



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Recreational Soccer Rules

Field of Play

Field size and goal size will reflect the age of participants using each field.

Ball Size

Grades K – 2nd: Size # 3

Grades 3rd – 5th: Size # 4

Grades 6th – 8th: Size # 5

Number of Players

- Grades K – 4th: 7 players (6 + goalie)
- Grades 5th – 9th: 9 players (8 + goalie)
- All grades include a goalie. Games may be played either 6 v 6 or 8 v 8 depending on numbers for teams on game days.
- **Each player must play 1/2 of each game.** Allowances can be made for certain circumstances (i.e. Missing practice, misbehaving), as long as all parties are aware of the consequences for such actions. Discuss in parents meeting. Only players on your YMCA roster can play in games.
- **Only players registered and listed on the team's roster are eligible to play with the team.**
- Players can only play on **one** team in the same grade level.

Substitutions

- May substitute during any stoppage of play.
- Substitute must be located at mid-line and should wait until referee gives motion for them to enter field of play.
- Players sent to the line after the ball has gone out will need to wait for the next dead ball.
- Substitutes must exit field of play at mid-line. Exception would be an injury. Players should hustle on and off the field so that play can begin.

Uniform

- **Players MUST wear the YMCA red/blue reversible soccer jersey. Blue = Home(H). Red = Away(A)**

Equipment and Safety Playing Rules:

- Shin guards are required and **must** be covered with socks.
- Players shall not wear anything which is dangerous, i.e., rings, earrings of any type (**no taped earrings**), no casts allowed. Players with jewelry including earrings will be asked to remove them before they can play.
- **Grades K – 4th NO intentional heading of soccer ball allowed during warmups and during game play.**
- Mouth guard is highly recommended.
- Grades K – 4th: Soccer/basketball/football cleats or turf and tennis shoes are allowed.
- Grades 5th – 9th: Only soccer cleats or tennis shoes are allowed. NO front toe cleat.

Duration of Game

- K – 2nd Grades: (4) 10 minute quarters, 3-minute halftime.
- 3rd – 9th Grades: (2) 25 minute halves, 3-minute halftime.

Start of Play

- The coin flip is used to determine what goal a team will attack, the other team will kick-off. Only 1 player should be sent out for coin toss.
- Kick-off occurs at the start of each quarter/half and after a goal is scored.
- Ball may be passed backwards first does not have to cross center line first. Cannot be touched by kicker a second time until touched by another player.
- Opponents must be outside of center circle at kick-off and cannot cross until the ball has been put into play.
- Official(s) will be provided for all grades. Coaches will not be on field of play during game, must remain around team bench area.
- Coaches and fans must stay off the field of play. **NO** fans allowed behind goal. Game will be stopped to move fans/coaches.
- Fans must remain on opposite side of field from team bench. Only coaches and assistant coaches are allowed on team bench.
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Kindergarten Games

- For the first game of the recreational season one coach can be on the field during the game to help players. All remaining games coaches must be on the sideline.

Method of Scoring

The whole ball must cross the goal line between the goal posts and under the cross bar.

Offsides

- Grades K – 4th: No offsides are called, yet abuse of this rule will be penalized with indirect kick. On a K-4th grade field offsides can only be called from the build out line to the end line on the offensive teams attacking end.
- Grades 5th – 9th: A player is offsides if he/she is nearer to the opposing team's goal line than the ball both the ball and the second last opponent.
- *Please Note: A player may be in an offsides position, but not called offsides if, in the opinion of the referee, he/she is not seeking to gain advantage. A player also is not in an offside position if he/she is in their own half of the field of play.

Fouls and Misconduct

A foul is any play which could possibly result in injury, resulting in DIRECT FREE KICK or INDIRECT FREE KICK:

Goalie

- The Goalie is the only player allowed to handle the ball within their penalty area.
- Once a goalie has possession of the ball (with hand or foot), opposing team members may not attempt to kick at ball.
- The Goalie may take 6 seconds to redistribute the ball back into play.
- *****Goalie pinnies will not be provided this year to limit shared equipment. Coaches should have players bring a white shirt they can put on over their jersey if they are going to play goalie.**
- Please notify the official when a goalie change occurs.

Protective Goalie Box Grade K – 2nd

- A protective goalie box will be painted that will extend 6 feet out from each goal post and the length of the soccer goal. If goalie is in painted protective box, offensive players may not enter to kick ball that is in the protective box.
- If no goalie in painted protective box then offensive player may kick ball into goal.
- Defensive players are allowed in painted protective box to play the ball if goalie is out of box.

Goal Kick

- Awarded to defending team when attacking team kicks or propels the ball in its entirety over the goal line outside the goal posts.
- Ball is placed in goal area on either side of goal.
- Grades K – 4th Opposing players must be behind the Build Out Line and the ball must clear the penalty area.
- A player from the team taking the goal kick may reside in or enter the penalty area and touch the ball as soon as it is in play. For the ball to be considered in play it must have been kicked and clearly moved.

Build Out Line Grades K – 4th

- The Build Out Line is a dashed line used to promote playing the ball out of the back in an unpressured setting.
- When the goalkeeper has the ball, either during play or from a goal kick, the opposing team should move behind the Build Out Line.
- Once the opposing team is behind the Build Out Line, the goalkeeper can pass or throw/roll the ball to a teammate (no punting or drop kicks).
- After the ball is put into play by the goalkeeper the opposing team can cross the Build Out Line and play resumes as normal.
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Direct Free Kicks

- A goal can be scored directly against the opponent from the point of infraction.
- Referee signals by extending the arm horizontally.
- Opponents must be 10 yards away when ball is kicked.
- Examples: handling the ball, tackles or challenges, trips or attempts to trip, holding.

Indirect Free Kick

- A goal may be scored against the opposing team only if the ball is touched by a second player of either team.
- Referee signals by raising arm above head.
- Opponents must be 10 yards away when ball is kicked.
- Indirect free kicks to the attacking team for an offence inside the opponents' goal area are taken from the nearest point on the goal area line which runs parallel to the goal line.
- Examples: offside, kicking or attempting to kick the ball when the goalkeeper is in process of releasing it, playing in a dangerous manner (without committing a more serious offence), verbal offences.

Penalty Kicks

- A Free Kick taken from penalty mark. All players, with the exception of the goalkeeper and player taking the kick, must be **outside** the penalty area, 10 yards from the ball.
- Referee points directly at the penalty mark.
- Goalkeeper must have part of one foot on the goal line until the ball is in play, but may move prior to kick.
- Kicker may not play a 2nd time and ball must travel one rotation before being in play.

Throw In

- Awarded when ball passes completely over touchline. (sideline)
- Thrower must face the field, part of each foot must be on the ground, either on touchline or outside field of play. Thrower may not play ball until it has been played by another player. Ball must be thrown with equal pressure from both hands and must be delivered from behind and over head.
- Player cannot be offside during a throw in.
- Goals cannot be scored by a throw in.
- Defender may not jump at or attempt to obstruct throw in.
- Kindergarten & 1st grade illegal throw in may be retried ONCE.

Corner Kick

- Awarded to the attacking team after the ball has gone out of bounds across the goal line (end line) and was last touched by a defender.
- Goal can be scored off a corner kick, there is initially no offsides on a corner kick.

Good Sportsmanship

Good sportsmanship is required of all Spirit Players, coaches and spectators. No coach, player or spectator is to make derogatory remarks or gestures, nor use profane language to referees, other coaches, players or spectators.

Coaching from the Sidelines

- You are not to approach a referee. If there is an issue that needs immediate attention please find the YMCA Site Supervisor in the park garage.
- Coaches should not be making remarks to the officials or making complaints out loud.
- Coaches can submit referee evaluations online that will be sent directly to the ref assignor.
- As a coach you cannot go out onto the field unless the ref has signaled you on for an injured player.
- Coaches need to stay in their technical area. If it is not marked on the field, the technical area will extend 1 yard on either side of the designated team area and extends forward up to 1 yard from the touch line.
- Coaches should not be standing near the center line where players are lined up to check in. Players should be back far enough from the line that they are not interfering with the game or a player taking a throw in.

Weather Cancellation

For inclement weather: Please call the YMCA Youth Sports Cancellation Line at 402-434-9211 for all YMCA Youth Sports Activities. When games are cancelled a notice will also be posted on the website and a message will be sent out through PLAYERSPACE. Saturday game decision will be made around 8:00am. Sunday game decisions will be made around 11:00am.

Park Rules

In order to preserve playing sites, please help enforce these rules:

- Do **NOT** hang on the goal posts or climb nets.
- Please put all trash in proper receptacles.
- Pets are **NOT** allowed at YMCA Parks.
- The use of alcohol and tobacco products at YMCA Parks is not permitted.
- No sunflower seeds, shelled peanuts or gum allowed.
- No spitting please.

Referee

The YMCA will neither permit nor condone the harassment of a referee under any circumstance. Violators will be addressed and may be banned from future Games. If you have an issue, please speak with the YMCA Site Supervisors located in the main building garage.

YMCA Staff

YMCA Staff will be present at YMCA Wright Park they may be located in the main building garage area or driving all-terrain vehicles. Any questions on game days' please direct them to YMCA Staff or contact Youth Sports Office M-F 9am – 4pm (402-434-9217).

Field Diagram

