

Hickory Fountain Green Outdoor Soccer Clinic Soccer Rules

- 1) Game ball size: #3
- 2) Game Format:
 - a) Under 5 Coed and Under 6 Coed (U5 & U6):
 - i) 3 versus 3 (no goalie)
 - ii) Two games will occur at the same time. "A" players will be on one field and "B" players on the other. A coach or designated parent will need to be on each field.
 - iii) Changes in player numbers are permitted as long as it is agreed to by both coaches.
 - iv) Allotted game time will be 1 hour: 15 minutes for practice on your own half of the field and two (2) – 20 minute halves with a 5 minute half time.
 - v) Changes in timing are permitted as long as it is agreed to by both coaches.
 - vi) Field time will conclude after 60 minutes regardless of the status of the game.
 - b) Under 7 Boys and Under 7 Girls (U7):
 - i) 6 versus 6 (5 field players and a goalie)
 - ii) Changes in player numbers are permitted as long as it is agreed to by both coaches.
 - iii) Allotted game time will be 70 minutes: 15 minutes of practice on your half of the field and two (2) – 25 minute halves with a 5 minute half time.
 - iv) Changes in timing are permitted as long as it is agreed to by both coaches.
 - v) Field time will conclude after 75 minutes regardless of the status of the game.
- 3) Substitutions:
 - a) It is recommended that a parent assist with bench control and substitutions.
 - b) Substitutions are permitted by either team during any stoppage in play (don't stop the clock).
 - c) A designated substitution time can also be used if agreed to by both coaches (E.g., every 5 minutes).
- 4) Coaches on field:
 - a) U5 & U6:
 - i) Only one coach, or designated parent, on each field per team.
 - b) U7:
 - i) Two (2) coaches per team on the field; one on either side of mid field.
 - ii) A goalie coach can stand off the field at the side of the net.
 - iii) Coaches are NOT permitted in the penalty box during play.
- 5) Referees and Time Keepers:
 - a) Coaches serve as referees and timekeepers.
 - i) All coaches on the field are required to carry (and use) a whistle. Please use a whistle to help control the game and primarily provide a safe playing environment.
 - ii) Protect the goalie (U7 only): at this age the goalie getting one hand on the ball and under reasonable control is sufficient to blow the whistle and call the play dead. This should be automatic every time.
 - iii) The clock does not stop for substitutions or for any reason (running clock). This prevents the schedule from backing up.

Hickory Fountain Green Outdoor Soccer Clinic Soccer Rules

- 6) Player Time:
 - a) Each player must play at least half of the game.
 - b) Equal time should be played on offense and defense.
 - c) Please teach goalie skills but choose your goalies appropriately. Do not force anyone to be goalie and do not hide players in the goal.
- 7) Placing ball back in play:
 - a) Sidelines:
 - i) A ball is placed back in play by a throw-in.
 - ii) An illegal throw-in should result in a re-throw after instruction by coach.
 - (1) Legal throw-in:
 - (a) Player faces the field of play.
 - (b) Part of each foot either on the line or on the ground outside the line.
 - (c) Both feet must remain in contact with the ground during the throw.
 - (d) Both hands are used.
 - (e) Ball is thrown from behind and over the head.
 - (f) The thrower cannot touch the ball again until it has touched another player.
 - b) Goal line:
 - i) Corner kick
 - (1) Occurs when the defense team kicks ball behind their goal line
 - (2) Played from the field corner that the ball went out.
 - ii) Goal kick
 - (1) Occurs when the offensive team's player kicks the ball out behind the opponent's goal.
 - (2) Can be taken anywhere in the penalty area.
 - (3) The opposing team must attempt to remain behind the midfield line until the ball has been kicked at which time they may go after the ball.
- 8) General Play:
 - a) Goalie clearing (U7)
 - i) For goalie clears (either throws or punts) – the opposing team must attempt to clear past the mid-field line. Later in the season, provided both coaches agree prior to the start of the game that the goalie can be encouraged to rapidly release the ball out if the opportunity arises. However, both coaches must agree and this play should not be used to take advantage of the opposing team moving past the midfield line but to coach the kids in how the game will be played at future levels.
 - b) Fouls:
 - i) Indirect kicks
 - (1) Played from the spot of the foul.
 - (2) The player making the kick may not kick the ball directly into the goal.
 - ii) Hand balls

Hickory Fountain Green Outdoor Soccer Clinic Soccer Rules

- (1) Should not be called when the player uses their hands to protect themselves from the ball.
- (2) Other hand balls should be called if the player gained an advantage from contacting the ball.
- (3) Played as an indirect kick.
- iii) Foul kicks
 - (1) Must be played as indirect kicks from the spot of the foul.
- iv) Penalty Box Infractions
 - (1) There are no penalty kicks.
 - (2) Any hand ball or other infraction in the penalty box will be played just outside the penalty box as an indirect kick.
- c) Play Starting Touches
 - i) Examples of play starting touches are a throw-in, corner kick, goal kick, or indirect kick.
 - ii) The player who makes the kick or throw cannot touch the ball again until another player has touched it.
- d) No slide tackling
- e) No heading the ball
- f) Aggressive play
 - i) Any player who is intentionally pushing, checking or otherwise acting overly aggressive, needs to sit down for five (5) minutes.
- 9) Other:
 - a) High Scoring:
 - i) Remember these kids are all very young. The point of this is not to win. The official score is not kept. The point of clinic is to teach kids about soccer, to develop an enjoyment of the game, to teach kids teamwork, and to be good role models as coaches and parents. Parents and coaches should be cheering good plays from both teams.
 - ii) To prevent scoring from getting out of control and in an effort to promote the spirit of sportsmanship, coaches should encourage players to complete 3 passes before scoring again and by adjusting the number of players on the field as follows:
 - (1) Teams with a 2 goal lead:
 - (a) Remove one player from the field.
 - (2) Teams with a 4 goal lead:
 - (a) Remove two players from the field.
 - iii) Every attempt must be made to control further scoring without jeopardizing the integrity of what we are trying to teach in terms of soccer skill.
 - iv) Any games that are considered a blow out, or a game where the scoring of one team is excessive, needs to be reported to the age group commissioner.
 - b) Gear:

Hickory Fountain Green Outdoor Soccer Clinic Soccer Rules

- i) Players are required to wear shin guards.
- ii) It is strongly recommended that soccer cleats be worn.
- c) Aggressive Parenting:
 - i) If a parent or other fan cannot control themselves during a game they need to remove themselves from the side line.
 - ii) If a parent will not leave, the child will need to be removed from the game.
 - (1) If this happens the commissioner needs to know about it ASAP.
- d) Adult Attendance (practices & games):
 - i) A parent, guardian or other responsible adult must be with their child at all times. This may be someone other than the parent so long as the coach is informed.
 - ii) For car pools, the parent that is driving will be responsible for their passengers.
 - iii) Games:
 - (1) U5 & U6
 - (a) The parents should sit on each end of the fields.
 - (b) No parents are to sit on the same sideline as the benches.
 - (c) Parents on the opposite side line must leave plenty of room for players to execute throw-ins.
 - (2) U7
 - (a) The parents must sit on the opposite side of the field away from the players.
 - (b) Parents must leave plenty of room for players to execute throw-ins.