



# 2024-25 Middle School Rules

**Playing Time:** Two 30 Minute Halves

**Number of Players:** 11v11 (Minimum: 7)

**Ball Size:** 5

**Heading:** **NOT Allowed (Per LSA)**

## Players

- Maximum number of players per team on the field at one time is 11, including the goalkeeper.
- Minimum number of players per team on the field to start or continue the game is 7; one must be a goalkeeper.
- Substitutions can be made on any stoppage with the referee's permission.
- A team may borrow players from their opponent if a team is short players and both coaches agree. This allows everyone to play and participate fully.

## Referees

- 2 to 1 Referee will be provided by BRSC.

## Duration of the Game / Playing Time

- Two equal halves of 30 minutes.
- Half-time five (5) minutes.

## Determining a Winner

- Regular season matches can end in a draw.
- During tournament play, a winner will be determined from the penalty mark upon conclusion of regular time if game is tied. No overtime. Any player on team's roster may participate in the penalty kicks.

## Players' Equipment

- In the event of a color conflict, the home team will change jerseys. Please bring training vests to all games in the event of a conflict.
- Players must not use equipment or wear anything dangerous to themselves or another player (No jewelry of any kind).
- Shin guards: Players must wear shin guards covered by long socks.
- Footwear: Soccer cleats are recommended, not required. No shoes with toe cleats (baseball cleats). No metal cleats.

## Starting the Game

- A coin toss between both team captains will be conducted by the referee.
- A kickoff occurs at the start of each half and after each goal. The opposing team must line up outside the center circle on their half of the field.
- After halftime, the teams change ends, and the kickoff is taken by the team who did not take the kickoff at the start of the game.

## Ball In and Out of Play

- The ball is out of play when the entire ball has completely crossed over the touchline.
- Play restarts with a throw-in for the opposing team. Opposing players must be a minimum of 2 yards away.

## Method of Scoring

- The whole ball must travel over the entire goal line between the goal posts.

## Offside

- Offside will be called using a dual referee system.
- No offside directly from a throw-in.
- No offside directly from goal kicks or corner kicks.

## Fouls and Misconduct

- **NO heading:** Per LSA our sanctioning body. If a player intentionally heads the ball, an indirect free kick will be awarded to the opposing team where the ball was headed. If this is inside the goal area, the kick will be taken from the top of the goal area.
- Players/ Coaches that receive a red card (send off) must leave the game and will serve a minimum one-game suspension.
- Multiple red cards (send offs) may result in a player being dismissed from the league. This is determined by the MS Director.

## Free Kick/ Penalty Kick

- Opponents must be 10 yards away from the ball

## Goal Kick

- Awarded when the whole ball has completely crossed the entire goal line and was last touched by a player on the attacking team.
- Goal kicks are taken from the goal area.

## Corner Kick

- Awarded when the whole ball has completely crossed the goal line, except between the goal posts, and was last played or touched by a player of the defending team.
- It shall be kicked into play by the attacking team from the corner of the field on the same side of the goal on which it went across the goal line.
- Opponents must be 10 yards away from the corner arc.