

ADAL Soccer Rules (As of Sept 2024)

All ADAL soccer games shall be governed by the current National Federation High School Soccer Rules. Any exception to these rules is covered below.

ADAL ALL SPORTS MASTER RULES are included as an addendum to these rules.

TIME & EQUIPMENT

1. All games will be 2 halves of 30 minutes each.
2. Half time is 5 minutes.
3. The ball used will be a size 5 and shall have an NFHS certified designation.

MATCH RULES

1. A minimum of 7 players is needed to play a match.
2. Coaches and players of both teams shall sit on the same side of the field and spectators will sit on the other side of the field.
3. Mercy Rule: If at any point in the match there is a 5 goal differential, the team leading must remove one player from the game. Another player must be removed for each additional goal differential until the minimum number of players (7) are remaining. If the score differential goes back to 4, players may reenter the game.

PLAYOFFS

1. If a playoff match is tied at the end of regulation there will be up to two 5 minute overtimes. The first team to score in overtime wins. If still tied, there will be 5 penalty shots. If still tied, each will be allowed another penalty shot each. Penalty shots must be taken by players who were on the field at the end of the game until all players have taken a shot.

ADAL All Sport Master Rules apply.