

The Soccer competition offers a great team-building activity in the form of a fun, athletic competition. This competition is organized in a bracket format, and winning teams advance to the next round. Standard soccer rules and regulations are employed and competitors must compete in at least one competition from another category in order to qualify as a Soccer competitor. This competition does not count towards points; however, awards will be presented to the winning teams.

The Soccer competition is a team effort. There will be a separate competition for brothers and for sisters, so each school will have the opportunity to bring a sisters' soccer team as well as a brothers' soccer team.

All indoor soccer rules will govern play with the addition of the following:

- 1) All MIST rules and regulations, including dress code, apply.
- 2) Failure to participate in MIST competitions will result in immediate disqualification.
- 3) Teams must wear matching colors (i.e. matching socks, shorts, and jerseys).
- 4) All players MUST wear shin guards.
- 5) Players are NOT allowed to wear cleats with metal studs.
- 6) Shorts MUST reach the knees. No short shorts are allowed.
- 7) Each team will consist of 6 players on the field (no goalie). With 3x2 goal.
- 8) Players are not allowed to stand directly in front of the goal for extended periods of time to goal tend. Players seen goal tending will be asked to step away from the goal. After multiple warnings the player may be ejected from the game. This is up to the discretion of the referee.
- 9) Players who purposely foul other players will be immediately ejected.
- 10) Stoppage time will not be added in all rounds. Rounds will be 6 minutes per half, 2-minute halftime (subject to change per Sports Director discretion).
- 11) If a game is tied in the preliminary round it will be counted as a tie (no extra time or penalties). In the playoffs, there will be an extra five minute period. Finally, if the teams remain tied there will be penalties on regular sized goals.
- 12) Teams that move on to the playoffs will be determined by the point system. A win is worth three points, ties are worth one point for each team, and a loss is awarded no points.

13) There are unlimited substitutions. They must be done at the center line at any time. The player coming off the field must be off first before the new player may come on. Standard soccer substitution rules apply.

14) All free kicks are two touch (indirect). Any shot resulting in a goal from a direct free kick will be waved off.

15) If the ball goes out of bounds, the opposite team will play the ball in using a ground pass (no throw-ins).

16). There will be a "10 goal mercy rule" in the second half.

17) Unsportsmanlike conduct will not be tolerated. The following offenses will result in a yellow card or red card:

- a. Cursing at supervisor, official, or opposing player
- b. Insulting supervisor, official, or opposing player
- c. Participating in a fight (AUTOMATIC EJECTION)
- d. Cursing out of anger or impulse should be avoided and a yellow card will be awarded to those who excessively curse at referee's discretion.

18) No brother, whether he is a part of the audience or is a player (as mentioned above) will be allowed to attend a sister's game or vice versa.

Sister's soccer will be played in a gym.

Brother's soccer at an outdoor soccer field. (Will be moved to an indoor gym if weather intervenes.)