

# YMCA Youth Soccer Rules

## Introduction

The YMCA Soccer League is a recreational program. Sportsmanship is the most important aspect of the game. Coaches should not only teach sportsmanship, but model it as well. The sports program emphasizes “child first, sport second”. All athletes will be given the opportunity to play half of each game (equal playing time is required). We will not keep score during the games and win/loss records will not be kept. Please make sure your parents are aware of this.

Youth Sports Pledge:

*Win or lose, I pledge before all, to do my best, to be a team player, to respect my opponents, teammates and officials, and to improve myself in spirit, mind and body.*

### **Soccer Term/Definitions**

**Free Kick** – When a player is taking a free kick INSIDE HIS OWN PENALTY AREA, all of the opposing players shall remain OUTSIDE THE AREA and shall be approximately 20 feet from the ball while the kick is being taken. THE BALL SHALL NOT BE IN PLAY UNTIL IT HAS TRAVELED BEYOND THE PENALTY AREA. If the ball is not kicked beyond the penalty area, the kick shall be retaken. When a player is taking a direct or indirect free kick OUTSIDE HIS OWN PENALTY AREA, all of the opposing players shall be approximately 20 feet from the ball until it is in play. If the kick is awarded less than 20 feet from the opposing goal, the opposing players can be standing on their own goal line between the goal posts. The ball shall be in play when it has traveled it's own circumference.

**Direct Free Kick** – a goal can be scored directly against the offending side.

**Indirect Free Kick** – a goal cannot be scored unless the ball is touched or played by a player other than the kicker before passing through the goal.

**Penalty Kick** – If a direct kick foul is committed within the penalty area of the defending team, the ball is kicked from the penalty mark

by the opponents. At the time of the kick, players from both teams, except the defending goal keeper, must stay behind the twenty foot radius around the penalty mark. Any attacking player may kick the penalty kick and must kick the penalty forward or an indirect kick will be awarded to the opponent on the penalty spot. The goal keeper must stand, without moving his feet, on his own goal line between the two posts until the ball is kicked. If he/she moves before the ball is kicked and the goal is saved, the ball must be re-kicked. The penalty kicker must not kick the ball a second time before another player of either team has touched the ball or an indirect free kick will be awarded against his/her team.

**Throw-In** – A throw-in will be awarded to a team when the ball goes completely over the sideline, either in the air or on the ground. The player throwing the ball in must keep both feet on the ground and throw the ball in with both hands, starting with the ball over or behind the head. If this is not done properly, the opposing team will be awarded a throw-in from that spot. The player throwing the ball in cannot touch the ball until it is touched by another player from either team.

**Goal Kick** – When a player from the opposing team touches the ball last before it crosses the end line, the defensive team is awarded a goal kick from the corner of the goal box, on the side of the goal that the ball went out on. The team kicking the goal kick can have one player besides the kicker and the goalie to defend the goal. All other players from both teams must be completely outside the penalty box area until the ball clearly passes the penalty box line.

**Corner Kick** – If a member of the defending team was the last player to touch the ball before it crossed the goal line either on the ground or in the air, the attacking team shall be awarded a corner kick. The ball is placed on the corner circle on the same side where the ball crossed the goal line. A goal may be scored directly from a corner kick. The kicker cannot touch the ball a second time until it has been touched by another player on either team.

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## Playing Requirements

1. Divisions and eligibility are based on age of the current year.
2. Number of players, for the 3<sup>rd</sup> & 4<sup>th</sup>, on the field shall be 9, including the goalie.
3. The game time is shown on your schedule. The clock will start at the scheduled time.
4. Each player shall play an equal amount of time (at least 2 quarters).

## Practices

Each team will practice one night per week. Practice space will be provided by the YMCA, usually at the Michiana Family YMCA soccer fields.

## Equipment

1. A #5 soccer ball is used for all games.
2. Shinguards are required for all games and practices.
3. Mouthguards are recommended.
4. Metal spikes are not permitted.
5. Every player must purchase a YMCA blue and yellow Youth Sports Jersey.

## Length of Game

The game will consist of 2 halves - 25 minutes each half. There will be no overtime. The clock will not stop even for injury. In the event of an injury, all other players should sit down on the field until play resumes.

## Game Procedures

1. FIFA guidelines will govern all play except where specified.
2. Start of game: Both teams will meet at mid-field. The YMCA sports pledge will be lead by the home team and recited by all

players/coaches. The home team will call a coin toss. The winner chooses a goal to defend or to kick-off. Players move into position (outside the center circle and in their own half of the field) and, at the referee's whistle, the ball is kicked. The ball must be kicked out of the arc or it will be re-kicked. The kicker may not touch the ball a second time until another player has touched it.

3. Team kicking off in the first quarter will kick-off in the 3<sup>rd</sup> quarter. The other team will kick-off in the 2<sup>nd</sup> and 4<sup>th</sup> quarters.
4. Half-time will be 5 minutes.
5. Time Outs: Each team is allowed 2 two minute time outs each half. Time outs not used in the first half will not carry over to the second half. Any injury time out is an official time out and will not be charged to either team.
6. The officials' decisions on point of fact connected with the games shall be final. All rule infractions should be briefly explained to the offending player. If a decision should warrant further discussion, contact the Sports Director.
7. Each team supplies one linesman per game, parent volunteers are encouraged. YMCA will not staff linesmen.
8. The ball is out of play if the entire ball crosses the goal line or touchline (on the ground or in the air) or when the referee stops play.
9. A goal cannot be scored directly from the kick-off. It must touch another player before it passes the goal line. This player can be the goalie.
10. Offsides will be called in this division.

## Substitutions/Playing Requirements

1. **Each child must play a minimum of half of each game.** If a player arrives late and the team is short a player on the field, you may immediately put him/her onto the field.

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2. Substitution must take place on a dead ball and waved in by the official.

## **Fouls and Misconduct**

1. The following offenses will result in a Direct Free Kick. First offense is a warning, second offense is a Yellow Card, at the referee's discretion.
  2. Pushing an opponent
  - Holding an opponent
  - Striking or attempting to strike an opponent
  - Kicking or tripping an opponent
  - Charging an opponent in a violent or dangerous manner
3. Any other minor offenses will result in an indirect free kick by the opposing team. If a player has committed one of the above offenses, and the referee judges it to be violent or intentional, the player will be given a warning and a yellow card. If the same player commits another such offense, he/she will be given a red card and ejected from the game.
4. If a fist fight occurs, the players directly involved will be ejected from the game and a penalty kick will be awarded to both teams.

## **Coach on Field**

1. Coaches are not permitted on the field or behind/beside the goals.
2. Coaches told by the officials to remain on the sidelines, will get a warning for the first offense and a direct penalty kick for the second offense
3. Coaches must remain on the same side as their team.

**Remember, we are all here for  
the kids. Keep it FUN!**