

HFYSL GAME PLAY

A/B-League Game Rules

It is expected that the following rules will be followed for each A/B League Scrimmage Session

- We suggest that you encourage your kids to arrive 15 minutes prior to game time to allow ample time for warm-ups. Games will begin precisely at 6:15.
- Games will consist of four, 12-minute quarters with a five-minute half time break and a break between quarters. The referee will time the quarters and the breaks.
- Teams will play with 9 players on the field at a time, including one goalie. A minimum of 7 players is required for play.
- 2 referees will be available at each game.
- 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. The referee will make the call when the ball goes out of bounds and determine which color gets the ball.
- All children will have equal playing time.
- We suggest an alignment of 3 forwards, 2 middle fieldmen, 3 defenders, and 1 goalie.
- Substitutions are made at a stop in play.
- 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.
- Play may be halted to prevent injury (ex. Multi player “scrum” for ball with pushing, kicking, shoving, etc.).

Prior to Start:

1. Coaches meet to determine number of kids playing at a time (min 7 / 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. 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 Rules 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. Kickoff:
 - a. The home team determines whether they want to kick off or determine the direction of play.
 - b. The team which kicks off also does so in the 3rd quarter.
 - c. Teams change ends at half-time
 - d. After a goal, the team surrendering the goal, restarts the game with a kick-off.
 - e. On a kick-off, the ball must be played into the opposing half of the field (distance of the circumference of the ball). The kick-off will be taken if these conditions are not met.
 - f. The player taking the kick-off may not play the ball twice in a row. If he does, an indirect free kick is awarded to the opposing team.
5. Goals:
 - a. A goal is awarded anytime the ball is successfully propelled between the goal posts. Should a defending team cause the ball to enter their own goal in any manner (including handling the ball), a goal is counted for the attacking team.
 - b. At the end of the game, the referee will signal the team that has the most goals and is thus, the winner.
6. If the game as been temporarily suspended, it may be re-started with a drop ball. The referee drops the ball to the ground between one member of each team, either of whom may play the ball after it hits the ground. A goal MAY be scored directly from this situation. A drop ball may not take place in the penalty zone. At the end of a game, the referee will indicate the number of goals by each team.
7. Throw-ins:
 - a. Throw-ins are indirect which means a throw-in must be touched by another player before a goal can be scored.
 - b. During a throw-in, the ball must be held equally in the players hands. It must start at a point behind the player's head. The player must be behind the out of bounds line. If a player steps over the line, the ball 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.
10. 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.
11. Behavioral infractions for intentional hitting, shoving or tripping can be called. A **direct kick** will be awarded to the opposing team.
12. If a penalty shot has been awarded and time has expired before the kick is taken, the kick will be taken and a goal may result, but there will be no play following the penalty kick.

13. On any free kick (direct, indirect or goal kick) taken by the defending team in its own penalty area, the ball must be kicked directly into play beyond the penalty area. All opponents must be outside the penalty area. The 2nd player to touch the ball must be outside the penalty area (and must not be the player who first kicked the ball). If this does not happen, the kick is to be re-taken.
14. Goalies:
 - a. A goalkeeper may not, in the opinion of the referee, hold the ball to delay the play of the game. The result of holding the ball is an indirect kick for the opposing team.
 - b. The goalkeeper is allowed a maximum of 4 steps before releasing the ball from his possession by kicking, throwing or rolling the ball. An indirect kick is awarded if he exceeds four steps.
 - c. When the goalkeeper is in possession of the ball, he may not be interfered with or impeded upon by any member of the opposing team. If the goalkeeper is impeded on, in the judgment of the referee, an indirect kick is awarded to the opposing team.
15. Handling the ball:
 - a. Intentional handling will be called by the referee and result in a **direct** free kick by the opposing team. Intentional handling is when a player intentionally handles, carries, strikes or propels the ball with a hand or arm.
 - b. Unintentional handling occurs when the ball merely hits the arm or hand of a player. This is the discretion of the referee and play will not be stopped.
 - c. If a player moves to protect himself from the ball and in the process handles the ball, this is considered intentional handling.
 - d. If a player, other than the goalie, handles the ball to prevent it from entering the goal posts, a penalty kick is awarded.
16. Offsides:
 - a. A player is said to be in an offside position when he is closer to the opposing goal line than less than two of the opposing teams players. The fact that a player is in the offside position does not automatically cause the referee to call a violation. The referee will call a violation as soon as the ball is played forward to the offside player's general area. If the ball is NOT played to the player in the offside position, there is no violation. The referee will call in favor of the defense if the call is close.
 - b. An offside violation is nullified in four situations:
 - i. If a player is in his own half of the field, he is never offside.
 - ii. A player can not be offside if he receives the ball directly from a corner kick, throw-in, goal kick or drop ball.
 - iii. If the ball was last touched by an opposing player, a player is not offside.
 - iv. If the ball is closer to the opposing goal than he is when it is passed to him, a player is not offside.
17. Penalty Kicks
 - a. A penalty kick is a free shot at goal from a point twelve yards from the center of the goal. No players except the goalkeeper can block the shot. All players except the one taking the shot must be outside the penalty zone and the penalty circle. A part of each of the goalkeepers feet must be on the goal line and he may not move until the ball is kicked.
 - b. If after the kick, the ball remains in the "field of play" it stays in play.
 - c. If a player is fouled, but still keeps the ball in good control and is not injured, the referee should not stop play unless he is in the penalty area.
 - d. If the goalkeeper moves from the line prior to the ball being kicked but the shot is still made, it

counts as a goal.

- e. Remember, “The referee won’t call it if we still have the ball” unless, rough, unsportmanslike behavior is witnessed.