

HS / 9-12th Grade Soccer

Gameday Rules and Reminders Updated FALL 2026



Items shown in **maroon** are changes from rules in effect for the previous age band.

- One game, with referee.
- Two 35 minute halves; 5 minute halftime; Games must end on time
- **11v11 format Coed and 9v9 Girls**, including GK / Size 5 ball
- Full size goals. GOALS MUST BE WEIGHTED (for practices and games). Players are NOT allowed to hang on or climb on goals!
- Substitutions at any stoppage in play, with permission of referee
- Coaches and “player bench” from both teams should be on one side of the field; spectators on the **opposite** side from the coaches and “player bench” (and not on end lines)
- No adults on the designated playing area (“the field”)
- Follow [lopsided game document](#) for games with 3 plus goal difference
- If a player needs medical attention on the field, they should be substituted out and can return later in the game, and a substitute can immediately enter.
- Goalkeepers must wear shirt/scrimmage vest of different color from their team and opponent team
- Goalkeepers can play whole game **if they wish to do so**
- Pass back to GK is NOT allowed; GKs must use feet if passed to by teammate
- Shin guards are mandatory; Closed toe footwear mandatory; cleats are optional
- No jewelry, no watches, no earrings (freshly pierced ears must be covered with band-aids)
- Nothing hard in players’ hair
- **DCSC Socks, shorts, and club jersey required.** On cold days, club jersey should be worn as outer layer.
- Coaches should introduce themselves and shake hands before and after games
- Coaches supervise games from the sidelines, not on the field
- No whistles or excessive sideline coaching
- Parents/spectators on sideline (not on endline!), and not interfering with GKs
- Proper throw-ins. Ball thrown with both hands, back to front, not sideways, both feet on the ground.
- Ball turns over after 1st improper throw-in.
- Goal kicks happen from inside 6 yard box. There are corner kicks.
- The offside rule is enforced according to FIFA laws
- Free kicks can be direct or indirect, at referee’s discretion. There are penalty kicks.
- Yellow and red cards are enforced. Red cards will result in a match ban.
- No dangerous or unsportsmanlike conduct
- Heading is permitted. “Intentional/deliberate” use of hands is a handball.
- No slide tackling or tripping (results in direct or indirect kick, at referee discretion)
- No excessive celebrating or unsporting behavior
- No dogs allowed at any DC Soccer Club venues, practices or games
- Inclement weather and dangerous field conditions – cancel game, according to club’s safety guidelines. See website.