

Interscholastic Soccer Rules

All Rules will be under CIF regulations unless mentioned here:

- All players must have shin guards. Players must remove all jewelry.
- Slide Tackles will not be allowed... if a slide tackle occurs near an opponent it will be an indirect free kick. The reason for this is safety of course - there will be players that may be very aggressive but don't have the skill to make a safe slide tackle. Just not worth the risk of injury. This will be enforced at the referee's discretion. Basically any slide towards a player whether they have or do not have the ball. If a player makes a slide towards the ball and there is no other player around (for example to save the ball from going out of bounds) then this is fair play.
- Players can wear tennis shoes or soccer shoes. But not baseball or football cleats. (no front stud)
- Game length: 25 minute halves with a 5 minute halftime.
- Each team may substitute players an unlimited number of times unless referee feels this is a time wasting tactic.
- No substitutions can be made the last 5 minutes of the game unless an injury occurs.

