



# Soccer Rules Clinic

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2019-20



The WIAA follows the FIFA “Laws of the Game”. The WIAA is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of soccer rules should contact:

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# Soccer Rules Clinic Information

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The 2019-20 Soccer Rules Clinic is comprised of four (4) lessons :

- Sports Information
- Rule Changes
- Points of Emphasis
- Additional Information

At the end of the clinic you will need to successfully complete the FINAL EXAM to finish the clinic. After you have passed the FINAL EXAM you will be able to print a certification document for this clinic. Please keep a copy for yourself and give one to your Athletic Director.



# Soccer Rules Clinic Information

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A combination of NFHS and FIFA rules will apply. NFHS and WIAA rules will apply for game management; FIFA rules will apply during the contest.

**Rationale:**

- *The FIFA rules are utilized by all other soccer associations in Washington and create a continuity between the club games and scholastic games officiated.*
- *All safety precautions have been included in the WIAA modifications which be will part of the officials training.*

The FIFA “Laws of the Game” and WIAA modifications can be found on the WIAA soccer website. Please review each of these links prior to taking the Final Quiz.



**Soccer – Lesson 1**  
**Sports Information**  
**2019-20**

# Soccer – Sports Information



Each member school has a responsibility to educate its student-athletes, coaches, and other appropriate persons on State Association rules, regulations, and policies that could affect them. Further, each member school should monitor its compliance with such State Association information.

**Coaches are responsible for knowing the WIAA rules and assisting the AD with all eligibility issues.**

# Soccer – Sports Information



## Fall Season

- First Practice : August 26
- Minimum Practice Days : 10
- 50% Rule Date : September 30
- Regular Season Contest Limit :  
16+1 Jamboree
- Season End : November 23
- State Roster : 22 Players

## Spring Season

- First Practice : March 2
- Minimum Practice Days : 10
- 50% Rule Date : April 6
- Regular Season Contest Limit :  
16+1 Jamboree
- Season End : May 30
- State Roster : 22 Players

## **Athletes must meet all eligibility requirements in order to participate in the following competitions:**

- **JAMBOREE** – A soccer jamboree is an abbreviated contest during which a squad may play in no more than forty (40) minutes of play. All schools that participate must count the contest as a jamboree.
- **PLAYER LIMITATIONS** – A player may play in only two (2) halves in any one (1) day. Any appearance in a half, regardless of the length of time played, is to be considered as one half. This is interpreted as meaning when a player is beckoned onto the field and the ball becomes alive. Each participant is limited to 32-halves per season.
- **OUTINGS** – All outings must count towards team and individual participant contest limitations.



# Soccer – Sports Information



- For the purpose of meeting the pre-contest practice requirements, an athlete must be medically cleared to fully participate and/or count a practice.
- An individual may meet pre-contest practice requirements only when practicing during regular team practices. The intensity and duration of each athlete's participation in practice will be determined by the coach of the team.
- A student may participate in a jamboree following eight (8) days of practice.
- A jamboree may count as the ninth (9<sup>th</sup>) and/or tenth (10<sup>th</sup>) practice.

# Soccer – Sports Information



- Practice on a game day shall not allow an athlete to become eligible for competition on that day.
- Participation in pre-contest warm-up exercises shall not count towards the pre-contest practice requirement.
- Competitions cannot count as practices.
- An athlete must be currently eligible to participate in the activity in order to participate in the pre-event warm-up.



# Soccer – Lesson 2

## Rule Changes

2019-20



# Soccer – Rule Changes

Effective June 1, 2019

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## Law 3 – The Players

- A player who is being substituted must leave the field at the nearest point on the boundary line, unless otherwise directed by the referee.

Explanation : To stop a player who is being substituted ‘wasting’ time. A player who infringes the spirit of this Law should be sanctioned for unsporting behavior i.e. delaying the restart of play.



# Soccer – Rule Changes

Effective June 1, 2019

## Law 5 – The Referee

- Referee cannot change a restart decision after play has restarted but, in certain circumstances, may issue a YC/RC for a previous incident.
- Team officials guilty of misconduct can be shown a YC/RC; if an offender cannot be identified, the senior coach in the technical area receives the YC/RC.
- If a penalty kick is awarded, the team's penalty taker can receive assessment or treatment and then stay on the field to take the kick.

Explanation : Sometimes a match official indicates YC/RC but the referee does not see or hear the communication until after play has restarted. The referee can still take the appropriate disciplinary action, but the restart associated with the offense does not apply.



# Soccer – Rule Changes

Effective June 1, 2019

## Law 7 – The Duration of the Match

- Clarification of the difference between ‘cooling’ and ‘drinks’ breaks.

Explanation : In the interests of player safety, competition rules may allow, in certain weather conditions ‘cooling’ breaks (from 90 seconds to 3 minutes) to allow the body’s temperature to fall; they are different from ‘drinks’ breaks (maximum 1 minute) which are for rehydration.



# Soccer – Rule Changes Effective June 1, 2019

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## Law 8 – The Start and Restart of Play

- The team that wins the toss may choose to take the kick-off.

Explanation: Recent Law changes have made the kick-off more dynamic so captains winning the toss often ask to take the kick-off.

- Dropped ball – ball dropped for goalkeeper (if play stopped in penalty area) or for one player of team that last touched the ball at the location of the last touch; all other players (of both teams) must be at least 4m (4.5 yards) away.

Explanation: The current dropped ball procedure often leads to a 'manufactured' restart which is 'exploited' unfairly or an aggressive confrontation. Returning the ball to the team that last played it restores what was 'lost' when play was stopped, except in the penalty area where it is simpler to return the ball to the goalkeeper. To prevent that team gaining an unfair advantage, all players of both teams, except the player receiving the ball, must be at least 4m (4.5 yds) away.



# Soccer – Rule Changes

Effective June 1, 2019

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## Law 9 – The Ball in and out of Play

- Dropped ball if the ball touches the referee (or other match officials) and goes into the goal, possession changes

Explanation : It can be very unfair if a team gains an advantage or scores a goal because the ball has hit a match official, especially the referee.





# Soccer – Rule Changes

Effective June 1, 2019

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## Law 10 – Determining the Outcome of a Match

- Goalkeeper cannot score by throwing the ball into the opponents' goal.



# Soccer – Rule Changes

Effective June 1, 2019

## Law 12 – Fouls and Misconduct

- **Handball rule was significantly re-written for greater clarity. Please review the [IFAB Laws of the Game Changes 19-20](#).**
- If, after a throw-in or deliberate pass from a team-mate, the goalkeeper unsuccessfully kicks or tries to kick the ball to release it into play, the goalkeeper can then handle the ball.
- Referee can delay issuing a YC/RC until the next stoppage if the non-offending team takes a quick free kick and creates a goal-scoring opportunity.
- The YC for an ‘illegal’ goal celebration remains even if the goal is disallowed.



# Soccer – Rule Changes Effective June 1, 2019

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## **Law 12 – Fouls and Misconduct cont.**

- All verbal offenses are punished with an IDFK
- Kicking an object is punished in the same way as throwing an object



# Soccer – Rule Changes

Effective June 1, 2019

## Law 13 – Free Kicks

- For defending team free kicks in their penalty area, the ball is in play once it is kicked and clearly moves; it does not have to leave the penalty area.

**Explanation** : This can produce a faster and more constructive restart. Opponents must remain outside the penalty area and at least 9.15m away until the ball is in play.

- When there is a defensive ‘wall’ of at least 3 players, all attacking team players must be at least 1m from the ‘wall’; IDFK if they encroach.

**Explanation** : There is no legitimate tactical justification for attackers to be in the ‘wall’ and their presence is against the ‘spirit of the game’ and often damages the image of the game.



# Soccer – Rule Changes

Effective June 1, 2019

## Law 14 – The Penalty Kick

- Goalposts, crossbar and nets must not be moving when a penalty is taken, and the goalkeeper must not be touching them.
- Goalkeeper must have at least part of one foot on, or in line with, the goal line when a penalty kick is taken; cannot stand behind the line.
- If an offense occurs after the referee signals for a penalty kick to be taken but the kick is not taken, it must then be taken after any YC/RC is issued.

**Explanation** : Allowing the goalkeeper to have only one foot touching the goal line is a more practical approach as it's easier to identify if both feet are not on the line. It is reasonable that the goalkeeper can take one step in anticipation of the kick.



# Soccer – Rule Changes

Effective June 1, 2019

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## Law 15 – The Throw In

- Opponents must be at least 2m from the point on the touchline where a throw-in is to be taken, even if the thrower is back from the line.



# Soccer – Rule Changes

Effective June 1, 2019

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## Law 16 – The Goal Kick

- At goal kicks, the ball is in play once it is kicked and clearly moves; it does not have to leave the penalty area.



# Soccer – Lesson 3

## Points of Emphasis

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2019-20





## ANTERIOR CRUCIATE LIGAMENT (ACL) INJURY PREVENTION

(ACL) injuries are devastating to athletes at all levels of competition. An ACL tear requires surgery and results in 6 to 12 months of rehabilitation before return to sports. It also increases the risk of future knee osteoarthritis. The majority of ACL tears are noncontact injuries, occurring while cutting, pivoting, or landing from a jump. The remainder of the injuries result from a direct blow to the knee or leg.





## ANTERIOR CRUCIATE LIGAMENT (ACL) INJURY PREVENTION (CON'T.)

ACL injuries are more common in girls' soccer than any other high school sport. In soccer, girls are 3 times more likely to tear their ACL than boys. Boys' soccer has the highest rate of ACL injuries of all non-collision boys' sports.





## ANTERIOR CRUCIATE LIGAMENT (ACL) INJURY PREVENTION (CON'T.)

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Given the significant short-term and long-term consequences of ACL injuries, a great deal of research has focused on strategies for injury prevention. Protective bracing does not minimize the risk of injury. In fact, we have no studies showing that “contact” ACL injuries can be prevented. However, we do know that noncontact injuries, the ones that result from cutting, pivoting, or jumping, can be minimized through the use of specific neuromuscular training programs.





## ANTERIOR CRUCIATE LIGAMENT (ACL) INJURY PREVENTION (CON'T.)

The goal of such training programs is to teach athletes proper body mechanics in jumping, landing, and running. Through a series of warm-up drills, athletes can improve physical skills and decrease the risk of a noncontact ACL injury. The NFHS is now offering a free online course on “ACL Injury Prevention” on NFHSLearn at <https://nfhslearn.com/courses/61163/acl-injury-prevention> The NFHS Sports Medicine Advisory Committee (SMAC) strongly supports the implementation of this course in high school and middle school soccer programs in effort to decrease the risk of serious knee injuries.





# Soccer – Points of Emphasis

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- Players often take their keys on sportsmanship and fair play from the behavior of their coaches. Coaches must practice good sportsmanship and abide by the rules at all times.
- Coaches must not allow poor sportsmanship to go uncorrected.
- Swearing is absolutely unacceptable. It starts with the coach educating and modeling for the players the correct field behavior.



# Soccer – Points of Emphasis

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- Do not depend on the officials to make language and abuse calls; coaches are the adult leader in which should model, teach, and guide student athletes to appropriate soccer behavior.
- Referee abuse is unacceptable by anyone, anywhere, at any time.
- Players must not be allowed to engage in mobbing the officials.
- Please do your part to ensure the respectable treatment of our officials. It is the coaches' responsibility to act and teach appropriate behaviors.



# Soccer – Points of Emphasis

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## **Heat Acclimatization and Heat Illness Prevention Keys for Coaches**

- Recognize that Exertional Heatstroke (EHS) is the leading preventable cause of death among high school athletes.
- Know the importance of having and implementing a specific hydration plan, keeping your athletes well-hydrated, and providing ample opportunities for, and encouraging, 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.



# Soccer – Points of Emphasis

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## **Heat Acclimatization and Heat Illness Prevention Keys for Coaches**

- Know the importance for all 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.
- An Emergency Action Plan with clearly defined written and practiced protocols should be developed and in place ahead of time.





# Soccer – Lesson 4

## Additional Information

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2019-20



# NFHS SOCCER UNIFORM

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## Game Jersey

- Home Team
  - Dark color contrasting white
  - If gray is used, the shading of the gray color should be 70% dark or darker for it to clearly contrast with white (Gray Color Spectrum Chart)
- Visiting Team
  - All-white
  - No color trim
- Only names and patches, emblems, logos or insignias referencing the school are allowed
- 2 ¼ inch square manufacturer's logo allowed
- Team members wear the same color and style uniform
- Goalkeeper's jersey must distinctively different in color from that of team members and opposing team





# NFHS SOCCER JERSEY

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- **Front of Jersey**

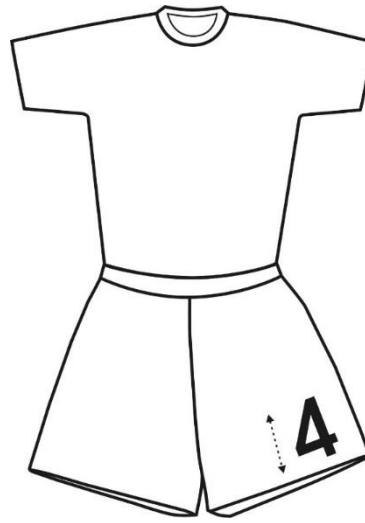
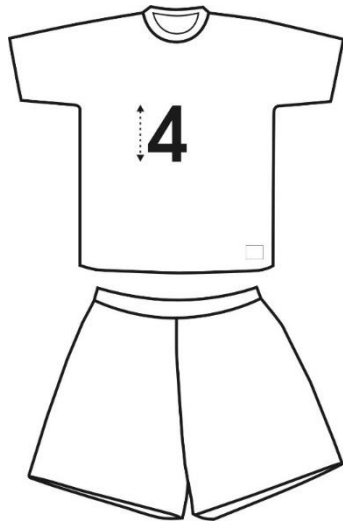
- All jerseys, including the goalkeeper, must be numbered on the front
- Numbers must not be duplicated
- There must be a 4-inch number on the front (jersey or shorts)
- The color of the number must contrast with the color of the jersey or pants, be clearly visible and match the color of the number on the back of the jersey

- **Back of Jersey**

- All jerseys, including the goalkeeper, must be numbered on the back
- Numbers must not be duplicated
- There must be a 6-inch number on the back
- The color of the number must contrast with the color of the jersey, be clearly visible and match the color of the number on the front of the jersey



# NUMBER PLACEMENT





## OTHER ITEMS WORN

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- Socks
  - Home Team
    - Dark color contrasting white
    - Does not need to match the jersey color
    - Both socks must be the same color
  - Visiting Team
    - All white
  - If tape or stays are used, they must be the same color as the socks
  - Manufacturer's logo on both sides of the socks is legal
- Shorts
  - May be of a color unlike that of the jersey
  - May have an appropriately size manufacturer's logo





## OTHER ITEMS

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- Shinguards
  - Must meet the NOCSAE standards at time of manufacture
  - NOCSAE seal and height range permanently mark on front of shinguard
  - Worn with bottom edge no higher than 2 inches above the ankle
  - Age- and size-appropriate
  - Worn under socks
  - Must not be altered
- Undergarments
  - If worn, must be of a similar length for an individual
  - Solid color, all alike for the team, if worn



# Soccer – Additional Information



Review the SOCCER section in the 2019-20 WIAA Handbook:

- Go to [wiaa.com/handbook](http://wiaa.com/handbook)
- Click on “**Sport/Activity Specific Rules & Regulations**”

Review the 2019-20 Soccer Bound for State Regulations:

- For Boys Soccer go to [wiaa.com/boysoccer](http://wiaa.com/boysoccer)
- For Girls Soccer go to [wiaa.com/girlssoccer](http://wiaa.com/girlssoccer)
- Click on “**Bound for State Regulations**” on the left menu

Work with your AD to make sure your team’s photo and roster are submitted through **MaxPreps**.

# Soccer – Additional Information



## SOCCER PLAYOFF INFORMATION

Round 1 must be played no later than the Wednesday prior to Round 2. The default date for Round 1 will be Wednesday.

Fall Default Date : Wednesday November 13, 5:00pm

Spring Default Date : Wednesday May 20, 5:00pm

Round 2 must be played no later than the Saturday prior to the semi finals and finals. The default date for Round 2 will be Saturday.

Fall Default Date : Saturday November 16, 1:00pm

Spring Default Date : Saturday May 23, 1:00pm



# Soccer – Additional Information



## 2019-20 STATE SITES and DATES

### **FALL**

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November 22-23, 2019

**1B, 2B Boys and Girls**

Sunset Chevrolet  
Sumner, WA

**1A, 2A Girls**

Shoreline Stadium  
Shoreline, WA

**3A, 4A Girls**

Sparks Stadium  
Puyallup, WA

### **SPRING**

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May 29-30, 2020

**1A, 2A Boys**

Sunset Chevrolet  
Sumner, WA

**3A, 4A Boys**

Sparks Stadium  
Puyallup, WA



# Soccer Rules Clinic

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Thank you for completing the Rules Clinic

You will be prompted to take the final exam after viewing this slide.

In order to receive your certification for this clinic, you must pass the final exam with 100% accuracy.

If the final exam does not appear after this slide, please use the course map in the left-hand menu to determine which slides are not completed. All topic slides in all sections must be viewed before the final exam will appear.