



**Idaho High School Activities
Association
2023-2024
Soccer Coaches Packet**

unbottled.

IHSAA Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. Interscholastic programs should be designed to promote citizenship and enhance the academic mission of the school.

The Coach Will

- Be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- Uphold the honor and dignity of the profession. The coach shall strive to set an example of the highest ethical and moral conduct. The coach/school will honor contracts regardless of possible inconvenience or financial loss.
- Master the contest rules and shall teach them to his or her team. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- Demonstrate respect and support for officials. The coach shall not indulge in conduct, which would incite players or spectators against the officials. The coach will not make statements concerning officials' decisions after a game.
- Work with school faculty to promote overall educational growth of the student. The coach shall not exert pressure on faculty members to give student-athletes special consideration.
- Honor the commitment to student based programs that supplement the educational growth of each student-athlete.
- Be professional in association with other coaches. The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.
- Exert his or her influence to enhance sportsmanship of all extracurricular activities.
- Cooperate with different media sources in an appropriate manner that promotes all aspects of the sport, school and community. Public criticism of officials, opponents or players is unethical.
- Uphold all policies and procedures of the school, district, IHSAA and the National Federation.

2023 Soccer

Classification based on grades 9-12:

5A	1,280 and over
4A	1,279 - 640
3A	639 and under

2023 Soccer Season

First Day of Practice	August 7
First Game	After 10 days of practice
Dist. Tourn. Completion	October 14
State Play-ins	October 14
State Tournament	October 19-21

*All teams will be required to enter rosters, schedules and scores on MaxPreps.

Soccer Sports Practice Model

The IHSAA Board of Directors has adopted the fall sports practice model for soccer.

Game Limitation for Each Team

No team shall participate in more than 16 games per season.

Game Limitations for Individuals

An individual shall play in no more than 32 halves during regular season and no more than four (4) halves per day.

Game Limitations Per Day

No team or individual shall participate in more than two games per day during regular season play.

Number of Participants/Coaches/Support Personnel

At all play-in and state tournament games, varsity teams are limited to twenty-two students in uniform at the start of the contest. Violation of this rule will result in the school being assessed a maximum fine for dressing more than the approved number of players at a state play-in or tournament game with forfeiture of the game if excess numbers play. All classifications will be allowed three coaches and three support personnel to be admitted without an IHSAA card or tournament pass. Any coaches or support personnel exceeding that number must have either an IHSAA card or purchase a tournament pass.

Teams

Each school will be allowed to enter one varsity girls' team and one varsity boys' team into district competitions.

Girls will play on a separate team and boys will play on a separate team. If a school offers a boys' team and not a girls' team, girls will be allowed to play on the boys' team. If a school offers a girls' team and not a boys' team, boys will not be allowed to play on the girls' team.

Outside Competition

Competing on a club soccer team during the IHSAA season is prohibited. See Outside Competition Rule 8-11.

Soccer Practice Games

An organized scrimmage or practice with or against teams or players not belonging to their school is considered a contest, and counts toward the allowed 16 game regular season limit.

High school soccer teams are not allowed to scrimmage or practice with or against non-high school teams or players.

Playing Rules

All contests will be played under NFHS Rules. Rule books are to be picked up and signed for by the school representatives (one for boys', one for girls') at the district rules clinic.

Officials

Only IHSAA certified officials shall officiate any IHSAA contest. Officials may become certified by complying with IHSAA certification requirements. Assignment and training of officials is the responsibility of the District Board of Control of each activity district.

Sportsmanship

Sportsmanship shall be a point of emphasis for all schools sponsoring soccer. School administrators are encouraged to hold a sportsmanship meeting with all players, coaches and parents prior to the first regular season game.

Yellow Card Accumulation Program

Schools shall be required to track and record the accumulation of yellow cards (cautions) during the soccer season by an individual player or coach. The situations surrounding red cards (4-3 Ejections) are dealt with directly under IHSAA Rule 4-3 and will not change. The consequences for the accumulation of excessive yellow cards will be as follows:

1. Beginning with the first regular season contest, any player or coach who receives a total of five (5) yellow cards in one season shall be suspended from and may not participate in the next regularly scheduled contest at that level and all contests in the interim, including postseason games. Suspended players or coaches must serve their suspension in the next scheduled contest. If the total is reached in the final postseason contest, the suspension will be served in the first contest of the following year. If a senior is to serve a suspension, it shall be rolled over to the first contest of the next sport in which the athlete is involved. The IHSAA strongly recommends that school administration meet with any coach/player who reaches suspension level to address the situation and develop protocols for improvement.
2. If a player or coach receives an additional five (5) yellow cards after the first suspension, an additional two game penalty would apply and the process would be repeated. See next page:
 - 5 yellows = 1 game suspension
 - 10 yellows = additional 2 game suspension
 - 15 yellows = additional 3 game suspension, and so on.
3. A red card with 4-3 not in effect will count as two (2) yellow cards.
4. Coaches will be responsible for tracking yellow cards accumulated by their players and/or team personnel (coaches included) and report to their athletic directors. Each school is responsible for maintaining accurate records of all yellow cards received during the regular season and postseason tournaments. Schools must notify the IHSAA when the player or coach reaches suspension level. *See "Card Accumulation Notice" on the IHSAA website.
5. Officials shall include yellow card information in the DragonFly game reports when possible.
6. Yellow cards received in pre-season scrimmages or jamborees will not count towards accumulation totals.

7. Any illegal participation of suspended players or coaches may result in fines, sanctions and elimination from district and state play.
8. Any player/coach found guilty of getting him/herself deliberately cautioned will be subject to an additional match ban.
9. At the beginning of postseason play, yellow card count will reset to "0".
10. Postseason yellow card accumulation will be as follows:
 3 yellows = 1 game suspension*
 6 yellows = additional 2 game suspension*
 9 yellows = additional 3 game suspension, and so on*
** If a player or coach has reached suspension level during the regular season and receives 3 or more yellow cards during the postseason, the number of games suspended during the postseason will move to the appropriate level of suspension.*

Official Ball

The Official Soccer Ball for all play-in and state tournament games is the Baden Perfection Thermo ST7.

2023 Soccer Representation

<u>5A</u>		<u>4A</u>		<u>3A Boys</u>		<u>3A Girls</u>	
I-II	1.5	I-II	1	I-II	2	I-II	1.5
III	4.5, .5	III	2	III	1.5	III	1.5
V-VI	1.5	IV	2	IV	2.5	IV	2.5
		V	1	V	1	V	1.5
		VI	2	VI	1	VI	1

State Play-ins

The highest seeded team according to MaxPreps is the home team.

5A Play-ins

1-2B Lewiston HS
 Time 1:00 pm G / 3:00 pm B (Pacific Time)
 3F Sat., Oct. 14

5A Play-ins

3E Burley HS
 Time 1:00 pm G / 3:00 pm B
 5-6B Sat., Oct. 14

3A Boys Play-in

3B Jerome HS
 Time 1:00 pm
 4C Sat., Oct. 14

3A Girls Play-in

1-2B Lewiston HS
 Time 11:00 am (Pacific Time)
 3B Sat., Oct. 14

3A Girls Play-in

4C Burley HS
 Time 11:00 am
 5B Sat., Oct. 14

2023 Bracketing

Qualifying teams will be seeded into the state bracket according to the final REGULAR SEASON MaxPrep Rankings. The high seed is considered the home team for all matches in the tournament.

#4 Seed

#5 Seed

#1 Seed

#8 Seed

#2 Seed

#7 Seed

#3 Seed

#6 Seed

2023 State Tournament

Date: October 19-21

Site: 5A: Eagle HS (B)/Rocky Mountain HS (G)

4A: Brothers Fields, Caldwell

3A: Vallivue HS, Caldwell

Time Schedule

Time schedules will be determined by each site host, depending on the number of fields available.

Size of Field

- A. The field of play shall be 100 yards to 120 yards long and 55 yards to 80 yards wide. It is highly recommended that high school games be played on a field at least 110 yards by 65 yards.
- B. In the event that a schools' field dimensions do not meet minimum standards, they shall line their field as close to the minimum standards as possible and shall indicate that their field falls below minimum standards because of geographic restrictions.

Tie Games

- A. Regular season games that are tied at the end of 80 minutes of play:
 1. The decision whether to break ties will be made prior to the game by the two teams playing.
 2. If used, tie games will be resolved by the same procedure used in (B).
- B. District, state or play-in games that are tied at the end of 80 minutes of play will be resolved as follows:
 Two (2) sudden victory (10) ten-minute overtimes will be played. If the game is still tied after the (2) 10-minute overtime periods, kicks will be taken from the penalty mark with five (5) members from each team alternating kicks. After all five (5) members from each team have kicked, the team with the most

goals will be declared the winner. If the game is still tied, the coach will select five (5) new players (different players than the first five (5) who kicked), to take alternating kicks in a sudden victory situation; if one team scores and the other team does not score, the game is ended without more kicks being taken.

Suspended Soccer Games

In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it as an official game if one complete half or more of the game has been played. If less than one-half of the game has been played, the game may be rescheduled from the point of suspension of play. If for reasons the schools are unable to reschedule the contest, the game shall be declared no-contest.



IHSAA CARD ACCUMULATION NOTICE



School: _____
Name of Individual: _____

Coach? _____ If yes, Head Coach _____ Asst. Coach _____

Player? _____ If yes, jersey # _____ Grade _____

Boys/Girls _____ Level (JV, Varsity) _____

Please list the games/opponents of each game in which the individual received a yellow card:

<u>Yellow Card</u>	<u>Date</u>	<u>Opponent</u>	<u>Reason for Yellow Card</u>
1			
2			
3			
4			
5			

Game(s) in which player/coach will serve the suspension (must be the next regularly scheduled game(s))

Date Opponent

School Administrator _____ Date _____
Signature

Head Coach _____ Date _____
Signature

Soccer Rules Changes - 2023-2024

By NFHS on March 09, 2023 [soccer](#)

[Share](#)

[Print](#)

Download a PDF version.

3-3-2b (2,3) (NEW): Permits the referee to stop the clock to review game situations at any time without negatively impacting a player's ability to remain in the game.

Rationale: This rule change affords the ability for the referee to stop the clock and review situations without negatively affecting a player's ability to remain in the game. However, once the referee beckons medical professional or coach onto the field to further assess, the player must leave the field of play.

3-3-7: Clarifies where a player should re-enter the game to avoid confusion.

Rationale: This rule change clarifies that a player should re-enter the game from the official area at midfield. This avoids potential confusion as to who is or is not in the game.

3-4-1e (NEW): Clarifies players should exit the field on the bench side unless unable to do so due to injury.

Rationale: To assist the officials in the managing of substitutions, players should exit the field from the bench side when the substitute(s) are beckoned on by the referee unless the player(s) is unable to do so because of an injury. This avoids unnecessary interaction with opposing teams and fans and minimizes the potential for unsporting behavior.

4-2-12 (NEW): Defines how wearable technology devices may be worn.

Rationale: Sets a national standard for wearable technology. This change clarifies that these devices may be worn as a part of the shoe and/or under the uniform but not worn on the arm. Coaches and players are still not permitted to utilize technology to communicate during the game.

Rule 4 Reorganization: Adjusts the structure of the uniform rule to offer clarity.

Rationale: The reorganization of the uniform rule breaks up the rule into bite-size pieces that are easier for coaches and officials to apply.

11-1-5 (NEW): Defines deliberately playing the ball to clarify the existing rules.

Rationale: Defines the criteria for deliberately playing the ball when determining an offside infraction.

12-1-1 thru 3 (NEW), 18-1-1: Clarifies various foul categories and defines the seven direct free kick fouls to provide consistency.

Rationale: The new article in Rule 12 and added definitions to Rule 18 define the seven direct free kick fouls and provide consistency for officials interpreting misconduct.

12-3-2, 3 (NEW): Clarifies that neither accidental nor deliberate hand/arm contact can result in a goal.

Rationale: The new articles eliminate the necessity for the referee to determine if the hand/arm contact was accidental or deliberate. Now, neither accidental nor deliberate contact with the hand/arm result in a goal for greater consistency and ease of interpretation.

12-8-5 (NEW): Offers clarity regarding goalkeeper handling not permitted outside and inside the penalty area.

Rationale: Adding language and direction for officials regarding goalkeeper handling outside the penalty area and inside the penalty area when they are not permitted to handle the ball.

12-9-4(NEW), 12-8-1f(14, 15), 12-8-2d (3,4): Defines considerations of denying an obvious goal-scoring opportunity (DOGSO).

Rationale: This rule defines the considerations of an obvious goal-scoring opportunity to provide additional consistency and clarity for referees.

2023-24 Editorial Changes

9-1-1a

2023-24 Points of Emphasis

1. Wearable Technology
2. Coaching and Team Area Decorum
3. Denying an Obvious Goal-Scoring Opportunity (DOGSO)
4. Substitutions



Safety courses are required for all coaches on even numbered years. New coaches are required to take safety courses for the 23-24 school year. Courses must be taken after May 1, 2023. Submit certificate of completion to your administration.

Required Safety Courses:

- *Student Mental Health & Suicide Prevention**
- *Sudden Cardiac Arrest**
- *St. Luke's Concussion Course**

Follow these instructions to access the free, courses.

- ✓ Go to the IHSAA website - www.idhsaa.org
- ✓ Click school / Coaches
- ✓ Fill in required information to sign-in or create account
- ✓ Follow instructions to start course
- ✓ At the conclusion of the course, **PRINT / SAVE CERTIFICATE.**

NFHS Learn Help Desk
(317) 565-2023



For more information on IHSAA and NFHS coaches education

- Idaho Coaches Education – www.idhsaa.org
- NFHS Learning Center – www.nfhslearn.com
- Follow Idaho Coaches on Twitter @IHSAAcoach

IHSAA Coach Education

The Idaho High School Activities Association is committed to the promotion of coaches' education programs as well as providing resources toward continuing education for all of Idaho's coaches.

✓ Requirements for Idaho Coaches

ALL COACHES

- CPR/1st Aid Certification
- St. Luke's Concussion Course (fall of even numbered years)
- NFHS Sudden Cardiac Arrest Course (fall of even numbered years)
- NFHS Student Mental Health & Suicide Prevention (fall of even numbered years)

NON-CERTIFIED TEACHER

- NFHS Fundamentals of Coaching
- NFHS Teaching & Modeling Behavior

CHEER/DANCE/MUSIC/DRAMA/ADMINISTRATION

- NFHS Understanding Copyright & Compliance

POLE VAULT COACHES

- NFHS Coaching Pole Vault

✓ NFHS/IHSAA Educational Recommendations for Interscholastic Coaches

- Complete the NFHS Fundamentals of Coaching course (prior to coaching)
- Complete necessary courses to become an NFHS LEVEL 1 Coach within the first year of coaching
- Maintain current certification in CPR, AED and 1st Aid Safety
- Complete online courses or professional development specific to the sport in which they are an interscholastic coach
- Know the playing rules of their sport(s) and understand state association rules and policies governing their sport
- Encourage the participation of team building activities and community service projects with your team
- Pursue NFHS Certified LEVEL 3 credential within two years
- Read, understand and agree to the national and state Coaches Code of Ethics

NFHS Learning Center Coaches Education Courses

SPORT/ACTIVITY SPECIFIC COURSES

Coaching Baseball
 Introduction to Pitch Smart – **FREE**
 Coaching Basketball
 Coaching Cheer & Dance
 Spirit Safety Certification
 Coaching Football
 Blocking, Shoulder Tackling & Equipment Fitting
 USA Football Tackling & Contact
 Coaching Golf
 Coaching Cross Country
 Coaching Soccer
 Coaching Softball
 Coaching Swimming
 Coaching Tennis
 Coaching Track & Field
 Coaching Pole Vault – **FREE**
 Coaching Volleyball
 Coaching Wrestling
 Coaching Adapted Sports – **FREE**
 Coaching Unified Sports – **FREE**
 Adjudicating Speech & Debate – **FREE**
 Introduction to Music – **FREE**
 Introduction to Music Adjudication – **FREE**
 Introduction to Esports – **FREE**
 Speech & Debate Event Management – **FREE**
 Theater Safety – **FREE**
 Band Safety – **FREE**

ISSUES IN ACTIVITIES/SCHOOLS COURSES

Fundamentals of Coaching
 Engaging Effectively with Parents – **FREE**
 Appearance & Performance Enhancing Drugs – **FREE**
 Bullying, Hazing and Inappropriate Behaviors – **FREE**
 NCAA Eligibility – **FREE**
 Mental Training for Performance
 Middle School Sports
 Positive Parenting Within the School – **FREE**
 Social Media – **FREE**
 Implicit Bias – **FREE**
 Sportsmanship – **FREE**
 Sports Nutrition – **FREE**
 Strength & Conditioning
 Teaching and Modeling Behavior
 Teaching Sports Skills
 Captains Course – **FREE**
 Supervising After School Activities – **FREE**
 Interscholastic Music Event Management – **FREE**
 Title IX – **FREE**
 Understanding Copyright & Compliance – **FREE**
 Understanding Vaping & E-Cigarettes – **FREE**
 Protecting Students from Abuse – **FREE**
 P.A. Announcing – **FREE**

STUDENT COURSES - FREE

Concussion for Students
 Hazing Prevention for Students
 Learning Pro:
 Homework Helper
 Reading & Learning Strategies
 Research Skills
 Test Taking Tips
 Captains Course
 Social Media for Students
 The Student Experience
 Student Mental Health – **FREE**
SAFETY COURSES
 Sudden Cardiac Arrest – **FREE**
 Heat Illness Prevention – **FREE**
 First Aid, Health and Safety
 Concussion in Sports – **FREE**
 Protecting Students from Abuse – **FREE**
 ACL Prevention – **FREE**
 The Collapsed Athlete – **FREE**
 Band Safety – **FREE**
 Afterschool Safety
 COVID-19 for Coaches – **FREE**

IHSAA Rule 4-3 Application

Paraphrasing NFHS Rule 12-9, Article 2, page 63:

Rule 12-9 MISCONDUCT

Article 2...A player, coach or bench personnel shall be disqualified (red card) for:

- a. exhibiting violent conduct **4-3 DA**
- b. taunting – use of word or act to incite or degrade an opposing player, coach, referee or other individual **4-3 DA**
- c. subsequent caution **4-3 DNA**
 - NOTE: *If both cautions are for dissent*** **4-3 DA**
- d. committing serious foul play;
 - 1. the use of disproportionate and unnecessary force against an opponent while playing for the ball. **4-3 DA:**
 - 2. a player (other than the goalkeeper within the team's own penalty area) deliberately handles a ball, attempting to prevent a goal and the goal is not scored. **4-3 DNA**
 - 3. a player commits a foul outside the penalty area when attempting to deny an obvious goal-scoring opportunity, and the goal is not scored. (*DOGSO*) **4-3 DNA**
 - 4. a player commits a foul, inside the penalty area, while not attempting to play the ball, denying the opponent an obvious goal-scoring opportunity (*DOGSO*) and referee awards a penalty kick. **4-3 DA**
- e. spitting at an opponent, teammate or game official **4-3 DA**
- f. using insulting, offensive or abusive language or gesture **4-3 DA**
- g. leaving the team area to enter the field where a fight or altercation is taking place unless summoned by an official **4-3 DA**

DNA = 4-3 does not apply

DA = 4-3 does apply



GUIDELINES FOR HANDLING CONTESTS DURING **LIGHTNING DISTURBANCES**

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
 - b. Thirty-minute rule: Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count reset the clock and another 30-minute count should begin.
4. Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the *Guidelines for Lightning Safety* section contained in the NFHS Sports Medicine Handbook www.nfhs.org.