

Mesa Public Schools Junior High Athletics Boys and Girls Soccer

8th Grade and 7th Grade Soccer Rules

- All NFHS rules apply with the exception of the following.
- Game will consist of two 20 minute quarters with running clock.
 - If there is a score differential of four (4) or more points at half, the second half will be a 20 minute running clock including the water break.
- A water break will be given somewhere near the 15 minute mark at a stoppage in play.
- Halftime will be ten minutes.
- Teams will be allowed open substitutions with the permission of the referee.
 - Either team's goal kick
 - Either team's goal
 - Your own throw-in or corner kick
 - Other team's throw-in or corner kick if they substitute.
- Red Cards will result in the player sitting out the next game.

Equipment

Shirt tucked into shorts that do not have pockets;

Age appropriate shinguards completely covered by socks;

Shoes without a toe cleat. Tennis shoes can be worn if they are safe for field conditions.

Goalkeeper in a shirt different from rest of team and not the same color as the opposing team. A pinny/bib is fine

NO JEWELRY – includes earrings, necklaces, all bracelets (rubber, string or metal) Everything must be removed—putting tape or bandaids over jewelry is not allowed.

Exception: medical alert bracelet taped down is medical equipment not jewelry

Casts are allowed as long as padded, the player has a medical release and the player does not swing it at others.

No bandanas or hats; however solid color sweat/headbands may be worn. If wristbands are worn, they cannot cover strings or other jewelry.

If a coach comes on the field for an injured player, the player must come off until next sub opportunity; team may sub the injured player or choose to play short.

A cautioned (yellow card) player must come off until next sub opportunity; team may sub or play short.

Except for injury, substitutes must be sent to halfway line. At a subbing opportunity for their team, player must wait for the referee to beckon them onto the field and should then call off the player coming out before entering the field.

Peculiar to High School Rules

At the coin toss, winner may choose either side or ball

If a throw-in doesn't enter the field, the possession reverts to the other team to throw