

HFYSL GAME PLAY

E-League Game Rules

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

- Warm-ups and stations begin at 6:15 and last for 25 minutes followed by a 5 minute rest period. Warm-ups should consist of individual activities. We suggest at least 3 stations with 3 children at a station. See sample lesson plan for activity ideas.
- A scrimmage will consist of four, 6 minute quarters starting at 6:45 PM and ending at 7:15 (short breaks between).
- Teams will scrimmage with 4 players on the field at a time. There is no goalie. A minimum of 3 players is required for play.
- E League coaches have not been provided whistles. A better technique with this age of child is to simply use the word “freeze” to stop play if necessary.
- All children will have equal playing time.
- Substitutions may be made on the fly or at any natural break in play.
- We encourage you to not hold “positions”. Throw a ball out and let the kids run, touch the ball and have fun. With fewer children on the field, each child will naturally touch the ball more often.
- Substitutions can be made one at a time or 4 in, 4 out. Please keep in mind hydration levels of our little ones on the warm summer days!
- If a ball goes out of bounds, play the game using the "Boss of Balls" technique. In case that label is not familiar to you, it's basically keeping the game going by having the coaches throw another ball into play when it goes out of bounds or a goal is scored. It really increases the touches per game, allows us to redirect the ball to weaker players so they can play, and eliminates a part of the game that is confusing for kids that age (what to do to get the ball back in play). There are no throw-ins for E League.
- Fouls should not be called except in the case of handballs and rough play (pushing with hands, raised elbows, purposeful tripping, etc.) When a foul is called for one of these reasons, the other team gets a “free” kick from the spot of the foul.
- 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 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 3 / max 4).
 - 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 the activity time and scrimmage and between quarters for hydration purposes.

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.