



## 2023 Middle School Soccer Rules & Regulations

### National Sports ID

National Sports ID Requirements to be completed and approved by roster deadline.

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 \$12 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

### 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 3<sup>rd</sup> 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. [For the safety of our participants, no student-athlete is allowed to play with a cast on (soft or hard) – even with a doctor’s note. We will NOT allow any padding to be put over it. There will be no exceptions to this rule.]

### Coaches and Spectator Conduct/Responsibilities

Family members, parents, and spectators are required to observe the contest from the areas NCSAA designates for spectators.

- 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 2 – 25 minute halves. *(Updated after the 3/15/22 Coaches Meeting)*

Halftime will be 3 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.

### **Jerseys**

It is the responsibility of all teams to either have:

- A.) Reversible game jerseys with numbers
- B.) Pinnies of a different color with them at all times
  - The away team must wear pinnies in the event that both teams have identical game jerseys or the officials deem it necessary. Failure to have pinnies or reversible jerseys may result in a forfeit loss.
  - Games will NOT be delayed/postponed/rescheduled due to not having pinnies

**Slide tackling is not allowed.**

**Headers ARE allowed in Middle School Soccer.**

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](http://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)