



Middle School Soccer Rules & Regulations

Health & Safety Guidelines

NCSAA has prepared health and safety guidelines set forth by the Centers for Disease Control and Prevention (CDC), USA Soccer Federation Chief Medical Officer & Northwestern University medical physician Dr. George Chiampas, and other Federal government agencies. The knowledge surrounding COVID-19 is constantly changing and circumstances may warrant for changes throughout the season. Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, there is no way to completely eliminate the risk of infection and as a result NCSAA strongly encourages all participants to follow these recommendations as safety precautions. The information is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment, nor does NCSAA assume any liability or responsibility for the recommendations provided herein.

A. Before Taking Part in Soccer Activities:

- Be symptom free for at least 14 days prior to any activity.
- Stay home if you are sick or do not feel well.
- Be aware of and disclose any potential contacts with affected individuals.
- Wash and sanitize your hands often.
- Ensure all equipment (cleats, ball, shin guards, practice bid/pinnies etc.) are sanitized before and after games/practice.
- Do not touch your face, eyes or mouth with unclean hands.
- Practice social distancing regularly.
- Wear a face mask to reduce exposure to airborne particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Parents and Coaches should assess level of risk based on individual players on the team who may be at higher risk for severe illness, such as children who may have asthma, diabetes, or other health problems.
- Schools are encouraged to conduct a daily temperature check of the player for low grade fever (>100.4°F) before playing.
- If a coach or student-athlete has tested positive for COVID-19, written confirmation of COVID-19 negative status and clearance from your physician must be provided to the school and NCSAA for return to full participation in sport & activity.

B. During Soccer Games:

- Refrain from attending any activity if displaying any COVID-19 symptoms.
- NCSAA reserves the right to not allow spectators to attend games.
- Comply with all permissible regulations approved for the venue.
- Wash and sanitize your hands often.
- Do not touch your face, eyes or mouth with unclean hands.
- Refrain from having physical contact with other participants and attendees (no high fives, hugs, fist bumps, etc).
- Practice social distancing as often as possible.
- Participants will need to wear a face mask while at the venue prior to and after each game.
- Face coverings should be worn by coaches, youth sports staff, officials, parents, and spectators at all times. NCSAA reserves the right to ask those not complying to leave the premises immediately. Babies and children younger than 2 years old are not expected to wear a mask. Those with issues that may prevent you from wearing a mask are asked to refrain from attending for yours and others safety.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Properly dispose of your personal drinking cups, bottles, or utensils used in the trash cans.
- No sharing of water bottles, drinks, towels, cell phones, cleats, socks, shin guards, etc.
- Place equipment, bags, etc. at least 6 feet apart
- Each team will be responsible for sanitizing their game ball at each break when possible.
- Each team will be responsible for having their own hand sanitizer and sanitizing wipes. NCSAA and the Host Venue will not be providing these at the game site.
- There will be no post-game handshakes.
- Teams and spectators will need to remain outside of the area of the game field until their game time. If the game prior to yours is running late, you should remain as far away as possible. NCSAA will try their best to spread out game times to avoid this when possible.
- Spectators (if permitted) will be expected to social distance. Those not living in the same household should remain at least 6 feet apart from each other and at least 6 feet from any side or end lines.
- Spectators should assess level of risk when deciding to attend a game or practice. Those who may be at higher risk for severe illness based on age or other health problems should refrain from attending.
- We strongly encourage all participants to wear gloves. This will be at the discretion of each student-athlete and their parents.
- **Nonessential visitors, spectators, volunteers.** Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.

National Sports ID

National Sports ID Requirements to be completed and approved by roster deadline. Under the circumstances, we will NOT require a sports physical for the 2020-2021 School Year. Returning players with a National Sports ID account from the 2019-2020 School Year will just need to update any outdated information in the system, sign the new waiver, and renew their fee. New players will need to do the entire process.

1. **Headshot Photo** – *Similar to a Driver's License or Student ID Photo. This should be a close-up, clearly lit photo that shows the student-athlete's entire face and hair looking directly at the camera. No hats. No sunglasses. This can be a recent school photo or one simply taken from your cell phone.*
2. **Scan of Birth Certificate, State ID, or Passport**
3. **Proof of Grade** – *This can be your most recent report card, most recent School ID, school schedule showing your child's grade, screen shot of Online Account (i.e. Infinite Campus) proving grade level, etc.*
4. **E-Sign NCSAA Participant Waivers**
5. **Pay \$10 National Sports ID fee per student-athlete**

Rosters

- Players may play up an age group, but may never play down
- Student-Athletes may only play on 1 roster in that sport for the entire season. (For instance, you can't start on a JV Roster and move up to Varsity. That is not allowed.) However, a student-athlete may play multiple sports in the Same Season
- No 8th Graders may play in JV
- Schools may only have 1 Varsity Team per sport.

Game Day Check In & Rosters

1. League officials will check every team's National Sports ID prior to each game.
2. Any player not on the official National Sports ID roster will be ineligible to play for that day.
 - If a player is "verified" (green) in NSID but NOT on the official team roster, they are INELIGIBLE to play.
3. Teams who play ineligible players will forfeit their game.
4. No players will be added to the rosters after the Wednesday prior to Week (4) of the season.
5. Players who arrive after check-ins have occurred but are on the official National Sports ID roster must check-in with the NCSAA Site Director prior to checking into the game.
6. No student-athlete is allowed to play on 2 rosters in the same sport. Student-athletes may not move divisions after the 3rd Week of the Season (and must have written league approval).
7. Teams in violation will forfeit the game 7-0.

Field of Play: Approximately 100 yards x 50 yards

Goal Size: 8'x24'

The Ball: Size 5

Home team provides the match ball.

Equipment: Shin guards are required. No steel or center cleats allowed. No jewelry is permitted during play. Goalkeeper must have a different colored jersey, shirt or penny to be distinguishable.

Coaches and Spectator Conduct/Responsibilities

Family members, parents, and spectators are required to observe the contest from the sidelines.

- Participants, coaches, parents, and family members must conduct themselves appropriately during game play. Foul language will not be tolerated and will lead to removal from the field.
- Inappropriate, rude, or confrontational behavior by a coach, player or spectator may lead to disqualification from the game and possible suspension. These decisions are made at the sole discretion of the League Officials.

The Coach is the only person allowed to talk to the official before, during and after the game.

Number of Players

The maximum number of players on the field per team at any one time is eleven (11).

All players not playing in the game must be 3 yards behind the touch lines.

Teams may play with lesser players if necessary. Teams with less than 7 players will result in a forfeit in league standings.

Duration of the Game

Each game will consist of two(2), thirty-minute (30) halves.

Halftime will be 5 minutes long.

Play will be started with a kick-off at the center mark of the field.

The opposing team must be 10 yards from the ball at kick off and each re-start.

A coin flip will take place at the beginning of each game. The team that wins the coin flip will get to choose if they would like kick-off or choose a side to defend. The visiting team calls the coin flip.

Teams shall rotate sides and kick-off at halftime.

Mercy Rule: There will be a 7 goal Mercy Rule. Once a team has reached a 7 goal lead the score is frozen and becomes the official score of the game. The remainder of the game will be played as a scrimmage.

Substitutions

- Substitutions are unlimited and allowed during any out of bounds, stoppage of play and for injuries.

Free Kicks

The referee, according to the infraction, will award direct and indirect free kicks. Standard FIFA rules will apply.

Penalty Kicks: Penalty kicks will be placed twelve (12) yards from the goal line.

Offsides

The offside rule will be in effect and taught in this age group. However, it will be called at the referee's discretion, for plays in which offsides is blatant. Any player directly involved in a play, that is in an offside position will be called offside and a free kick will be awarded to the opposing team at the spot of the foul. As the offside rule is subject to the referee's discretion and the referee may not have assistant linesmen at the field, criticism directed to the referee is dissent and will not be tolerated.

Cards

The referee will show yellow (caution) and red (sending off) cards in accordance with the laws of the game. A red card results in ejection from the game. (Two yellow cards is one red card.) Red cards shown for serious infractions may result in ejection for the remainder of the season with reinstatement only with the permission of the league coordinator.

Slide tackling is not allowed.

Standard FIFA rules will be followed for rules not addressed here.

Score Reporting

The officials will report the score. Both home and away team can report scores at www.ncsaasports.com/score-reporting.html.

Divisional Tie Breakers

Two teams tied for one place:

- a. Head to head score,
- b. Total goals allowed during league play,
- c. Point differential (total points scored – total point allowed),
- d. Coin toss

Three or more teams tied for one place

- a. Total goals allowed during league play,
- b. Head to head score,
- c. Total goals scored,
- d. Draw for seed (1-2-3-4 etc)