



**Idaho High School Activities
Association
2024-2025
Soccer Coaches Packet**

unbottled.

2024 Soccer

Classification based on grades 9-12:

6A	1,400 and over
5A	1,399 - 700
4A	699 and under

2024 Soccer Season

First Day of Practice	August 12
First Game	After 10 days of practice
Dist. Tourn. Completion	October 19
State Play-ins	October 19
State Tournament	October 24-26

*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 the District tournament (includes District play in games if applicable), yellow card count will reset to "0".
10. District tournament yellow card accumulation will be as follows:
3 yellows = 1 game suspension
6 yellows = additional 2 game suspension, and so on
11. At the beginning of the State tournament (includes State play in games), yellow card count will reset to "0".
12. State tournament yellow card accumulation will be as follows:
3 yellows = 1 game suspension

Official Ball

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

2024 Soccer Representation

<u>6A</u>		<u>5A</u>		<u>4A Boys</u>		<u>4A Girls</u>	
I-II	1	I-II	1.5	I-II	2	I-II	1.5
III	5	III	1.5	III	2	III	2
IV-V-VI	2	IV	2	IV	2	IV	2
		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
3B	Time 1:00 pm B / 3:00 pm G (Pacific Time) Sat., Oct. 19

4A Girls Play-in

1-2B	Timberline HS
5B	Time 1:00 pm Sat., Oct. 19

2024 Bracketing

Qualifying teams will be seeded into the state bracket according to the final rankings through and including all regular season and district tournament matches. The high seed is considered the home team for all matches in the tournament.

#3 Seed

#6 Seed

#2 Seed

#7 Seed

#1 Seed

#8 Seed

#4 Seed

#5 Seed

2024 State Tournament

Date: October 24-26

Site: 6A: Coeur d'Alene HS (B)/Sandpoint HS (G)

5A: Bonneville HS (B)/Hillcrest HS (G)

4A: Real Life Turf Fields, Post Falls

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.

2024-26 GIRLS SOCCER CLASSIFICATION & ALIGNMENT

District	6A 1400 & Above	5A 1399-700	4A 699 & Below
I (11)	Coeur d'Alene* Lake City	Lakeland Sandpoint Post Falls	Bonniers Ferry CdA Charter Kellogg Priest River St. Maries Timberlake
II (3)		Lewiston Moscow	Grangeville
III (25)	Bishop Kelly Boise Borah Capital Centennial Eagle Kuna Meridian Mountain View Owyhee Ridgevue Rocky Mountain Timberline-B	Caldwell Columbia Middleton Nampa Skyview Vallivue	Emmett Fruitland Homedale McCall –Donnelly Payette Weiser
IV (15)	Canyon Ridge	Burley Jerome Minico Mountain Home Twin Falls Wood River	Bliss* Buhl Declo Filer Gooding Kimberly Sun Valley Community School Wendell
V (9)	Highland-P	Century Pocatello Preston*	Aberdeen American Falls Marsh Valley Malad Snake River
VI (13)	Madison Rigby Thunder Ridge	Blackfoot Bonneville Hillcrest Idaho Falls Shelley Skyline	Firth South Fremont Sugar-Salem Teton
(76)	(20)	(26)	(30)

*Member of combined co-op

2024-26 BOYS SOCCER CLASSIFICATION & ALIGNMENT

District	6A 1400 & Above	5A 1399-700	4A 699 & Below
I (10)	Coeur d'Alene Lake City	Lakeland Sandpoint Post Falls	Bonnars Ferry CdA Charter Priest River St. Maries Timberlake
II (4)		Lewiston Moscow	Grangeville Orofino
III (25)	Bishop Kelly Boise Borah Caldwell Capital Centennial Eagle Kuna Meridian Mountain View Owyhee Ridgevue Rocky Mountain Timberline-B	Columbia Middleton Nampa Skyview Vallivue	Ambrose Emmett Fruitland McCall –Donnelly Payette Weiser
IV (15)	Canyon Ridge	Burley Jerome Minico Mountain Home Twin Falls Wood River	Bliss* Buhl Declo Filer Gooding Kimberly Sun Valley Community School Wendell
V (8)	Highland-P	Century Pocatello Preston	Aberdeen American Falls Marsh Valley Snake River
VI (13)	Madison Rigby Thunder Ridge	Blackfoot Bonneville Hillcrest Idaho Falls Shelley Skyline	Firth South Fremont Sugar-Salem Teton
(75)	(21)	(25)	(29)

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Soccer Rules Changes - 2024-25

By NFHS on February 29, 2024 [soccer](#)

4-1-4d: Clarifies there is not a limitation on the color of tape or sock worn at or below the ankle.

Rationale: Athletes have the flexibility to modify socks within the existing regulations.

Frequently, they remove the foot of one sock to layer another underneath, enhancing comfort or grip inside their shoes and fastening the top sock around the ankle. Any tape or similar material used above the ankle must match the sock's color, while at or below the ankle, any color is allowed. Referees are no longer required to oversee socks below the ankle.

Rule 12: Reorganized the rule for clarity and consistency.

Rationale: The Fouls and Misconduct rule has been revised to eliminate duplicate language and improve usability. The main changes involve reorganizing the existing rule for clarity. Sections have been rearranged to enhance ease of reference, and a new section addressing Stopping a Promising Attack (SPA) has been included. Certain general language in the rule has been modified to align with other rules codes. Section 6, Ejections, provides an ordered list of offenses by severity to allow associations more flexibility for determining post-game sanctions for misconduct. Additionally, an article has been added to clarify that all necessary conditions must be met for DOGSO (Denial of an Obvious Goal-Scoring Opportunity) to be applicable.

2024-2025 Editorial Changes

3-4-3, 6-2-3, 12-9-1g

2024-2025 Points of Emphasis

1. Official's Toolbox for Game Management
2. Stopping a Promising Attack
3. After a Goal

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.



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



IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION

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Safety courses are required for all coaches on even numbered years. Courses must be taken after May 1, 2024. 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 IHSA 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 and 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 12-6, pages 63-64:

Rule 12-6 EJECTION

Article 1...A player, coach or bench personnel shall be ejected (red card) for:

- a. subsequent caution **4-3 DNA**

NOTE: If both cautions are for dissent **4-3 DA**
- b. 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**
- c. 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**
- d. 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. using insulting, offensive or abusive language or gesture:
 - 1. taunting – use of word or act to incite or degrade an opposing player, coach, referee or other individual **4-3 DA**
- f. committing serious foul play;
 - 1. the use of disproportionate and unnecessary force against an opponent while playing for the ball. **4-3 DA**
- g. spitting at or biting an opponent, teammate or game official **4-3 DA**
- h. leaving the team area to enter the field where a fight or altercation is taking place unless summoned by an official **4-3 DA**
- i. exhibiting violent conduct **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.