

Welcome to Hillsboro Soccer Club!

This handbook has been put together to outline some of the basic rules of soccer as well as the guidelines of our club.

- U7 to U14 games will begin the Saturday after Labor day.
- Kindergarten practices are Tuesdays starting August 26th.
- Kindergarten games are Thursdays at 6:00 pm starting the Thursday after Labor Day.

Table of Contents

<i>Volunteers</i>	4
<i>HSC Programs</i>	5
<i>Game & Practice Checklist</i>	11
<i>Policies & Procedures</i>	15
<i>Rules Summary</i>	20
<i>Modified Rules</i>	31
<i>Phone Numbers</i>	35

MISSION

Hillsboro Soccer Club provides the children of the Hillsboro School District with a positive opportunity to build personal skills and teamwork, furthermore, promoting enthusiasm for, and participation in, youth soccer.

About Hillsboro Soccer Club

Hillsboro Soccer Club (HSC) is a volunteer-based, non-profit organization. We have approximately 2,000 members, comprised of board members, players and coaches.

The Hillsboro Soccer Club is a member of the Oregon Youth Soccer Association (OYSA), who in turn is a member of the United States Soccer Federation (USSF). In general, competitions are governed by the FIFA Laws of the Game, as supplemented by the rules and regulations given in this handbook. If there is any conflict between the HSC policies and procedures and either FIFA, OYSA or USSF rules, the HSC policies and procedures take precedence.

Club Philosophy

The Hillsboro Soccer Club was established to provide a developmental atmosphere to young people who want to learn and play soccer. Young soccer players are motivated to play by a desire to have fun and feel good about themselves. The aim of this club is to provide an atmosphere for soccer that maximizes fun and success for young athletes.

The game of soccer in and of itself will provide enjoyment when adult interference is kept to a minimum. Competition, under the right conditions is enjoyable for young people. Yet, competition needs little encouragement from adults since even the youngest players bring with them a strong competitive spirit. As a club we support this competitive spirit amongst players but not between adults.

Competition is encouraged at two levels of play. The first, and most widely participated in, is our recreational program. Second, for U11-U14 age groups, we offer participation in classic competition. The level of competition is greater in classic soccer.

Need more information?

Please check our website at www.hillsborosoccer.org. You can go to the Board List to reach any board member by email. Email is the fastest way to get a response.

If you need to Call the Kick Line, please leave a message and someone will get back to you within 72 hours.

For on-line information, visit the Hillsboro Soccer Club website at:

www.hillsborosoccer.org

503-648-KICK (503-648-5425)

Modified Rules: U12 to U14

Number of Players	11
Game Duration	two 30 minute halves U11 & U12 two 35 minute halves U13 & U14
Ball Size	4 for U11 & U12 5 for U13 & U14
Goal Keeper	yes
Field Size	full field
Goal Size	full size
Goalie Box Size	as marked on the field
Fouls Punished By	direct or indirect
Off-sides	is called
Penalty Kicks	are used
Throw-ins	no re-throws

Additional Notes

1. Coaches, parents or spectators etc. are not allowed to be within 18 yards of the goal line or behind the goal.
2. Coaches and teams on one side of field, parents and spectators on other.

Modified Rules: High School

High school play conforms to FIFA rules. However, since these games are co-ed special rules apply. First, at least four female players should be on the field at all times. Second, male players are not allowed to use their bigger size to take advantage during contact. Referees are instructed to watch for this and rule accordingly.

Besides providing fun through soccer, HSC also attempts to ensure success for every player. The club does this through a philosophy that measures success through participation, effort, and improvement. In the Recreational program, scores and win/loss records are not considered a measure of success. They are neither allied or tracked. Young players are encouraged to feel worthy and competent based on the fact that they are playing on a team and pursuing individual and team goals.

HSC also believes that providing an atmosphere for the enjoyment and success of young soccer players is best accomplished through a positive approach that supports what is right, rather than criticizing or punishing what is wrong. This holds true for both the Recreational and Classic programs.

The coach, supported by the parents, directly implements the philosophy of the club. The success of this program rests upon the coaching styles and attitudes of our volunteers and parents.



Volunteers

As a volunteer-based organization, HSC is always in search of volunteers. If you are interested in volunteering, please call (503) 648-KICK.

Board and Committee Members

Approximately 26 volunteers serve as Board and Committee Members. These people ensure that the programs are run smoothly and are of high quality.

Coaches

All recreational coaches and assistant coaches are volunteers. Every coach must fill out a background check form before he is eligible to coach a team. Coaches clinics and workshops are offered throughout the summer.

Public Support

As our club continues to grow, our need for additional support also increases. If you or your business are interested in assisting us in the areas listed below, please call (503) 648-KICK:

- Monetary sponsorship for players who are unable to pay registration fees.
- Materials or services to assist the club (such as dirt, seed equipment use, professional services).



Modified Rules: U9 & U10

Number of Players	7 for U9 8 for U10 & U11
Game Duration	two 25 minute halves
Ball Size	4
Goal Keeper	yes
Field Size	40 to 50 by 70 to 80 yards (3/4 field)
Goal Size	8 yards wide by 8 feet high or 6 yards wide by 6.5 feet high
Goalie Box Size	as marked on the field
Fouls Punished By	indirect kick only (except slide tackles)
Off-sides	is called
Penalty Kicks	not used
Throw-ins	no re-throws

Additional Notes

1. A goal may not be scored directly from a kick-off or goal kick.
2. On all free kicks, opponents must be 6 yards from the ball.
3. No free kicks shall be taken by the attacking team within the defending team's goal box.
4. Coaches, parents or spectators etc. are not allowed to be within 18 yards of the goal line or behind the goal.

U10:

Coaches and teams on one side of field, parents and spectators on other.

Modified Rules: U7 & U8

Number of Players	3 for U7 4 for U8
Game Duration	four 10 minute quarters
Ball Size	3 for U7 & U8
Goal Keeper	no goal keeper, may use a sweeper
Field Size	20 to 30 yards by 40 to 50 yards
Goal Size	portable goal
Goalie Box Size	none
Fouls Punished By	indirect kick only
Off-sides	not called
Penalty Kicks	not used
Throw-ins	one re-throw per player

Additional Notes

- Goals are portable, carried by each team from game to game.
- Since off-sides are not called, players should not goal tend: stand by the opponents goal and wait for the ball. It is not a penalty to do so but coaches should discourage its use.
- A goal may not be scored directly from a kick-off or goal kick.
- On all free kicks, opponents must be 6 yards from the ball.
- No penalty kicks shall be taken by the attacking team within the defending team's goal box. Move the ball out.
- On a goal kick, the ball must be kicked beyond the 3-4 yard goal box before it can be touched by another player. Failure to do so results in a re-kick.
- Coaches, parents or spectators etc. are not allowed to be within 6 yards of the goal line or behind it.

HSC Programs

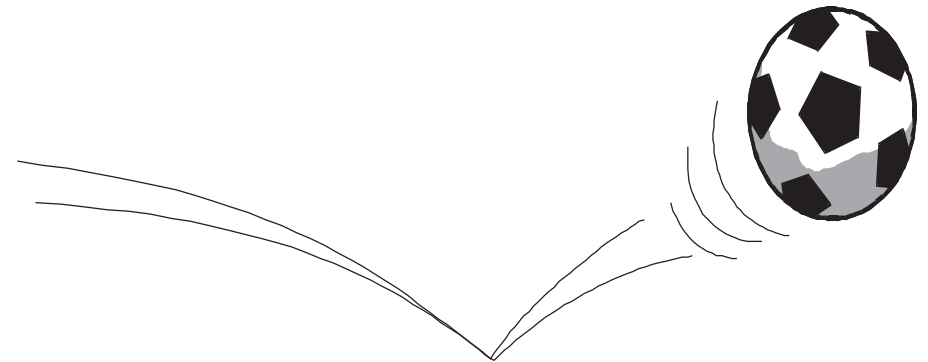
Fall Recreational League

Our fall recreational program is for youth grades K -8. Registration is in early May and teams are formed by early July. Practices begin in August with the season games starting in early September. Games continue through to at least the end of October or the middle of November for the older kids.

Recreational Teams

- Teams are established as follows:

Recreation teams are formed for children from Kindergarten through 12th grade. Teams are made up of children from the same grade level, with the exception of High School (where a 9th/10th grade team and a 11th/12th grade team is created). Kindergarten and High School teams are co-ed. All other teams are formed as separate 'boys' and girls' teams.



MODIFIED RULES—AGE SPECIFIC

Definition of a Player's Soccer Age

The official age for placing children on teams is based on how old they are as of August 1st of the current year. For example, a player born on September 7, 1990 has a soccer age of "under 12" since they are still 11 as of August 1st in 2002. It is traditional in soccer to refer to players as "under 8" or "under 10", and so on. An Under-9 player has a soccer age of eight or less; an Under-14 player has a soccer age of thirteen or less. The abbreviated forms U9,U10, etc., will be used throughout the remainder of this handbook.

Age Group	Born Between	Age as of 7/31/03	Grade in School
U6	8/1/03 to 7/31/04	5	Kindergarten
U7	8/1/02 to 7/31/04	6	1st
U8	8/1/01 to 7/31/02	7	2nd
U9	8/1/00 to 7/31/01	8	3rd
U10	8/1/99 to 7/31/00	9	4th
U11	8/1/98 to 7/31/99	10	5th
U12	8/1/97 to 7/31/98	11	6th
U13	8/1/96 to 7/31/97	12	7th
U14	8/1/95 to 7/31/96	13	8th

Modified Rules: U6

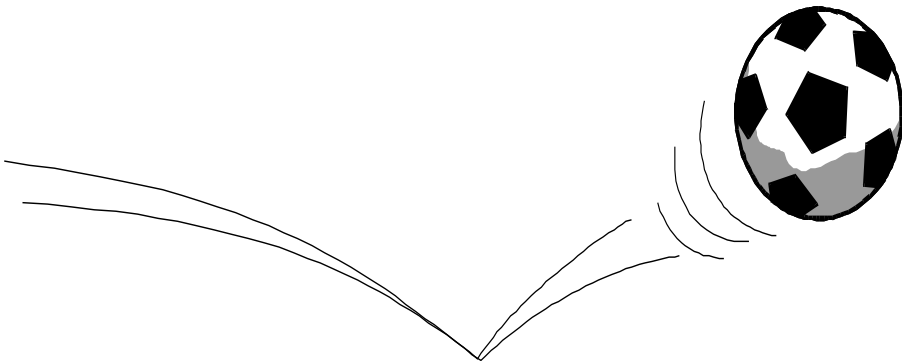
Number of Players	3
Game Duration	four 10 minute quarters
Ball Size	3
Goal Keeper	not used
Field Size	15 to 20 yards by 20 to 30 yards
Goal Size	cones set two yards apart
Goalie Box Size	NONE
Fouls Punished By	indirect kicks only
Off-sides	not called
Penalty Kicks	not used
Throw-ins	unlimited re-throws

Additional Notes

1. Since off-sides is not called, players should not goal tend (stand by the opponents goal and wait for the ball). It is not a penalty to do so, but coaches should discourage its use.
2. A goal may **not** be scored directly from a kick-off or goal kick.
3. On all free kicks, opponents must be 6 yards from the ball.
4. No kicks shall be taken by the attacking team within the defending team's goal box.
5. On a goal kick, the ball must be kicked beyond the 3-4 yard goal mark before it can be touched by another player. Failure to do so results in a re-kick.
6. Coaches, parents or spectators etc. are not allowed to be within 6 yards of the goal line or behind it.

LAW # 17 Corner Kick

- ⇒ A corner kick is taken when the ball goes over the goal line and is last touched by a defending player.
- ⇒ The ball must be played inside the corner arc nearest to where it went out.
- ⇒ The ball must not be moving when it is kicked.
- ⇒ Corner flags may **not** be moved.
- ⇒ The defenders must be 10 yards from the ball unless waived by the kicker.
- ⇒ A goal may be scored from a corner kick.
- ⇒ The kicker may not play the ball again until it touches another player.



As much as possible, we attempt to place children on teams with children from the same school, or schools close to their school or home. However, as players get older, fewer teams are formed, which makes this practice harder to accomplish.

Unless otherwise requested, children are generally placed on the same team they were on the previous year, or with other children from that team.

Fall High School Co-Ed Recreational League

The recreational soccer career doesn't have to end just because a player turns 14. HSC offers High School-aged players a chance to continue the game. Open to anyone under nineteen, and not also on a competitive team, this program is definitely Rec (guaranteed playing time) and Co-Ed (minimum four girls on field at all times). No slide tackling is allowed and physical mismatches are discouraged by the referees.

There are usually two age brackets, one formed around the Fresh/Soph group, and Jr/Sr picking up the rest. Practices are twice weekly beginning in July. A typical fall Rec season is played beginning in September and most games are in the Portland Metro area. Team divisions must be formed by early August, so it is important to sign up and participate early.

Fall Classic League

Our Classic Program is for players ages 10-14 who are looking for competitive soccer. Teams are formed as a result of a tryout process which occurs in early May. Practices begin in early June with league play starting in early September. These teams usually play tournaments, some out of town, during the summer.

1. Teams are established based on player ability. Tryouts are held in May of each year. Evaluators will place players based on their current level of play. HSC fields boys and girls “developmental” teams which consist of U11-U14.
2. Sponsorship of individual teams is allowed, but may need approval of the HSC board.
3. Any articles to be submitted to the media (i.e., Hillsboro Argus) by any club coach or club team regarding their team’s season or activities must be approved prior to publication through the Media Relations Coordinator.
4. Practices are generally 2 to 3 times a week and begin shortly after May tryouts.
5. Every child that makes it to practice is entitled to play in at least one third of the total game time in a season.
6. Coaches are expected to be state licensed (D level or higher, although C is highly encouraged). Continued education for coaches is also expected.
7. The results of the league games are recorded and published. League standings are recognized and participation in tournaments are highly encouraged. It is still fundamental at this higher level of competition to provide a developmental atmosphere that is fun and exciting.
8. A player may not play both on a Classic and Recreational team in the Fall season.
9. A Classic coach may not coach a Recreational team during the fall season.

Winter Classic League

The Winter Classic season is for players 14 to 18 years old. The tryout process occurs in late November with the season going from mid-February through early April.

LAW # 15 Throw-In

- ⇒ A throw-in is taken to restart the game after the ball has gone out of play (see Law # 9).
- ⇒ The ball is thrown in within one yard of where it crossed the line.
- ⇒ The thrower must face the field and have part of each foot on or behind the touch line.
- ⇒ The thrower must use both hands and deliver the ball from behind and over their head.
- ⇒ The ball is in play when it is released and crosses over the line into the field of play.
- ⇒ The thrower may not touch the ball again until it has been touched by another player.
- ⇒ A goal cannot be scored from a throw-in.

LAW # 16 Goal Kick

- ⇒ A goal kick is taken by the defending team when the ball goes out of play over the goal line, last touched by the attacking team.
- ⇒ The goal kick may be taken from anywhere inside the goal area.
- ⇒ The ball must not be moving when it is kicked.
- ⇒ All opposing players must be outside the penalty area. This may be waived by the kicker.
- ⇒ The ball is not in play until it has left the penalty area.
- ⇒ A goal may be scored directly from a goal kick.

All opposing players must retire 10 yards from the spot of the free kick, unless they are on their own goal line and between the goal posts. If the free kick is inside a team's defensive penalty area, the opponents must retire 10 yards and be outside the penalty area.

The referee will signal an indirect free kick by holding one arm straight up until the ball is touched by another player.

LAW # 14 Penalty Kick

A direct free kick awarded to a team inside their attacking penalty area is taken from the penalty spot. All players, except the goalkeeper and the person taking the kick, must be outside the penalty area, outside the penalty arc, and behind the ball.

The goalkeeper must remain on the goal line until the ball is played (he may move laterally, but not forward). The ball is in play as soon as it is kicked and moves forward. The kicker may not play the ball again until another player has touched it. A goal may be scored directly from a penalty kick.

The kicker may not try to fool the goalkeeper. Any violation by the kicker or his team will prevent a goal from being awarded; if a goal was scored, the kick shall be retaken. Any violation by the goalkeeper or his team will not prevent a goal being awarded; if a goal was not scored, the kick shall be re-taken.

Coaching Development

HSC provides clinics and workshops for coaches and parents, free of charge.

Referee Training

All HSC referees have completed a 12 hour training session and have passed a written examination to obtain their Grade 8 license. However, most of the referees are young and inexperienced. They will make mistakes just as the players on the field make mistakes.

All returning referees must be licensed.

Coaches **must** support these individuals just as they support the players on the field. It is also the responsibility of the coaches to control their team parents on the sidelines. You will not always agree with the referee calls. However, all calls are final.

Respect the judgment of the referee and do not criticize or argue with them.

Verbal abuse of the referees is the number one cause of attrition from our referee program. The referees have been asked to report verbal abuse to the club. It will not be tolerated.

Player/Referee Insurance

All players and referees affiliated and registered with the HSC will be insured for liability and against accidental bodily injuries while participating in practices and games. You will not be insured, however, while playing against teams not affiliated with OYSA.



Buddy Barrel

As a service to our members, HSC has a program set up where families can donate any soccer equipment their player has outgrown (shoes, shin guards, gloves, balls). In turn, any family needing equipment may take from our donations. The “Buddy Barrel” is available at Registration in May and again at the Fall Season Kick-Off in August.



MISCONDUCT—Sending-Off Offenses—Red Card

A player is sent off and shown the red card if he or she commits any of the following seven offenses:

- Is guilty of serious foul play
- Is guilty of violent conduct
- Spits at an opponent or any other person
- Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (does not apply to goalkeeper within his or her own penalty area)
- Denies an obvious goal-scoring opportunity to an opponent moving towards the player’s goal by an offense punishable by a free kick or a penalty kick
- Uses offensive, or insulting or abusive language and/or gestures
- Receives a second caution in the same match

LAW # 13 Free Kicks

Free kicks are either direct or indirect. A goal can be scored from a direct free kick. A goal can only be scored from an indirect free kick if it touches another player before it enters the goal.

The ball is in play when it is kicked and moves (unless it is taken from inside a team’s own defensive penalty area, in which case it must exit the penalty area). The kicker may not touch the ball again until another player has touched it.

The free kick is taken from the spot of the offense. For an indirect free kick inside a team’s attacking goal area, the free kick is located on the 6-yard line closest to where the offense occurred. For a direct free kick inside a team’s attacking penalty area, the kick is taken from the penalty spot (see Law 14).

MISCONDUCT—Cautionable Offenses —Yellow Card

A player is cautioned and shown the yellow card if he or she commits any of the following seven offenses:

- is guilty of unsporting behavior (note: these are violations of the spirit of the game—examples are any of the first six penal fouls (kicks, trips, pushes, jumps, charges, strikes) committed in a reckless manner, any penal foul to break up an opponent's attack, deliberately handling the ball to score a goal, verbal distraction of an opponent and interfering with an opponent's throw-in).
- Shows dissent by word or action (note: this is defined as showing disagreement, by word or gesture, with any decision of the referee—coaches are responsible for the conduct of their team's fans)
- Persistently infringes the Laws of the Game (note: this is continuous infringement of the laws not at a level serious enough for any one incident to warrant a caution).
- Delays the restart of play (note: sending the ball away to prevent the opponent from taking a quick kick or throw).
- Fails to respect the required distance when play is restarted with a corner kick or free kick (note: refers to a player not retiring 10 yards to allow the kick to be made).
- Enters or re-enters the field of play without the referees permission.
- Deliberately leaves the field of play without the referees permission.

GAME and PRACTICE CHECKLIST

Player Equipment

All players must wear a shirt, shorts, shin guards, socks and soccer shoes.

The following objects may **not** be worn during a game:

- Rings
- Earrings of any kind
- Necklaces
- Watches
- Bracelets or friendship bracelets
- Metal or plastic hair clips
- A hard cast or hard cast in foam

Additional notes:

1. Socks must be worn **over** the shin guards. Shin guards must be worn at both games and practices, **no exceptions**.
2. Shirts need not be numbered for recreational soccer. However, they must match in color to the satisfaction of the referee.
3. **Players names will not be placed on their jerseys.**
4. **Players with medical bracelets or necklaces should tape them to cover. The referee should then be informed of this fact.**
5. **Taping earrings is not acceptable. Earrings must be removed. Referees are instructed not to allow it.**
6. Eye glasses may be worn but it is recommended that safety straps be used.
7. Tennis, baseball, softball or football shoes are not acceptable for the following reasons:



- a. inadequate traction;
 - b. dangerously pointed studs or cleats;
 - c. inadequate protection for the top of the foot.
8. A goalkeeper's shirt color must be different from any field player's. In U8 games, simple pull-over vests may be used to quickly substitute goalkeepers.
9. The referee will check player's equipment before the game. All equipment decisions made of the referee are final.

Two Adult Rule

At least two adults **must** be present at all team activities. It is recommended that at least one parent always stay at practices.

Arrive on Time

Most coaches request that players arrive 30 minutes prior to game time. Please check with your coach for details. Always notify the coach if your child will not be at a practice or a game. If you cannot stay for a practice or a game, **please make sure your child is picked up on time.**

Fields

Each coach will receive maps to their practice and game fields. You may also access maps on our web page at www.hillsborosoccer.org.

Garbage

Always pick up your trash after practice or games. Keeping these areas clean is key to our ability to continue using school and park fields.

TECHNICAL FOULS—Indirect Free Kick

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following five offenses:

- Takes more than six seconds after controlling the ball with his or her hands before releasing it from his or her possession
- Touches the ball again with his or her hands after it has been released from his or her possession and has not touched any other player
- Touches the ball with his or her hands after it has been deliberately kicked to him or her by a teammate.
- Touches the ball with his or her hands after he or she has received it directly from a throw-in taken by a teammate.
- Wastes time.

An indirect free kick is also awarded to the opposing team if a player, in the opinion of the referee:

- plays in a dangerous manner (note: a high kick is only dangerous if another player is within playing distance—a player who attempts to head a waist high ball may be called for dangerous play for putting themselves in a dangerous situation.
- Impedes the progress of an opponent (note: interpreted as playing the man and not the ball—attempting to prevent an opponent from playing the ball without putting yourself in a position to play the ball).
- Prevents the goalkeeper from releasing the ball from his or her hands.
- Commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player.

An indirect free kick is taken from where the offense occurred.

PENALTY FOULS—Direct Free Kick

A direct kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee to be careless, reckless or using excessive force:

- Kicks or attempts to kick an opponent.
- Trips or attempts to trip an opponent
- Jumps at an opponent (note: refers to cleats-up foot-first jump at an opponent regardless of the position of the ball—if there is contact, there is a foul).
- Charges an opponent (note: a fair charge is shoulder-to-shoulder, non-violent, both players have at least one foot on the ground and the ball is within playing distance).
- Strikes or attempts to strike an opponent.
- Pushes an opponent.

A direct free kick is also awarded to the opposing team if a player commits any of the following four offenses:

- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
- Holds an opponent.
- Spits at an opponent
- Handles the ball deliberately—except for the goalkeeper within his or her own penalty area (note: possibly the most misunderstood foul—the Law requires that it be deliberate and not incidental—a good rule of thumb is to determine if the hand went to the ball (a handball) or if the ball played the hand (incidental).

A direct free kick is taken from where the offense occurred. A penalty kick is awarded if any of the above ten offenses is committed by a player inside his or her own penalty area, irrespective of the position of the ball, provided it is in play.

Parking

There has not been a single season where HSC does not receive complaints regarding the parking of our parents, spectators and coach's cars. Please observe the following rules of common courtesy and the law:

- Never park in an area at a school with a red curb or otherwise designated a FIRE LANE. Doing so will result in your vehicle being impounded. HSC will check for compliance and contact the police if we find vehicles parked in fire lanes.
- You are almost always a guest in the neighborhood where you are having your game. Please do not block the neighbors streets, driveways or mailboxes!
- School-specific concerns:
 - **Minterbridge** has very limited parking. Rather, park at the Hillsboro High School lot—which is enormous—and just walk across the high school field and through the gate at the east side of Minterbridge field.
 - **Orenco** has plenty of parking in the school lot. DO NOT park on the streets next to the field. The road is far too narrow for cars to be parked along it—and this is particularly true for the side streets leading to the field.

We have a goal this year of receiving zero complaints about our parking at games and practices. If we think of each school and neighborhood as our own and act accordingly, we can achieve it.

Restrooms

HSC provides porta potties on all practice and game fields. Children should use the buddy system and go in pairs to use the porta potties. Young children using these facilities should always be accompanied by adults.

Safety

Safety is always of the utmost concern, both on the field and off.

On the Field:

- Always make sure your player is wearing shin guards both to practices and games.
- Players names will not be placed on their jerseys.
- Players with medical bracelets or necklaces should tape them to cover. The referee should then be informed of this fact.
- Taping earrings is not acceptable. Earrings must be removed. Referees are instructed not to allow it.
- The following objects may not be worn during a game:
 - Rings
 - Necklaces
 - Watches
 - Bracelets or friendship bracelets
 - Metal or plastic hair clips
 - A hard cast or hard cast in foam

Off the Field:

HSC strongly encourages the use of the “buddy system” for players AND siblings. When playing on play structures, play grounds, or walking to the restrooms, it is advisable that children are in groups of at least two. When at all possible, make sure that an adult is supervising the children while they are off the field.

SENT forward but rather beats his defender to it, then the off-side call will NOT be made. Key to remember: Offside occurs at the instant the ball is passed, headed or otherwise sent FORWARD to a player who is AT THAT MOMENT in an off-side position. Balls passed square (directly across the field), thrown in, corner kicked or goal kicked cannot result in an off-side call. In addition, a player who is in an offside position but is not involved in the active play will not be penalized for being “offsides”.

LAW # 12 Fouls and Misconduct

Law 12 is rightfully considered the heart of the Law. It defines both the letter of the Law and spirit of the game. Law 12 is also exhaustive: if it is not listed here, it is not an infringement. For example, it is legal for players to play the ball with their head (or chest or knee, etc.), because Law 12 only forbids playing the ball with hand or arm.

Law 12 describes two different kinds of infringements:

fouls—punishable by some sort of free kick (see Law 13)

misconduct—punishable by a yellow or red card.

Fouls are further subdivided into:

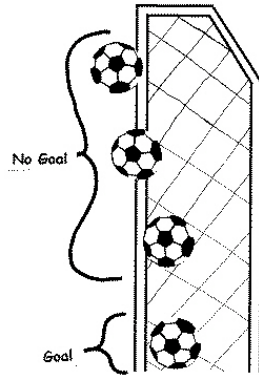
- Penal fouls—are physical in nature and are punishable by a direct free or penalty kick.
- Technical fouls—are non-physical fouls and are punishable by an indirect free kick.



LAW # 10

Method of Scoring

The ball must **entirely** cross the goal line for a goal to be awarded. If the goalkeeper catches the ball and falls back across the goal line, the goal is awarded.



LAW # 11 Offside

The purpose of the offside penalty is to keep attacking players from getting an unfair advantage over defending players. It is also intended to keep players from “camping” near the goal to capture easy scoring opportunities.

A player is in an offside position when he is closer to the goal he is attacking than the second-to-last defending player AND the ball is behind him in the possession of his own team. If a ball is passed FORWARD to him by HIS TEAMMATE while he is in an offside position, then the offside call will be made and the ball awarded to the defending team. If the ball touches any defender or if the player is NOT IN AN OFFSIDE position AT THE MOMENT THE BALL IS

POLICIES & PROCEDURES

Players' Code of Conduct

- Play the game for the game's sake.
- Be generous when you win.
- Be graceful when you lose.
- Be fair always, no matter what the cost.
- Learn and follow the Laws of the Game.
- Work for the good of your team.
- Accept the decisions of the officials.
- Believe in the honesty of your opponents.
- Conduct yourself with honor and pride.
- Have fun!



“Being a good teammate is when you try to sprint down a ball that everyone thinks is going out of bounds. But you go after it anyways and you get it. Maybe you don't make a great cross with it to win the game, but you pushed yourself beyond what you thought you could.”

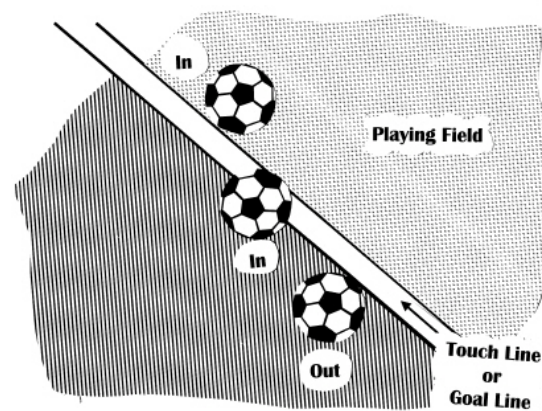
-Mia Hamm

Parents' Code of Conduct

- Support the coach's and referee's decisions.
- Don't coach from the sidelines.
- Be positive.
- Show respect for my child.
- Be prepared and help my child be prepared.
- When possible, attend practices and games.
- Have fun and encourage my child to have fun.



LAW # 9 Ball In and Out of Play



The ball is out of play

- ⇒ When the ball is **COMPLETELY** over the touch-line or goal-line, either in the air or on the ground.
- ⇒ The referee has blown his whistle.

The ball is still in play

- ⇒ If **any** part of the ball is on the touch line.
- ⇒ When it bounces off a goalpost, corner flag, or crossbar back onto the field.
- ⇒ It bounces off a referee or linesman when they are on the field.
- ⇒ The whistle has **not** been blown by a referee.

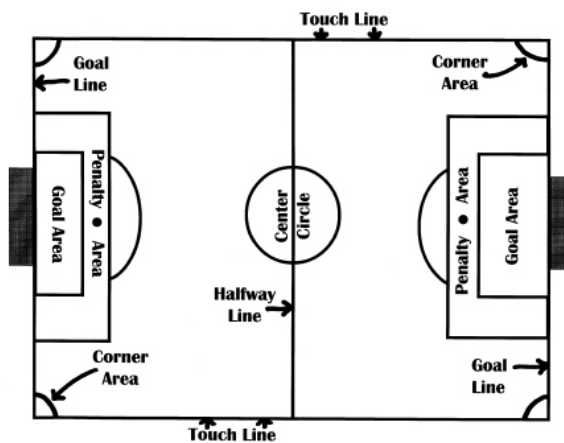
RULES SUMMARY

Laws of the Game

In soccer, there are 17 rules called “The Laws of the Game.” Listed below is a summary of a few selected laws for your clarifications. Please read the sections “Modified Rules” for the specific age groups for more information.

LAW # 1 The Field of Play

The dimensions of the fields vary between the age groups. Below is a general field layout:



Coaches' Code of Conduct

- Develop the child's appreciation of the game.
- Keep winning and losing in proper perspective.
- Strive to understand the game.
- Be accepting of the referee's decisions.
- Give good guidelines to parents at games.
- Be a role model of fair play.
- Teach skills and fair tactics.
- Discourage unsportsmanlike play.
- Be positive.
- Make sure players have fun.

By registering as a coach through HSC, our coaches agree to abide by these standards.

A Coach's game Responsibilities

Each coach is responsible for:

- ⇒ His or her personal conduct, but also that of the players and spectators.
- ⇒ Knowing the rules applicable to the age group being coached.
- ⇒ Having their team ready to play at the scheduled time and field.
- ⇒ Providing a properly inflated game ball if they are the home team.
- ⇒ Keeping players and spectators at least two yards from the touchlines, for the safety of the referee and on-field players.



Individual Playing Time

All Recreational team members must be played at least one-half of each game for which they suit-up, unless there are extenuating circumstances. The HSC understands that failure to practice, improper equipment, disciplinary action, sickness, or injury can be cause for an individual to play less than one-half. The Club recommends that a player's parent be informed of the reduced playing time before the affected game.

Disciplinary Actions

It is the intention of the HSC to operate a program of youth soccer that maintains a high level of sportsmanship. Sportsmanship means that participants seek to gain only the advantage obtained by superior skill and teamwork, within the letter and spirit of the Laws of the Game. Participants will behave in a courteous manner toward opponents, officials and each other. Participants or *Club Members*, not only include players, but also coaches, parents, spectators and representatives of the Club.

The policies that follow primarily govern the behavior of players and coaches. However, parents and spectators are not immune to written reprimands by the HSC Judiciary Committee, game suspensions, or season suspensions. Any incident may be referred to the HSC who will then use its Judicial proceedings to deal with the matter. Coaches can always call upon the HSC to assist in dealing with problem parents and spectators.

The following are the recommended penalties to be applied to Club Members by the HSC Judiciary committee. All disciplinary actions in excess of a two-game suspension will be reported to OYSA.

Anyone guilty of using profanity (either by word or sign) or making threatening gestures against any player, coach, spectator, referee, or Club official shall receive a two-game suspension.

- Anyone guilty of fighting before, during, or after a game shall receive a minimum four-game suspension.
- Anyone guilty of pushing or striking any coach, spectator, referee, or Club official shall receive a one-year suspension.
- Violent assaults may result in expulsion in Club participation for life.
- A coach who refuses to leave the site when sent off (red carded) shall be suspended for the remainder of the season.
- Attending as a spectator, coaching, or otherwise participating in a HSC game while under suspension shall result in a life-time ban for the coach, and a one-game suspension for the entire team.

Anyone who violates the provisions of this section shall be notified of the penalties by the HSC Vice President of Rules. Notification will be made by phone along with a confirming letter.

Taunting

Taunting, of a religious, racial, ethnic, gender or gender-preference nature, directed at Club Members, will not be tolerated. All offenses should be reported to the HSC. The Judiciary Committee will then conduct investigations. Repeated instances in the same contest shall result in the suspension of the game by the referee.