

Iredell-Statesville Middle School Athletic Conference

Soccer Rules

These procedures and amendments to the NCHSAA Rules were updated in January 2024. For any rule not on this sheet, please refer to the NC DPI or NFHS handbooks for soccer.

Games

- Games will consist of two 25-minute halves
- Games cannot end in a tie. 5 minute golden goal overtime period. If there is not a winner in the overtime period, the game will go to penalty kicks. Each team will get 3 alternating kicks. Will continue until there is a winner.
- Game time should begin at 4:15 pm. Girl's game will be held first with the boys game to follow.
- Mercy rule will go into play and the game will end when a team is up by 7 goals or more at the half or any time after halftime.
- Home teams should be in colored uniforms and visiting teams should be in white.

Uniforms

- The home team will wear colored uniforms. The away team will wear white uniforms. If you do not have white, you must communicate with the host school ahead of time. If team uniforms contrast (not the same or similar color), both teams may wear colored uniforms
- The home team is required to carry pennies. If teams have non-contrasting uniforms, the home team will wear pennies.
- The goalie socks must be different than the team socks. If a goalie goes on the field, they have to change socks.

Mercy Rule

- A difference of 7 or more goals at half or 7 goals in the second half

Regular Season Overtime

- **Regular Season Games**
 - 5 minute golden goal period
 - If a winner is not determined after the extra 5 minute period:
 - Penalty Kicks
 - Each team will get 3 kicks alternating turns.
 - If a winner is not determined by the first 3 kicks, then each team will kick 1 penalty kick alternating turns until a winner is decided.
 - Only the 11 players on the field when the golden goal period ends may kick in the penalty kick period.
 - Players may only kick once in the penalty kick period unless all 11 players have kicked then revert to the original order.

- **Playoff Games**

- Two 5 minute traditional overtime periods
- If a winner is not determined after the extra 5 minute period:
 - Penalty Kicks
 - Each team will get 5 kicks alternating turns.
 - If a winner is not determined by the first 5 kicks, then each team will kick 1 penalty kick alternating turns until a winner is decided.
 - Only the 11 players on the field when the golden goal period ends may kick in the penalty kick period.
 - Players may only kick once in the penalty kick period unless all 11 players have kicked then revert to the original order.

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

Questions should be addressed to David Whitman at david@blueridgesoccer.org.