



Date: 7/22/2024

The Dysart Schools Athletic Conference in addition to Peoria USD and Deer Valley USD will use the **NFHS** rules book as the adopted publication for rules and interpretation with the following additional information:

PLAYING FIELD

- A. The field of play shall be 80 to 100 yards long and 55 to 75 yards wide.
- B. Goal shall be between 23'4" to 24" in width. Modified football goal posts are acceptable.

EQUIPMENT

- A. The home team shall provide a minimum of two official game balls.
- B. The ball shall be a size 5 for both boys and girls.
- C. Shin guards are required to be worn by all players.
- D. No jewelry may be worn.
- E. No toe cleats are allowed.

GAME

- A. A minimum of one official is required per game.
- B. Each team must start the game with no fewer than eight (8) players.
- C. The game will consist of two 30-minute halves with a 10-minute halftime. Depending on inclement weather, you may do four 15-minute quarters with water breaks in between.
- D. Upon completion of regulation time, a tie will result in the following:
 - a. Regular season: two five (5) minute overtime sessions. No shootouts.
 - b. Post season: two five (5) minute overtime sessions. After the second overtime session ends in a tie, a shootout will occur. Each team will get five (5) shooters picked from the eleven (11) players on the field at the end of regulation. Each



team alternates shots until all five (5) shooters are complete. The team with the most goals wins the game. If tied after five (5) shooters the score remains tied, each team gets one (1) additional shooter to determine a winner.

E. There are 3 ways to restart a game after the ball leaves the field:

- a. Goal Kick: when a team misses a shot at the goal or kicks the ball beyond their opponent's goal line.
- b. Corner Kick: When a team kicks the ball across their own goal line, then a corner kick will result.
- c. Throw-In: When the ball crosses-over the sideline the team that DID NOT touch the ball last receives possession of the ball. The player throwing the ball in must use both hands and keep both feet on the ground.

F. Offsides: A player is "offsides" when they are ahead of the ball and closer to the goal line than the second-to-last defender. A player is penalized for being offsides ONLY if they are interfering with a play or an opponent or seek to gain advantage when the ball is played by a teammate.

SPORTSMANSHIP

A student-athlete or coach, who is ejected from a game, will be suspended for one game. If that same student-athlete or coach is ejected from a game a second time during the same season, they will be suspended for the remainder of the season. If the ejection occurs during the last game of the season, the suspension will carry over to the next sports season.