

HFYSL GAME PLAY

C-League Game Rules

It is expected that the following rules will be followed for each C League Scrimmage Session

- Warm-ups and stations begin at 6:15 and last for 20 minutes. Warm-ups should consist of team activities (3 or 4). We suggest at least 3 stations with 4 children at a station. See sample lesson plan for activity ideas.
- Scrimmage will consist of four, 8-minute quarters (short break between) starting at 6:40 PM and ending at 7:15 PM (approximately).
- Teams will play with **7 players on the field** at a time, including one goalie. A minimum of 5 players is required for play.
- 2 referees will be available at each scrimmage. They will act as linesmen **ONLY**. No off-sides will be called and coaches will make any “foul play” calls (due to rough behavior).
- The referees will be responsible for indicating when the ball is out of play and which team caused the ball to go out of bounds and thus who has the corner-kick, goal-kick or throw-in.
- All children will have equal playing time.
- Substitutions may be made on the fly or at any natural break in play.
- Teams should be nominally aligned with 3 forwards, 3 defenders, and 1 goalie.
- If substituting at a stop in play, play should not resume until all kids are properly positioned.
- Throw-ins should be re-done and the proper technique explained if necessary.
- There are no direct kicks or penalty kicks. If a player is determined to have committed a foul, it will result in an indirect kick for the other team from the spot of the foul.
- No opposing player may be within 10 feet of a player making a free kick.
- No opposing player may be within 5 feet of a player making a throw-in.
- Fouls should not be called except in the case of handballs and rough play (pushing with hands, raised elbows, purposeful tripping, etc.)
- Play may be halted to prevent injury (ex. Multi player “scrum” for ball with pushing, kicking, shoving, etc.).
- Play may be halted to make a key “coaching point”, but this should be done sparingly and only when necessary when players are struggling.
- After any non-standard stoppage, play resumes with a drop-ball from where the ball was when play stopped.

Prior to Start:

1. Coaches meet to determine number of kids playing at a time (min 6 / max 9, includes goalie).
 - a) Coaches should “loan” players to the other team if needed to make teams even. This is to ensure equal playing time for all kids on both teams. Pinnies may be used to minimize confusion.
2. Coaches agree to who will keep time.
3. There will be breaks between activity time and scrimmage and between quarters to allow for proper hydration.

After Finish:

1. Coaches should have team do a cheer of appreciation for the efforts of the opposing team.
2. Teams should line up single file and shake hands.
 - a) Reinforce the need to be respectful and appreciative of the other team.
 - b) Any disrespectful or inappropriate comments and/or behavior should be made known to the Coach of the offending team and the League.

3. Make sure all garbage is removed from the field and placed in trashcans.

Important Notes Regarding Play:

1. ONLY ONE COACH ON THE FIELD DURING GAME PLAY, the other coach can stay on the sideline to help with substitutions etc. Of course you can switch, after each quarter, who is on the field.
2. The ball is out of play:
 - a. When it has **wholly** crossed the goal-line or touch-line, whether on the ground or in the air.
 - b. When the game has been stopped by the coach or referee.
3. The ball is in play at all other times from the start of the match to the finish including:
 - a. If it rebounds from a goal-post, cross-bar or corner flag-post into the field of play.
 - b. If it rebounds off either the referee or coach when they are in the field of play.
4. A goalie must be within his “box” to capture the ball with his hands. If he comes outside the box and touches the ball, a handball is called and a direct kick is awarded.
5. A direct kick can pass the goal posts and become a score.
6. An indirect kick is awarded for an inadvertent handball in the field of play. An indirect kick must be directed at a teammate and CANNOT result in a score.
7. Behavioral infractions for intentional hitting, shoving or tripping can be called. A direct kick will be awarded to the opposing team.
8. If a ball goes out at the goal line (not between the goal posts) and is kicked out by the defending team, a corner kick is awarded.
9. If a ball goes out at the goal line (not between the goal posts) and is kicked out by the offensive team a goalie kick is awarded.