

Hudson Soccer Association Instructional and Recreational League

Outdoor Rules – Mini-Soccer - K00, 100, 600 and 610 Divisions

The purpose of these rules is to provide a safe and enjoyable environment for our children to learn and play the game of soccer.

1. **Ball size shall be #3.**
2. **Field Layout**
 - a. Field size is approximately 23 yds. X 30 yds as determined by league officials.
 - b. Corner flags and cones will be used to outline the field lines.
 - c. Small metal goals will be centered at each end of the field.
 - d. No cones or lines will be used to mark a penalty area or goal area.
3. **Number of players:**
 - a. Team size: Teams will be sized either for one or two mini-teams. For two mini-teams – 16 maximum, 14 Preferred ; For one team – 10 maximum; 8 preferred
 - b. Equal number of players on each side. Normal play is 4 players plus a goalkeeper. If players are limited then both teams shall play without a goalie.
 - c. If enough players are present the team should be divided into two (2) Mini-Teams that are roughly equal in numbers of players and talent. An Assistant Coach or team parent is then assigned to each Mini-Team, and the two games are then played simultaneously on adjacent fields with the Mini-Teams from the other team.
 - d. Formal positions are not necessary, although it may be helpful to assign two forwards and two backs. The field players should be encouraged to be in action and close to the center of play at all times.
 - e. Substitutions are permitted anytime provided the flow of the game is not disturbed. Players must exit the field before the substitute can enter the field.
 - f. Players should be substituted frequently, and all players arriving prior to the start of the game **must** play roughly equal time
 - g. Coaches are encouraged to share players if the other team doesn't have enough players.
4. **Players equipment:**
 - a. All players should wear a team jersey, shorts and socks. The jersey must be worn over all other outer garments. Sweat pants and a long sleeve shirt **under** the team jersey are acceptable as weather dictates.
 - b. Shin guards are required by all players and must be covered by the player's socks.
 - c. Mouth guards are optional.
 - d. Jewelry is not allowed. This includes watches, rings, bracelets (including "Livestrong" bands), necklaces, hair berets, earrings, etc.
 - e. Tennis shoes or soccer shoes can be worn. Outdoor soccer shoes (cleats) are **not** necessary.
 - f. Goalkeepers **should** wear a distinctive jersey.
 - g. Children with a cast or splints are permitted to play with the permission of their medical advisor or doctor; however, sufficient padding is required to protect the other players.
5. **Duration of the game:**
 - a. 25 minute warm-up and practice period. Players should be encouraged to bring their ball every week.
 - b. Four 10 minute quarters with a 2 minute break between quarters and a 5 minute half-time break. Coaches are not allowed to take playing time for coaching; please talk to your players on the bench to correct errors.
6. **Ball in and out of play:**
 - a. The entire ball must cross over the line to be considered out of play.
 - b. Any ball considered out of play ball along the end of the field, will result in a goal kick if the offensive team played the ball last or a corner kick if the defensive team played the ball last. Opposing players must be 5 yards from either kick when the ball is put back in play.
 - c. Any ball played out along the touch line (long side of field) will be put back in play by a kick-in.
7. **Method of scoring:** The entire ball must cross over the goal line, between the goal posts and under the cross bar to be considered a goal.

Hudson Soccer Association Instructional and Recreational League

Outdoor Rules – Mini-Soccer - K00, 100, 600 and 610 Divisions

8. **Offside:** There is no offside rule, but coaches are strongly discouraged from directing a player to always play near their opponent's goal (cherry-picking) when the ball is at the opposite end of the field.
9. **Running up the Score:** Every effort should be made to minimize one-sided games. Coaches should consider the following options when this occurs:
 - a. Switching players to different positions,
 - b. Limit a player or players to the defensive side of the field.
 - c. The losing team may put an extra player on the field to even the competition when losing by more than two goals.
10. **Fouls and Misconduct:**
 - a. A FOUL is any play that could possibly result in injury. Examples include high kicking, pushing, tripping, **slide tackles**, falling on the ball, etc. The restart for any foul is an indirect free kick taken at the point of infraction.
 - b. **Intentional** use of the hand or arm to touch the ball is a foul. The restart is an indirect kick.
 - c. The referee should make a short explanation of all infractions to the offending players.
11. **Free Kicks:**
 - a. DIRECT FREE KICK – A goal can be scored by kicking the ball directly into the opponent's goal without the ball touching any player other than the kicker. **There are no Direct Free Kicks, including Penalty Kicks, in these divisions.**
 - b. INDIRECT FREE KICK – A goal can be scored against the opponent only if the ball is touched by a **second player of either team**, and the kicker must make the ball visibly move to be considered a valid touch.
 - c. Opposing players must be 5 yards away from the ball on any free kick.
 - d. The kicker cannot play the ball a second time until it is touched by another player on either team.
12. **Goalkeeper:**
 - a. **Possession** shall be deemed when the **goalie has one hand on the ball.**
 - b. Goalkeepers **may** use their hands to pick up a pass back from a defensive player.
 - c. Goal Area – The goal area will not be marked on the field. Goalkeepers are allowed to take possession of the ball within **5 yards of the goal**, in accordance with the referee's judgment. If the referee rules that the goalie has used their hands outside the five yard area, the attacking team will take an indirect free kick from the point of infraction, and the referee will issue an explanation.
 - d. Goalkeeper should put the ball back into play within about 5-6 seconds after gaining possession.
13. **Kick-in:**
 - a. Restart method when the entire ball crosses over the touch line (long edge of field).
 - b. Ball is put back into play by the opponents of the player that last touched the ball.
 - c. Ball must be placed on the touch line near where it left the field.
 - d. The ball must be on the ground and stationary when it is kicked back into play.
 - e. This is an indirect free kick.
14. **Conduct:**
 - a. Parents and Coaches should refrain from yelling during the game. Derogatory comments directed to coaches, players, or the referee will not be tolerated. Referees and League officials have the authority to ask offenders to leave the area.
 - b. Coaches are **not allowed** on the field during play. They are encouraged to instruct from the sideline and stay off the field except in the case of an injury.
 - c. Players who are endangering others by persistent dangerous play or unsportsmanlike conduct will be cautioned by the referee, and may be asked to leave the field for a period of time.
15. **Referee:**
 - a. **The decision of the referee is final.**
Any discussion of a referee's actions, both positive and negative, should be taken up with the Referee Coordinator after the game **unless** these actions or inactions appear to threaten player's safety, then this should be brought to the attention of the Referee Coordinator during the game.