



Basic Soccer Rules

GAME TIME:

Length of the game is two 25-minute halves with a 10-minute halftime. The first couple of games you may want to suggest four 10-minute quarters because of the hot weather.

OVERTIME:

There will be no overtime period during regular season games. Post-season games will have a 5-minute overtime period. If game is still tied go to a shootout to determine the winner.

UNIFORM:

1. All players **MUST** wear shin guards.
2. If athlete wears cleats, no toe cleat is allowed.
3. Jewelry shall not be worn. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.

BASIC RULES of SOCCER:

1. A coin toss will determine which team has the choice of: Kicking off or Picking which goal to defend.
2. Starting the game after ball leaves the field of play. There are 3 ways to re-start a game after the ball leaves the field:
 - A. **Goal Kick:** When a team misses a shot at goal or kicks the ball beyond their opponents' goal line. During the goal kick the other team needs to be outside of the penalty area.
 - B. **Corner Kick:** When a team kicks the ball across their **own** goal line, then a corner kick will result. During the corner kick the opponents must remain 10 yards from the player kicking the ball into play.
 - C. **Throw-in:** When the ball crosses-over the touchline the team that **DID NOT** touchline the ball last receives possession of the ball. The player throwing the ball in must use both hands and keep both feet on the ground.
3. Offsides: A player is in an "offside position" when they are ahead of the ball and closer to the goal line than the second-to-last defender. A player is penalized for being in an "offside position" **only** if they are interfering with play or an opponent or seek to gain advantage at the moment the ball is played by a teammate.
4. Fouls and Violations: A player who attempts or deliberately a) kicks, b) trips or reckless slide tackles, c) jumps at, d) charges violently, e) charges from behind, f) strikes, g) holds, or h) pushes an opponent or i) intentionally handles the ball shall be penalized by a direct free kick.
5. Soccer points are as followed: 3 pts for a win, 1 pt. for a tie, & 0 pts for a lose.

Bylaws of Valley Junior High Athletic Conference:

Schools will follow the Valley Junior High Athletic Conference and the National Federation of State High School Association. Our conference does make some modifications to some of the rules.

- You may go to www.nfhs.org to find official hand signals, court diagrams and rules interpretations.