



Clinic Soccer Rules – 2011

1. Games will be played with a Size 3 soccer ball.
2. Game formats will be:
 - a. Under 5 and Under 6: 3 versus 3 (no goalie). Changes in player numbers are permitted as long as it is agreed to by both coaches. Allotted game time will be 1 hour. 15 minutes for practice on your own half of the field, and two 20 minute halves, with a 5 minute half time. Changes in timing are permitted as long as it is agreed to by both coaches. Your field time will conclude after 60 minutes regardless of the status of the game.
 - b. Under 7: 7 versus 7 (6 field players & a goalie). Changes in player numbers are permitted as long as it is agreed to by both coaches. Allotted game time will be 75 minutes. 20 minutes of practice on your half of the field, and two 25 minute halves with a 5 minute half time. Changes in timing are permitted as long as it is agreed to by both coaches. Your field time will conclude after 75 minutes regardless of the status of the game.
3. Substitutions by either team are permitted during any stoppage in play (don't stop the clock). A designated substitution time can also be used if agreed to by both coaches (e.g., every 5 minutes).
4. The number of coaches allowed on the field will be:
 - a. Under 5 and Under 6: There should only be one coach on each 3v3 field per team. Since two games will be going on simultaneously, it is ideal to have a head coach on one field and an assistant or parent volunteer on the other.
 - b. Under 7: There should only be two coaches per team on the field one on either side of mid field. A goalie coach can stand off the field at the side of the net. It is also recommended that a parent assist with bench control and with substitutions. Coaches are NOT permitted in the penalty box during play.
5. Head coaches serve as referees and timekeepers, all head 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.

Protect the goalie (Under 7 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.**
6. The clock does not stop for substitutions or for any other reason (running clock). This prevents the schedule from backing up. Each player must play at least half of the game. Equal time should be played on offense and defense. Please teach goalie skills this year but choose your goalies appropriately. Do not force anyone to be goalie and do not hide players in the goal.
7. Sidelines out of bounds is played in by a throw-in. An illegal throw-in should result in a re-throw after instruction by coach. Definition of a legal throw-in, the thrower:

Faces the field of play, has part of each foot either on the line or on the ground outside the line, both feet must remain in contact with the ground during the throw, uses both hands, delivers the ball from behind and over the head, the thrower may not touch the ball again until it has touched another player.
8. Corner Kick results when the defensive team kicks the ball out behind their goal. A Corner Kick is played from the field corner that the ball went out.



9. A Goal Kick is awarded when the offensive team's player kicks the ball out behind the opponent's goal.
10. Goal Kicks can be taken anywhere in the penalty area. In addition, 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. The same applies for goalie clears as well (either throws or punts) – the other 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.

11. A Goal Kick cannot be touched by either team until it clears the penalty box (Under 7 Only). Any player may take the goal kick.
12. If the Goal kick does not clear the penalty box, the ball is replayed again as a goal kick (Under 7 Only).
13. Hand balls should not be called when the player uses their hands to protect themselves from the ball. Other hand balls should be called if the player gained an advantage from contacting the ball.
14. All foul kicks and hand balls are to be played as indirect kicks from the spot of the foul. An indirect kick means that the player making the kick may not kick the ball directly into the goal.
15. There are no penalty kicks, any hand ball or other infraction in the penalty box will be played just outside penalty box as an indirect kick (i.e. cannot be kicked directly into the goal).
16. All play starting touches (throw-in corner kick, goal kick, indirect kick, half field kick) are one-touch. This means that the player who makes the kick or throw cannot touch the ball again until another player has touched it.
17. There is no slide tackling allowed.
18. Players are required to wear shin guards. It is strongly recommended that soccer cleats be worn as well.
19. There is to be no overly aggressive play. Any player who is intentionally pushing, checking or otherwise acting overly aggressive, needs to sit down for **five minutes** and cool off.
20. **There is to be no overly aggressive parenting. If a parent or other fan cannot control themselves during a game they need to remove themselves from the side line. If a parent is unable to do this the child will need to be removed from the game. This is very rare, especially at this age. If this happens the commissioner needs to know about it ASAP. Also, the HFG Rec Soccer program is not a day care center. 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. Car pools are fine but those parents who are driving will be responsible for their passengers. Coaches are encouraged to have parents sit on the opposite side of the field away from the players during all games This facilitates coaching and substitutions during the game and reduces distractions for the children.**
21. **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.**
22. **In the spirit of sportsmanship, if a team has a 2 goal lead or more they need to choose one of the following options to prevent scoring from getting out of control**



- a. **The players must complete 3 passes before they can score again**
- b. **Only 2 players (not the best players) are allowed on the offensive side of the field. All others don't pass the 50 yard line. If the lead is 3 goals, only 1 player (not the best) is allowed on the offensive side of the field.**
- c. **Or add a player(s) to the losing team.**

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.

23. **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. Please do so in order for the commissioner to intervene with the offending coach/team.**