



HSC Instructional Program Details

The Hockessin Soccer Club uses the Official Rules for Youth Soccer under the governance of the United States Youth Soccer Association (USYSA), which is the largest affiliate of the United States Soccer Federation (USSF). The Delaware Youth Soccer Association (DYSA) of which our club (and most other major clubs in Delaware) is a member operates under the governance of the USYSA and USSF. The rules for each age group are posted on the United States Youth Soccer Association web-site <http://usyouthsoccer.org> (rules are located on the Coaches page), and these are the rules that we use for our Club. The "Official Rules" allow for one additional player per side, so we will try to use the smallest sided games consistent with the number of players per roster.

Starting at the U12 age group, HSC and other Delaware soccer clubs join to play in an Inter-Club League. Individual Clubs form their own teams, which then play against other teams within the League. Games are played at various sites within New Castle County, Delaware. The Inter-Club League is governed by an Inter-Club Committee comprised of Board members from various Clubs. This Committee sets the rules, schedule, and format for playoffs for U12 and up.

Fields are adjusted based on available grass.

TinyMites [Co-ed, 3-4 yr. old]

Play: Introduction to soccer in a group format. Instruction is provided by our professional training staff. One hour sessions are held on Saturday mornings at Brandywine Springs Elementary School. Maximum of 30 children per 1-hour session. No games.

Equipment: Size 3 ball, HSC T-shirt or reversible jersey, cleats or sneakers, shin guards under socks.

Comments: Participation medals awarded to all players.

MiniMites [Pre-Kindergarten, co-ed]

Players: 4 v 4, no keeper. (3 v. 3 optional)

Roster: 10-12 players.

Field: 45 yds by 25 yds. (approximate)

Practice: Twice a week. No games at the weekend.

Equipment: Size 3 ball, HSC reversible jersey, cleats or sneakers, shin guards under socks

Comments: Two fun mini-tournaments (middle and end of the season). No score is kept. Participation medals awarded to all players.

DynaMites [Kindergarten, co-ed]

Play: 4 v 4, no keeper. (3 v. 3 optional)

Roster: 10-12 players.

Field: 45 yds by 25 yds. (approximate)

Practice: Twice a week. No games at the weekend.

Equipment: Size 3 ball, HSC reversible jersey, cleats or sneakers, shin guards under socks

Comments: Two fun mini-tournaments (middle and end of the season). Potential for third set of staggered games in the season or participation in 3v3 round-robin tournament. No score is kept. Participation medals awarded to all players.



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UNDER 8 [U8, 1st/2nd grade]

Boys and girls are separate. No rules forbid girls from playing on boys' teams.

Play: 4 v 4, no keeper.

Roster: 12-14 players.

Field: 45 yds by 25 yds (approximate)

Time: 4 x 11 minute quarters. 4 minute break between each quarter.

Practice: Twice a week. One game each weekend.

Equipment: Size 3 ball, HSC reversible jersey, cleats or sneakers, shin guards under socks

Comments: Score is NOT to be kept. No standings. See Addendum, Rules for 4 v. 4 Play, for more details. Participation medals awarded to all players.

UNDER 10 [U10, 3rd/4th grade]

Boys and girls are separate. No rules forbid girls from playing on boys' teams.

Play: 6 v 6, including keeper. (7 v. 7 optional)

Roster: 9-11 players.

Field: 60 yds by 40 yds (approximate)

Time: 2 x 20 minute halves

Practice: Twice a week. One game each weekend.

Equipment: Size 4 ball, HSC reversible jersey, cleats or sneakers, shin guards under socks

Comments: Scores and standings are not kept. If larger than a five goal differential occurs, a player may be added to the weaker side. Participation medals awarded to all players.

UNDER 12 [U12, 5th/6th grade]

Boys and girls are separate. No rules forbid girls from playing on boys' teams.

Play: 8 v 8, including keeper. (9 v. 9 optional)

Roster: 11-13 players

Field: 85 yds by 50 yds.

Time: 2 x 25 minute halves

Practice: Twice a week. One game each weekend of Interclub play.

Equipment: Size 4 ball, Adidas® Squadra jersey, cleats or sneakers, shin guards under socks.

Comments: Score is kept. Standings kept and medals/trophies awarded by Inter-Club.

U14 [7th/8th grade], U18 [High School]

Boys and girls are separate. No rules forbid girls from playing on boys' teams.

Play: 11 v 11, including keeper.

Roster: at least 15 players

Field: 105 yds by 70 yds.

Time: 2 X 35 minute halves

Practice: Twice a week. One game each weekend of inter-league play (Kirkwood, MOT, etc.)

Equipment: Size 5 ball, Adidas® Squadra jersey, cleats or sneakers, shin guards under socks.

Comments: Score is kept. Standings kept and medals/trophies awarded by Inter-Club.



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ADDENDUM

Rules for 4 v. 4 Play U8

Play 4 v. 4 with no goalie.

Referees: All referee decisions are final. Abuse of the referee will not be tolerated. The Referee has the power to send an offending coach or parent from the field and if necessary abandon the game. The Referees will ask for the offending team coach's name and the HSC will take appropriate action against the coach. There will be no protests. The referee's decision is final.

Dead Ball: All kicks are INDIRECT. In all dead-ball situations (except goal kicks, see below), the defending players must be at least six (6) yards away from the ball. A foul within 6 yards of the goal but not in the goal box will result in an indirect kick at a point 6 yards from the goal and in-line with the point of the foul. Defensive players must be 6 yards from the ball.

Goal Kicks: Goal kicks are taken from the edge of (or any where inside) the goal box. The defensive team must be behind the mid-field line. After the kick is taken, the defense is then free to move about anywhere on the field.

There is no offside in 4 v. 4 soccer.

Standard FIFA rules apply for throw-ins, corner kicks and kick-offs, except that a goal cannot be scored from the kick-off.

Defenders and attackers are allowed to enter the goal box. However:

- 1) If the defender touches the ball inside the goal box then a goal is awarded to the attacking team. Exception is item 4 below.
- 2) If an attacker touches the ball inside the goal box then a goal kick is awarded to the defending team.
- 3) If the ball comes to a stop in the goal box then a goal kick is awarded to the defending team (regardless of who was the last to touch the ball).
- 4) Goal kicks can be taken from inside the goal box.

Goals can only be scored from the attacking half of the field (e.g. a team cannot score from within its own defensive half). If this occurs a goal kick to the defending team will be awarded.

If a game becomes one-sided, the weaker team may add an additional player if both coaches agree.



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Game Format [4 v 4]

Quarters 1&2	1 st quarter	11 minutes
	Break	4 minutes
	2 nd quarter	11 minutes
Halftime break		4 minutes
Quarters 3&4	3 rd quarter	11 minutes
	Break	4 minutes
	4 th quarter	11 minutes

Home Team has choice of side of field to defend. Team switch ends at the beginning of each quarter after the initial selection.

Visiting Team wears white and gets 1st quarter kickoff - Home Team wears purple and gets 2nd quarter kickoff.

All spectators must be along the outer touchlines. No one should be behind the goals.

Only the coaches and substitute players should be in the area between the adjoining fields.

Substitute on a dead ball during the game (e.g., for injury, fatigue, balance of play time etc.)

Coaches, please note the following:

Your goal should be to strive for equal playing time for all players. It is recommended that all children should play 3/4 of the match before any child plays the entire match.