throw-in after the referee starts a countdown.
  - If ball contact to a player's head is deemed unintentional (at the discretion of the referee), the game may be allowed to continue without stoppage.
  - No accessories may be worn except for medically or religiously necessary devices that are taped securely and completely to the body.