

# Soccer (Girls)

## SEASON REGULATIONS

(Rules in this section are specific for sport involved. Refer to Constitution, Bylaws, and Rules of Eligibility for regulations related to age, residence, scholarship, amateur status, etc.)

**ALERT: State Law (175.22) prohibits use of cell phones (and other image-recording devices) in locker rooms except in emergency situations.**

### 1. PRESEASON AND OUT-OF-SEASON

- a. Organizational meetings may be conducted outside the season provided no instruction or practice is included and the meeting(s) has been approved by school administration.
- b. So long as participation is voluntary and available to all interested students, there shall be no restrictions upon schools, school teams and school coaches (grades 9-12) relative to assembling in the summertime, for up to 5 days which do not need to be consecutive for all WIAA sports sponsored by the school. Unrestricted contact days must conclude no later than July 31.
- c. It is the philosophy of this Association that athletes should not be unreasonably restricted, except during the actual school season of a sport. Subsequently, students may voluntarily assemble at any time without school and/or school coach involvement. With school consent, in the summertime, members of a school's team may voluntarily assemble with their teammates and coaches for purposes of instruction and/or competition for up to 5 days in all WIAA sports sponsored by the school, without restriction. **Note: Whether an opportunity is school sponsored or not, coach contact may not exceed Board of Control approved contact days.**
- d. Other than during the actual school season and those days designated as unrestricted coach contact days in the summertime, the following provisions shall apply to nonschool participation in accordance with the above:
  - (1) An acceptable nonschool program or activity is one which is not limited to students on the basis of a school affiliation, athletic experience, team status, etc. and no school monies or resources can be applied.
  - (2) The person who will be coaching a student in the following school season shall not be permitted to coach that student other than during the designated school season and Board of Control approved coach contact days in the summertime. Board of Control approved summertime contact is as follows:
    - (a) Unrestricted School Coaching Contact - Coaches in all WIAA recognized sports (baseball, cross country, football, golf, gymnastics, softball, swimming & diving, tennis, track & field, volleyball, soccer, basketball, hockey and wrestling) have been afforded up to 5 days of unrestricted school coaching contact between the end of school and July 31, in accordance with the Bylaws and as described in item B of this section. The five days do not need to be consecutive.
      - 1) There must be a minimum of one calendar week (Sun.-Sat.) of no unrestricted school coaching contact prior to (i.e. the week immediately preceding) the first allowed practice in a fall sport. This does not affect unlimited nonschool coaching contact.
      - 2) Football must follow the WIAA Fall Acclimatization policy.
    - (b) Unlimited Nonschool Coaching Contact – Coaches in all sports except football have been afforded unlimited nonschool coaching contact beyond the five unrestricted days that is permitted to continue throughout the summertime (when school is not in session from the last day of school to the start of school) in accordance with the Bylaws and as described in Section 2 – A and C-1) of Rules of Eligibility, Article VI - Nonschool Participation.

Note: Coaches or others may not mandate participation or provide any incentives to athletes for participating in summertime/out-of-season activities/programs. Participation may not be a requirement for making a school team or earning a letter award, etc.

### 2. LENGTH OF SEASON

The earliest day practice may begin is Monday of Week 38 (March 21). The season ends with the State Tournament concluding on Saturday of Week 50 (June 18).

### 3. MINIMUM DAYS OF PRACTICE

- a. If multiple practices in a day are utilized (long day), they may not be scheduled on consecutive days. Practices are limited to alternating Short Days and Long Days.
  - (1) Short Day
    - (a) Maximum practice is 3 hours of physical activity plus a 30-minute recovery period.
    - (b) A 30-minute recovery period (rest in a cool environment and hydrate) must occur no later than 2 hours into practice.
    - (c) Unrestricted and unlimited access to water throughout physical activity is strongly encouraged.
  - (2) Long Day
    - (a) Maximum of one practice is 3 hours of physical activity plus a 30-minute recovery period.
    - (b) A 30-minute recovery period (rest in a cool environment and hydrate) must occur no later than 2 hours into practice.
    - (c) Minimum of a 3-hour break without physical exertion, in a cool environment, with rehydration before the second practice that day.
    - (d) The longer practice, which is limited to 3 hours of physical activity plus a 30-minute recovery period, may be at any time during the day. When combined with an additional practice, there must be a 3-hour break between.
    - (e) Maximum additional practice is 1.5 hours.
    - (f) Unrestricted and unlimited access to water throughout physical activity is strongly encouraged.
  - (3) After ten practices to the end of the season
    - (a) Only one practice allowed per day.
    - (b) Maximum practice is 2.5 hours.
    - (c) A 30-minute recovery period is not required.

- (d) Monitor weather and heat conditions and adjust appropriately.
- (e) Unlimited access to water and hydration should be available.
- b. There must be practices on a minimum of seven different days before the first competition may be conducted.
- c. The first three days of practice may not involve a team from outside the school.
- d. The minimum days of practice prior to the first competition is a team requirement. While it is desirable for each participant to satisfy this requirement, schools will determine when students may begin competition.
- e. Teams must rest from all physical activity for at least one calendar day after six consecutive days of practice or competition. In the event extreme weather forces a WIAA tournament contest to be cancelled, school administration may request relief.

#### 4. SCRIMMAGES

- a. One scrimmage, over one day, with another school or schools may be conducted in addition to the maximum allowed games, meets, or contests, provided all athletes participating meet all WIAA and school eligibility requirements (exceptions: students ineligible due to academic deficiency, code of conduct violations, or those required to miss the next competitive event, due to being ejected from their last competitive event, may participate at the discretion of the school), and:
    - (1) A school may not scrimmage against a nonschool affiliated club team.
    - (2) Three different days of practice have elapsed.
    - (3) There is no loss of academic class time.
    - (4) Each high school team, i.e., varsity, JV, sophomore, freshman, is allowed one scrimmage.
    - (5) An individual student is allowed to participate in only one day of scrimmage activity. Note: An individual student may participate in multiple levels of scrimmages conducted on the same day.
    - (6) There is no score in a book or on a scoreboard.
    - (7) A win/loss does not count in a team's overall record.
  - b. Any interschool scrimmage other than the one described in 4. a. counts toward the maximum allowed games.
- Note: If either school counts a scrimmage as a game, it must be counted as a game for both programs, schools or teams.

#### 5. DATE OF FIRST MATCH

The first meet may not be held before Tuesday, **March 29**.

#### 6. MAXIMUM ALLOWED GAMES

- a. A school may not compete against a nonschool affiliated club team.
- b. Conference tournaments must be included in count of regular season maximums.
- c. The maximum number of games will be 24. Each game in a multi-school tournament will count as one toward the maximum allowed games. Schedules of all teams should be clearly published and separated by level for each team sponsored by a school.
- d. No team may play in more than 160 total minutes per day.
- e. No meet may be scheduled (but a meet may be rescheduled if postponed) after any of the schools involved in the rescheduled event have begun WIAA tournament series competition.
- f. The WIAA tournament series is not part of the maximum allowed meets.
- g. Except for events held in bordering states (MN, IL, MI and IA), no approval shall be provided for more than one out-of-state competition, event and/or scrimmage per team each school season.

#### 7. INDIVIDUAL PARTICIPATION LIMITATIONS

- a. A student who participates at both the varsity and nonvarsity levels during the season may not participate in more than 48 halves for the season.
- b. Entry into any portion of a half counts as one of the 48 allotted halves.
- c. It is not the responsibility of game officials to enforce the individual participation limits.

#### 8. FLAGRANT OR UNSPORTSMANLIKE CONDUCT

- a. A student, disqualified from a contest for flagrant or unsportsmanlike conduct, is suspended from interscholastic competition for no less than the next competitive event (but not less than one complete game or meet) at the same level of competition as the disqualification.
- b. Athletes who are ineligible during the WIAA Tournament (for any reason) may not appear in uniform, participate in warm-ups, and may not participate in the awards ceremony at the WIAA Tournament. Exception: An injured athlete will be allowed to participate in the awards ceremony provided he/she is included in the roster allotment for that game. During the regular season, schools should establish their own policy as to whether athletes are allowed to be in uniform and participate in pregame and postgame activity, if they are ineligible to compete due to flagrant and/or unsportsmanlike conduct, athletic and/or academic code violations, or for any other reason.
- c. Any player who in the judgment of the official, intentionally spits on, strikes, slaps, kicks, pushes or aggressively physically contacts an official at any time shall be immediately ineligible for competition a minimum of 90 calendar days from the date of the confrontation. In addition, the player is ineligible to compete for the first 25% of the next season in that same sport.

#### 9. PROHIBITION OF PRACTICE AT TOURNAMENT SITE

Schools are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional and State Tournament preparation at sites and facilities hosting WIAA tournaments.

#### 10. CONTEST CONTROL

- a. All schools are responsible before, during and after a contest for the proper conduct of their coaches, athletes, students and other spectators and, when requested, a school must complete a report regarding the contest in which a problem occurred (WIAA Bylaws, Article X).
- b. Schools are expected to prohibit and/or eliminate pranks, mischief or any other activity involving destruction, theft, etc., of athletic facilities, equipment, and material.

**11. LICENSED OFFICIALS**

Three licensed officials are required for all varsity (conference and nonconference) duals. Multischool varsity tournaments and subvarsity events may use a minimum of two licensed officials. (See 15. a.)

Note: In emergency situations, one licensed WIAA official and two volunteers may be used to officiate subvarsity games. The volunteers would not need to be licensed and would not be required to be in a uniform. The volunteer official would only indicate when the ball is out of bounds and which team would get the throw in. The volunteer will not call offsides.

**12. MEDICAL COVERAGE**

For all meets and practices, emergency procedures should be in place as per DPI and Wisconsin Statute 121.02 (1) (g) Emergency Nursing Service. These should include, but are not limited to, such things as:

- a. A physician available by phone or on location.
- b. Phone location and phone numbers available for contacting physician and/or ambulance service.

**13. CONCUSSION AND/OR UNCONSCIOUS PARTICIPANT**

No athlete shall return to play or practice on the same day of being diagnosed with a concussion. Any athlete suspected of having a concussion must be evaluated by an appropriate health-care professional that day. Any athlete with a concussion must be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition. Return to play must follow a step-wise protocol which includes provisions for delaying return to play based upon the return of any signs or symptoms. Any athlete deemed unconscious must have medical evaluation and clearance before being allowed to return to participation.

**14. OXYGEN AND FLUIDS PROVIDED INTRAVENOUSLY**

- a. Oxygen administered by mechanical means for recuperative purposes is not permitted.
- b. Fluids provided intravenously is an invasive procedure to be used only in emergency situations. An athlete may not return to competition the same day.

Note: See WIAA Medical Policies and Procedures for additional medical information.

**15. RULES GOVERNING COMPETITION**

The official rules for all interscholastic competition are contained in the (a) current edition of SOCCER RULES and (b) related publications and interpretations of the National Federation with these additional provisions:

**NATIONAL FEDERATION ALLOWED ADAPTATIONS**

- a. Schools must use a single referee and two WIAA licensed assistant referees for all varsity duals (conference and nonconference).
- b. Length of Periods (7-1-1).
  - (1) All varsity regular season contests will be played in two forty (40) minute halves. No overtime will be played.
  - (2) All subvarsity contests will be played in two forty (40) minute halves. No overtime will be played.
  - (3) Penalty kicks could be used to determine which team would advance in a tournament bracket.
- c. Overtime shall not be played at the JV or freshmen level. Penalty kicks could be used to determine which team would advance in a tournament bracket.
- d. Yellow cards received during regular season or tournament competition must be counted. Once a player has accumulated five yellow cards, they are suspended for the next game. Once the player accumulates three additional yellow cards, they are suspended for the next two games; three more, they are suspended three games, etc. These are minimum penalties. All yellow cards must be reported to the WIAA.
 

Note: Any team whose players and coaches, during the regular season, collectively receive a total of 24 or more yellow cards (including all second yellow/red cards) will be prohibited from participating in the WIAA State Tournament series. Any yellow cards received by the coach will count toward the 24 card total. Straight red cards count as two yellow.
- e. If a player receives a red card or a second yellow card resulting in disqualification, that individual is suspended for the next scheduled game. These are minimum penalties. All yellow and red cards must be reported to the appropriate head coach and to the WIAA.
- f. Any school whose players/coaches, during the regular season, collectively accumulates five or more straight red cards for abusive/profane language will be prohibited from participating in the WIAA State tournament series. Additionally, any individual player who accumulates three straight red cards for abusive/profane language will be prohibited from participating in the WIAA State Tournament series.
 

Note: This rule does not apply to straight red cards received during the tournament series.
- g. Soft and yielding caps may be worn during inclement weather (Rule 4-2-1f).
- h. In the event a game must be suspended because conditions make it impossible to continue before one complete half has been played, the game will continue from that point unless both coaches agree to let the recorded score stand. If at least one half of the game has been completed, the game is an official game.
- i. Following the completion of the first half, anytime the score differential reaches ten or more goals, the coaches may mutually agree to end the game. After 60 minutes of play, if there is a score differential of 8 or more the game shall end.
- j. Schools shall provide a scorer and scoretable for all varsity contests.

**STATE ASSOCIATION REGULATIONS****a. Pre-Game Protocol**

For consistency statewide, the following pre-game protocol will be used prior to scheduled kickoff:

- (1) 15 minutes - officials begin their on-field responsibilities
- (2) 10 minutes - coach and captain(s) meet with officials for pregame conference.
- (3) 7 minutes - official blows whistle and
  - (a) Teams line up on the touch line and shake hands.
  - (b) National Anthem and/or player introductions.
  - (c) Play begins.

- b. Post-game handshakes are recommended, not required.  
Note: Officials' jurisdiction follows NFHS Rule 5-2
- c. Officials will be required to submit a game report to the WIAA following the completion of any level dual or multischool tournament if any yellow and/or red cards are issued. Officials are required to report to the WIAA any yellow cards issued in a varsity contest.
- d. Nonvarsity teams shall be allowed to wear old varsity uniforms, which are now unapproved, because of recent National Federation uniform rule changes provided participant safety is not jeopardized.
- e. Coaches must report to their school administration within 48 hours following a contest any player or coach ejection. School administrators must then report the ejection to the WIAA via written communication within three (3) school days following the contest. This written communication must also include a plan of action to prevent future ejections. Officials will continue to provide electronic reports to the WIAA.

#### **STATE ASSOCIATION RECOMMENDATIONS**

- a. It is recommended that restraining ropes or lines be placed a minimum of five yards from the sidelines for purposes of crowd control.
- b. It is recommended that both team benches be on the same side of the field with spectators located on the opposite side.
- c. It is recommended that when a field clock is used, the clock shall be counted up from 0:00 to 40:00.

#### **16. NON-VARSITY TEAMS WITH ONLY GRADE 9 STUDENTS**

The above rules apply with these additional provisions:

- a. The season ends on Saturday of Week 50 (June 18).
- b. The maximum number of games will be 16. Each game in a tournament will count as one toward the maximum allowed games. One game involving the faculty or a school control group, such as a team of intramural players, does not count toward the maximum.

#### **17. GRADE 9 STUDENTS PARTICIPATING ON GRADE 8 TEAMS**

- a. Rules governing junior high/middle level competition are contained in the Junior High/Middle Level Handbook.
- b. A school may not allow its students in Grades 9, 10, 11 and/or 12 to compete against another member school's students in Grade 8 and/or below.

Note: In emergency situations a waiver may be requested allowing 9th grade student(s) at member middle schools to compete at the 8th grade level at member middle schools.

- c. Rules governing Grade 9 season length apply for teams with students Grade 9 and below.