



We build strong kids, strong families, strong communities.
2009 YMCA YOUTH SOCCER RULES

I. THE FIELD

Dimensions:

- A. 3 & 4 year old divisions:
15 X 25 yards
- B. 6 & Under division:
25 X 35 yards
- C. 8 & Under, 10 & Under, 12 & Under:
30 X 60 yards

Markings:

- A. Distinctive lines not more than five (5) inches wide.
- B. A halfway line shall be marked out across the field.
- C. A center circle with a five (5) yard radius.
- D. Goal area: Three (3) yards from each goal post and three (3) yards into the field of play joined by a line drawn parallel with the goal line.

* For 8 U there will be a dual goal box to protect the goalie. A goal scored inside of the inner goal box will not be allowed, and a goal kick will be awarded to the defending team.

II. THE BALL

- A. U 6 and below: size 3
- B. U 8 / U 10 / U 12: size 4
- C. U 14: size 5

III. NUMBER OF PLAYERS

- A. Tiny Tots (3 year olds) & 4 year olds
 - 1. Four (4) players per side, no goalies
- B. 6 & Under
 - 1. Five (5) players per side, no goalies.
- C. 8 & Under
 - 1. Six (6) players per side, including a goalie.
- D. 10 & Under & 12 & Under
 - 1. Eight (8) players per side, including a goalie.
- E. 14 & Under
 - 1. Six (6) players per side, including a goalie.
- F. Substitutions:
 - 1. Unlimited.
 - 2. May occur during injuries or any other stoppages in play.
 - 3. All players must receive equal playing time throughout the game.

IV. PLAYERS EQUIPMENT

- A. Footwear: tennis shoes or soft-cleated soccer shoes.
- B. Shin guards are required.
- C. All players are required to wear the official Blue/White YMCA All Sport Jersey.

V. DURATION OF GAME

A. Tiny Tots & 4 year olds

The game shall be divided into four (4) equal, four (4) minute quarters.

B. 6 U

The game shall be divided into four (4) equal, eight (8) minute quarters.

C. 8 U

The game shall be divided into two (2) equal, twenty (20) minute halves.

D. 10 U / 12 U / 14U

The game shall be divided into two (2) equal, twenty four (24) minute halves

E. There shall be a halftime break of three (3) minutes.

VI. THE START OF PLAY

A. **At the beginning of the game**, the home team will start with the ball by kicking off.

B. The game shall be started by a player taking a place kick into his opponents= half of the field of play. Every player shall be in his half of the field and every player of the opposing team shall remain 5 yards from the ball until it is kicked off.

C. **After a goal has been scored**, the game shall be restarted in like manner by a player of the team losing the goal.

D. **After half-time**; when restarting after half-time, ends shall be changed and the kick off shall be taken by a player on the visitors team.

VII. BALL IN AND OUT OF PLAY

A. The ball is out of play: (a) when it has crossed the goal line or touchline, whether on the ground or in the air; (b) when the game has been stopped by the referee.

B. The ball is in play at all other times from the start of the match to the finish.

VIII. SCORING

A. A goal is scored when the whole ball crosses the goal line.

B. For 8 U goals must be scored from outside of the inner-goal box.

IX. FOULS AND MISCONDUCT

A. A player who commits any of the following infractions will be charged with a foul: (a) kicking or attempting to kick an opponent, (b) tripping an opponent, (c) jumping at, charging, striking, or pushing an opponent, or (d) handling the ball deliberately (carries, strikes, or propels the ball with his hand or arm) - this does not apply to the goalie within his own goal/penalty box.

B. All fouls shall result in an **indirect free kick** with opponents five (5) yards away.

C. The referee must explain ALL infractions to the offending player.

X. FREE KICKS

A free kick occurs when a foul is called (to be taken from or near the spot of the foul)

A. Shall be classified under one heading: **INDIRECT** - an indirect free kick is a kick from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.

B. No kicks shall be taken by the offending team within the defending team's goal box.

XI. PENALTY KICKS: NO penalty kicks are to be taken during these games.

XII. OFFSIDES:

A. 8U & Below - No off sides are to be called during these games.

B. 10 U & 12U - Off Sides will be called. This call will be at the official's discretion.

C. 14U - No off sides are to be called during these games.

XIII. THROW-IN

A throw-in occurs when the ball crosses either sideline out of bounds

- A. 8U and Below: If a player is attempting a throw-in, the ball must be thrown from directly above the head with both feet remaining on the ground - a second throw-in will be allowed if a player commits a foul on initial attempt.
- B. 10U and Above: A player committing a foul on the initial attempt will be ruled a turn over, resulting in a throw in by the opposing team.

XIV. GOAL KICK

A goal kick is taken when the ball crosses either end line out of bounds by the attacking team

- A. Goal kick is taken from either corner of the goal box.
- B. Opponents must be five (5) yards away from the ball.

XV. CORNER KICK

A corner kick is taken when the ball crosses either end line out of bounds by the defending team

- A. Corner kicks are to be taken from the corner nearest to where the ball goes out of bounds.
- B. Opponents must be five (5) yards away from the ball.

XVI. YMCA MISSION

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Frequently Asked Soccer Questions

	Players on Field	Ball Size	Standings Kept	Game Length	Game Breaks
3 years old / Tiny Tots	4 v 4	Size 3	No	Four (4) Equal, Four (4) Minute Quarters	One (1) Minute Break Between Quarters 1/2 & 3/4 Three (3) Minute Halftime Between Quarters 2 & 3
4 years old	4 v 4	Size 3	No	Four (4) Equal, Four (4) Minute Quarters	One (1) Minute Break Between Quarters 1/2 & 3/4 Three (3) Minute Halftime Between Quarters 2 & 3
6 and under	5 v 5	Size 3	No	Four (4) Equal, Eight (8) Minute Quarters	One (1) Minute Break Between Quarters 1/2 & 3/4 Three (3) Minute Halftime Between Quarters 2 & 3
8 and under	6 v 6	Size 4	No	Two (2) Twenty (20) Minute Halves	Three (3) Minute Halftime
10 and under	8 v 8	Size 4	Yes	Two (2) Twenty Four (24) Minute Halves	Three (3) Minute Halftime
12 and under	8 v 8	Size 4	Yes	Two (2) Twenty Four (24) Minute Halves	Three (3) Minute Halftime