

Soccer Scrimmage Guidelines

A soccer scrimmage may not exceed a total of 100 minutes and unlimited substitutions are permitted. The length of time for the periods of play is to be determined by the coaches, not to exceed 40-minutes in any one period: halves, three-quarters or quarters. Scoreboards may be used for timekeeping only. The clock will begin with the goal keeper in possession of the ball. When a goal is scored, play will be restarted with goalie possession. The goalie can restart play with a goal kick, goalie throw or goalie punts.