

**Boys and Girls Soccer**  
**Rules**  
**Denver Metro League**  
**2024**

### **Playing Field**

1. For middle school students, the field may measure 70-100 yards by 45-60 yards.
2. A brightly colored corner flag must be placed at each corner of the field, not less than 5 feet high with a non-pointed top. The flag must be attached to the pole and made of flexible material.
3. The flag must not be moved for any purpose during the game.
4. The field must contain two official goals, with firmly attached nets to the posts/crossbar.
5. The field must be lined with paint or cones. There must also be a visible goalie box.
6. Teams must set up on the same side of the field allowing spectators to remain on the other side of the field.

### **Penalties**

1. Students are not allowed to slide during game play. Players should receive one warning from the referee before being penalized.

### **Playing Time**

1. **Game Time:** The match lasts two equal periods of 25 minutes, totaling a completed 50 minute game. Any agreement to alter the periods of play must be made before the start of play and should only be made to accommodate weather conditions or insufficient lighting (night). This is not done to accommodate personal schedules of coaches, referees or players. The Referee must take part in this conversation as an unbiased participant.
2. **Warm-ups:** 5 minute warm-ups at the beginning of the game, with 5 minute breaks between halves will be afforded to each team. The duration of the half-time interval may be altered only with the consent of the referee. Each team is to warm-up on their half of the field.
3. **Official game time will be tracked by the referee- After a 10 goal lead by one team the game will be called by the official.**

### **Allowance for Time Lost**

1. Allowance is at the discretion of the referee and is made in either period for all time lost through:
  - a. substitution(s)
  - b. Assessment of injury to players
  - c. Removal of injured players from the field of play for treatment
  - d. Wasting time
  - e. Any other cause determined by the referee
  - f. Time outs, if called, can only be called by the referee

### **Field Conditions & Cancellations**

1. The Athletic Directors (or designee) of the home school will determine whether a game should begin, end, or continue due to elements such as – rain, lightning, unsafe field conditions, etc... Input may be given by the coaches and officials; however, the final decision is made by the Athletic Director (or designee). If a game is canceled, the referee will declare a winner if more than half of the game has been played; otherwise the game may be rescheduled and played from the start of the game.

2. If a school cancels a game prior to the game time, it is their responsibility to inform the opposing school and the Sport Coordinator so that referees may be contacted as well. NOTE: If a referee is present at the field and the game is canceled or was not given enough time before the start of the game, the league is responsible to pay the referee. Any rescheduled games will be at the cost of both schools wishing to reschedule.

### **Referees and Lines Persons**

1. Home schools will be expected to provide two lines persons per game during the regular season. Lines Persons are to determine side outs only, unless otherwise trained or specified by the referee in charge. Two referees will be present for the regular season games.

### **Basic Equipment and Uniform**

1. Uniforms will consist of tops in school colors, shorts may also match school colors or be all black. All players must wear a school uniform during competition. In case of inclement weather, players are allowed to wear tights, sweats and/or hats.
2. The goalkeeper's uniform shall be distinctly different from that of any official, teammate or opponent. The uniform for the goalkeeper is not required to match school colors.
3. All players are required to wear shin guards, with long socks that cover the shin guards.
4. Soccer shoes (cleat or indoor), or tennis shoes may be worn. Soccer cleats do NOT have a toe cleat. No player may wear metal cleats.
5. Soccer balls will be a size 5 with proper inflation.
6. Safety - A player must not use equipment or wear anything which is dangerous to himself or another player (including any kind of jewelry- with the exclusion of religious reasons. At that point, it must be taped.).
7. No player may play with a cast of any sort.

### **The Number of Players/Teams**

1. A **match** is played by two teams, each consisting of not more than eleven players on the field, one of whom is the goalkeeper, unless.....
2. In situations of a school having a smaller number of team players, **a school may play with as few as 8 players** if (including the goalkeeper). If a school is planning on playing with less than 11, the head coach must discuss the number of players each team will be playing with. Both schools must have the same amount on the field. NOTE: Only if a school loses a player to injury, and does NOT have any substitutes, that school may play with 7 at minimum. If a player is removed from the game for any other reason, his/her team must forfeit and may NOT play with 7 players.

### **Team Rosters**

1. **Teams** must be established prior to the start of the season and must specify between the schools Boys team roster and girls team roster.
2. There will be no exceptions for a school to bring players from another team or school's team roster.

### **Order of Game**

1. All games must be played at their league scheduled dates and times.

2. Rescheduling of games - see league rules

### **Substitution Procedure**

1. **To replace a player by a substitute, the following conditions must be observed:**
  - a. The referee is informed before any proposed substitution is made
  - b. A substitute only enters the field of play after the player being replaced has left and/or after receiving a signal from the referee
  - c. A substitute may enter on any dead ball and both teams may sub at this time.
  - d. A substitution is completed when a substitute enters the field of play

### **Changing the Goalkeeper**

1. Any player may change places with the goalkeeper, provided that:
  - a. The referee is informed before the change is made
  - b. The change is made during a stoppage in the match

### **Procedures to Determine the Winner of a Match**

1. The team with the most goals at the end of regulation play will be declared the winner. In the case of a tie at the end of regulation play, there will be a shoot out that consists of 5 shots. The players on the field are the ones that must remain on the field to take these shots. No substitutions may be made when regulation ends and the shoot out begins.
2. If the match is still tied at the end of the first shootout, the game will then be determined by a sudden death shootout.
  - a. If team 1 scores a goal, team 2 will have an opportunity to match it. If team 2 scores a goal, the process will be repeated.
  - b. If team 1 fails to score a goal, and team 2 scores a goal, team 2 will be awarded the victory.
  - c. If team 1 and team 2 fail to score, both teams will have another opportunity.
3. No matches will end in a tie.
4. The official score after a winner is declared should be recorded as the final score at the end of regulation +1 in favor of the declared winner.
5. The following will be used during tournament games only after the 5 minute over time has been played and the game is still in a tie:
  - a. The Golden Goal Procedure
  - b. During the period of extra time played at the end of normal playing time, the team which scores the most goals will be awarded the victory. If no goals are scored the match is decided by kicks from the penalty mark.

### **Kicks from the Penalty Mark**

1. The referee chooses the goal at which the kicks will be taken
2. The referee tosses a coin and the team whose captain wins the toss takes the first kick
3. The referee keeps a record of the kicks being taken
4. Both teams take five kicks
5. The kicks are taken alternately by the teams
6. If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken

7. If, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, kicks continue to be taken in the same order until one team has scored a goal more than the other from the same number of kicks
8. Only players who are on the field of play at the end of the match, which includes extra time where appropriate, are allowed to take kicks from the penalty mark
9. Each kick is taken by a different player and all eligible players must take a kick before any player can take a second kick

#### **Team/Spectator Areas**

1. **Team Areas:** 10 yards on each side of the midline for a distance of 20 yards. Coaches, bench personnel and team members shall be restricted to that area.
2. **Spectator Areas:** Spectators should be confined to areas at least 10 feet from touch lines and not be in team areas or behind goals on the end lines. No one shall be permitted to stand directly behind the goal.

#### **Seeding**

1. Tournament seeding will be based on the following point system:
  - a. Head to head (record among tied teams)
  - b. Record against the top team in the district
  - c. Record against the next highest common opponent above the tie
  - d. Record against the next lower common opponent below the tie
  - e. Goal differential
  - f. Only the scores of games that involve the tie teams will be considered.