



2024 and 2025 Men's and Women's Soccer Rules Changes

The following rules changes were approved by the NCAA Men's and Women's Soccer Rules Committee and the Playing Rules Oversight Panel. All rules changes are effective with the 2024 season.

NOTE: The rule references listed below are reflective of the 2024 and 2025 rules book.

Rule	Rules Change and Rationale
Ball Pressure 2.1.3	<p>The pressure of the ball shall be 8.5 to 15.6 psi. Ball pressure shall conform to the manufacturer's recommendation. Various manufacturers have different ball pressure requirements printed on the ball.</p> <p>Rationale: Soccer balls all have the manufacturer's recommendations printed on them. The previous rule allowed for a wide range and potential conflict between a preference of ball pressure and the manufacturer's recommendation. Following the manufacturer's recommendations will ensure balls are inflated to the optimal pressure for that particular ball and avoid potential injury situations where the ball is inflated above the manufacturer's recommendation.</p>
Game Roster 3.2.1 and 6.3.4	<p>To require the official NCAA game roster, <u>with starting players designated</u>, to be given to the <u>opposing coach and referee</u> (in addition to the scorekeeper as currently required) not later than 30 15 minutes before game time. Note: The copy given to the opposing coach and scorekeeper shall have the total number of cautions and ejections for all players, coaches and other bench personnel listed. The copy given to the referee shall not have card information listed. All copies shall include the name(s) and number(s) of the suspended player(s) and date(s) of the suspension(s).</p> <p>Rationale: To assist officials in identifying players for misconduct, especially in the coaching and team areas, and to potentially avoid situations where illegal players participate. Designating starters will facilitate the process of entering player names and numbers by the sports information staff.</p>
Stopping the Clock 3.8.8 and 6.3.5.4 (2022/2023 Rules 3.7.2 and 6.3.5.5)	<p>To require the clock to be stopped on substitutions made by the leading team or if the game is tied in the final 15 minutes of regulation play and all of overtime.</p> <p>Rationale: Currently, the clock stops during the final five minutes of the second period (or second overtime period) when the leading team makes a substitution. Surveys consistently pointed out that coaches felt the clock was being unfairly manipulated by teams in order to earn a win or a tie. Expanding the window during which the clock will stop for substitutions will preserve playing time and reduce opportunities to manipulate the clock.</p>

<p>Video Review 5.7.3</p>	<p>To expand video review to include:</p> <ol style="list-style-type: none"> 1. All potential penalty kick situations. 2. All straight red card situations. (An ejection for two yellow cards is not reviewable.) 3. Denial of obvious goal-scoring opportunities situations. 4. Any potential offside violation involving goal-scoring situations. <p>Rationale: To assist officials with getting game critical and misconduct situations correct. The 2023 experimental rule, which was used by eight DI conferences, included penalty kick, straight red card and denial of obvious goal-scoring opportunities situations. Out of 80 reviews, 17 calls were changed based on video review.</p>
<p>Postseason Overtime 7.2.1 (2022/2023 Rule 7.1.1)</p>	<p>To reinstate sudden-victory (golden goal) during postseason overtime.</p> <p>Rationale: In previous seasons, there were very few instances of the team being scored on first in overtime coming back to win the game. Therefore, requiring teams to play more minutes with few instances of a different result, especially with the potential for the advancing team to play another game the following day, is not in the best interest of the student-athlete.</p>
<p>Substitutions for DI Men – Substitution Moments 3.4.3 (2022/2023 Rule 3.6.1)</p>	<p>FOR DI MEN ONLY:</p> <p>To allow teams six moments to make substitutions in a game. Current substitution exceptions for goalkeepers, injury caused by an opposing player who was cautioned or ejected, bleeding injury, blood on the uniform, concussion evaluation and a permanent medical condition will not count as a moment as long as no other substitutions are made at the same time by that team. If a coach has used all of their moments and there is an injury not covered by the current exceptions listed previously, the team will play short. For postseason overtime games, any unused moments will carry over and one additional moment for all of overtime will be awarded.</p> <p>An official NCAA substitution card will be created to assist with substitution moments. Coaches will be required to hand the card to an official before the substitute(s) will be beckoned onto the field.</p> <p>Rationale: To restore game flow and reduce the amount of lost time due to unlimited potential substitution moments. Based on the substitution statistical data since 2016, the average number of individual substitutions made per team per game has increased (10.38 to 14.97) and the number of players used per team per game remains unchanged (16.39 vs. 16.49). The result is that the same players are cycling in and out multiple times, which impedes game flow and reduces the amount of time the ball is in play.</p>

<p>Substitutions for DI Men – Any Stoppage of Play 3.4.3 (2022/2023 Rule 3.6.1)</p>	<p>FOR DI MEN ONLY: To allow substitutions to occur during any stoppage of play.</p> <p>Rationale: To acknowledge that with limited moments for substitution, coaches should have the flexibility to make substitutions during any stoppage of play.</p>
<p>Substitutions for DI Men – No Re-Entry 3.5.1 Exception (2022/2023 Rule 3.6.1)</p>	<p>FOR DI MEN ONLY: To eliminate re-entry in the second half for field players and make all periods the same (no re-entry).</p> <p>Rationale: Division I men’s head coaches have consistently expressed a preference to more closely align substitution rules to the IFAB (FIFA) Laws of the Game. The committee reviewed player and substitution statistical data since 2016 and noted the average number of individual substitutions made per team per game has increased (10.38 to 14.97); however, the number of players used per team per game has remained unchanged (16.39 vs. 16.49). This data suggests substitutions are being made to move the same player into and out of the game on a rotation basis rather than increasing overall opportunities for participation. Therefore, the committee’s aim is to eliminate the second half re-entry to improve the flow of the game and acknowledge the membership’s opinion without negatively impacting overall participation rates. Re-entry for goalkeepers (one re-entry per period) and re-entry allowances for illness/injury/bleeding, signs of concussion and permanent medical conditions remain unchanged.</p>