



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST VALLEY YMCA

Youth Soccer

Rules

2025

01: THE FIELD OF PLAY

The field of play shall be the field located at the Facility for the West Valley YMCA. Parents and other spectators will sit on the side next to the building. The side next to the LA River should be **for Staff, Coaches, Team Parents, and Players.**

02: THE BALL

The ball to be used for all divisions is as follows:

- Ages 6-7 - size 3 ball
- Ages 8-9 - size 4 ball
- Ages 10-15 - size 5 ball

03: THE PLAYERS

A.) The number of players:

- 1) All players on a team must be assigned to that team by the appropriate YMCA administrator. The administrator shall determine the maximum number of players per team. **A team discovered to have a player not officially assigned to that team at any time shall forfeit that match.**
- 2) **AGES 6– 15 PLAY 7 ON 7** (6 AND A GOALIE)
- 3) An official game cannot start or continue unless each team has at least 4 players, one of whom shall be a goalkeeper. A team failing to have at least 4 players shall forfeit the match.

B.) Substitutions:

- 1) Unless absent or injured or otherwise unavailable to play, every player assigned to a team shall play.
- 2) A player who has been substituted for, may return to the game as a future substitute unless that player has received a red card.
- 3) Each team shall be afforded an unlimited number of substitutions.

- 4) Teams can substitute a player without the permission of the referee provided the oncoming player does not participate in play until the player going off has cleared the field of play. If you want to substitute for the Goalkeeper, at a stoppage the coach must inform the referee of the change but we will not stop the time.
- 5) If a player is shown a yellow card, that player must leave the field for a minimum of 3 minutes of playing time unless the player receives a second yellow card for that match. If the player is shown a yellow card for the second time during the same match then that player will receive a red card and may not return to the match.

C.) Coaching positions:

- 1) For Divisions with players age 3-7 and under, one coach from each team may coach his or her team from within the field of play provided the coach does not interfere with play. The referee has the sole discretion to require a coach to leave the field of play should the coach's presence disrupt the game.
- 2) For Divisions with players age 8 or older, a maximum of one coach per team may give tactical instructions only from the designated team area.

04: THE PLAYER'S EQUIPMENT

A.) Uniforms:

- 1) The uniforms shall be a White or Blue Jr. LA Galaxy jersey. Home team wears white, visiting team wears blue.
- 2) Age-appropriate shin guards shall be worn at all times during games, warmups for games, and during all practices.
- 3) The players shall wear tennis shoes or indoor soccer shoes/turf shoes. **No cleats** shall be worn during games, warmups, or during any practice.
- 4) If a player does not have Shin Guards, Proper shoes (No Cleats) or the Uniform, the player will be asked to sit out of the game.
- 5) Coaches are responsible for ensuring NO JEWELRY may be worn during any practice, warm-up, or game. A player refusing to remove jewelry will be asked to sit out the game.

05: MATCH OFFICIALS

There will be no assistant referees or a fourth official. Time may be kept by staff or the Referee, with the referee being the official time-keeper. If time is displayed, then it should be stopped 1 or 2 minutes before the end of each half.

The Referee has the final say with calls during the game.

06: THE DURATION OF THE MATCH

A.) Standard match

- 1) A match shall consist of two equal halves, each 16 minutes long for ages 6-7 and 20 minutes long for ages 8-15
- 2) **The halftime period shall be 3 minutes.**
- 3) **The Referee shall not stop the clock** for injury or any other reason. Accordingly, the clock shall continue to run during stoppages in all games.
- 4) If the score is tied at the end of the second half during a regular season match then the match shall end in a tie.
- 5) We will only wait 10 minutes after the start of the game for a team to be complete. If the team does not have a coach or enough players, that team will forfeit the game.

B.) Playoff match

- 1) If the score is tied at the end of a playoff match then the teams shall play one overtime period of 3 minutes. The teams shall continue to defend the goal they defended in the second half. The referee shall toss a coin to determine who kicks off for the overtime period.
- 2) The entire 3 minutes of the overtime period shall be played even if one team scores a goal during that time. This is not a "golden goal" situation where the first team to score wins.
- 3) If the score is tied at the end of the overtime period then the match shall be decided by Golden Goal.

07: THE START AND RESTART OF PLAY

A.) The Kickoff

- 1) The Home team or team listed first on the schedule shall take the opening kickoff of the match.
- 2) The Visiting team or team listed second on the schedule shall select the

goal they will defend in the first half.

- 3) The visiting team shall take the kickoff in the second half, and the teams shall switch sides.
- 4) **A goal cannot be scored directly from kickoff.** A second player, from either team, must touch the ball after it has been kicked off before a goal can be scored.
- 5) **A goal cannot be scored directly from a Free kick.** The player taking the Free Kick must PASS the ball to a second player from the team before a goal can be scored. (A ball tap does not count. A pass from player to player must occur)

08: THE BALL IN AND OUT OF PLAY

The ball is out of play when a goal is scored, the ball touches the net above the perimeter walls or a net support post, or when the referee signals for the stop page of play.

09: OFFSIDE

There is no offside infractions in these games.

10: FOULS AND MISCONDUCT

- A.) A three-line violation occurs when a player kicks the ball in the air across 3 lines towards the opponent's goal without the ball touching the perimeter wall, another player or a referee on the field of a play.

When this happens, an indirect free kick will be given to the other team where the ball crossed the line.
- B.) **We have a ZERO tolerance policy for foul language and Bullying. Any player or parent that uses foul language or shows a form of bullying, will be asked to leave the game and is subject to being removed from the season.**
- C.) Sliding and Headers
 - 1) Players **cannot slide tackle.** Only the Goalkeeper is permitted to slide in the penalty area to stop the ball from entering the goal.
 - 2) No headers.
 - 3) If a player slide tackles or headers the ball, the Play shall be restarted with a free kick for the offending player's opposing team. If defender

commits the infraction in the goal arc, the free kick is placed on the nearest penalty arc point.

11: PENALTY

- 1.) A penalty kick is awarded to the attacking team if the defending foul is inside the penalty arc.
- 2.) Any member of the defending team can take the penalty kick.
- 3.) If an attacking team commits a penalty for which a free kick is awarded inside the penalty area, any member of the defending team can take the kick from the dot centered within the penalty arc.

12: THE THROW-IN

A.) Throw in restarted by a kick-in

- 1) If a ball hits the netting or a netting support post above the touchline (sideline) play is stopped and restarted with a kick-in.
- 2) Goals may not be scored directly from a kick-in.

13: THE GOAL KICK

- 1) If a ball hits the netting above the playing walls parallel to the goal, having last been touched by an attacking player, the play is restarted by the defending team with a kick taken from the dot centered.

14: THE CORNER KICK

- 1) If a ball hits the netting above the playing walls parallel to the goal, having last been touched by a defending player, the play is restarted by the attacking team with a kick taken from the corner on the side on which the ball went out of play.