

CVLC Soccer Guidelines

The CVLC will abide by WIAA-NFHSA rules for the current season. The following guidelines have been taken or modified from WIAA-NFHSA rules, but each school should study the current season's rules in their entirety.

Size of the Field

The size of the field may vary with location. The field of play shall be rectangular, 100-120 yards long and 55-75 yards wide. **See WIAA booklet for diagram.**

Goals

The goals shall be placed on the goal line. Goals should conform to a height of 7-8 feet from the lower edge of the horizontal crossbar to the ground and 18-24 feet wide (inside measurement).

Specifications

A #5 soccer ball will be used for competition. The hosting team is responsible for providing the game ball.

Number of Players

1. The game shall be played by two teams, each consisting of not more than 11 players, one of whom shall be the goalkeeper.
2. A game shall not be started with fewer than seven properly uniformed players on each team. After the game is started, it may be continued with fewer than 11 but not fewer than seven players on a team. If a team has fewer than seven eligible players, the game shall be forfeited.
3. A team consisting of 9-11 players must play with a minimum of four girls. A team consisting of 7-8 players must play with a minimum of three girls.

Position of Players

1. The team winning the coin toss shall have the option of:
 - a. choosing which end of the field to defend; or
 - b. taking the kickoff
2. The teams shall exchange goal lines after halftime.

Substitutions

1. Times for substitutions: either team may substitute an unlimited number of players:
 - a. between periods
 - b. on a goal kick
 - c. when a goal is scored
 - d. when an injured player or players is attended to on the field
 - e. when a player is cautioned
 - f. when a player is disqualified
 - g. only the team gaining possession of the ball may substitute on a throw-in or a corner kick

2. A substitute becomes a player when he/she is beckoned onto the field of play, at which time the replaced individual is no longer a player.
3. A team shall not substitute for a player who is disqualified.

Required Equipment

1. The required player equipment includes a jersey, shorts, stockings, suitable shoes, and shin guards.
2. Jerseys shall be numbered on the back with the number at least six inches in height.
3. The jersey of the goalkeeper shall be distinctly different from that of any official, teammate or opponent.
4. Tennis shoes or plastic cleats may be worn. Metal cleats are prohibited.
5. Players shall not wear jewelry with the exception of medical bracelets.
6. Hair control devices may be worn if made of soft material.

Officials

The game shall be officiated by two referees and assisted by a timer and scorer.

Duration of the Game and Length of Periods

1. Two equal halves of 30 minutes shall be played
2. The halftime interval shall be five minutes.
3. The clock shall be stopped for a penalty kick, for cautioning (yellow card), for disqualification (red card), following the scoring of a goal and when an official orders a time-out. The clock shall be restarted when the ball is properly put into play.

Ties

1. When the score is tied at the end of regulation a shootout will take place.
2. A referee shall choose the goal at which all of the penalty kicks from the penalty line shall be taken.
3. Each coach will select five players, including the goalkeeper, on or off the field to take the penalty kicks.
4. A coin toss shall be held. The team winning the toss shall have the choice of kicking first or second.
5. Teams will alternate kickers. There is no follow-up on the kick.
6. Following five kicks for each team, the team scoring on the greatest number of these kicks shall be declared the winner.
7. Add one goal to the winning team's score and credit the team with a victory.
8. If the score remains tied after each team has had five penalty kicks:
 - a. each coach will select five different players than the first five who already have kicked to take the kicks in a sudden victory situation, wherein if one team scores and the other team does not score, the game is ended without more kicks being taken.
 - b. If the score remains tied, continue the sudden victory kicks with the coach selecting any five players to take the next set of alternating penalty kicks.

Kickoff

1. When the referee signals with a whistle, a kickoff shall initiate play at the start of each period and after goals.
2. At the moment of kickoff, all players shall be in their team's half of the field. --
Players opposing the kicker shall be at least 10 yards from the ball until it is kicked.
3. The ball shall be kicked while it is stationary on the ground in the center of the field of play. A goal may be scored directly from the kickoff. The ball is in play when it moves forward. After the kickoff, any player except the one who kicked off may play the ball. The kicker may not play the ball until it has been played by another player on either team.

Ball in and Out of Play

1. The ball is out of play when it has completely crossed a goal line or touchline, whether on the ground or in the air.
2. The ball is in play at all times, including:
 - a. when it rebounds from a goal post, crossbar or corner flag post
 - b. when it touches an official or assistant referee in the field of play
 - c. until an official sounds the whistle
 - d. after a free kick or kickoff
 - e. when a drop ball touches the ground
 - f. a player may be out of bounds and legally play a ball which is on the field of play

Drop Ball

1. A drop ball occurs:
 - a. when the ball is caused to go out-of-bounds by two opponents simultaneously
 - b. when the ball becomes deflated
 - c. following a temporary suspension of play for an injury or unusual situation and no team has clear possession of the ball
 - d. when a simultaneous foul of the same degree occurs by opponents
2. The spot of the drop ball is where the ball becomes dead unless this is within the goal area, in which case, it will be dropped on that part of the goal area line which runs parallel to the goal line nearest to where the ball was when play stopped. If the ball was caused to go out of bounds by two opponents simultaneously, the ball is dropped five yards inside the boundary line unless this is the goal area.

Goals

1. A goal is one point.
2. A goal is scored when the entire ball passes legally beyond the goal line, between the goal posts and under the crossbar provided it has not been deliberately thrown, carried or propelled by the hand or arm of a player of the attacking team. A ball on the goal line is not considered to have crossed the goal line.
3. A goal may be scored during play directly from a/an:
 - a. kickoff
 - b. direct free kick

- c. goal kick
 - d. penalty kick
 - e. corner kick
 - f. drop ball
 - g. goalkeeper's throw, punt or drop-kick
4. A goal may not be scored during play directly from a/an:
- a. indirect free kick
 - b. throw-in
 - c. free kick into a team's own goal

Offside

1. A player is in an offside position when nearer to his/her opponent's goal line than the ball, unless:
 - a. the player is in his/her own half of the field of play; or
 - b. the player is not nearer to the opponent's goal line than at least two opponents.
2. A player shall not be penalized for being in an offside position if the ball is received directly from a goal kick, a corner kick or a throw-in.
3. It is not an offense in itself to be in an offside position. A player shall only be penalized for being in an offside position if, at the moment the ball touches or is played by a teammate, that player is involved in active play by:
 - a. interfering with play or with an opponent; or b. gaining an advantage by being in that position.
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Free Kicks

1. Free kicks shall be classified "direct" from which a goal may be scored against the offending team or "indirect" from which a goal may not be scored unless the ball is touched or played by another player of either team.
2. Direct free kicks are awarded:
 - a. if a player spits at, kicks, strikes, attempts to kick or strike, or jump at an opponent
 - b. if a player trips or attempts to trip an opponent
 - c. if a goalkeeper attempts to strike, strikes or pushes an opponent with the ball
 - d. if a player, other than the goalkeeper in his/her own penalty area, deliberately handles the ball
 - e. if a player pushes an opponent with the hand(s) or arm(s) extended from the body
 - f. if a player holds an opponent or places a hand(s) on an opponent in an effort to reach the ball
 - g. if a player charges an opponent in a violent or dangerous manner
 - h. if a player charges into an opponent while the opponent, in the act of playing the ball, has both feet off the ground
 - i. if a player charges into the goalkeeper
3. Indirect free kicks are awarded and taken from the point of the infraction:
 - a. if the ball is played next by the kicker following a kickoff, a free kick, a penalty kick, a goal kick, a corner kick, or by thrower following a throw-in

- b. if a player is penalized for being offside
 - c. if a player fairly charges into an opponent when neither is within playing distance of the ball
 - d. if a player charges into the goalkeeper. This may warrant a caution as well.
 - e. if a player who is not in possession of the ball obstructs an opponent who is attempting to play the ball
 - f. if a player kicks or attempts to kick the ball while it is in the possession of the goalkeeper
 - g. if the goalkeeper illegally handles the ball while in his/her own penalty area once relinquishing possession of the ball
 - h. for dangerous play
 - i. if the goalkeeper takes more than four steps before releasing the ball for play
 - j. if the goalkeeper delays in relinquishing possession of the ball
4. Free kicks will also be awarded for all other situations deemed by WIAA-NFHS rules.

Penalty Kick

A penalty kick shall be awarded when a foul, which ordinarily results in the awarding of a direct free kick, occurs within the offending team's penalty area.

Throw-In

The ball shall be thrown in any direction from the point where it crossed the touchline by a player who is facing the field of play and has both feet on the ground on or behind the touch line. The thrower shall use both hands with equal force and shall deliver the ball from behind and over the head in one continuous movement.

Corner Kick

A corner kick shall be awarded to the attacking team when the entire ball passes over the goal line, excluding that portion between the goal posts and under the crossbar, either in the air or on the ground, having last been touched or played by the defending team. A goal may be scored directly from the corner kick

Misconduct

1. A cautioned player (yellow card) shall leave the field and may be replaced. The cautioned player may not re-enter nor be replaced until the next legal substitution opportunity. A player receiving his second caution of the game must leave the field and may not be substituted for.
2. Any player who receives an ejection (red card) must leave the field, and may not be substituted for, and will be suspended for the next scheduled game.