

## Unified HS Soccer Rules Highlights

**Teams:** 5 a-side has five players, one of which is the goalkeeper. Unified has 3 athletes and 2 partners. 7 a-side has seven players one being the goalkeeper. Unified has 4 athletes and 3 partners.

**Uniforms:** Uniform jerseys should be uniquely numbered and distinct from goalkeeper. The goalkeeper's jersey will be a different color than the opposing team. If teams have the same color uniform the home team will wear pennies.

**Equipment:** Every player is required to wear shin pads covered by socks. No jewelry or billed hats Safety Issue. Medical alert or religious items allowed, as long as they are safe.

**Time of Game:** Two halves of 20 minutes each with a five-minute half-time. The referee is responsible for keeping the official time. The referee may add time for delays (injury or goals) in the game.

**Substitutions:** Teams are allowed unlimited substitutions; players may return to the field. Substitutions are only made during a stoppage in play (the ball is out-of-bounds, between halves, after a goal is scored, or during an injury time-out). The coach must ask permission and the referee acknowledges. A substituted player can only come onto the field when the referee signals.

**Restarts:** For all kicked restarts (fouls, corner kicks or kick-ins) the ball is in play once it is kicked and clearly moves. The ball must be stationary before the kick is taken and all opposing players team must stand at least five meters (5m) from the ball. The kicker cannot touch the ball again until another player touches it.

**Kick-off:** The player taking the kick may be in the opponent's half. The ball does not have to go forward on kick-offs.

**Corner Kick:** When the ball goes over the goal-line (not in the goal), and last touched by a defending player. The ball placed no more than 1 meter from the corner/corner flag.

**Kick-in:** If a ball crosses the sideline, it is kicked back into play from the point it left the field. A goal cannot be scored directly from a kick-in.

**Dropped-Ball:** A dropped ball is given when play is stopped for an injured player (no foul involved) or other outside interference with play. The dropped ball is awarded to the team in possession when the whistle blew. Drop balls are not longer contested all opposing players must be 5 meters away. The ball is in play once it touches the ground. The player taking the dropped ball may touch the ball again. A goal cannot be scored directly from dropped ball it must touch another player for a goal to be scored. If the ball is in the penalty area when the whistle is blown goalkeeper takes the dropped ball regardless of team in possession.

**Goalkeeper:** When the ball passes over the goal-line (not in the goal), last being played by an attacking player, the goalkeeper, standing within their own penalty area, **will throw** the ball back into play. The ball is in play once it leaves the penalty area. The ball cannot go beyond the midfield line unless it touches the ground or another player before crossing the midfield line. No Drop Kicks

The above rule also applies when the goalkeeper gains possession with his/her hands. If the goalkeeper touches the ball with their hands, they must throw the ball back into play.

**Fouls:** There are no offside and no slide tackling in 5 or 7 a-side soccer. All other fouls are enforced.

Foul involving contact are direct free kicks, a goal can be scored.

Indirect free kicks (IDFK) (I.E. impeding, playing in a dangerous manner or pass back to goalkeeper from a teammate) are indicated by the referee rising one arm. A goal cannot be scored directly from an IDFK