

City of Hickman Soccer Rules

Ball Size: #3 Soft

Goal Size: 4 x 6

of Players Number of Players

Teams play 5-on-5 with **no goalkeepers**. Each team may, at their own discretion, place a last defender near their own goal, but that player may never use her or his hands or arms to play the ball. If you only have enough to play 4 on 4 that is also fine.

Team rosters will be co-ed.

Game Time/Playing Time

Duration of Game: Games consist of four quarters of eight minutes each. One coach or other designated time keeper should keep track of the time.

There is a 2 minute break between the first and second, a five minute break between second and third, and a 2 minute break between the third and fourth quarters.

Please start and end your games on time. If you start late, deduct time from the quarter and half time breaks.

All players should be given the opportunity to play a minimum of two quarters each game.

The Start of Play

The winner of a coin toss at the beginning of the match will elect either to kick or to select which goal to defend during the first half.

Teams should switch halves of the field at half time.

Play is restarted at the beginning of each half -- and following a goal -- by means of a kick off taken at midfield.

- All players must be on their own half of the field.
- Players on the non-kicking team must be outside the center circle
- The ball is stationary on the center mark until the kicking team's coach gives a signal.
- The ball is in play when it is kicked and moves forward.
- The kicking player cannot touch the ball a second time until it has been touched by another player (of either team).
- All kick offs shall be indirect kicks, meaning that a goal cannot be scored unless the ball is touched by another player of either team before it goes in the goal. If the ball enters the non-kicking team's goal before being touched by another player, a goal kick is awarded to the non-kicking team.
- If an infringement occurs during a kick, retake the kick and coach the players on the correct procedure.
- Coaches can set-up the team on the field and must then leave to the sidelines during play. Substituting is allowed.

Ball In and Out of Play

The ball is out of play when it has completely crossed the goal line (end line) or touch line (side line) on the ground or in the air; or when play has been stopped by the referee.

The ball is in play at all other times, including when it rebounds from a goalpost, crossbar, corner flag post or coach and remains in the field of play.

Method of Scoring

A goal is scored when the ball passes over the goal line between the goal posts and under the crossbar completely, provided that no infringement of the **Fouls and Misconduct**

All free kicks shall be indirect kicks, meaning that a goal cannot be scored unless the ball is touched by another player of either team before it goes into a goal. The following are infractions and result in a free kick for the opposing team.

Tackling from behind.

Grabbing and holding another player's shirt.

Intentional tripping, pushing or shoving.

Handling the ball

- A "handball" occurs when a player intentionally makes contact with the ball using any part of the hand or arm from the top of the shoulder to the tips of the fingers.
- Unintentional contact with the hand or arm (i.e., "ball to hand") is not a foul.

Throw-in

A throw-in is a method of restarting play and is awarded:

- when the ball crosses the (side line) in the air or on the ground completely;
- from the point where the ball crossed the touch line; and
- to the opponents of the player who last touched the ball.

A proper throw-in is one in which:

- the player faces the field of play;
- has part of each foot either on the touch line (side line) or on the ground outside the touch line;
- uses both hands; and
- delivers the ball from behind and over his head.

The thrower may not touch the ball again until it has touched another player.

The ball is in play immediately when it enters the field of play.

A goal cannot be scored directly from a throw in. If the ball enters the non-throwing team's goal before being touched by another player, a goal kick is awarded to the non-throwing team. If the ball enters the throwing team's goal before it is touched by another player, a corner kick is awarded to the non-throwing team.

If an infringement occurs on a throw-in, coach the players on the proper technique and retake the throw-in.

Corner-Kick

A corner kick is a method of restarting play and is awarded when the whole of the ball, having last touched a player of the defending team, crosses the goal line on the ground or in the air, and a goal is not scored.

Procedure:

- The ball is placed inside the corner arc at the nearer corner flag post.
- The flag post cannot be removed from the ground for the kick.
- Opposing players must remain 3 yards away from the ball until it is kicked.
- The ball is kicked by a member of the attacking team.
- The ball is in play when it is kicked and moves.
- The kicking player cannot touch the ball a second time until it has touched another player.

All goal kicks be indirect kicks, meaning that a goal cannot be scored unless the ball is touched by another player of either team before it goes into the goal. If the ball enters the non-kicking team's goal before being touched by another player, a goal kick is awarded to the non-kicking team. If the ball enters the kicking team's goal before it is touched by another player, a corner kick is awarded to the non-kicking team.

To pick up your shirts and your practice equipment please show up to the field 45 minutes prior to your first game. If need help with practice drills, or need some more information on the game of soccer please show up 1 hour prior to your first game.

**Any other questions please call
Activities Coordinator Brian Reese (402)580-0702**