



2024-2025 MINNESOTA STATE HIGH SCHOOL LEAGUE

Adapted Soccer Rules Supplement

This is the MSHSL supplement to the Official High School Soccer Rules published by the National Federation of State High School Associations. Rules and recommendations that do not carry over the nature of the game of Adapted Soccer and are not contained within this booklet should be ignored.

These rules have been adapted as official by the MSHSL and recommended for use by organizations serving people with physical disabilities. Their use will help standardize Adapted Soccer competitions within the State of Minnesota and throughout the nation. Specific rule adaptations have been made for play in a division for athletes with physical or health impairments (PI) while others have been made for play in another division by athletes with cognitive impairments (CI). Athletes using a wheelchair, or any assistive device are not eligible to participate in the CI Division.

Rule 1: The Field of Play

Section 1: Size of Field

Art. 1: The field of play shall be rectangular with no minimum dimensions. The gymnasium walls will be used to determine the size of the playing field. The ball may be played off the walls if the goal lines and touch lines and walls coincide.

Section 2: Markings

Art. 1: The field of play shall be marked by the home team with distinctive lines in accordance with the diagram.

Art. 2: When necessary, a distinctive color 2-inch line should be used to mark boundary lines. Markings designed to assist players with positioning are not allowed.

Art. 3: **(CI Division)** Five feet from the center line and side lines will be X's to mark the spots for alternating indirect free kicks.

Art. 4: The center of the field is indicated by a circle of 5-foot radius.

Art. 5: The goal area shall be indicated on each end of the field of play by a 1-inch line of distinctive color, forming a semi-circle of 10-foot radius. The center of the semi-circle shall be from the center of the goal line and this line designating the goal area shall extend from goal line to goal line at each goal and continue to be extended to the end line, but parallel to the side of the goal and four (4) feet away. (See diagram). No player, except the goalie, may enter the goal area unless they are playing the ball.

Penalty: 1 time - warning; 2nd and successive times - if defensive violation, then indirect free kick from penalty kick line; if offensive violation, then it is a goalie throw-in.

Art. 6: A penalty area shall be indicated on each end of the field of play by two lines drawn at right angles to the goal line, 12 feet from each goal post. These lines shall extend into the field of play for a distance of 19 feet. The ends of these lines shall be joined by a line parallel to the goal line. The lines are part of the penalty area.

Art. 7: The Penalty Kick shall be 18 inches long and 1 inch wide, 22 feet from the goal line, directly out from the center of the goal line.

Art. 8: Not Applicable
Art. 9: Not Applicable
Art. 10: Not Applicable
Art. 11: Not Applicable

Section 3: Corner Flags

Art. 1-3: There will be no corner flags or posts used.

Section 4: Goals

Art. 1: Indoor goals are required. The back of the goal should be placed against the wall (see diagram).
Art 1a: If tape is used to designate goals, it is required that the color of the tape be of contrasting color to the wall and be 2 inches wide. The outside edge of the tape should be the goal dimension of 12 feet long and 4 feet high. (Note: A ball hitting any portion of the tape is considered a goal). The perpendicular tape line shall be extended onto the floor for 12 inches. That is the 4-foot tape line designating the outer edge of each side of the goal shall be extended unto the floor another 12 inches and will be perpendicular to the wall. (See diagram)
Art. 2: Federation Rule

Section 5: Official and Team Areas

Art. 1: Separate team areas should be designated on one side of the court.
Art. 2: Not Applicable
Art. 3: Not Applicable

Section 6: Spectator Area

Art. 1: Spectators should be confined to a designated area.

Section 7: Field Conditions Federation Rule

Rule 2: The Ball

Section 1: Federation Rule

It is the responsibility of the home team to provide three or more official game balls of similar quality. If the home team cannot provide three balls, the referee shall choose game balls from those offered by both teams.

Section 2: Specifications

Art. 1: The game ball shall be a felt-covered indoor soccer ball, size 5.
Art. 2: Not Applicable
Art. 3: The ball shall be inflated such that when dropped from shoulder height, it will not bounce above knee height.
Art. 4: **MSHSL Rule:** If the ball becomes too deflated see provision of Rule 9.2.1. Alternating indirect free kicks (Drop Ball).
Art. 5: Not Applicable

Rule 3: The Players and Substitutions

Section 1: Number of Players

Art. 1: The game shall be played by two teams, each consisting of not more than seven players, one of whom may be the goalkeeper. Each team shall designate a team captain who is responsible for teammate's actions on the field.

Art. 2: A game shall not be started with fewer than four properly uniformed players on each team. After the game is started with four players, it shall not be continued with fewer than four players on a team. If a team has fewer than four eligible players, the game shall be forfeited to the opponents.

Art. 3a: **(PI Division)** Updated: 4/9/2018

1. Players using wheelchairs: Teams must play at least two athletes using wheelchairs or one wheelchair and one player using a walker. If the team is short, one player using a wheelchair must play one player short. Note: A player whose physical condition requires the use of a walker (a device with four bases of support) for mobility will be counted as one of the required players using a wheelchair. Players that use crutches or canes are not counted as a player using a wheelchair.
2. Players using wheelchairs must be independent in the management of their wheelchairs, manual or power chairs. No assistance will be allowed whether it is a pusher, a person having remote control, or any other physical assistance.
3. An ambulatory player using a walker to fulfill one of these roles at any point of a given game will not be allowed to enter that game as a non-assistive device user. They may use a wheelchair or walker but cannot play as an otherwise ambulatory player.
4. An ambulatory player using a wheelchair to fill an assistive device position at any point of a given game can continue to play in that same game as an otherwise ambulatory player, when needed. Players that use a walker are not allowed to use their hands to propel the ball. Players that use crutches or canes are NOT counted as a wheelchair player.

Art. 3b: Athletes using a wheelchair, or any assistive device are not eligible to participate in the **CI Division**.

Art. 4: **(PI Division)** In order to freeze play, the goalie must have control of the ball by catching or trapping.

Art. 5: The goalie may not throw the ball past half court. When thrown, the ball must touch a player on the goalie's end of the court.

Penalty: Defense gets an indirect Free Kick from the centerline.

Section 2: Position of Players

Art. 1: The team winning the coin toss shall have the option of: Choosing which end of court to defend, or Taking the kickoff

Art. 2: **(PI Division)** Teams shall exchange goals after the first regular period of play and retain the second period goals for all overtime periods of play. **(CI Division)** Teams shall retain positions on court throughout the regulation game and overtime. If both coaches agree before the start of a game, teams shall exchange goals after the first regular period. If the game goes into overtime, the second period goals are retained for all overtime play.

Section 3: Substitutions

Art. 1: **(PI Division)** Player substitutions may only be made on a dead ball. Substituting players during a live ball is illegal.

Penalty: First time - warning and indirect free kick for the opposing team. It is awarded when the offending team secures control of the ball. Second and successive times, a penalty kick is awarded to the opposing team.

Art. 2: Except during a time-out, no substitutions are permitted during the last two minutes of the game, unless created by an injury.

(CI Division) Substitutions can be made only every five minutes or during a time out or for an injured player.

(CI Division) There will be stoppage of play every five minutes for possible substitutions.

Art. 3: Not Applicable

Art. 4: Not Applicable Art.

5: Not Applicable Art.

6: Federation Rule Art.

7: Federation Rule Art.

8: Not Applicable

Section 4. Procedure For Substitution

Art. 1: Not Applicable

Art. 2: Not Applicable

Art. 3: **(PI Division)** Federation Rule

Section 5. Goalkeeper Change Federation Rule

Section 6. Excessive Player Substitution Federation Rule

Section 7: Wheelchair Pushers

Art. 1: Players using wheelchairs must be independent in management of their wheelchairs during play, manual or power chairs. No assistance will be allowed whether it is a pusher, a person having remote control, or any other physical assistance.

Rule 4: Player Equipment

Section 1: Required Equipment (Other Equipment)

Art. 1: Required player equipment must include a numbered team jersey or shirt of the same colors.

Art. 2: It is strongly recommended that all players who use wheelchairs wear some form of head and face Protection

Art. 3: Not Applicable

Section 2: Other Equipment

Art. 1:

1. Federation Rule

2. Federation Rule

3. Federation Rule

4. Federation Rule

5. Federation Rule

6. Federation Rule

7. Federation Rule

8. Federation Rule

i. No unnecessary equipment is permitted on wheelchairs. Unnecessary equipment is defined as equipment that is not needed for operation or play during the game.

j. Ambulatory devices used to propel or trap the ball must be padded with no less than two inches of foam

rubber or its equivalent from the hand grip to two inches off the floor. Any ambulatory device may need to be padded if it could be dangerous to teammates or opponents. Use of ambulatory devices: If a player uses any ambulatory device to propel or trap the ball, their legs cannot be used.

Penalty: Indirect Free Kick from spot of infraction.

k. If a player uses an ambulatory device to propel or control the ball, it may not be raised any higher than the player's knees, in any direction.

Penalty: Direct Free Kick at point of infraction: On the third infraction by the same player, that player is ejected from the game. Any flagrant infraction: player is immediately ejected from the game.

l. Any player needing protective equipment must be padded to the satisfaction of the official(s).

Art. 2: Federation Rule

Art. 3: Federation Rule

Art. 4: Federation Rule

Art. 5: Federation Rule

Art. 6: Federation Rule

Art. 7: Not Applicable

Art. 8: Federation Rule

Art. 9: Federation Rule

Art. 10: Federation Rule

Section 3 Coaches Responsibilities Federation Rule

Rule 5: The Officials

Section 1: General

Art. 1: There shall be two required officials for all varsity contests. Junior varsity contests may use one official. The use of additional officials is optional.

Art. 2: Federation Rule

Art. 3: The officials shall be dressed alike in the uniform primarily consisting of.

- a. A shirt approved by the state association.
- b. Black shorts
- c. Federation Rule
- d. Whistle, yellow card, red card, stopwatch and flipping coin.
- e. Not Applicable

Federation Rule

Section 2 Pregame Responsibilities

Art. 1: Federation Rule Art. 2:

- a. Federation Rule
- b. Not Applicable
- c. Not Applicable

Federation Rule

Art. 3: Not Applicable

Section 3 During the game Art. 1: Federation Rule Art. 2:
Federation Rule

Section 4. After the Game Federation Rule

Art. 1: The head referee shall:

- a. Verify the score.
- b. Report in writing any disqualifications and unusual incidents to the proper authorities.

Rule 6: Ball Holders, Timer and Scorer

Optional

Rule 7: Duration of the Game – Length of Periods

Section 1: Length of Periods

Art. 1: Two equal halves of twenty (20) minutes each shall be played (running time).

(CI Division) - The twenty (20) minute halves are stopped by horn or whistle every five (5) minutes for possible substitution.

NOTE: Stoppage of clock is based on time (5-minute interval) and is not delayed because of play on court or position of ball. Any huddling of players and coach as in a time-out is illegal and shall result, after one warning by an official, in either forfeiture of a time-out or a penalty kick awarded to the other team if the team has no time-outs left.

NOTE: Either an on-the-court player or a coach may call a time-out. If an on-the-court player asks for time-out, an official is to verify with that team's coach if the request should be honored before granting the time-out.

Art. 2: Federation Rule

Art. 3: Not Applicable

Art. 4: Not Applicable

Art. 5: Not Applicable

Art. 6: In the last minute of the game, if a 2 goal or less differential exists, then stop time will be used.

Art. 7: Each team shall be allowed one non-accumulative time-out the first half and two non-accumulative time-outs the second half. Teams may only call time-out if the ball is dead or if they have control of the ball. No time-outs are awarded during overtime periods.

Section 2: Intervals between periods

Art. 1: Half time during tournaments shall be ten (10) minutes; regular season half time shall be 5-10 minutes...mutually agreed upon by coaches.

Art. 2: Not Applicable

Art. 3: Not Applicable

Section 3: Tie Games

Art. 1: Tie game situations for tournaments only: if at the end of the game there is a tie, a five (5) minute time-out is given. A coin flip decides the kick-off team for the start of the overtime period. A ten (10) minute running time *Sudden Victory* period is played. If no goal is scored during that time, a "shoot out" occurs with four (4) players of each team taking part. Any team member may be goalie, and any team member may be one of the four (4) shooters. Shots are taken as if they are Penalty Kicks. A flip of the coin decides which team goes first. All four shooters from one team will go before the opposing team shoots. If the score is tied after that round, another round is conducted until one team has scored more than its opponent. All regular season games that are tied at the end

of the 2nd period shall remain a tie.

Art. 2: Not Applicable

Art. 3: **(PI Division)** The number of running violations carry over from the second period.

Section 4: Time-Out and In

Art. 1: The clock shall be stopped for a penalty kick, for cautioning (yellow card), for disqualification (red card), serious injury, equipment, or facilities problems. **(CI Division)** Stop clock every five minutes for possible substitutions.

Art. 2: Federation Rule

Art. 3: **(PI Division)** Federation Rule

Section 5: Federation Rule

Rule 8: The Start of Play

Section 1: Kick-Off

Art. 1: Federation Rule

Art. 2: All players must be in their team's half of the court, except the player taking the kickoff and all opposing players at least ten (10) feet from the ball when it is kicked.

Art. 3: The ball shall be kicked while it is stationary on the floor in the center of the field of play. The ball must be kicked forward. The ball is in play when it moves forward. The ball may be moved the best way for each participant (i.e., kicked, hit with the fist or open hand if the player can otherwise not kick the ball, or moved by using his/her wheelchair). This kick is considered an indirect free kick. If the ball is not properly kicked off the centerline, the ball shall be placed on the kick-off mark and re-kicked by the same team. After the kick, the ball must touch an offensive or defensive player (other than goalie) for it to be a goal. If it does go into the goal without touching another player, other than the goalie, it is a goalie throw-in.

Art. 4: Federation Rule

Rule 9: Ball In and Out of Play

Section 1: Ball In and Out of Play

Art. 1: The ball is out of play when it has . . .

- a. completely crossed the goal line
 - b. been interfered with by a spectator
 - c. been kicked into the stands
 - d. been kicked and rests on top of the goal net or goes into the goal on an indirect free kick, not touched by a player other than the kicker.
 - e. been intentionally interfered with by any team personnel on the bench.
 - f. The ball shall be placed into a play be a . . .
 - g. center kick by the defending team
 - h. alternating Indirect free kick
 - i. indirect free kick by team not last touching the ball
 - j. goalie throw-in
 - k. indirect free kick by opposing team
- Art. 2: The ball is in play at all other times, including:
- l. Federation Rule

- m. Federation Rule
- n. Federation Rule
- o. when the ball misses the net and rebounds back to the playing field
- p. when the ball bounces off the side walls or stands (i.e., there will be no touch line in effect).

Art. 3: Federation-Rule

Section 2: Alternating Indirect Free Kicks (Drop Ball)

Art. 1: An indirect free kick is used whenever a drop ball would occur in non-adapted soccer.

- e. An Alternating Free Kick* occurs when the ball becomes stuck under a wheelchair and cannot be freed in a reasonable amount of time.

NOTE: *Alternating Free Kicks start with the first such kick being awarded to the visiting team. **NOTE:** If the ball is intentionally trapped and held under the wheelchair by a player without making any attempt to get the ball out, or preventing the opponent from playing the ball, the referee shall call a *Delay of Game Foul* and signal an Indirect Free Kick for the opposing team.

Art. 2: **(CI Division)** - An alternating indirect free kick is used to start play when the clock has been stopped at a five-minute interval for substitutions, if no team has clear possession. If the officials determine a team has clear possession, that team is awarded an indirect free kick in the appropriate quadrant.

- a. The spot of the alternating indirect free-kick is at the X (5 feet from center and side lines - see Rule 1, Sec. 2, Art. 3) of the quadrant the ball was in when play was stopped.

Art. 3: Not Applicable

Art. 4: Not Applicable

Art. 5: Not Applicable

Art. 6: Not Applicable

Rule 10: Scoring

Section 1. Goals

Art. 1: Federation Rule

Art. 2: A goal MAY be scored directly from a:

- a. Kickoff as long as it touches another offensive or defensive player other than the goalie
- b. Direct free kick
- c. Not Applicable
- d. Penalty kick
- e. Not Applicable
- f. Not Applicable
- g. Not Applicable

Art. 3: Federation Rule

Section 2: Forfeits

A game shall be forfeited if a team has fewer than four (4) players at the start of the game or fewer than four (4) players during the game.

Section 3: Federation Rule

Rule 11: Offside

Section 1: Offside

Art. 1: There is no offside in Adapted Soccer.

Rule 12: Fouls and Misconducts

Section 1: Kicking-Striking-Tripping-Jumping-Spitting

Art. 1: Kicking, striking, tripping, pushing, holding or jumping at an opponent (or charging with a wheelchair) are fouls.

Penalty: Direct Free Kick. If the foul is committed by a defender in his/her defensive penalty area, then a Penalty Kick is awarded.

Art. 2: Not Applicable

Art. 3: Federation Rule

Art. 4: **(PI Division)** DANGEROUS DRIVING FOUL: Wheelchair players are not allowed any form of charging/ramming or initiating contact with their wheelchair towards an opponent (ambulatory or in wheelchairs). Wheelchair players must avoid any contact if an opponent is stationary in front or behind them. **Penalty:** Direct Free Kick. If the foul is committed by a defender in his/her defensive penalty area, then a Penalty Kick is awarded. At the official's discretion, any conscious attempt to hurt/injure another player shall result in a Red Card/Player Ejection. **NOTE:** Wheelchair players are allowed to play the ball, but they must not use their wheelchair to initiate contact with an opposing player. If an opposing player quickly steps in front or behind a wheelchair, thus not allowing that wheelchair a chance to avoid the contact, that contact shall be deemed incidental and not penalized. Safety is of utmost importance, and officials are urged to call these violations when they occur.

Section 2: Handling

Art. 1: A player shall be penalized for intentionally handling, carrying, striking or repelling the ball with a hand, arm, or carrying the ball under the wheelchair. If a person moves his/her hand or arm into the path of the ball (except to protect their face), it is considered intentional handling and should be penalized. If the ball hits a player's unmoved hand or arm and the player has made no attempt to hit the ball, it is considered unintentional handling and play continues. For players that use their hands rather than their feet to propel the ball, they must bat, push or propel the ball in a way that is comparable to a kick of a foot. The ball must be rolling. Grabbing and throwing the ball is not legal and should be penalized as illegal use of hands. **NOTE:** This does not apply to goalkeepers when in their own 10-foot radius Goal Area and immediate Penalty Area if one of the goalie's feet is still in the Goal Area or the back wheels of the goalie's wheelchair are within 12 inches of the Goal Area. If the goalkeeper is using hands beyond this privileged area, a penalty should be called. (This also does not apply to players whose disability designates using their hands to move the ball. Such players may legally use their hands to the height of their head, anywhere in the playing area. However, use of hand

above the head is considered illegal, use of hands and the appropriate penalty should be called. Only the hands or feet may be used, not both).

Penalty in all cases: Illegal use of hands resulting in Direct Free Kick or Penalty Kick, if violation occurred within the Penalty Area.

Art. 2: Unintentional handling occurs when the ball strikes the hands or arms of a player who has not moved the hands or arms to play the ball, or if the ball becomes unintentionally caught beneath a wheelchair. This shall not be penalized.

Section 3: Holding, Pushing Federation

Rule **Section 4: Charging** Federation

Rule **Section 5: Obstruction** Federation

Rule **Section 6: Dangerous Play** Federation

Rule **Section 7: Restrictions on the Goalkeeper**

Art. 1: Once the goalkeeper takes control of the ball with the hands, the goalkeeper is penalized if he/she takes more than six seconds without releasing it into play.

Art. 2: Federation Rule

Penalty: Indirect free kick awarded to the opponent at the nearest X.

Art. 3: Goalie may use hands even on balls passed by their own teams.

Art. 4: Not Applicable

Section 8. Misconduct Federation Rule

Exception 12-8-if-15. A card is assessed in flagrant situations.

Section 9: Running (PI Division only)

Art. 1: Running is strictly prohibited. A player is deemed "running" when they do not maintain one foot (base of support) on the floor at all times. When a player runs, sprints or jogs, they have a "flight phase" in which both feet leave the floor at the same time. A player's speed itself is NOT restricted. Players may legally move quickly if they have one foot on the floor at all times (which may be accomplished by sliding/dragging their feet, speed walking, or taking long steps). Officials are requested not to just warn athletes but call ALL running violations. Wheelchair users have no restrictions on speed. NOTE: The goalie has unrestricted running privileges in his/her 10-foot radius Goal Area. Outside of the Goal Area, running rules apply to the goalie as any other player. *Situation 1: Jumping to head the ball is NOT running.*

Art. 2: Running Penalties: First two (2) team infractions per half: Indirect Free Kick from point of infraction by opposing team. For the third and successive infractions per half, the opposing team is awarded a Penalty Kick. **NOTE:** Players ejected from a game are disqualified from participation in the next game.

Rule 13: Free Kick

Section 1: Description of a Free Kick

Art. 1: Free Kicks shall be classified as "Direct" from which a goal may be scored against the offending team or "Indirect" from which a goal may not be scored unless the ball is first touched by another player of either team

Art. 2: Not Applicable

Art. 3: Not Applicable

Art. 4: Not Applicable

Art. 5: Federation Rule.

Section 2: When Awarded

Art. 1: Direct Free Kicks are declared when intentional delay of game by a player using their wheelchair to cover the ball and preventing the opposing team from making a play on the ball, also when ball goes out of bounds.

Art. 2: Not Applicable

Art. 3: Not Applicable

Art. 4: Not Applicable

Section 3: How Taken

Art. 1: Players opposing the kicker must be at least ten (10) feet from the ball until it is kicked, unless they are standing unless they are standing on their own goal line between the goal posts.

Art. 2: Not Applicable

Art. 3: Federation Rule

Art. 4: On any Free Kick, the player taking the Free Kick must wait until directed by an official.

Penalty: Indirect Free Kick

Rule 14: Penalty Kick

Section 1: Penalty Kick

Art. 1: Federation Rule

Art. 2: All players except the kicker and the opposing goalkeeper shall be within the field of play, but outside the Penalty Area, and at least ten (10) feet from the Penalty Kick Line. **Clarification:** Any player can be designated to kick the penalty kick or be the goalkeeper, including players on the bench at the time of the infraction. **Exception:** During the last two (2) minutes of the game, substitutions are not permitted except during a time out or when created by injury. This does not prevent forward changing positions with the goalkeeper, etc.

Art. 3:

a. The opposing goalkeeper shall stand or move his/her feet on the goal line, between the goal posts, until the ball is kicked (applicable if indoor goals).

b. The opposing goalkeeper shall stand or move his/her feet at a distance approximately 18 inches from the wall, between the goal posts, until the ball is kicked (applicable if goals are taped/painted on the walls).

Art. 4: Federation Rule

Art. 5: Federation Rule

Art. 6: Not Applicable

Art. 7: Federation Rule

Rule 15: Throw-In

Not Applicable

Rule 16: Goal Kick

Section 1: Goal Kick

Art. 1: Once a goalie uses his/her hands to control the ball, he/she is permitted only a goalie throw-in. Any kick (punt, drop kick or place kick) shall result in a penalty.

Penalty: Indirect Free Kick from the Penalty Kick Line.

Art. 2: Not Applicable

Art. 3: Not Applicable

Art. 4: Federation Rule

Art. 5: Goalkeeper can pick up the ball to put in play.

Rule 17: Corner Kick

Not Applicable

Rule 18: Definitions

Section 1: Definitions of Playing Terms

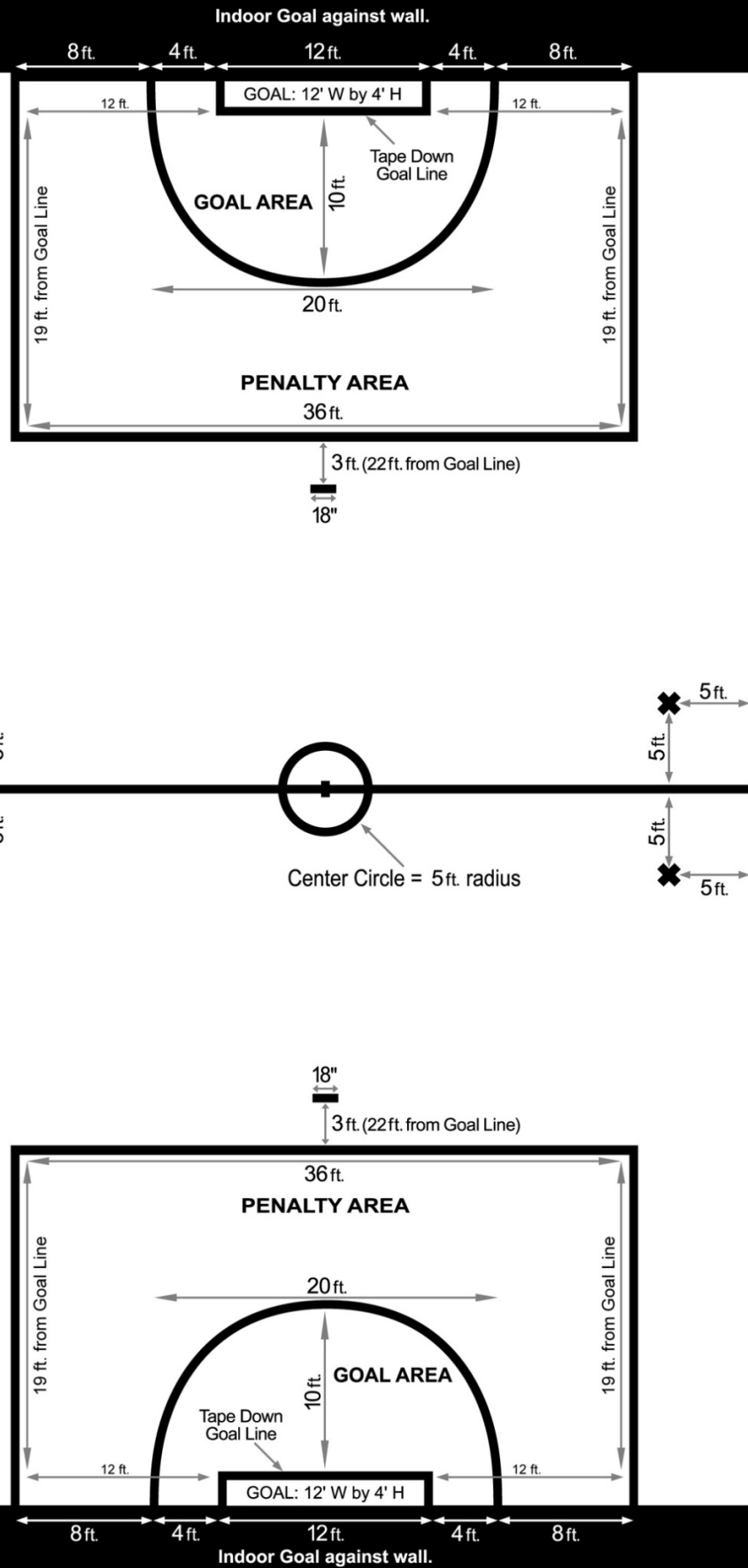
Art. 1: Alphabetical list of definitions

(dd) Parrying – Not Applicable

Points of Emphasis

- Deliberate handling of the ball occurs when a player moves his/her hand or arm in the path of the ball. If the ball simply hits his/her hand or arm, it is unintentional, and play continues.
- For goalkeeper infractions, kicks will be taken at the nearest X.
- Slide tackles are dangerous. Coaches and officials must be aware of this and prevent the practice.
- Ambulatory PI athletes with both feet off the floor (flight Phase) should be considered running and be penalized accordingly.
- Jumping to head the ball is NOT running.
- PI wheelchair athletes are not restricted to keeping their feet on the foot pedals. Non-goalie players must not be in the crease unless the ball is there.
- CI alternating free kicks are taken at the 5-minute interval for substitutions, unless a team has clear possession.
- On direct or indirect kicks – opposing players must stay back 10 feet until the ball is kicked, and they cannot be moving forward toward the ball until it is kicked.
- Player taking a direct or indirect kick cannot touch or kick the ball a second time until the ball touches another player. Violation – indirect kick for the other team from spot of violation.

ADAPTED SOCCER FLOOR DIAGRAM



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