

HAYS RECREATION COMMISSION 2026 SOCCER RULES

The 2026 HRC Soccer League will be governed by the international laws of soccer except where modified for the safety of the youth.

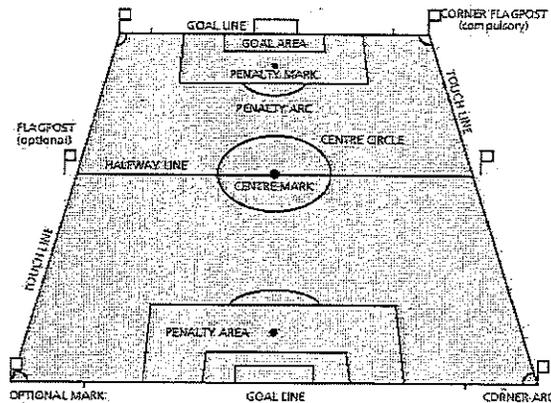
GENERAL RULES OF THE HRC SOCCER PROGRAM

1. The field of play shall be marked as outlined by FIFA and the dimensions appropriate for each age group. The flags are part of the playing field and should not be removed during play. **Field dimensions are of the following: small fields are 75ft. X 110ft., medium fields are 90ft. X 150ft. and the large fields are 110ft. X 195ft.**

FIELD DIAGRAM

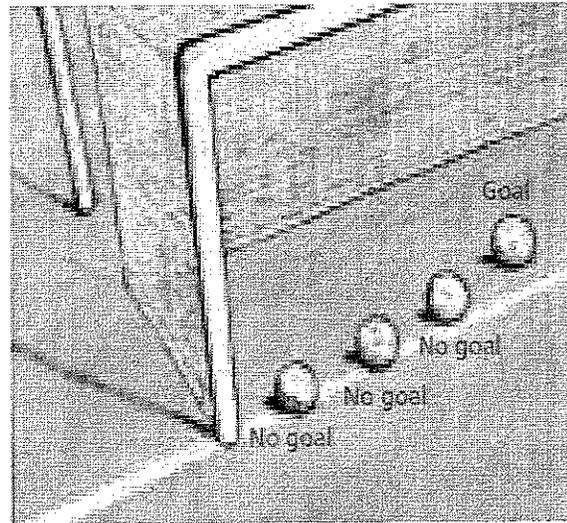
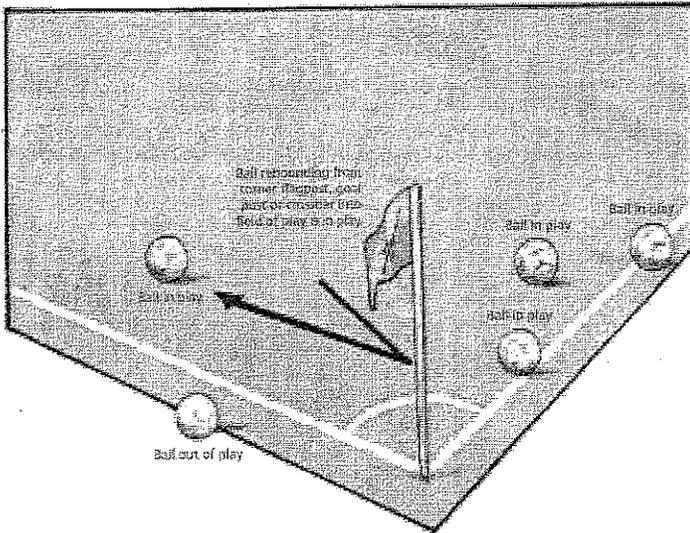
This drawing is not to scale. It is for the purpose of showing the names of parts of the field; not for showing dimensions.

The Field of Play



Notes: -The Penalty Box includes the Goal Box

-Areas include the lines that define them (e.g., the ball is not out of bounds until it totally crosses the line; and the ball must totally cross the line between the goal posts to score).



2. A player shall not wear anything which is dangerous to another player.

3. Teams are allowed two (2) practices per week lasting one (1) hour. Teams will be allowed a maximum of two (2) hours of practice per week. If a team practices more than the two (2) hours per week the penalty is as follows: The first offense the coach will be suspended for one (1) game. The second offense will be that team forfeiting one (1) game and the coach will be suspended for two (2) games. Practices will be scheduled on one-half of the playing fields. Practices will be scheduled through the HRC office.

4. Players will be required to provide their own shin guards for play. **Shin protectors are required of all players.** Each team will be given practice balls to use for practice. Game balls will be provided on game days. The 5&6 yr. old divisions will use a #3 size soccer ball. The 7&8 yr. old divisions and the 9&10 yr. old divisions will use a #4 size soccer ball. The 11-14 yr. old division will use a #5 size soccer ball.

5. **In the 9&10 & 11-14 year old divisions soccer appropriate shoes must be worn.** No toed cleats (baseball or football shoes) will be allowed by any player in these age divisions.

6. At the beginning of the game, choice of ends and the kick-off shall be determined by the flip of a coin. The team winning the flip will have the choice of taking the kick-off or defending a particular goal. Whichever team doesn't get the kickoff to start the game will be awarded the kick-off to start the second half. Teams will switch ends at half time. Each half will begin with a kick-off. **The opponent must be 6 yards from the center mark when the kick-off is being taken.** The player kicking off must not play the ball again until it has been touched or played by another player (either team).

7. **Substitutions are only allowed during official substitution timeouts.** Exception being and injured player.

8. If for any reason a manager/coach sees fit not to play a player (disciplinary reasons), that manager/coach must first contact the Sports Director for approval. Unless approved by the HRC Sports Director, all players must play. Violators of this rule

will forfeit the game. Coaches must have a justifiable reason for not playing their players. Coaches should contact parents first to determine the reason a player is absent. Some reasons are legitimate.

9. There will be NO coaching from the end line by coaches or spectators.

10. Teams are allowed one (1) time-out per half. In the 11-14 yr. old division they will be allowed two (2) time-outs per half w/ no carry over. Time-outs will last one (1) minute in length and can only be called when in possession of the ball, on throw-ins, penalty kicks, goal kicks and corner kicks.

11. Games that end in a tie after regulation will be recorded as a tie. NO OVERTIME WILL BE PLAYED.

12. Forfeit time is ten (10) minutes after the scheduled game time. If game time is 10:00 am, forfeit time is 10:10am. Note: The referees watch is the official watch.

13. Three referees shall be appointed to officiate each game in the 9-10 & 11-14 age groups. Two referees for the 7-8 age group, and one referee will officiate the 5-6 age groups. The referee's authority granted to him/her by the Laws of the game commence as soon as he/she enters the field of play.

14. The referee is responsible for keeping the official game time. The referee will extend the time for long or unusual delays in the game, such as substitution, injury, lost ball, or time wasting by a team. The referee determines the amount of time to be added. The scoreboard clock may expire while the game continues as a result of this rule.

15. The referee enforces the Laws, but may let play continue and not call a foul if in the referee's judgment stopping play would give an advantage to the team committing the foul. This is called the "advantage clause". A clause in the rules that gives the Referee the discretion to allow play to continue even after a foul has been committed if stopping play would unfairly punish the fouled team (e.g., if the fouled team had a breakaway & might score even after having been fouled). The idea is that the team which committed the foul should not gain an advantage as a result of the foul.

16. Protests are allowed only for the purpose of determining an ineligible player. All other questions regarding a ruling by an official shall be settled on the spot by the official and supervisor if available. Judgment calls are not open for discussion.

17. If a team is short players, they may borrow a player from the younger age division. PLAYERS NOT SIGNED UP THROUGH HRC (ie, travel teams) are not allowed as subs, unless they have paid, and signed the waiver like everyone else.

18. The ball may be volleyed, blocked, trapped, kicked, dribbled, and passed with the feet, body, and head. **HEADERS ARE NOT ALLOWED IN 5-6 & 7-8 SOCCER.** Only the goalkeeper (9-10 & 11-14) may use their hands.

19. **HAND BALL:** A hand ball is a foul when a player touches the ball with any part of the hand or arm while intending to control the ball. **If a player is not trying to control the ball, or is instinctively protecting himself or herself from injury, the referee should not call the hand ball foul.**

20. **OFFSIDE:** Offside will only be called in the 9&10 yr. old divisions and 11-14 yr. old divisions. A player is offside if there are no opponents between the offensive player and the goal excluding the goalie at the moment the ball is being played unless:

1. he or she is in his or her own half of the field of play.
2. the ball last touched an opponent or was last played by her/him.
3. he or she receives the ball direct from a goal kick, a corner kick, a throw in or it was dropped by the referee.

Offside position and offside are not the same. It is not against the rules to be merely in an offside position. It is against the rules to be offside. A player is in the offside position if he or she is:

- a) ahead of the ball (closer than the ball to the opponent's goal line), and
- b) in the opponent's half of the field, and
- c) there are fewer than two opponents even with or ahead of him or her

A player who is even with or behind the ball is not in offside position. With certain exceptions, a player in an offside position becomes offside if, **IN THE REFEREE'S JUDGMENT** the player either: participates in play, or interferes with an opponent, or otherwise tries to take advantage of being in an offside position. **THE POSITION OF A PLAYER AT THE MOMENT THE BALL IS PLAYED BY A TEAMMATE DETERMINES WHETHER THE PLAYER IS OFFSIDE.** If a pass is intended for a teammate in an offside position and an opponent deflects that pass, offside must still be called. If offside occurs the opposing team will receive an indirect free kick.

What makes the offside rule especially complicated is that a player can be in an "offside position" without being offside. Two things are necessary to be "offside":

1st - The player must be in an "offside position" at the moment the ball is "played" by a teammate. To be in an "offside position", a player must be on the opponent's half of the field & closer to the opponent's goal line than both the ball & the second-last defender. A player is not in an offside position if he is on his own half of the field (i.e. the half his goalkeeper is on), or even with the second-to-last defender or the last 2 defenders. (The goalkeeper is usually the last defender, or one of the last two, but he might not be; the rules just refer to the last 2 defenders & don't mention the goalkeeper). This is often difficult to call. (For example, if a player is even with the Second Last Defender & thereby in an "onside position" but runs past the Second Last Defender a split second after his teammate makes a through pass. In this example, the player is not offside because he was in an onside position at the moment the ball was played.)

2nd - The player must be involved in "active play" by either:

- gaining an advantage by being in an offside position, or
- interfering with play, or
- interfering with an opponent

21. **A THROW-IN** is called when the ball passes over a sideline, either on the ground or in the air. The ball is then thrown in by the opposing team. **The thrower at the moment of delivering the ball must face the field, part of each foot shall be in contact with the ground at the time of the throw either on the touch line or outside the touchline.** The thrower shall use both hands and shall deliver the ball from behind and over his head. The thrower must not play the ball again until another player (either team) touches or plays it. If the ball is improperly thrown in during the throw-in it shall be awarded to the opposing team.



22. **A GOAL-KICK** is called when the ball passes over the end-line excluding that portion between the goal-posts, either in the air or on the ground, having last been played by one of the **ATTACKING TEAM**, it shall be kicked directly into play beyond the penalty-area from a point within that half of the goal-area nearest to where it crossed the line, by a player of the defending team. To have gone out of play, all of the ball must have gone completely past the outside edge of the goal line. All players from both teams must be outside the penalty area when a goal kick occurs. The goal kick must be retaken if: the ball does not leave the penalty area, or the ball crosses the goal line before leaving the penalty area, or the ball is played again by any player before it leaves the penalty area. The kicker must not play the ball again until another player (either team) touches or plays it.

23. **A CORNER-KICK** is called when the ball passes over the end-line excluding that portion between the goal-posts, either in the air or on the ground, having last been played by one of the **DEFENDING TEAM**, a member of the attacking team shall take a corner kick. To have gone out of play, all of the ball must have gone completely past the outside edge of the goal line. The corner flags are not to be removed during the corner kick. A goal can be scored directly from a corner kick. The kicker must not play the ball again until another player (either team) touches or plays it.



24. **A FREE-KICK** is classified under two headings: **A DIRECT FREE-KICK**, which a goal may be scored directly against the offending side, and an **INDIRECT FREE-KICK** from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal. The free kick is taken from where the foul or infraction occurs. Opponents must be at least ten (10) yards

from the ball when the free kick is taken. The kicker must not play the ball again until another player (either team) touches or plays it.

25. **A PENALTY-KICK** is awarded to the attacking team from the penalty kick mark when the defending team commits a foul or rule infringement within the penalty area. The location of the foul, not the location of the ball, determines whether a penalty kick or a direct free kick is given. Only the kicker and goalkeeper are allowed in the penalty area and penalty arc at the time of the kick. The goalkeeper must stand on the goal line, between the goal posts and can move from side to side as long as he/she feet stay on the white goal line. The kicker must not play the ball again until another player (either team) touches or plays it. After the kick is taken it is then considered a live ball.

26. **A FOUL:** There are two (2) kinds of fouls: penal and non-penal fouls. There are nine (9) penal fouls which, in order to be judged a foul, must be committed intentionally while the ball is in play:

- 1) Kicking or trying to kick an opponent
- 2) Tripping and opponent (whether or not opponent falls down)
- 3) Jumping at an opponent (whether or not contact is made)
- 4) Charging and opponent violently or dangerously
- 5) Charging an opponent from behind
- 6) Hitting, trying to hit, or spitting at an opponent
- 7) Holding an opponent
- 8) Pushing an opponent
- 9) Handling the ball, except by the goalkeeper in the penalty area.

If a player is not trying to control the ball, or is instinctively protecting himself or herself from injury, the referee should not call the hand ball foul. When one of these penal fouls occur, the opposing team is awarded a direct free kick or a penalty kick depending upon where the foul occurred.

There are five (5) non-penalty fouls:

- 1) Dangerous play, such as high kicking or trying to head a low ball
- 2) Fair charging (shoulder-to-shoulder contact without danger to either player) but with the ball out of playing distance
- 3) Illegal obstruction
- 4) Charging the goalkeeper in the goalkeeper's goal area
- 5) Goalkeeper taking more than four steps

When one of these non-penalty fouls occur, the opposing team is awarded an indirect free kick.

27. **A DROP BALL** occurs when the referee stops play for a reason other than a rule being broken or time running out.



28. **The GOALKEEPER** has either four (4) seconds or four (4) steps to release the ball.

29. A goal **CANNOT** be scored directly from a kick-off however a goal **CAN** be scored on a goal kick by the kicker.
30. Teams will utilize the sideline opposite of the bleachers and spectators.
31. One (1) half of play constitutes a complete game. If games are canceled before One (1) half are played, that game will be rescheduled in its entirety.
32. Game cancellation information may be heard by visiting our website or facebook page, or by signing up for our text-caster program.

UNSPORTSMANLIKE CONDUCT

1. Unsportsmanlike conduct will not be tolerated. Any manager, coach, spectator or player who displays unsportsmanlike conduct may be suspended for subsequent games, the remainder of the season or longer if deemed necessary by the recreation commission. **Yellow and red cards will be utilized for warnings and ejections in the 9-10 and 11-14 age groups.** Foul and/or profane language is considered unsportsmanlike conduct and is grounds for ejection. Rough play is considered unsportsmanlike conduct and is grounds for ejection.
2. Tobacco (smoking and chewing) and alcoholic beverages are not permitted on or around the playing fields.
3. Any spectator who displays unsportsmanlike conduct may be asked to leave the playing area.

LEAGUE SPECIFIC RULES FOR 5&6 YEAR OLD BOYS AND 5&6 YEAR OLD GIRLS 4 v 4 SIZE 3 BALL

1. The league will be made up of 5&6 year olds.
2. Games will be played at the Bickle-Schmidt Sports Complex.
3. Games will consist of two (2) sixteen (16) minute halves. Half-time will consist of a three (3) minute break.
4. Each player must play at least EIGHT (8) MINUTES EACH HALF. Mandatory substitution will occur at every four (4) minute interval. At the four (4) minute mark the referees will stop play, **the game clock will not be stopped and substitutions will take place. This will not be a time out, teams must substitute only during this time.** Teams are not allowed to substitute at any other time with the only exception being a player that becomes injured or ill. Each player will also sit out for one (1) four (4) minute period during the game.

5. Four (4) person soccer will be played in this age division. **There is no Goal Keeper.** Each team will have approximately seven (7) youth on a team. Three (3) players must be present to start, play, and continue a game. If a team falls below three (3) players that team will forfeit. If a team does not have enough players to play the game, players from the opposing team may be used to play the game, however that team with less than three (3) players must forfeit that game. Score will not be kept in this age group.

6. One coach will only be allowed to coach on the field.

7. Officiating in this age group will be flexible on throw-ins, goal kicks, corner kicks etc... This will allow the opportunity for the youth to learn the right way in these particular situations.

8. **There is no goalie in this age group.** There is a box around the goal that marks the area that neither offense or defense can enter into. If the ball stops in that area without scoring a goal then a goalkick will be awarded. If the defense is illegally in the zone a goal will be awarded. If the offense is in that zone then the ball will be whistled dead and the defense will take over possession.

9. You can not score a goal until you are on your opponent's side of the field. So in order for a goal to count the ball must be touched by an offensive player on the opponents side of the halfline. For example a kick will not be counted as a score if a player kicks a goal from right in front of his goal or anywhere on his half of the field. Also a goal will not be counted if a player kicks the ball on his side of the halfline and the ball touches a player from the other team and goes into the goal. The reason why that didn't count is because an offensive player didn't touch the ball on the opponents side of the field.

10. **You are not allowed to have a player acting as a goalie. If a player is just hanging around the goal and not participating in playing the ball then a warning will be given to the team for having a player acting like a goalie. The second time a team is called for this a goal shall be awarded to the other team. The purpose of this league is to get all the kids out moving and participating in play.**

11. All penalties will be awarded an indirect kick. This means that no goal can be scored directly off of the kick.

12. For goal kicks the opposing team must move behind the midfield line until the ball has been kicked and received by a player on the offense's team. What we want is the kicker to pass the ball to his teammate and after he receives the pass regular play can begin. **The rule doesn't apply once the ball has crossed the midfield line.**

**LEAGUE SPECIFIC RULES FOR 7&8 YEAR OLD BOYS
AND 7&8 YEAR OLD GIRLS
5 V 5 SIZE 4 BALL**

1. The league will be made up of 7&8 year olds.
2. Boys and girls games will be played at the Bickle-Schmidt Soccer Complex
3. Games will consist of two (2) twenty (20) minute Halfs. Half-time will consist of a Three (3) minute break.
4. Each player must play at least TEN (10) MINUTES EACH HALF. Mandatory substitution will occur at every five (5) minute interval. **At the five (5) minute mark the referees will stop play, the game clock will not be stopped when substitutions occur.** This will not be a time out, teams must substitute only during this time. **Teams are not allowed to substitute at any other time with the only exception being a player that becomes injured or ill.** Each player will also sit out for one (1) five (5) minute period during the game.
5. **Five (5) person soccer will be played in this age division. There is no Goal Keeper, however a team can utilize 1 player to be designated as the defender.** Each team will have approximately seven (7) youth on a team. Four (4) players must be present to start, play, and continue a game. If a team falls below four (4) players that team will forfeit. If a team does not have enough players four (4) to play the game, players from the opposing team may be used to play the game, however that team with less than four (4) players must forfeit that game. Score will be kept in this age group.
6. Coaches will only be allowed to coach from the sidelines after the first week.
7. Officiating in this age group will be flexible on throw-ins, goal kicks and corner kicks for the first two (2) weeks of the season. After that everything will be called.
8. **There is no goallie in this age group. There is an ark around the goal that marks the area that neither the offense or defense can enter into.** If the ball stops in that area without scoring a goal, a goal kick is awarded. **If the defense is illegally in the zone a goal will be awarded.** If the offense is in that zone then the ball will be whistled dead and the defense will take over possession.
9. You can not score a goal until you are on your opponent's side of the field. So in order for a goal to count the ball must be touched by an offensive player on the opponents side of the halfline. For example a kick will not be counted as a score if a player kicks a goal from right in front of his goal or anywhere on his half of the field. Also a goal will not be counted if a player kicks the ball on his side of the halfline and the ball touches a player from the other team and goes into the goal. The reason why that didn't count is because an offensive player didn't touch the ball on the opponents side of the field.

10. **You are not allowed to have a player acting as a goalie.** Teams may have a defender, which stays back, but they are not allowed to use their hands, nor are they considered a goalie.

11. **All penalties will be awarded an indirect kick. This means that no goal can be scored directly off of the kick.**

12. **For goal kicks the opposing team must move behind the midfield line until the ball has been kicked and received by a player on the offense's team.** What we want is the kicker to pass the ball to his teammate and after he receives the pass regular play can begin. The rule doesn't apply once the ball has crossed the midfield line.

LEAGUE SPECIFIC RULES FOR 9&10 YEAR OLD COED
6 V 6 SIZE 4 BALL

1. The 9&10 year old leagues will be made up of 9&10 year olds.
2. Boys and girls games will be played at the Bickle-Schmidt Sports Complex.
3. Games will consist of two (2) twenty (20) minute Halfs. Half-time will consist of a Three (3) minute break.
4. Each player must play at least TEN (10) MINUTES EACH HALF. Mandatory substitution will occur at every five (5) minute interval. At the five (5) minute mark the referees will stop play, the game clock will not be stopped when substitutions occur. This will not be a time out, teams must substitute only during this time. **Teams are not allowed to substitute at any other time with the only exception being a player that becomes injured or ill.** Each player will also sit out for one (1) five (5) minute period during the game.
5. **Six (6) person soccer will be played in this age division, one of whom shall be a goal keeper.** Teams can play up to eight (8) players as long as each team plays with the same amount of players. Each team will have approximately nine (9) youth on a team. Five (5) players must be present to start, play, and continue a game. If a team falls below five (5) players that team will forfeit. If a team does not have enough players five (5) to play the game, players from the opposing team may be used to play the game, however that team with less than five (5) players must forfeit that game.
6. On a throw-in to the goalie, the goalie can only play the ball by kicking the ball. No hands will be allowed to touch the ball or to pick it up. The penalty will be a indirect free kick.

7. On a kick back to the goalie by one of his/her players the ball must only be played by kicking the ball by the goalie. No hands will be allowed to touch the ball or to pick it up. The penalty will be a indirect free kick.

LEAGUE SPECIFIC RULES FOR 11-14 YEAR OLD COED DIVISION

7 V 7 SIZE 5 BALL

1. The 11-14 year old leagues will be made up of 11,12,13 &14 year olds.
2. Games will be played at the Bickle-Schmidt Sports Complex.
3. Games will consist of two (2) twenty-four minute halves. Half-time will consist of a four (4) minute break.
4. Each player must play at least TWELVE (12) MINUTES EACH HALF. **Mandatory substitution will occur every six (6) minutes of each half. The referees will stop play, the game clock will not be stopped and substitutions will take place.** This will not be a time out, teams must substitute only during this time. **Teams are not allowed to substitute at any other time during the half.** Exception to this rule is a player that becomes injured or ill. Each player will also sit out for one (1) eight (8) minute period during the game.
4. **SEVEN (7) person soccer will be played in this age division, one of whom shall be a goal keeper.** Teams can play with more than seven (7) players as long as each team plays with the same amount of players up to nine (9) players. Six (6) players must be present to start, play, and continue a game. If a team falls below Six (6) players that team will forfeit. However, if due to an injury a team falls below Six (6) players it will NOT be considered a forfeit. If a team does not have enough players Six (6) to play the game, players from the opposing team may be used to play the game, however that team with less than Six (6) players must forfeit that game.
5. On a throw-in to the goalie, the goalie can only play the ball by kicking the ball. No hands will be allowed to touch the ball or to pick it up. The penalty will be a indirect free kick.
6. On a kick back to the goalie by one of his/her players the ball must only be played by kicking the ball by the goalie. No hands will be allowed to touch the ball or to pick it up. The penalty will be a indirect free kick.

Coaches' Code of Ethics

I hereby pledge to live up to my certification as a NYSCA Coach by following the NYSCA Coaches' Code of Ethics.

I will place the emotional and physical well being of my players ahead of a personal desire to win.

I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.

I will do my best to provide a safe playing situation for my players.

I will promise to review and practice the basic first aid principles needed to treat injuries of my players.

I will do my best to organize practices that are fun and challenging for all my players.

I will lead by example in demonstrating fair play and sportsmanship to all my players.

I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.

I will use those coaching techniques appropriate for each of the skills that I teach.

I will remember that I am a youth sports coach, and that the game is for children and not adults.

Coach Signature

Date

Players' Code of Ethics

I hereby pledge to provide a positive attitude and be responsible for my participation in Youth Sports by following this Code of Ethics:

I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice.

I will attend every practice and game that is reasonable possible and notify my coach if I cannot.

I will expect to receive a fair and equal amount of playing time.

I will do my very best to listen and learn from my coaches.

I will treat my coaches with respect regardless of race, sex, creed or abilities and I will expect to be treated accordingly.

I deserve to have fun during my sports experience and will alert parents or coaches if it stops being FUN!

I deserve to play in an alcohol, tobacco and drug free environment and expect adults to respect that wish.

I will encourage my parents to be involved with my team in some capacity because it's important to me.

I will do my very best in school.

I will remember that a sport is an opportunity to learn and have fun.

Players' Signature

Date

Parents' Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics Pledge.

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.

I will place the emotional and physical well being of my child ahead of a personal desire to win.

I will insist that my child play in a safe and healthy environment.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will demand a sports environment for my child that is free of drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.

I will remember that the game is for youth—not for adults.

I will do my very best to make youth sports fun for my child.

I will ask my child to treat other players, coaches, fans, and official, with respect regardless of race, sex, creed, or ability.

I promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.

I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.

I will read the NYSCA National Standards for Youth Sports and do what I can to help all youth sports organizations implement and enforce them.

Parent signature

Parent Signature

Date