



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOCCER RULES

Youth Sports



# **SOCCER RULES**

## **TEAM DUTIES**

1. Both teams are responsible for cleaning up their bench immediately after the game.
2. During the game, there shall be a limit of two (2) coaches on the sideline.
  - a. In the 5U division, one (1) coach per team is allowed on the field for instructional purposes.
  - b. 7U and up coaches must be on the sideline only and remain in the “coaching box” if marked on the field. Coaches may only come on the field if beckoned by the referee.
3. All spectators must be seated on the sideline opposite of their team and cannot stand or sit on the goal areas. Only cleared coaches and registered participants are allowed on the bench.

## **SPORTSMANSHIP**

1. The YMCA does not keep official game scores or records. However, the score is documented during the game to promote a learning environment.
2. Unsportsmanlike conduct of the players or coaches is not tolerated. If the behavior persists, the individual will be asked to leave the facility.
3. Any player, coach or spectator ejected may be suspended for at least (1) game and/or may be placed on season probation. If ejected again during a program, the individual will be permanently removed. The YMCA sports cabinet will meet to review suspensions and removal. Cases will also be reviewed by the sports cabinet for reinstatement.
4. If the atmosphere of the game feels unsafe or the YMCAs Values are not being adhered to, the referee or YMCA staff member can end the game.
5. If a team has less than the number of required players, the opposing team will be asked to share players in order to provide competition. We make every effort to play each scheduled game.
6. Coaches are expected to adhere to YMCA Values and are responsible for team actions. This includes parents and players.
7. The YMCA Player Pledge is required prior to the start of each game. A YMCA Staff will lead the pledge, however in the event a staff member is unavailable, the coach, a parent or player can administer the pledge.

## **YMCA YOUTH SPORTS KEY PHILOSOPHIES**

1. Everyone must play at least half the game.
2. Coaches are volunteers. They are not paid.
3. Our focus is on fun and skill development.
4. Sportsmanship above all.
5. We promote a family atmosphere.

# **SOCCER RULES**

## **PLAYER SAFETY**

1. To protect the safety of all players in the program, any participant wearing a cast will prohibit them from participating in YMCA games or practices. Exceptions can be made with approval from the Sports Director and documented approval from a physician.

2. Soft casts will be permitted if approved by a physician.
3. All types of jewelry (earrings, bracelets, necklaces, etc.) or hats must be removed before the game.
4. Adaptive aids are approved on a case-by-case basis.

## AGE DIVISIONS

Age Division	# Players on Field (Includes Goalie, if Goalie allowed)	Goalie	Game Length*	Offsides	Heading	Yellow/Red Cards	Ball Size
5U (4 - 5 yrs)	4 v 4	No	4 x 6 min periods	No	No	No	3
7U (6 - 7 yrs)	5 v 5	No	4 x 8 min periods	No	No	No	3
9U (8 - 9 yrs)	6 v 6	Yes	4 x 10 min periods	No	No	No	4
11U (10-11 yrs)	7 v 7	Yes	4 x 10 min periods	Yes	Yes	Yes	5

## UNIFORM

Each player must have on their YMCA issued uniform and shin guards underneath their socks. Cleats are not mandatory to play soccer.

## GENERAL RULES

The kick-off is performed at the mid-field line by one of the offensive players. The ball will be considered in play when it has been kicked and is moving in any direction. The defensive team must line up ten (10) yards away from the ball (outside of the circle) and cannot touch the ball until it is in play. Both teams must be in their respective halves of the field at the kick-off. The player kicking off cannot touch the ball a second time until it has touched another player.

## 1. SCORING

A ball that is kicked between, but not over the goalposts at the opponent's goal line, is considered a score equal to one (1) point. The entire ball must be completely over the entire goal line to be considered a goal.

The ball does not have to touch the net to be considered a goal.

# SOCCER RULES

## 2. PLAYER PRIVILEGES

- All players may play the ball with their feet, head, knees, chest, body, or shoulders. Only the goalie may touch the ball with upper arms, forearms, or hands as long as they remain in the penalty area.
- The goalie must put the ball in play and may carry the ball no more than seven (7) seconds in preparation to throw or kick the ball into play.

- If the goalie is going to kick the ball after a goal kick has been determined, only players from the same team as the goalie may be inside the penalty box. For the goal kick, players on the same team as the goalie may also kick the ball inside the penalty box.

#### **4. SLIDE TACKLING IS NOT ALLOWED.**

### **FOULS AND PENALTIES**

#### **1. DIRECT FREE KICK**

A direct free kick is awarded to the team fouled by a member of the opposing team after the fouls listed below occur outside the penalty area by either team. A direct free kick is awarded to the opponents at the spot of the foul.

The ball is placed on the ground and may be kicked in any direction.

- The defending team may block the ball (i.e. build a “wall”) but must be standing at least ten (10) yards from the ball when it is kicked.
- The offensive (kicking) team must be four (4) feet away from the “wall.”
- A direct free kick can score a goal if it passes through the goal. It does not need to touch another player to be a good goal.

Foul(s) which cause Direct Free Kick:

- Handball (except for the goalie). Cannot touch with upper arm, forearm, or hand.
- Contact that creates an advantage (discretion of the official) • Carrying or handling the ball outside the penalty area (goalie).
- Any contact with the goalie by the attacking team inside the goalie protected area (i.e. small box inside penalty area). Result is a Direct Free Kick by the goalie.

## **SOCCER RULES**

#### **2. INDIRECT FREE KICK**

- The indirect free kick cannot score a goal until another player other than the kicker has touched the ball. Regardless if the foul occurred inside or outside the penalty area, the indirect free kick is awarded to the opponent at the point of the foul.
- An indirect free kick is awarded to the team fouled by a member of the opposing team if any of the below occurs

Foul(s):

- Goalie carries the ball more than seven (7) seconds.
- Charging the goalie or any player when he does not have the ball.
- Playing or attempting to play a ball held by the goalie, or interfering with the goalie as he attempts to clear the ball.
- Kicker or thrower plays the ball before a second player touches it on a throw-in, free kick, corner kick, or penalty kick.
- Ball is not kicked forward on a penalty kick.
- Player stands closer than ten (10) yards at the time of an indirect or direct free kick.
- Any obstruction by a player. (i.e. holding, pulling jersey)

- Intentional pass back to the goalie. The goalie may not use his or her hands if the ball is passed back from his or her own team.
- Illegal Headers.
- The defending team may block the ball (i.e. build a “wall”) but must be standing at least ten (10) yards from the ball when it is kicked.
- The offensive (kicking) team must be four (4) feet away from the “wall.”
- A goal can be scored from an indirect kick only if the ball touches another player before it enters the goal. If an indirect kick is kicked directly into the opponents goal, a goal kick is awarded for the opposite team.

### **3. FOULS THAT MAY WARRANT EJECTION FROM A GAME (Discretion of Official)**

- Any bodily harm or unsportsmanlike conduct towards an opponent.
- Slide tackling.
- Disrespectful words, tone, or language by a coach towards an official during or following the game. (Any discourse between the coach and officials must remain professional and respectful during and after the game.)

### **4. OFFSIDES**

The 5U, 7U and 9U divisions will not have offsides.

### **5. HANDBALL (Judgment of the Official)**

- Movement of the hand/arm in the direction of the ball
- Player touches the ball with hand(s) or picks up the ball (other than the goalie)
- Ball hits any player’s arm from the elbow to the hand
- Increasing the body size to touch the ball (i.e. stick arms out to interfere with ball)
- Ball that contacts the shoulder is not a hand ball (judgment of the official - continue play)
- It is not a handball if the hand or arm is close to/touching the body and the player tries to avoid the ball but fails. If handball is called by the official, the opposing team gets a Direct Free Kick

### **6. PENALTY KICK**

- A penalty kick will be placed halfway between the goal line and penalty box (larger box)
- A penalty kick is awarded as for any infringement of the rules which ordinarily requires the awarding of a direct free kick if the foul is committed by a defending player within the penalty box.
- The foul must be deliberate. When awarded, the penalty kick will be made from the penalty spot (halfway between goal line and penalty box).
- All players, except for the players taking the kick and the defending goalkeeper, must be outside of the penalty area. The ball must be kicked forward. If a foul is committed by the attacking team inside the opposing team’s penalty area, the defending team will be awarded a direct free-kick from the point of the foul.
- During the penalty kick, the goalie must have one foot on the goal line.

### **7. DROP KICKS**

Drop kicks are awarded if:

- The ball hits the referee
- Inadvertent whistle by the official

- Interruption of the game by something or someone off the field (i.e. child running on field, ball from another field, etc)

## **REFEREES:**

- The official shall be the sole judge of game play on the court. The official's decisions are final.
- The official can ask coaches, parents, players, and spectators to leave the field to maintain a pleasant atmosphere and control of the game.
- If a coach, player, or spectator, is ejected from a game, that person(s)/situation will be subject to review by the Competition Director and/or Sports Director with a potential one (1) game suspension. Should another incident occur within the same season and the same person(s), that coach, spectator, or player may be ejected from the league permanently.
- The official may stop, suspend, or terminate the game because of the elements of interference.
- There will be no disrespectful words or actions toward a referee during the game.

## **SUBSTITUTIONS**

The goal of the YMCA is to provide all children with equal playing time. All players must play a minimum of 50% of the game. If a player is sick or injured, the referee must be notified before the start of the game. If a player ends up becoming ill or injured during a game, he or she can be substituted out.