



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA 3v3 Indoor Soccer Rules

Field of Play

22yds x 32 yds

Ball Size

3

Number of Players on the Field

3 vs 3

Duration of Play

- All teams will have a 25 minute practice followed by a 25 minute game each week.
- Game will be 2 – 12 minute halves.

Playing Time

- **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 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.
- May substitute during any stoppage of play. When the ball goes out of bounds or after a goal is scored.

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.
- **NO intentional heading of soccer ball allowed.**
- Mouth guard is highly recommended.
- Soccer/basketball/football cleats or turf and tennis shoes are allowed.

Start of Play

- Kick-off occurs at the start of each half. Coaches will determine which team kicks off to start the game.
- A goal cannot be scored directly from the kickoff.
- 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.

Method of Scoring

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

Goal Box

- The goal box is 10 feet by six feet long. No player may touch the ball within the goal box. If any player touches the ball inside the box coaches should stop play and yell out new ball, while distributing a new ball into play.

Penalties

- No penalty kicks will be awarded. All fouls/infractions will result in an indirect free kick from the spot of foul.

Miscellaneous

- No offsides
- No slide tackling
- No goalies

Referee

- Coaches serve this role. Once coach from each team can be on the field during games. The coaches should work cooperatively to help explain any infractions to players. The assistants will stay with the players on the sidelines that are not currently on the field.

Good Sportsmanship

- Good sportsmanship is required of all 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.
- 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.

Facility 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 is not permitted.
- No sunflower seeds, shelled peanuts or gum allowed.
- No spitting please.

YMCA Staff

- YMCA Staff will be present at Paramount Facility they will be in blue YMCA polo. Any questions on game days' please direct them to YMCA Staff or contact Youth Sports Office M-F 9am – 4pm (402-434-9217).