

2020 Metropolitan Yeshiva High School Athletic League Soccer Rules Supplement

League play shall be governed by the rules as set forth by the *National Federation of State High School Association Soccer Rules Book 2019-20* (the “NFHS Rules”) as modified by this Supplement below. Each school is responsible for providing its coaches with the NFHS Rules which can be purchased at <http://www.nfhs.com/c-221-soccer.aspx> or e-version through iTunes or Kindle.

Rule S1. TEAMS

Each team shall consist of not more than five players on the court, one of whom shall be the goalkeeper. A game shall not be started with fewer than four properly uniformed players on each team. After the game has started, it may not be continued with fewer than 3 players.

Rule S2. ROSTERS

2020 CHANGE Each team shall submit a roster, containing the names and numbers, of all players, bench personnel and coaches, to the referee(s) and to the opposing team at least five minutes prior to the match *using the roster info posted on the league website*. The game shall not begin until this is complete. Players may be added to the roster after the start of play.

- A. Coaches shall submit a roster to the league Commissioner no later than the day prior to their first game of the season. Any changes to the team roster must be provided to the Commissioner.
- B. Varsity: Any student may play on Varsity
- C. JV: Freshmen and Sophomores are eligible. A Junior or Senior may be eligible with the explicit approval of the Commissioner.
- D. A player may participate on only one team per season Varsity or JV. EXCEPTION: A JV player may “move up” to Varsity during the regular season provided that once that player participates in a Varsity game, he/she is no longer eligible for JV. Total games in S2.E still applies
- E. A player must have participated in at least 4 games for a team to be eligible to play in the playoffs. A player is considered to have participated in a game if he/she was on the roster for that game regardless of whether such player actually played in such game. (Note to coaches: please include injured players on your rosters so that they meet this requirement.)
- F. Coaches will be required to take the concussion awareness training available at the Center of Disease Control’s website at: http://www.cdc.gov/concussion/HeadsUp/online_training.html.

Each coach and any assistant coach will be required to provide a certificate of completion to the Commissioner.

Rule S3. SCHEDULES

Schedules shall be provided to the Commissioner by the date communicated by the Commissioner prior to each season and under any conditions communicated by the commissioner. Any team failing to submit a compliant schedule shall be subject to penalty determined by the Commissioner which may include forfeit of any ineligible games. Teams shall not be permitted to change the date or time of their game without the prior approval of the Commissioner. Changes will only be approved if due to an emergency or exigent circumstances.

Any requested change must be sent to the Commissioner via email and be no later than one week prior to the originally scheduled game (other than in the event of an emergency). Game changes will incur a fee as determined by the league payable to "MYHSAL" charged to the team requesting the change in. Checks should be sent to the Commissioner. Changes will not be confirmed until the fee is received.

Rule S4. GAME REPORTS & FORFEITS

- A. The Home team will report the results of their matches, the Home Team Administrator, the CPR Designee and the name of each Disqualified (Red Card) player, coach and bench personnel to the Commissioner within twenty-four (24) hours of completion of the match.
- B. **2020 CHANGE** A forfeit will be scored as 7-0. A Double forfeit will be scored as 7-7.

Rule S5. HOME TEAM RESPONSIBILITY ON MATCH DATES

The home team shall provide a scoreboard, visible clock to the extent possible. The home team shall supply a timekeeper and a scorekeeper who may be the same person. The referee shall time all penalty minutes during which a given team is playing short-handed.

Home Team Administrator

Before the start of the game, the home team coach must clearly identify, physically and by name, the Home Game Administrator to the Referees and the visiting team coach. A game should not start upon failure to meet this condition and the home team may receive a forfeit as a result. The administrator cannot be bench personnel. The Home Game Administrator

is responsible and must follow the instructions of the Referees if there are problems with fans or spectators during the game. Failure to follow the instructions of the Referees can immediately terminate the game.

During playoffs or highly competitive games, it is strongly advised that Visiting Teams also have school administrators at the game so as to provide the safest and most secure environment. This does not abrogate or modify the responsibilities of Home Team administrators.

CPR

Before the start of the game, the home team coach must clearly identify, physically and by name, the CPR certified designee to the Referees and the visiting team coach. A game should not start upon failure to meet this condition and the home team may receive a forfeit as a result. The CPR designee can be a spectator or bench personnel (coach, etc.). The CPR designee shall be trained in the use of a defibrillator. Documentation must exist to show proof of certification in CPR, if asked for. If these conditions are not met by the home team, the game will not start and a forfeit can result. The visiting team is forbidden to play a game if the home team has not met the aforementioned requirements. If the visiting team plays the same when these requirements are not met, a double forfeit will result.

Defibrillator

The home team shall have a defibrillator available at all games. The defibrillator shall be in a central location that can be readily accessible by the CPR designee or any other designated staff member that has been trained in the use of a defibrillator.

Baskets

Where possible, baskets should be raised to their highest points, especially baskets above or around the goals.

Safe Playing conditions

In addition, the home team is responsible for providing a safe playing environment. The Home Team Administrator should make sure that upon completion of the game, safe conditions are enforced as people are leaving the building and in the parking lot, if one exists.

Rule S6. GOALS

Goals shall be standard size of 12 feet wide, between 6 feet and 6 feet 7 inches high and shall have depth of at least 3 feet.

Rule S7. THE BALL

2020 CLARIFICATION Balls shall be standard Size 5 Indoor Soccer Balls *with suede (“fuzzy”) exterior*. It is the responsibility of the Home team to provide 3 or more official game balls of similar quality.

Rule S8. EQUIPMENT

- A. Players shall wear numbered shirts. In the event that a team does not have uniforms, they may wear matching shirts with different numbers taped on their backs.
- B. All players **MUST** wear shin guards (size and age appropriate) under their socks. Per NFHS Rule 4.1.1, Shinguards must meet NOCSAE requirements. Shin guards must be fully covered. Athletic cups, though not required, are highly recommended, especially for goalkeepers.
- C. All teams must have two jerseys – one dark and one white (other colors may be permitted with Commissioner approval) and report their colors to the Commissioner. Per 2018-19 NFHS change, the dark uniform will be worn at home and white when visitor.
- D. **2020 CLARIFICATION** Players on the same team shall wear matching shorts and socks.
- E. **GIRLS ONLY:** Shorts are not permitted. Players shall wear athletic pants/sweatpants.
- F. Tape should be of a similar color to the socks where possible.

Rule S9. LENGTH OF GAME & TIMEOUTS

- A. Varsity: Games shall consist of four fifteen (15) minute periods.
- B. **2020 CHANGE** IV: Games shall consist of four fifteen (15) minute periods.
- C. There shall be a one (1) minute intermission after the first and third quarters, and a seven (7) minute halftime intermission.

- D. **2020 CLARIFICATION** Teams shall switch sides each quarter
- E. **2020 CHANGE** Teams shall alternate kickoffs prior to the start of each quarter as follows: The team kicking-off in the 1st quarter shall also kick-off in the 4th quarter; The other team shall kick-off in the 2nd and 3rd quarters. In overtime, after the coin toss determining the kickoff for the first overtime period, teams shall alternate kickoffs for each successive overtime period. See Rule S10.B for overtime timeouts.
- F. Each team shall be permitted a single one (1) minute timeout per half in regulation.

During the regular season no additional timeouts shall be provided during overtime, provided that a team that did not use their second half timeout shall be permitted to use the timeout during overtime.

2020 CLARIFICATION

A timeout may be taken by either team:

- 1) *after a goal;*
- 2) *following an injury stoppage and before the ball is put back into play; or*
- 3) *prior to a dropped ball.*

A timeout may be taken by the team in possession of the ball:

- 1) *prior to a restart awarded to the team; or*
- 2) *when in its goalkeepers possession.*

A timeout may not be taken when the ball is in the possession of the other team's goalkeeper or when a restart has been awarded to the other team.

During a free kick or throw-in, a timeout may only be called by the team awarded the free kick or throw-in. A team may also call a timeout when its goalkeeper is in possession of the ball. A timeout may never be called while the ball is in play.

Rule S10. OVERTIME

- A. Regular Season. In the event of a tie after regulation play during the regular season match, there shall be a two (2) minute intermission followed by a five (5) minute overtime GOLDEN GOAL period. The referee shall conduct a second coin toss with the team captains. The winner of the toss shall choose either to kickoff or which side to defend. There are no timeouts in overtime. The first team to score during the five

minute overtime period shall be the winning team. A team losing in overtime shall be granted 1 point in the standings. If the overtime ends with the teams tied, each team will receive 1 point in the standings.

- B. Playoffs. In the event of a tie after regulation during a playoff match, there shall be a two (2) minute intermission followed by two seven (7) minute overtime periods with a one (1) minute intermission between the overtime periods. Teams will switch sides after the first overtime period. The winner shall be the team with the greater score after both initial overtime periods. If the score remains tied following the initial two overtime periods additional (5) minute GOLDEN GOAL overtime periods and one (1) minute intermissions will be added until a goal is scored. During overtime, each team shall be allowed 1 timeout for every 2 overtime periods. (ex: 1 timeout for the first and second overtime. Should the game continue, the teams will be allowed 1 timeout for the third and fourth overtime periods, etc.)

Rule S11. FIELD OF PLAY

- A. Walls/Ceilings
All walls and ceilings are in play; however, a player shall not be permitted to use a wall to create an unfair advantage. A player shall be penalized for charging an opponent in a dangerous or reckless manner or for use of disproportionate force, particularly in areas of play close to a wall and from behind. Similarly, while a player near a wall shall be permitted to extend an arm or hand as a brace against injury, he/she shall not be allowed to extend that arm or hand to create leverage or space as a way of initiating dangerous or rough play. The referee(s) may stop play and restart with a drop ball.
- B. Penalty Area
The Penalty Area shall be the floor area enclosed by the goal line and the basketball-related three-point arc, but it may also be seen as the area created by a semi-circle of twenty (20) foot radius and commencing at the midpoint of the goal line).
- C. Local Ground Rules
A team may institute local ground rules as applicable to their home facility. Said rules shall be discussed at a pre-game meeting of all referees, coaches and captains.
- D. Visiting Team Arriving Late
If the Visiting Team arrives late to a game, it is still entitled to a maximum ten minute warm up before the game. The only way warm up can be

shortened is if the Visiting Coach agrees to it.
Teams arriving 30 minutes following the scheduled start time will be charged a \$100 fee and will be subject to a forfeit.

Rule S12. REFEREES

The league will provide referees.
Following each game, the referees shall report in writing any Disqualifications and unusual incidents to the Commissioner.

Rule S13. MISCONDUCT

- Caution (Yellow card). A cautioned player (including the goalkeeper) must be removed from the field of play and may be replaced. The player may not return to play until the next substitution opportunity.
 - Second Caution (Displayed as a Blue card or yellow/red card shown together). **2020 CLARIFICATION** *If a player (including a goalkeeper) or bench personnel receives a second caution, the team will play shorthanded until the earlier of two (2) minutes or a goal scored by the opposing team. The player receiving the second caution must be removed from the field of play and cannot return until the earlier of the expiration of the two (2) minutes or a goal scored by the opposing team.*
 - Disqualification (Red card) – A Disqualified player (including the goalkeeper) or bench personnel must be removed from the field of play, the team will play shorthanded five (5) minute time penalty and the offending player member cannot return to the match. The team will play short for the entire 5 minutes regardless of the number of goals scored by the other team.
 - Section 8 Article 2.b of the NFHS Soccer Rules shall be amended to provide that a player shall be Disqualified upon a third Caution.
- A. Remaining time of time penalties will be carried over to the next quarter or half.
 - B. In the event of players from both teams serving simultaneous time penalties a goal(s) scored by either team WILL NOT end time penalties.
 - C. A Disqualified coach or bench personnel MUST leave the site of play. If there is no previously listed assistant coach to take over, the game shall be terminated and such coach's team shall forfeit the match.
 - D. Any player, coach or bench personnel receiving a Disqualification may be suspended from his/her team's next scheduled regular season or playoff game at the discretion of the Commissioner and may be subject to further

discipline at the discretion of the Commissioner.

- E. In the event that a player or a student member of a team's bench personnel is Disqualified, such player/student member will be confined to the bench and will, for purposes of future disciplinary action, specifically become the personal responsibility of the coach. If the player/student member engages in further misconduct, the coach shall be given a warning. In the event the player/student member persists in such misconduct, the coach will receive a Caution. Upon further persistence, the coach will be Disqualified.

Rule S14. SLIDE TACKLING

NO SLIDE TACKLING. At a minimum, a player committing a slide tackle shall be Cautioned (Yellow Card). NOTE: This does not mean that sliding is prohibited. A player may slide to play a ball provided that he/she does not make contact with another player and such action is not deemed Dangerous Play per Rule 12 Section 6. .

Rule S15. BALL IN AND OUT OF PLAY

A. Ball Behind Goal

2020 CHANGE A ball that lodges anywhere behind the ~~goal line or~~ goal (including the netting) ***or leaves the area of play behind, or in the immediate vicinity of the goal,*** shall be out of play. Play shall be restarted with a goalkeeper clearance (ie goalkeeper picks up the ball and distributed the ball as if he/she made a save). The goalkeeper clearance will be subject to Rule S22, including distance restriction and time to distribute; *provided that* if the ball is directly and intentionally played into any such areas by a defender, play shall be restarted with an INDIRECT corner kick from the corner of the gymnasium closest to where the ball left play.

Any ball that follows an unobstructed path behind the goal will remain in play. **Players are not permitted to play the ball immediately behind the goal area or run behind the goal.**

[2020 CHANGE EXPLANATION - The rule should award the ball to the GK where it goes out of bounds following a shot. In some gyms the ball goes out of bounds in the corner and depending on the angle will have left play over the goal line. The intent of the rule is for plays where the ball goes out of play in the corner is for the restart to be a kick near the spot where it went out by the team that did not last touch. Each gym will have

a unique configuration and the expectation is that the rule may require home court clarification under Rule S11.C. Any questions should be referred to the Commissioner.

B. Bleachers/Spectator Area

A ball landing in the bleacher or spectator area and returning to the field of play without being touched or where the touch is incidental and does not affect the trajectory of the ball shall be a **live ball**. A ball entering the bleacher or spectator area and remaining out of play or being clearly impacted by contact with a spectator or bench personnel or a player where such contact affects the trajectory of the ball shall be a **dead ball**. Play shall resume with an INDIRECT free kick awarded to the team not having last touched it before it was declared out of play.

C. Intentionally Delaying the Game by Playing the Ball into a Corner

2020 POINT OF EMPHASIS A player shall not deliberately shield the ball in a corner with his or her body and delay dynamic play with the intention of wasting time off the clock. PENALTY: Indirect free kick awarded to the opponent at the spot of the violation. The offending player may additionally be cautioned for unsporting conduct.

This POINT OF EMPHASIS is to discourage teams from dribbling the ball into the corner in order to waste time, typically towards the end of a period. This frequently causes the opponent to aggressively defend the corner and can create dangerous play. Accordingly, referees should use discretion to determine if the player has brought the ball to a corner in order to waste time and award a restart to the other team. This rule does not excuse aggressive play by a member of the other team to dislodge the ball from the corner. Referees should use judgement to ensure dynamic play (ie the ball is moving). Further, a player that repeatedly dribbles into the corner, out of the corner and into the corner again shall be deemed in violation of this rule.

Rule S16. SCORING

Goals may be scored from any point on the court. Any player, including a goalkeeper, may score. A goal is scored when the ball *entirely* crosses the plane of the goalmouth.

2020 CLARIFICATION A goal may not be scored directly, or from a deflection off a defender (including a goalkeeper), from a basketball fixture or other ceiling items.

Rule S17. SUBSTITUTION

Substitution may be made at any time. If an attempted substitution is

deemed disruptive, in the opinion of the referee(s), it shall not be permitted and play will be stopped at the discretion of the referee(s) and resumed with an INDIRECT free kick being awarded to the non-offending team. Teams may substitute when the goalkeeper has clear possession of the ball and during any clear stoppage of play. The Players must leave the field of play prior to substitute's entrance. Time will run during such substitution situations, unless the referee(s) indicate to the contrary.

- A. If a substitution occurs during a goalkeeper possession, Rule S22.A.1. will be tolled until the substitution has been completed and the play will be restarted with the goalkeeper in possession of the ball. The team without possession of the ball shall substitute at its own risk and the goalkeeper does not need to wait until the other team has completed its substitution prior to placing the ball in play.

2020 CLARIFICATION - Teams should substitute as quickly as possible which should be no more than a few seconds. If the referee determines that a team is using the substitution to waste time in the last 5 minutes of each half, he/she may stop the clock until the substitution is complete and may also Caution the coach of the offending team.

Rule S18. DIRECT/INDIRECT FREE KICKS

With the exception of penalty kicks, all free kicks shall be INDIRECT free kicks. All INDIRECT free kicks are permitted to cross the mid-field plane directly.

Players opposing the kicker shall be at least **15 feet** from the ball until it is kicked, unless they are standing on their own goal line between the goal posts. If a kick is awarded to a defending team in its penalty area, players opposing the kicker shall be at least **15 feet** from the ball and outside the penalty area until it is kicked.

Rule S19. START OF PLAY

2020 CHANGE *A kickoff must be played into the defensive half of the team in possession AND may not be played by another player until it clears the center circle. Only one player of the team in possession of the ball may be in the center circle for a kickoff.*

Rule S20. PENALTY KICKS

1. A penalty kick may be taken by any member of the non-offending

team from either the top of the three-point arc or from a point twenty (20) feet from the midpoint of the goal line.

2. All players except the kicker and opposing goalkeeper shall be within the field of play but outside the penalty area and at least 15 feet from and behind the penalty mark until the ball is in play.
3. No substitute may take a penalty kick.

Rule S21. OFFSIDES

Rule 11 (**OFFSIDES**) shall not apply.

Rule S22. GOALKEEPER

A. Goalkeepers Generally

The goalkeeper may only use his/her hands within the designated penalty area. The line is considered part of the penalty area. The goalkeeper's body/feet may be outside the penalty area when handling the ball with his/her hands, as long as the ball stays within the penalty area. It is also permissible for the goalkeeper to take control of the ball outside the penalty area, dribble it into the penalty area and then pick it up with his/her hands.

1. Goalkeeper in possession/ control of the ball with his/her hands inside his/her own penalty area will be allowed 5 seconds to release the ball into play. Violation of the 5 second rule will result in an INDIRECT free kick awarded to the opponent from the spot on the 3-point arc closest to where the infraction occurred.
2. The goalkeeper in possession of the ball with his/her hands within the penalty area shall not be interfered with or impeded in any manner by an opponent.

B. Goalkeeper distributing the ball into play

1. A goalkeeper distributing the ball into play may **not** throw the ball over the midfield line. The ball must touch the floor, a wall, the ceiling or another player prior to crossing the mid-court plane. An INDIRECT kick from the nearest spot on the midfield line shall be awarded to the other team for a violation of this rule.
2. Neither Drop kicks nor punting is permitted.
3. After the goalkeeper releases the ball into play in any manner,

he/she may **not** touch the ball with his/her hands again until it has been played/touched by another player.

4. The goalkeeper may place the ball on the ground at his/her own feet with **no bounce**, and may kick the ball directly across the midfield without touching the floor, ceiling or another player and can **directly** score a goal. [POINT OF EMPHASIS - Ball must be placed to the ground and not bouncing.]

5. A goal may not be scored directly from a goalkeeper throw.

6. **2020 CLARIFICATION** *The ball is in play once released and does not need to clear the penalty area (ie 3 point arc).*

Any violation of 2-5 in this Rule S22.B shall result in an INDIRECT kick taken from the spot on the 3-point arc closest to where the infraction occurred

C. Goalkeeper Pass Back Rule

Goalkeeper pass back rule will be applied. This infraction will result in an INDIRECT free kick awarded to the opponent at the spot of the pass. If the pass occurs in the Penalty area, the restart will occur from the nearest point on the 3 point arc.

Rule S23. MERCY RULE /BLOWOUT

In regular season games, a seven (7) goal mercy rule is in effect at any time after conclusion of the third period. For the purpose of the goal differential standings, the greatest number of goals counted will be seven (7). At any point in time at the end of the 3rd quarter or during the 4th quarter when the 7 goal differential is reached, the game will officially be terminated and the results final. Upon mutual agreement by both coaches, the game may be continued to its completion and the referees shall remain; provided that the game shall be terminated immediately if either team receives a Caution or Disqualification or if the Referees determine that as a result of physical play the game should be terminated. Should the coaches agree to continue the game, the result at the time of the mercy rule going into effect will be the official result.

In an effort to limit excessive scoring, any team that wins a game with a greater than 12-goal differential shall immediately explain to the Commissioner the circumstance regarding the excessive scoring. Any team that records two wins in a season with a greater than 12-goal differential shall be subject to discipline as determined by the Commissioner, which may include the suspension of the head coach

and/or lowering the playoff seed of such team. The Commissioner will determine any discipline after receiving the explanation.

Rule S24. COMMISSIONER

The Commissioner shall be responsible for the operation of the league. The Commissioner shall be the final arbitrator on all league matters, including protests. The Commissioner's decision shall be final and non-appealable in all respects.

Rule S25. PROTESTS

All protests must be submitted by the protesting coach to the Commissioner by email no later than the following day copying the opposing coach. A description of the situation and the relevant rule shall be included in the protest as well as contact details for the protesting coach. Decisions involving a referee's judgment may NOT be protested

For a protest regarding a player's eligibility, if the Commissioner determines that the player in question was not permitted to play in that game for any reason, then the game in question will be forfeited.

Rule S26. PLAYOFF ELIGIBILITY AND SEEDING

- A. **Boys Varsity:** The top 2 teams from each division and the next 2 teams with the best record overall will make the playoffs. Division winners will be seeded one, two and three based on records/tiebreaker and the remaining five teams will be seeded based on records/tiebreakers.
- B. **2020 CHANGE Girls Varsity:** The top 4 teams from each division will make the playoffs.
 - Quarterfinals will be played across divisions as follows W1vE4; E1vW4, W2vE3, E2vW3.
 - Semifinals will be winner of W1/E4 v winner of E2/W3; and winner of E1/W4 v winner of W2/E3;
- C. **Girls JV:** The top 4 teams will make the playoffs.
- D. **Boys JV:** The top 2 teams from each division will make the playoffs. The top 2 teams overall will receive a first round bye.
- E. The higher seed will have home court advantage.
- F. **2020 CHANGE** Teams will NOT be reseeded after each round. A bracket will be created by the Commissioner prior to the start of the playoffs. The bracket will be established as follows:
 - 1. For an 8 team playoff, the winner of the game with the #1 seed will play the winner of the game with the #4 seed and the winner of the

game with the #2 seed will play the winner of the game with the #3 seed. The better seed among opponents will host.

2. For a 6 team playoff, the winner of the game with the #4 seed will play the #1 seed and the winner of the game with the #3 seed will play the #2 seed.

F. To the extent possible, each Championship will be played at a neutral site.

G. Where teams have identical won-lost-tied records, playoff eligibility and seeding shall be determined on the basis of the following tiebreakers:

First:	Fewest head-to-head goals against
Second	Best won-lost-tied percentage against top four teams in the team's division (top 3 Boys JV)
Third	Fewest goals against against top four teams in the team's division (top 3 Boys JV)
Fourth:	Fewest goals against overall
Fifth	Coin toss

G. Teams shall be assessed ten goals against penalty for an unexcused absence from the pre-season meeting.