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WEST VALLEY YMCA

THE RULES OF SOCCER

Rules As adopted

January 2019

All play shall be governed by the International Football Association Board (IFBA) *Laws of the Game 2018/19* except as modified herein:

Law 01: THE FIELD OF PLAY

The field of play shall be the field located at the Facility for the West Valley YMCA. The YMCA staff shall routinely inspect the field and surrounding area to assure the field is appropriately marked and safe for play. The referee shall make the final call as to the adequacy of the field. Each team shall have a designated area to be used during the match agreed upon by both coaches and the referee.

Law 02: THE BALL

The ball for divisions with players age 9 and under shall use a size number 4 ball. All other shall use a size number 5.

Law 03: 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 played a player not officially assigned to that team shall forfeit that match.
- 2) **AGES 5 – 12 PLAY 8 ON 8** 7 AND A GOALIE
- 3) Teams with players age 13 and older shall play with 7 players on the field including the goalkeeper.
- 4) The adult league must have 2 females on the field at all times.
- 5) 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 field 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 at least half of every match.
- 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) Except for a goalkeeper, teams can substitute a player without the permission of the referee provided the oncoming player does not participate in play until the off-going player has cleared the field of play.
- 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 is receiving 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 may not return for that match.
- 6) If a player is shown a red card then the player must leave the field and

cannot return for that match.

7) A player who leaves the field after being shown a yellow card or a red card can be substituted for immediately.

C.) Coaching positions:

- 1) For Divisions with players age 6 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 7 or older, a maximum of two coaches per team may give tactical instructions only from the designated team area.

Law 04: THE PLAYER'S EQUIPMENT

A.) Uniforms:

- 1) The uniforms shall be as designated by the YMCA. Substitute uniforms shall not be used unless expressly authorized by the YMCA.
- 2) 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 turf shoes. No cleats shall be worn during games, warmups, or during any practice.

Law 05: THE REFEREE

No modifications.

Law 06: THE OTHER MATCH OFFICIALS

There will be no assistant referees or a fourth official. A time keeper/score keeper may be used but it remains the referee's ultimate responsibility for

keeping time and the official score.

Law 07: THE DURATION OF THE MATCH

A.) Standard match

1) A match shall consist of two equal halves, each 20 minutes long.

2) The halftime period shall be 2 minutes.

3) Teams are allowed one time out per half for a duration of one minute. An unused timeout from the first half cannot be carried over to be used in the second half.

4) **The referee shall stop the clock** when there is an injury where play has stopped, during each timeout, or when continuing the game is not practical. In all other instances the clock shall continue to run.

5) 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.

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 “Kicks from the Penalty Mark” in accordance with Law 10.

Law 08: 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) The kickoff does not need to be played forward.
- 5) **A goal cannot be scored directly from a kickoff.** A second player, from either team, must touch the ball after it has been kicked off before a goal can be scored.

Law 09: 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 stoppage of play.

Law 10: DETERMINING THE OUTCOME OF A MATCH

A.) Kicks from the Penalty Mark

If the winner of a match must be established and the score remains tied at the end of the overtime period, then the outcome of the match shall be determined by Kicks from the Penalty Mark.

B.) The start of Kicks from the Penalty Mark

- 1) The referee shall determine the single goal at which all kicks from the mark shall be taken.

- 2) The team taking the kickoff during the overtime period shall kick first.
- 3) The goal keeper of the team taking the kick shall remain in the center circle as the kick is being taken.
- 4) If each team has an equal number of players eligible to participate in kicks from the mark then every player, including the goal keeper, shall have kicked before a player can kick for a second time. Note that a player that has been sent off (red card or two yellow cards) may not participate in kicks from the mark.
- 5) If one team has more players than the other, once the round is completed in which the last player to kick from the smaller team has kicked, both teams may use any player to kick for a second time should additional kicks be required to determine the winner of the match.

Law 11: OFFSIDE

A player shall not be penalized for being in an offside position.

Law 12: FOULS AND MISCONDUCT

A.) Three Line Rule

- 1) 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.
- 2) When this happens an indirect free kick will be given to the other team from the spot where the offending kick was taken.

B.) Sliding

- 1) A player other than the goal keeper may not leave his or her feet to attempt to play a ball or challenge an opponent in possession of the ball (slide tackle).
- 2) Play following such an offence shall be restarted with a direct kick for

the offending player's opposing team.

Law 13: FREE KICKS

A.) Free kicks awarded in the penalty area

- 1) If a defender commits a penalty for which a free kick is awarded inside the penalty area, defined as the playing area inside the outer edge of the arcing line enclosing the area in front of the goal:
 - a. A penalty kick is awarded to the attacking team if the offense results in a direct kick.
 - b. An indirect kick is awarded to the attacking team, taken from the spot on the arcing line closest to the spot of the penalty, if the offense results in an indirect kick.
- 2) 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 area.

Law 14: THE PENALTY KICK

A.) Penalty kicks and kicks from the mark shall be taken from the top of the arc defining the penalty area at the point furthest from the goal.

Law 15: THE THROW-IN

A.) Throw in restarted by a free kick

- 1) If a ball hits the netting or a netting support post above the touchline (sideline) play is stopped and restarted with an indirect free kick (not a throw-in) by the opposing team.
- 2) The location for the indirect free kick shall be within one yard off the wall at the spot closest to where the ball went out of play.

Law 16: THE GOAL KICK

A.) Goal Kicks

- 1) If a ball hits the netting above the playing walls parallel to the goal or the netting above the walls of the rounded corners, having last been touched by an attacking player, play is restarted by the defending team with a direct kick taken from the dot centered within the arced penalty area in front of the goal.
- 2) Any player on the defending team can take the free kick.

Law 17: THE CORNER KICK

- A.) If the ball touches the netting or the netting support posts above the goal or above the end wall parallel to the goal, including the corners, having last been touched by a defender, the ball shall be put back into play by the attacking team with a corner kick, taken one yard from the nearest corner.