

Washington State High School Modifications to FIFA Laws:

Law 1: The Field of Play

Field Conditions

Up until the moment the game begins, it is the responsibility of the host institution or game management to judge whether or not the condition of the field, the elements and other conditions affecting the safety of the field of play allow for a safe game to begin. Once the game begins, and until it ends, the determination of whether or not a game may be safely continued shall be made by the referee.

Lightning Guidelines

When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play. Any subsequent thunder or lightning after the beginning of the 30-minute count reset the clock and another 30-minute count should begin.

Electronic Communication Devices

The use of electronic communication devices is allowed in the bench area. These devices, however, cannot be used to communicate with athletes on the field during the game.

Law 3: The Number of Players

Substitutions

With the permission of the referee, either team may substitute an unlimited number of players at any stoppage.

Concussion Rule

Coaches:

- Shall educate their athletes on the signs and symptoms of concussion and encourage athletes to notify a coach if they or a teammate exhibits those signs or symptoms.
- Shall immediately remove from participation/competition any athlete who is suspected of sustaining a concussion or head injury.
- Shall not allow an athlete who has been removed from play because of a suspected concussion/brain injury to return to play until the athlete has received written clearance from a licensed health care provider trained in the evaluation and management of brain injuries.

Heat Acclimatization and Safety Priorities

- Recognize that Exertional Heatstroke (EHS) is the leading preventable cause of death among high school athletes.
- Know the importance of a formal pre-season heat acclimatization plan.
- Know the importance of having and implementing a specific hydration plan, keeping your athletes well-hydrated, and encouraging and providing ample opportunities for regular fluid replacement.
- Know the importance of appropriately modifying activities in relation to the environmental heat stress and contributing individual risk factors (e.g., illness, obesity) to keep your athletes safe and performing well.
- Know the importance for all members of the coaching staff to closely monitor all athletes during practice and training in the heat, and recognize the signs and symptoms of developing heat illnesses.
- Know the importance of, and resources for, establishing an emergency action plan and promptly implementing it in case of suspected EHS or other medical emergency.

Blood Rule

An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the field until the bleeding has stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition. That player shall leave the field but may be replaced.

Law 4: The Players' Equipment

Coaches' Responsibility

Each head coach shall be responsible for ensuring that each of his/her players is properly and legally equipped. The head coach shall receive the first caution issued for an illegally equipped player. All subsequent cautions for illegally equipped player(s) shall be issued directly to the player(s) and not the head coach.

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Law 7: The Duration of the Match

Length of Periods

The match lasts two equal periods of 40 minutes. The WIAA recommends that middle level schools play two equal periods of 30 minute halves or four equal quarters of 15 minutes.

Periods may be shortened if mutually agreed upon or in any emergency, by agreement of coaches or ordered by the referee, provided it is determined to shorten the periods before the game or before the second period.

The referee is responsible for keeping the time of the game. If the field site has a clock, it shall be run to 2:00 or 38:00 then official time will be utilized which includes stoppage time kept on field. The referee will indicate to both coaches as to how much time remains.

In the event a game must be suspended because of conditions which make it impossible to continue play, the referee shall declare it an official game if one complete half or more of the game has been played. If less than one-half of the game has been played, the game may be rescheduled from the start, or restarted from the suspension of play.

Intervals Between Periods

The halftime interval shall be 10 minutes unless opposing coaches mutually agree to a different length.

Tie Games

State Tournament Games: After a 5 minute break at the conclusion of play, two (2) golden goal five (5) minute overtime periods will be utilized. If still tied, kicks from the mark will decide the result of the match. Only players on the field at the conclusion of the last overtime period can be used for kicks from the mark.

Law 12: Fouls and Misconduct

With the exception of the goal keeper, a yellow card cautioned player shall leave the field and may be replaced. Should the team with the cautioned player elect to play shorthanded; the cautioned player may not re-enter nor be replaced until the next legal substitution opportunity.

Player Send Off

A player, substitute or substituted player who has been shown a red card may remain in the team area.

Coach / Adult Bench Personnel

A coach or other adult bench personnel, who has been cautioned, should be shown a yellow card.

A coach or other adult bench personnel who has been shown a red card must leave the vicinity of the playing area immediately and may not have contact, direct or indirect, with the team during the remainder of the game. Failure to comply shall result in termination of the game.

Appendix - Law 4: The Players' Equipment

Required Equipment

The required player equipment includes a jersey, shorts, socks, suitable shoes and shinguards which shall provide adequate and reasonable protection, be professionally manufactured, age- and size-appropriate, not altered to decrease protection, worn under the socks, and are worn with the bottom edge no higher than 2 inches above the ankle. Shinguards must meet the National Operating Committee on Standards for Athletic Equipment (NOCSAE) specifications. The NOCSAE seal and the appropriate height range of the player shall appear on the shinguard. The NOCSAE seal and height range shall be permanently marked on the front of the shinguard. Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn. It is also recommended that male players wear a supporter and protective cup. Requirements for uniforms:

Jerseys and socks of opposing teams shall be of contrasting colors and, in the event of a similarity of color; the home team shall be responsible for making the necessary change.

The home team shall wear dark jerseys and socks, and the visiting team shall wear white jerseys and white socks. Prior to and during the game, jerseys shall be tucked into the shorts, unless manufactured to be worn outside.

Both socks shall be the same color, with a single dominant color, but not necessarily the color of the jersey. Tape applied to socks cannot change the basic color of the socks.

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A manufacturer's logo/trademark appearing on both sides of the socks is legal.

If visible apparel is worn under the jersey and/or shorts, it shall be of a similar length, all alike and of a solid color.

One manufacturer's logo/trademark or reference is permitted on the outside of each item which may not exceed 2¼ square inches and may not exceed 2¼ inches in any dimensions.

An American flag, not to exceed 2 by 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on the jersey provided neither the flag nor the patch interferes with the visibility of the number.

When an illegally uniformed team is unable to correct the situation or cannot verify state association approval of the uniform, the game shall be played. The referee must, however, notify the state association following the game.

Except for the uniform of the goalkeeper, jerseys, shorts and socks of teammates shall be of similar color, design and pattern. The goalkeeper's socks must differ in color from the opposing players.

The jersey of the goalkeeper shall be distinctly different from that of any teammate or opponent, except the other goalkeeper. The shorts or pants and socks of the goalkeeper are not required to be the same color as his/her teammates, but must comply with rule the requirements for a manufacturer's logo.

All jerseys shall be numbered on the back with a different Arabic number at least six inches in height and on the front (jerseys or shorts) with the same number, which shall be at least 4 inches in height. Numbers shall be of contrasting color to the jersey (or shorts) and clearly visible.

Only those names, patches, emblems, logos or insignias referencing the school are permitted on the team uniform, with the exception of a manufacturer's logo, American flag or an approved commemorative patch. The player's name may also appear on the team uniform.

Shoes with soles containing metal (aluminum, magnesium, titanium, etc.), leather, rubber, nylon, or plastic cleats, studs, or bars, whether molded as part of the sole or detachable, are allowed as long as the referee does not consider them dangerous or they have been altered in any way creating sharp edges thus rendering them unsafe.

The WIAA recommends that team captains wear an upper arm band of a contrasting color.

Substitutes shall wear distinguishing bibs/pinnies at all times.

Other Equipment

Illegal equipment shall not be worn by any player. This applies to any equipment which, in the opinion of the referee, is dangerous or confusing. Types of equipment which are illegal include, but are not limited to, the following:

- projecting metal or other hard plates, or projections on clothing or person;
- head, arm, thigh or hip pads containing sole leather, fiber, metal or any unyielding materials;
- hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, upper arm or shoulder unless covered, and must be padded with a closed-cell, slow recovery foam padding no less than ½-inch thick;
- shinguards which have exposed sharp edges or have been altered;
- spectacle guards;
- knee braces which are altered from the manufacturer's original design/production. Knee braces that are unaltered are legal and do not require any additional padding;
- ankle braces which are altered from the manufacturer's original design/production. Non-metal ankle braces that are unaltered are legal and may be worn outside a sock. Ankle braces of metal or unyielding material that are unaltered are legal if covered by a sock;
- helmets, hats, caps or visors.

Exceptions:

- The goalkeeper may wear a head protector made of closed-cell, slow-recovery rubber or other similar material that stays soft in its final form. This head protector shall not have a bill, or other protruding design. It shall not cover the face, other than the forehead, and shall be secured by a chin strap.
- The goalkeeper may wear a soft-billed baseball style hat or soft-billed visor. If worn in conjunction with a head protector, it is to be worn outside and may not be attached to the head protector.
- Players may wear soft and yielding caps during inclement weather. Caps must be alike in color.

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- A protective face mask may be worn by a player with a facial injury. The mask may be made of hard material, but must be worn molded to the face. A medical release for the injured player signed by an appropriate health-care professional shall be available at the game site.
- A tooth and mouth protector (intraoral), if worn, shall: a. include an occlusal (protecting and separating the biting surfaces) portion; b. include a labial (protecting the teeth and supporting structures) portion; c. cover the posterior teeth with adequate thickness; d. be made of any readily visible color; e. not be completely white; and f. not be completely clear. NOTES: 1. It is recommended that the protector be properly fitted, protecting the anterior (leading) dental arch and: 1. constructed from a model made from an impression of the individual's teeth, or 2. constructed and fitted to the individual by impressing the teeth into the tooth and mouth protector itself.
- . For medical or cosmetic reasons – In the event a participant is required by a licensed medical physician to cover his/her head with a covering or wrap, the physician's statement is required before the state association can approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely that it will come off during play.
- . For religious reasons – In the event there is documented evidence provided to the state association that a participant may not expose his/her uncovered head, the state association may approve a covering or wrap which is not abrasive, hard or dangerous to any other player and which is attached in such a way it is highly unlikely to come off during play.

NOTE: The wearing of illegal uniforms or equipment is prohibited even though the coaches of both teams approve it.

Hair control devices may be worn if made of soft material and not for adornment.

Sweatbands may be worn on the head or wrist if made of soft material.

Jewelry shall not be worn except for religious or medical medals.

- A religious medal must be taped and worn under the uniform.
- A medical alert must be taped and may be visible.

All permissible artificial limbs must be padded with a closed-cell, slow recovery foam padding no less than a ½-inch thick.

NOTE: Each state association may, in keeping with applicable laws, authorize exceptions to playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, allow an otherwise illegal piece of equipment, create risk to the athlete, others or place opponents at a disadvantage.

Hearing aids worn in or behind the ears are legal provided that the device does not create a threat of injury.