

NFHS RULE DIFFERENCES FROM USSF

- Rule 1 – Boundary lines are to be 4 inches wide
- Penalty kick mark to be a 2 foot line or 9” spot
 - Corner flag post must be at least one inch in diameter
 - **Nets are mandatory**

- Rule 2 – Home team provides 3 balls and at least 2 ball holders
- Approved ball must have NFHS logo

- Rule 3 – Substitutions Both teams between periods, Goal kick, Goal Scored
Play stopped for injury and player attended to on the field
Injured player must leave field and may be replaced
After cautions or disqualifications**
- Possession On a throw-in or corner kick (other team can also substitute if team
with possession substitutes)**

- **Unlimited number of substitutions for either team at these substitution opportunities**

NOTE: On a penalty kick the only substitute permitted is for injury or caution, and substitute may not take the penalty kick

- Players may be added to the roster after the start of the game

- Rule 4 – Uniforms Home team – light color contrasting with away team uniform
Visiting team – dark color contrasting with home team uniform
Both socks must be the same color with a single dominating color

NOTE: Shorts and socks of the goalkeeper are not required to be the same color as his/her teammates.

- Uniform numbers: on front and back (4” and 6”); number on front may be on shorts
CIF Ruling: Goalkeeper may not wear a jersey with advertising on it (e.g., Corona, Newcastle, or Coca Cola)
- Medical releases signed by physician required for players wearing casts/splints

- Rule 5 – Winner of coin toss can choose which goal to defend or to take the kickoff**

Rule 7 - Clock is stopped at appropriate times; time is not added on
Clock is stopped for penalty kicks, cautions, disqualifications, when a goal is scored, and all other times the referee orders the clock to be stopped

Rule 9 - After temporary suspension of play (e.g., for injury, outside agent, any unusual situation), if one team is clearly in possession of the ball, the restart will be an IFK to the team with possession

Rule 12 - Coaches may receive yellow and red cards

- **Cautioned player must leave the field and may be replaced**
- **Player red carded during half-time may be replaced**
- **Soft red cards (yellow/red) used when a second yellow card is given to a player**
- Dangerous play against a teammate results in an IFK

Rule 15 - Throw-in that doesn't enter the field results in a throw-in awarded to other team

Kicks from the Mark – any eligible player can participate (not just those on the field)

CIF Ruling - Noisemakers are prohibited inside stadiums or playing fields at any CIF Southern Section contest. This includes horns, bells, sirens, and any musical instruments other than those in the band. The improper use of any of the above listed devices by supporters of a team would subject that team to possible forfeiture of the contest.