

MIDDLE SCHOOL SOCCER Rules & Regulations
Dated: 10/4/2025

Okaloosa County Middle School Soccer programs will play under rules governed by the
NATIONAL FEDERATION SOCCER RULE BOOK, the Okaloosa County Middle School
Conference rules and the FHSAA bylaws.

1. There will be no cheerleaders at soccer matches. Dance teams are permitted and can perform during ten (10) minute half-time.
2. Length of games will be two thirty (30) minute halves and a ten (10) minute half time.
3. There will be an 8 goal rule at or any time after halftime.
4. All tie matches will end. Point system will be used: Three points for a win, one point for a tie and Zero points for a loss. If teams are tied at the end of the regular season the 1st tie breaker will be head-to-head competition. If still tied, then the top seed will go to the team that has allowed the fewest total goals during games played during the regular season that count towards seeding matches between the schools involved in the tie. If still tied, there will be a coin flip. As for the playoffs, two five-minute golden goal (first team to score wins). If still tied in extra time, then penalty kicks.
5. At the end of the first game, a fifteen (15) minute warm-up period will be provided before the second game begins.
6. Players must wear shin guards that offer a reasonable degree of protection.
7. Any player with a cast will not be allowed to participate.
8. Shoes must meet the following standards:
 - a. Be constructed of a material which does not chip or develop a cutting edge.
 - a. All cleats, studs, or bars shall be less than one-half inch, 1.27 mm in a diameter or width, and they shall not project from the sole or heel of the shoe more than three-fourths of an inch, 1.9 mm.
 - a. Aluminum, leather, rubber, nylon, or plastic cleats with steel tips are legal if they conform to the width and the length specifications.

- a. Exception: A molded sole with multiple cleats, studs, or bars less than one half inch from the sole and not of an extreme design is permissible.
1. All red cards will be reviewed by the commissioner.
 2. Proper field markings and anchored goals must be provided. If the field is owned by the city or another school is not an excuse for not having the field properly prepared. Each school must work with whoever owns the field to ensure the field is properly prepared.
 3. Only registered officials are to be used for games.

The HOME team is responsible for reporting the outcomes of the game/event. The results should be recorded in the Google Doc accessible to Athletic Directors and Principals. Results should be reported within 24 (work day) hours of the game/event.