

HFYSL GAME PLAY

D1-League Game Rules

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

- Warm-ups and stations begin at 6:15 and last for 20 minutes (five minute break at end). Warm-ups should consist of individual activities or team (of 2) activities. 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 (approximately).
- Teams will play with 6 players on the field at a time, **and no goalie**. A minimum of 4 players is required for play.
- 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. We encourage you to let the children “run the field” more and hold positions less.
- If substituting at a stop in play, play should not resume until all kids are properly positioned.
- 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 D1 League.**
- 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.
- Fouls should not be called except in the case of intentional 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 4 / max 6).
 - a) Coaches should “loan” players to the other team if needed to make teams even in both fields as well as reserve players. 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 activities and scrimmage and quarters to allow for proper hydration.

After Finish:

1. Coaches should have their 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.