

## **Foothills Athletic Conference Rules**

East Burke, East McDowell, Heritage, Liberty, Table Rock, Walter Johnson, West McDowell

### **Profanity**

Profanity in any form by any individual is unacceptable. If a player, coach or individual in the technical area uses profanity, they are to be sent from the match. If a spectator uses profanity, the match administrator is to be notified and the individual sent from the match.

### **Team Bench and Technical Area**

Team areas will be on opposite sides of the field, diagonally across from each other. The technical area will be marked but may be from '15' to '15' from each side of the bench. Coaches are expected to stay in their technical area.

### **Player Equipment**

Player equipment will consist of a numbered jersey, shorts, socks shoes and shin guards. Jerseys maybe of any color or color combination as-long-as distinguishable from the opponent's uniform. Keeper jerseys should be distinguishable from field players. Socks must cover the shin guards.

### **Administrators**

Administrator or administrator designee from the home team will be present at every match. Escort must be provided to the officials after the match.

### **Send offs**

Send offs (Red Cards) will be for both Disqualifications and Ejections. For a disqualification, the player will sit out the remainder of the match and may not be replaced. For an ejection, the player will sit out the remainder of the match and not be replaced during that match. Additionally, the player will be ineligible for the next match.

### **Duration of the Match**

Duration of the match is two 30-minute halves. Time will be kept on the field by the referee. The clock will be stopped for injuries, goals, Penalty kicks and water breaks if they are used.

### **Mercy Rule**

Once the first half of the game has been played, the game is terminated once a goal differential of 6 goals is reached.

## **Water Breaks**

Coaches and officials will decide prior to the start of the match if water breaks are required. If used, the referee is to stop the clock, and allow 2 minutes per half for the water break.

## **The Clock**

The clock will be stopped for all injuries until the injured player is removed from the field. If removal may be a prolonged period, the 'home' AD may choose to consider the match as complete.

In the last 5-minutes of the match, if, in the opinion of the referee, a coach has changed his/her pattern of substitution to apparently waste time, the referee may stop the clock, warn the offending coach that a continuation of the new pattern will result in the clock being stopped on each occurrence and may result in the coach receiving a caution (yellow card).

## **Overtime**

Overtime If tied at the end of regulation, Kicks from the mark will be used to determine a winner. All players, except the kicker and the opposing goalkeeper shall be within the field of play but outside the penalty area. Referee will determine the goal to be used. Both coaches will select 5 players from their team. All players on the roster are eligible to participate in the penalty shoot-out. Referee will determine by coin toss of which team shoots first the winner will decide who kicks first and the referee will choose which goal will be used. Five rounds of kicks will be taken. In the event a winner is not determined the coach will select any 1 player with "sudden victory" rules in effect. A player may not shoot a second time until all players have shot once. When one team has scored one more goal than the other team both having an equal number of shots, the winner is determined.

## **Weather Suspension**

Weather Suspension after the start of the match will be for either thunder or lightening as determined by the referee or designated 'weather official'. The suspension will be for thirty (30) minutes and will continue in thirty (30) minute increments for each subsequent occurrence unless match continuation is deemed safe by the referee. If the delay becomes a total of one (1) hour from the initial stoppage, the match will be considered complete.

**NOTE:** at any point after the start of the match, the 'home' athletic direct may terminate the match.

Any Rules not specifically addressed above will be the NFHS Rules as amended by NCHSAA for the 2023-24 school year.

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