

# Carmel Sports Club

## High School League Rules 2023-24

**Games are 6v6 (5+goalkeeper) with two 25 minute halves**

**IFAB/FIFA rules apply with the following modifications and emphasis...**

### **Pitch:**

1. Double-width pitch defined by netting and boundary lines
2. Ball is out of play when it goes past a boundary line or touches the netting
3. Ceiling is out-of-play - Restart is IFK at center mark
4. Ball touching ducts or cable near goal is treated as going over goal line - Restart is a goal kick or corner kick
5. Penalty/Goal area is 11 yards wide (4 yards on each side of the goal) by 6 yards deep
6. Penalty mark for PKs is 8 yards from the goal line

### **Player Equipment:**

7. Sneakers, indoor soccer footwear, or turf shoes are required - **NO CLEATS**
8. Socks and shin guards are required
9. No jewelry

### **Run-of-Play:**

10. Substitutions are on-the-fly from team's goal line
11. Kick-ins on sidelines instead of throw-ins - Place ball 2 yards from netting
12. Kick-offs and all restarts are indirect except for PKs
13. Opponents must be 4 yards from ball on kick-offs, free kicks, and kick-ins
14. No offside rule
15. No slide tackling or bicycle kicks - Restart is IFK

### **Goalkeeper:**

16. Goal kick cannot go untouched over midfield in the air - Restart is IFK at center mark
17. On goalkeeper possession - Goalkeeper throw cannot go untouched over midfield in the air - Restart is IFK at center mark
18. On goalkeeper possession - Cannot punt or drop kick the ball - Restart is IFK at center mark
19. On goalkeeper possession - No restrictions on playing the ball on the ground

### **Misconduct:**

20. Yellow Card issued to player - Player leaves field and team plays short for 2 minutes
21. Yellow Card issued to substitute - Team must remove one player from field for 2 minutes
22. Red Card issued to player or substitute - Team plays short for the remainder of the match - League may take additional disciplinary action

### **Playoffs/Semis/Finals:**

23. Tie Breaking Procedure - One 5 minute golden-goal overtime - If still tied, 5v5 penalty kicks followed by 1v1 penalty kicks if needed