



IHSAA Soccer Controlled Scrimmage Rules and Regulations

I. Date

Each soccer-playing school may choose to participate in an inter-school controlled scrimmage to be held at least 48 hours prior to the first contest of each participating school.

Only one scrimmage shall be held by a high school. JV players and freshman players may be utilized, provided that they have been included in the practices prior to the scrimmage, they have full eligibility and that their plays are included as part of the scrimmage time limit. There shall be no separate freshman or junior varsity scrimmages organized.

II. Contractual Agreement

Schools who choose to participate in a scrimmage must schedule another Indiana team. Schools are implored to use good judgment and attempt to scrimmage against a team that is similar to their talent and skill level.

There shall be a contract between the two schools which will include the location, time and any financial arrangement between schools.

Spectator admission into the scrimmage would be an option of the participating schools. Both schools must be in agreement with financial arrangements prior to the scrimmage.

III. Coaches

Each team may have the head coach and two additional coaches on the field during the scrimmage. All other coaches will be on the sideline, or in the bleachers.

Each team shall have the opportunity to videotape/film the scrimmage. Only one person from each team will be allowed to videotape/film the scrimmage. Scouting **shall not be allowed** at the scrimmage. The **scrimmage videotapes shall not be exchanged** with other coaches for the purpose of scouting. The purpose of the scrimmage is evaluation of your own squad.

Coaches should communicate prior to the scrimmage to assure players are competing against players of comparable talent level and so that coaches are in agreement as to the format of the scrimmage.

IV. Players

Only those players who have participated in five days of practice and who have full eligibility shall be permitted to participate in this scrimmage.

V. Officials

Two officials shall be provided by the home team. There will be a running clock. The only time the clock will stop will be for an injury. Officials should go through all signals, but the clock operator shall not stop the clock for fouls, violations, etc. This does not apply to the "GAME SITUATIONS" part of the scrimmage.

Officials are responsible for seeing that the clock continues to run and that no more than the maximum time of each segment is played.

The scrimmage officials are responsible for enforcing all the specified rules, including the time rules of the scrimmage. No one has the authority to supersede the officials' decision on any aspect of the scrimmage.



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VI. Time Schedule

(MAXIMUM time limits listed. By mutual agreement, coaches may adjust to shorten the time limits listed):

15 Minute Warm-up

Session 1 (25 minutes)

Full Field Scrimmage

- Head coach and two assistants may be on the field
- Unlimited time-outs by coaches
- Unlimited substitutions may be made on the fly
- Running time

5 minute Break

Session 2 (25 minutes)

Full Field Scrimmage

- Head coach and two assistants may be on the field
- No Time-Outs
- Unlimited substitutions may be made on the fly
- Running time

5 minute Break

Session 3 (30 minutes)

Full Field Scrimmage

- No time-outs
- National Federation substitution rules
- One coach per team on the field
- Game-like conditions
- Running time

Session 4 (15 minutes)

Penalty Kicks

- After scrimmage
- IHSAA Tournament format in use
- By agreement of Coaches and Officials, teams may elect to conduct shootouts using both goals to maximize the opportunities for participation.

Total time for Controlled Scrimmage: 2 Hours (including warm-up)

If this scrimmage format is not followed, it will be considered a contest and shall count as one of the allowable season contests.

The IHSAA will strictly enforce the scrimmage format. Schools that choose to use other scrimmage formats are subject to disciplinary procedures.