

Official Rules for the HVAA Junior Divisions Boys & Girls

I. Any rules not specified in the following guidelines are to be followed according to the official FIFA laws of the game.

II. Playing Time, Field Size and Number of Players

a. Playing Time

- i. Game length is 40 minutes
- ii. Juniors Division will consist of two 20 minute halves
- iii. **Every player must play at least 50% of the time.**

b. Field Size

- i. Field sizes for the juniors division will be approximately 50 yards by 30 yards.
- ii. Goal size will be 6 x 12.

c. Number of Players

- i. Team will be 6 v 6 including a goal keeper
- ii. Separate leagues for boys and girls

d. A team cannot play a regulated game with more than 2 missing field players.

- i. Games will start promptly.
- ii. If a team does not have the required number of players within five minutes of game time, they will forfeit the game.

III. Equipment

a. All players must wear shin guards.

b. Soccer shoes (soft cleat). No metal cleats will be allowed.

c. A player shall not wear anything that is dangerous to another player.

d. Players must wear the uniforms provided by HVAA

- i. The goalkeeper's shirt shall be distinguishable from the other players

IV. The start of play:

a. A coin flip starts the game.

b. The team that wins the toss decides which goal it will attack in the first half of the match.

c. Each team must be on its own half of the field and the defending players must be at least 10 yards from the ball until it is kicked.

d. The kicker shall not play the ball a second time until it has been touched by another player.

e. After a goal, the team scored upon will kick off.

- f. After halftime the teams change ends and the kick off will be taken by the opposite team to that which started the game.
- g. A goal can not be scored directly from a kick off.

V. Ball in and out of play

- a. The ball is in play when:
 - i. The ball is in the field of play or partially on the line. The game will continue as long as the ball is within these parameters.
- b. The ball is out of play when:
 - i. A ball that has wholly crossed the goal line or sidelines, whether on the ground or in the air is considered out of play.
 - ii. The ball is out of play when the game has been stopped by the referee.

VI. Throw In

- a. When the ball has wholly crossed the, touchline (sideline) it is put into play by a throw in from the spot where it went out and by a player from the opposite team that last touched it.
- b. The player throwing the ball in must face the field of play and both of his feet shall be on the touchline or on the ground outside of the touchline. The thrower shall use both hands and shall deliver the ball from behind and over his head.
- c. Thrown In violations will be explained to the player by the referee. The player committing the infringement will be given 1 warning by the referee and the player will retake the throw in. If a violation occurs again, the ball will be given to the opposing team to attempt a throw in.
- d. A goal shall not be scored directly from a throw in.

VII. Method of scoring

- a. A goal is scored when the entire ball has passed over the goal line, between the goal posts, and under the crossbar.

VIII. Offside

- a. **No offside rule for juniors**

IX. Fouls and misconduct

- a. The following fouls and misconduct are penalized:
 - i. Kicks or attempts to kick an opponent
 - ii. Trips or attempts to trip an opponent
 - iii. Jumps at an opponent
 - iv. Charges an opponent

- v. Strikes or attempts to strike an opponent
 - vi. Pushes an opponent
 - vii. Holds an opponent
 - viii. Spits at an opponent
 - ix. Handles the ball deliberately
 - x. Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
- b. All fouls shall result in an indirect free kick. No cards will be shown for misconduct.

X. Free Kicks

- a. Are classified into two categories: "Direct" (from which a goal can be scored directly against the offending side, and "Indirect" (from which a goal cannot be scored unless the ball has been touched by a player other than the kicker before entering the goal).
- b. **All kicks in the Junior Division will be Indirect.**
- c. For all free kicks the offending team must be at least ten yards from the ball until it has been kicked.

XI. Penalty Kicks

- a. **There will be no penalty kicks in the Junior Division.**

XII. Goal Kick

- a. When the entire ball has crossed the goal-line, excluding the area between the goal posts, after being last touched by a player from the attacking team, it is put back into play by a kick from the goal area (usually the six yard line) by the defending team.
- b. The ball must travel beyond the penalty area before being touched by another player.
- c. A goal can be scored direct from a goal kick

XIII. Corner Kick

- a. When the entire ball has crossed the goal-line, excluding the area between the goal posts, after being last touched by a player from the defending team, it is put back into play by a kick from a member of the attacking team from the corner on the side the ball went out.
- b. A goal may be scored directly from such a kick
- c. Players of the team opposing that of the player taking the corner kick shall not approach within 10 yards of the ball until it is in play.

XIV. Goal area

- a. No player may take up permanent or semi-permanent position within the "goal area" (this is the box in front of the goal which designates where goal kicks are taken from), unless there is active play in that area. Violators should be instructed by the referee to move, and if necessary for repeated violations the referee should talk to the coach.

XV.Substitutions

- a. The referee must be informed of any substitution before it is made.
- b. The substitute may not enter the playing field until the player he is replacing has left, and then only after receiving a signal from the referee.
- c. 3. Substitutions may take place only during a stoppage of play (Every 5 Minutes).
- d. 4. Substitutes should enter the field at the halfway line.
- e. 5. Any player may change places with the goalkeeper, provided that the referee is informed before the change is made, and that the change is made during a stoppage of the game.

XVI.Referees Responsibility

- a. Before the game starts, ask the opposing coaches:
 - i. Duration of the game? 40 minute game
 - ii. Halves? Two 20 minute halves
 - iii. When will they make substitutions? Explain Substitutions.
 - iv. Parents must be opposite teams. Game will not begin until all parents are opposite the players no exceptions. Coaches are responsible to get the parents on the correct side.
 - v. Parents are not allowed to stand next to the goal. Game will be halted until parent is moved if the parent refused the referee will call the game.
- b. Before the game starts, talk to both teams:
 - i. Let them know who you are and what you will be doing during the game.
 - ii. The coin toss - the team winning the toss chooses the goal they will defend; the other team kicks off.
 - iii. The HVAA oath will be reviewed before the start of each game.
- c. Start of Play:
 - i. Both teams should be in their own half of the field.
 - ii. Ball is in the center on the halfway line.
 - iii. Opponents of the team kicking off must be 4 yards from the ball for U-6 and U-8 until it is touched by the kicking team.
 - iv. Tell the teams to wait until you whistle or signal.
- d. Game:
 - i. After the ball is in play you follow play close enough to see what is going on but not so close as to interfere with the players.
 - ii. If the ball goes completely over one of the longer boundary lines you whistle to stop play and indicate that the restart will be a throw-in.
 - iii. If the ball goes over the shorter boundary line (goal line) and no goal is scored, the restart will be either a goal kick or a corner.

- iv. During play if you see a player carelessly commit a foul you whistle to stop play, explain to the offender what was done wrong and let the opponent restart play with an indirect free kick from the spot of the foul.
- v. At this level of play, clumsiness, inexperience, lack of skill and eagerness are the most common fouls.
- vi. Use your watch to keep track of time and stop play when time runs out.

XVII. Postponements

The Director and the league commissioner will be responsible for determining whether the fields are playable due to inclement weather. Every effort will be made to make up games that were lost due to the weather, however if it becomes impossible, the games will be recorded as ties. Email Blasts will be used to alert the leagues whether games are cancelled. No notification means games are on!

Additional Information for getting started:

Contact Team Members and Parents

Contact your team as soon as possible to communicate your practices and schedule. For 6 and 7 years soccer maybe the most important thing on their minds and they can be very anxious!

Give parents all of your contact information. The information should consist of the following:

Name:

Phone Number:

Cell Phone:

Email:

Date Time and Location of first practice:

Confirm all of your player information. The league will provide you with all your team roster information. At a minimum you should confirm the following:

Players Name:

Parents Name:

Address:

Contact Numbers:

Emergency Contact Numbers:

Email Address:

Health Issues:

Confirm with your parents the required equipment:

- All children must have shin guards and soccer cleats are recommended.
- Suggest that players should all bring their own ball to practice. We will be playing with a size 3 ball, but the players can bring a size 4 ball to practice.

Practice Suggestions:

At this age players have a short attention span and tend to get bored easy. You need to have a well designed practice plan to keep them active & moving throughout the entire practice.

Practice Tip: While an effective practice plan is important some drills just may not work with your team. The drill may be too hard, too easy or too difficult for your team. Each team is different. That is why it is important when planning practice to have a few spare drills available if one isn't working.

You should break your team into 2 groups of 4 to 5 players. With this smaller group of players you cut down the time players have waiting and watching. The time that player is not engaged in an activity is when you will "lose them". Each drill should be no more than 10 minutes. After that time rotate the team into the next drill.

Practice Components:

Pre Practice Talk - Tell your players what you will be doing with them today.

Warm-up and stretching - It's important to have a 5 minute warm up.

Fundamental Skills - Kicking, Passing, Dribbling

Game Situation Drills - Throw In's, Corner Kick, Goal Kick, Kick Off, Free Kick

Practice Game/Scrimmage - You can either play 4 vs. 4 or scrimmage team that is practicing on the field.

Post Practice Talk - Tell your players what we did well and what we will continue to work on

Practice

Date:

	Drill	Comments
Warm Up		
1.		
2.		
3.		
Fundamental Drills		
1.		
2.		
3.		
Game Situation Drills		
1.		
2.		
3.		
Scrimmage		

Sample - Snack Sign Up Sheet

Please volunteer to bring snacks for the team. Due to allergies please avoid snacks that contain peanuts and ask your parents if any allergies exist. Thank You.

Game	Date	Snack Provider	Phone Number
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			