



2026 Elementary Competitive Soccer Rules

NCSAA ROSTER RULES

NCSAA's roster rules are posted at www.ncsaasports.com Schools are expected to know and follow NCSAA's roster rules and guidelines at all times.

NCSAA FORFEIT RULES

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DIVISIONS

- Elementary Coed Recreational (Grades K-1)
- Elementary Coed Recreational (Grades 2-3)
- Elementary Boy's Competitive (Grades 4-5)
- Elementary Girl's Competitive (Grades 4-5)
- Middle School Boy's Varsity (Grades 7-8)
- Middle School Girl's Varsity (Grades 7-8)

PLAYOFFS & CHAMPIONSHIPS

1. Playoff bracket will be scheduled after league play results are received and confirmed.
2. Playoffs are single elimination.
3. All players are required to be on the official NSID roster to be eligible for playoffs.
4. Divisions with 31 or less teams will have 8 teams make the playoffs. Divisions with 32 or more teams will have 12 teams make the playoffs. Divisions of 40 or more teams will have 16 teams make the playoffs.
5. Two teams tied for one place:
 - a. Head to head score,
 - b. Total points allowed during league play,
 - c. Point differential (total points scored – total point allowed),
 - d. Coin toss
6. Three or more teams tied for one place
 - a. Total points allowed during league play,
 - b. Head to head score,
 - c. Point differential (total points scored – total points allowed),
 - d. Total points scored,
 - e. Draw for seed (1-2-3-4 etc)

Field of Play: Approximately 60 yards x 30 yards

Goal Size: 7'x14

The Ball: Size 4

Home team provides the match ball.

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

Casts: 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.

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 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

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 eight (8).

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 5 players will result in a forfeit in league standings.

Duration of the Game

Each game will consist of two, twenty minute halves.

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 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 offside 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. Headers are 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 teams can report scores at www.ncsaasports.com/score-reporting.html.