Healing Place Athletics
Soccer Rules

Ball Size:

COED 4-5	Size 3
Boys 6	Size 3
Girls 7U	Size 3
Boys 8U	Size 3
Girls 9U	Size 4
Boys 11U	Size 4
Girls 11U	Size 4
Boys 14U	Size 4
Girls 14U	Size 4

Number of Players:

COED 4-5	4 players NO goalie
Boys 6	5 players + goalie (6 total)
Girls 7U	5 players + goalie (6 total)
Boys 8U	6 players + goalie (7 total)
Girls 9U	6 players + goalie (7 total)
Boys 11U	7 players + goalie (8 total)
Girls 11U	7 players + goalie (8 total)
Boys 14U	7 players + goalie (8 total)
Girls 14U	7 players + goalie (8 total)

Duration of the Game:

- COED 4-5: Two - 16 minute halves; Four - 4 minute periods per half
- Boys 6 & Girls 7U: Two - 18 minute halves; Three - 6 minute periods per half
- Boys 8U & Girls 9U : Two - 18 minute halves; Three 6 minute periods per half
- Boys 11U & 14U: Two - 21 minute halves; Three - 7 minute periods per half
- Girls 11U & 14U: Two - 21 minute halves; Three - 7 minute periods per half

(Time Between Periods: 1 minute. Time Between Halves: 7 minutes)

Devotions:

- 10 Minutes prior to start of game for all leagues

Substitutions:

- At the beginning of each quarter
- If a player “needs it”, such as physical distress, overheating, etc.
- When the referee has stopped play for an injured player
- Injured player cannot return until the start of next period

Players Equipment:

- No jewelry is allowed.
- All players must wear shin guards covered by long socks. Socks must cover shin guards. Only socks issued by HPC are permissible on game days.
- Soccer cleats are recommended but not required. No shoes with toe cleats – like baseball cleats. No metal cleats.

Uniforms:

- All players MUST wear their HPC issued jersey and socks for games. All jerseys must be tucked in.
- All players are required to purchase their own **BLACK SHORTS.** (Please make sure they are an appropriate length.)
- Please do not ask parents to buy any additional items.

Field Rules:

- All parents are required to stay behind the red painted boundary line
- Coaches allowed on field during play:
    - **Coed 4-5** - 1 coach per team to officiate with an additional coach outside the goal line to assist with out of bounds play. Coaches are responsible for keeping time.
    - **Boys 6 & Girls 7U**– 1 coach per team, on the field, to **quickly** line up players on a Kick off, Direct and Indirect kicks, with an additional coach outside the goal line to assist with out of bounds play. Once players are lined up, the coach must move to the side of the field during play. A coach taking too much time, in the official's discretion, will be given a warning for delay of game. The second delay of the game will cause the team to lose possession of the ball.
    - **All Other Divisions** - Coaches are not allowed on the field of play, past midfield, or behind the goals . Exception: A coach is allowed to assist a player with special needs during play.
- Coaches are expected to keep parents off of player benches on all fields.

Rules of Play (All normal soccer rules apply unless otherwise noted.)

***Headers are allowed in Boys 14U and Girls 14U ONLY. No player is allowed to intentionally strike the ball with their head in younger divisions.**

1. Officials
    - Sports Ministry volunteers will referee all games, except for the Coed league.
    - **Coed games will be officiated by the coaches of the teams playing.**
    - Coed games are to be officiated "loosely".

2. Beginning the Game
    - Team listed first on the schedule is the Home Team. Home Team will put the ball in play at the start of the first half. Visiting Team will put the ball in play for the start of the second half.
    - Teams will change ends of field at the start of the second half.
    - Teams with possession at the end of each quarter will retain possession for the start of the succeeding quarter. Exception: as stated above for the start of the first and second half.

3. Kickoffs
    - The game begins with a kickoff in the center circle. The team kicking off will line up on the centerline. The opposing team must line up outside the center circle. Play begins upon the sounding of the referee's whistle.

    The ball is in play only when it has traveled its circumference.
    - After a goal is scored, restart play with a kickoff taken by the team surrendering the goal. For a violation of this rule, the kick shall be rekicked.
    - The player, who makes the kickoff, cannot touch the ball a second time before it has been touched by another player; the penalty for this is a Direct Free Kick for Boys 8U & Girls 9U. The penalty for older leagues is an Indirect Free Kick to the opposing team. There is no penalty for Coed, Boys 6 & Girls 7U. A re-kick will apply to this league.

- Due to the size of our fields, a goal cannot be scored directly from a kickoff (directly means that no other player from either team touches the ball before it goes into the goal). If the ball is kicked directly into a goal from a kickoff, award a goal kick.

4. Ball In and Out of Play

   The ball is out of play:
   - When it has entirely crossed the goal or sideline, either on the ground or in the air.
   - When the game has been stopped by the referee

   All balls out of play will be restarted with a throw-in. Opposing players must stand back from the ball 4 - 6 yards (in all directions).

5. Free Kicks

   Only Direct Free Kicks are awarded in the Coed division. Direct and Indirect Free Kicks are awarded in other divisions, with the exception as stated above under Item 3, regarding kick-offs.

   An "Indirect Free Kick" is a kick free from interference by the opposing team and from which a goal cannot be scored unless the ball is touched or played by a second player before passing through the goal.

   An Indirect Free Kick is awarded for the following technical fouls:
   - Goalkeeper handles the ball after it has been deliberately passed by a teammate or directly from a throw-in by a teammate;
   - A player who plays in a dangerous manner, impedes the progress of an opponent or the goalkeeper from putting a ball back into play;
   - A player who commits any other offense, not mentioned, for which play is stopped to caution or dismiss a player.

   A "Direct Free Kick" is a kick free from interference by the opposing team and from which a goal can be scored. A Direct Free Kick does not need to be touched by another player before it enters the goal.

   A Direct Free Kick is awarded for the following fouls:
   - Kicking, tripping, jumping at, charging, striking, pushing, tackling, holding or intentionally handling the ball. The action must be considered to be careless, reckless or excessive force.
   - All opposing players must stand back 4 - 6 yards from the ball (in all directions).

   A foul committed in a team's own penalty area will result in a Penalty Kick, 10 yards from the goal line. All players, except the defending goalie and kicker, shall be 6 yards from the penalty mark.

   The kicker may not play the ball a second time until another player has touched or played the ball. The penalty for this will be a Direct Free Kick awarded to the opposing team at the point the ball was touched a second time.
   The ball is in play only when it has traveled its circumference.

   If the kick is awarded for a foul by the defending team committed in its own goal area, the attacking team will take the kick from that point on the goal area line (parallel to the goal line) closest to the point of the foul.

   A free kick taken from within a team's own goal area (includes the lines which define the area) must leave the area before it is in play. If it does not, retake the kick.

6. Throw In
   When the ball completely crosses a sideline either on the ground or in the air, it shall be thrown in from (give or take a yard) the point where it crossed the line. All opposing players must stand back 4 - 6 yards from the ball (in all directions).

   The team who touched the ball last before it completely crossed the sideline loses possession and the ball is thrown in by the opposing team.

   A goal cannot be scored directly from a throw-in.

7. Goal Kick
   When the ball has completely crossed the goal line, except through the goal, either on the ground or in the air, and was last played or touched by a player of the attacking team, it shall be placed on the ground and kicked into play from any point inside the goal area (including the goal area lines) by the defending team.

   All opposing players must be 4 - 6 yards from the ball.

   The ball must leave the goal area before it is considered in play. If it does not, retake the kick.

   The goalkeeper cannot pick up the ball directly from a goal kick.

   The kicker cannot play the ball a second time until it has been touched or played by another player. The penalty for this, will be an Indirect Free Kick awarded to the other team at the point the ball was played a second time.

8. Corner Kick
   When the ball has completely crossed the goal line, except through the goal, either on the ground or in the air, and was last played or touched by a player of the defending team, it shall be kicked into play from the corner arc, on the same side of the goal on which it went across the goal line by the attacking team.

   All opposing players must be 4 - 6 yards from the ball.

   The ball must travel its own circumference before it is considered in play. If it does not, retake the kick.
   The kicker cannot play the ball a second time until it has been touched or played by another player. The penalty for this will be an Indirect Free Kick awarded to the other team at the point the ball was played a second time.

   A goal can be scored directly from a corner kick.

9. Offsides (applies to Boys 11U & 14U and Girls 11U & 14U only)
   Offsides does not apply to Coed 4-5, Boys 6 & 8U and Girls 7U & 9U

   A player is in an offside position if he/she is nearer to the opponents' goal line than both the ball and the second to last opponent. For any offside offense, the penalty is an Indirect Free Kick to the opposing team at the side of the infringement.

10. End of Play
    The referee should blow the whistle (3) times to indicate that play is suspended for quarter, half and end of game.