



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA U-6 Soccer Rules

Fielding of Players

1. Teams should have no fewer than 3 players, with a maximum of 4 players to begin a scheduled match. In the spirit of the game, it is recommended that the opposing team use the same number of players.

Rule 1 – No Hands

1. Rule for a hand ball includes using any part of the body from the tips of the fingers to the shoulder. The player cannot “handle” the ball. A ball that is kicked and hits a player’s hand or arm is not a hand ball. This means that the referee must use his or her own judgment to some extent in determining whether or not a hand ball is accidental contact or a purposeful attempt to gain an advantage.
 - a. Ball to hand = legal
 - b. hand to ball = illegal.
2. Goalkeepers cannot pick up a pass that came directly from one of their teammates. In this case, the goalkeeper must use their feet. An infraction of this rule will result in an indirect kick from the point of the infraction.
3. Girls are allowed to cross their arms in front of them to protect their body, however, if in doing so the redirect the flight of the ball in a different direction it shall be called a hand ball and the opposing team shall be awarded a free kick.

Rule 2 – Equipment

1. Basic equipment for soccer required by the FIFA Laws of the game is:
 - a. A jersey or shirt
 - b. Shorts
 - c. Stockings
 - d. Shin guards
 - e. Footwear
2. Shin guards should be covered entirely by the stockings and made of suitable materials (rubber, plastic, or a similar substance), and provide a reasonable degree of protection.
3. Footwear should be either cleats with no toe cleat or regular tennis shoes.
4. No necklaces, earrings, nose rings, belly rings, bracelets, or tiaras. If a child just had their ears pierced the studs should be covered with tape/bandage or removed.

5. The goalkeeper should wear colors which distinguish them from the other players, referees, and assistant referees.

Rule 3 – Start and Restart

1. A kick-off is the way a soccer game is started or restarted:
 - a. At the start of a game
 - b. After a goal had been scored
 - c. At the start of the second half (or each period in younger ages)
 - d. At the start of each period of extra time, if used
2. The ball is placed in the center of the field. All players must be on their own half of the field. This distance is indicated by the center circle of the field and will vary with age.
3. The referee will blow their whistle to indicate they are ready for the kick-off. The ball is in play when it is kicked and moves forward.

Rule 4– Throw-ins

1. A throw-in is taken when the ball crosses a sideline and leaves the field. The two basic soccer rules for a proper throw-in are:
 - a. Have both feet on the ground.
 - b. Throw the ball with both hands over the head.
2. To clarify, both feet must be on the ground **when the ball is thrown**. Dragging the toes of one foot is considered legal.

Rule 5 – Corner Kicks and Goal Kicks

1. A corner kick is taken when the ball leaves the field across the goal line.
2. If the offensive team kicks it out, play is restarted with a goal kick. If the defensive team kicks it out, play is restarted with a corner kick.
3. The goal kick is taken from anywhere inside the “goalie box”.
 - a. It can be taken by any player, not just the goalkeeper.
4. The corner kick is taken from the corner nearest to where the ball left the field.
 - a. If either team touches the ball before it leaves the penalty area, the kick must be retaken.
 - b. If the ball is not kicked well enough to leave the penalty area, the kick must be retaken.

Rule 6 – Direct and Indirect Free Kicks

1. Direct and indirect kicks are two primary ways that play is restarted after the referee stops play for an infraction.
2. For both of these scenarios the ball must be stationary before it is kicked, and the opposing players should be a minimum of 10 yards away.
 - a. The 10 yard allowance is often reduced in the smaller age groups and is left up to the discretion of the referee.

3. On a direct kick you can score by kicking the ball directly into the goal.
4. On an indirect kick you cannot score.
 - a. An indirect kick must be touched by another player before it can enter the goal.
 - b. The referee will hold one arm in the air until the second player touches the ball on an indirect kick.
 - c. No arm up means it is a direct kick.
 - i. A direct kick comes from a contact foul or hand ball. Everything else is an indirect kick.

Rule 7 – Penalty Kick

1. A penalty kick results from a contact foul or hand ball by the defending team within the penalty area (the large box on either end of the field).
 - a. The ball is placed on the penalty mark, 12 yards in front of the center goal (shorter in the younger age groups).
 - b. All players **must remain outside** the penalty areas and the penalty arc until the ball is kicked.
 - c. The goalkeeper must have both feet on the goal line until the ball is kicked.
 - i. If after the ball is kicked, it rebounds off the **keeper** and stays on the field, the ball is “live” and anyone can play it.
 - ii. If after the ball is kicked, it rebounds off the **goal** and stays on the field, the ball is “live” and anyone can play it with the exception of the player who just kicked the ball.
 - iii. If the ball rebounds off the **goal** and back into play, the person who kicked the ball cannot play it until the ball is touched by another player, otherwise they will be called for two touches.

Rule 8 – Two-touch rule

1. A player cannot touch the ball twice in a row when putting the ball in play. This applies everywhere.
 - a. If a player barely hits the ball and decides to take another swipe at it, that is a two-touch violation.
 - b. This rule also applies to throw-ins.
 - i. A player cannot throw the ball in and then kick it.
 - c. The only exception to this rule is on a drop ball restart.

Rule 9 – Fouls and Punishment

1. The common rule for foul is “if it looks like a foul, it probably is”.
 - a. A player cannot kick, jump at, charge, strike, push, hold, or spit at an opponent.
2. The normal consequence of a foul is a direct kick for the opposing team.
 - a. However, depending on the type of foul and severity, the player may be punished.
3. Punishment in soccer is given with yellow and red cards.

- a. If a player is given 2 yellow cards in the same game, it is equal to a red card.
- b. A red card can be given at any time without the player first receiving a yellow card.
- c. When a player gets a red card, they must leave the game and their team must play short.
- d. An ejected player cannot be replaced unless they were ejected prior to the start of the game.

Rule 10 – Offsides – NO offsides called for U-6 leagues.

1. A player cannot be offsides on a corner kick, goal kick, or throw-in.
 - a. A player is in an offside position if he/she is nearer to his opponents' goal than both the ball and the second to last opponent.
 - b. In other words, an offensive player or attacking player, cannot be ahead of the ball and involved in the play unless there is a defender between him and the goalkeeper.
 - c. You cannot hang out in the other team's goal waiting for the ball.
2. A player cannot be offsides if they are standing on their half of the field. Also, the offside rule applies when the ball is kicked, not when the player receives the ball.

YMCA Soccer Guidelines: U6

The Field

1. Dimensions: 30 yards long and 25 yards wide.
2. Markings
 - a. The midline will be striped across the center of the field.
 - b. The center circle will be 3 yards in diameter.
 - c. The crease shall be marked 4 feet in radius.
3. Goals: Maximum 4 feet high and 6 feet wide

The Ball

1. Size: 3

Roster, Playing Time, and Substitutions

1. Maximum number of players on the field at any time: 4
2. Substitutions will be allowed at any stoppage of play.
3. Playing time: Maximum of 50% of the total playing time for each player and 75% when possible. No one should play 4 periods until every player has played 3 periods.

Players' equipment

1. Footwear: Tennis shoes or soccer appropriate cleats
 - a. Players' **must not** have a toe cleat.
 - b. If a toe cleat is present, it **must be removed** before the player may enter the game.
2. Shin guards: Shin guards are mandatory for both practices and games.
3. The players' shin guards must be covered by socks.

Duration of Match

1. Four five-minute periods
2. Quarter breaks of 2 minutes and a halftime of 5 minutes

Ball In and Out of Play

1. When the whole ball passes over the touch line, either on the ground or in the air, it should be kicked in by a player of the opposing team from where the ball crossed the line.
2. A ball that crosses over the end line shall result in either a corner kick or goal kick
3. All restarts are indirect (A teammate or opposing player must make contact with the ball before a goal can be scored).

Method of Scoring

1. Goals can only be scored from the offensive half of the field.
2. The teams will not switch goals at halftime.
3. Score shall not be kept.

Offside

1. There shall be no offsides called.

Fouls

1. A foul shall result in an indirect kick from the sport of infraction.
2. The referee shall explain all infractions.

Others:

1. Players and coaches from both teams shall exchange handshakes at the conclusion of the match as a gesture of sportsmanship.
2. All players receive participation awards at the conclusion of the season.
3. We ask that parents show encouragement towards players, but only coaches may instruct during match play.

YMCA U-8 Soccer Rules

Fielding of Players

2. Teams should have no fewer than 4 players, with a maximum of 5 players to begin a scheduled match. In the spirit of the game, it is recommended that the opposing team use the same number of players.

Rule 1 – No Hands

4. Rule for a hand ball includes using any part of the body from the tips of the fingers to the shoulder. The player cannot “handle” the ball. A ball that is kicked and hits a player’s hand or arm is not a hand ball. This means that the referee must use his or her own judgment to some extent in determining whether or not a hand ball is accidental contact or a purposeful attempt to gain an advantage.
 - c. Ball to hand = legal
 - d. hand to ball = illegal.
5. Goalkeepers cannot pick up a pass that came directly from one of their teammates. In this case, the goalkeeper must use their feet. An infraction of this rule will result in an indirect kick from the point of the infraction.
6. Girls are allowed to cross their arms in front of them to protect their body, however, if in doing so the redirect the flight of the ball in a different direction it shall be called a hand ball and the opposing team shall be awarded a free kick.

Rule 2 – Equipment

6. Basic equipment for soccer required by the FIFA Laws of the game is:
 - f. A jersey or shirt
 - g. Shorts
 - h. Stockings
 - i. Shin guards
 - j. Footwear
7. Shin guards should be covered entirely by the stockings and made of suitable materials (rubber, plastic, or a similar substance), and provide a reasonable degree of protection.
8. Footwear should be either cleats with no toe cleat or regular tennis shoes.
9. No necklaces, earrings, nose rings, belly rings, bracelets, or tiaras. If a child just had their ears pierced the studs should be covered with tape/bandage or removed.
10. The goalkeeper should wear colors which distinguish them from the other players, referees, and assistant referees.

Rule 3 – Start and Restart

4. A kick-off is the way a soccer game is started or restarted:

- a. At the start of a game
 - b. After a goal had been scored
 - c. At the start of the second half (or each period in younger ages)
 - d. At the start of each period of extra time, if used
5. The ball is placed in the center of the field. All players must be on their own half of the field. This distance is indicated by the center circle of the field and will vary with age.
 6. The referee will blow their whistle to indicate they are ready for the kick-off. The ball is in play when it is kicked and moves forward.

Rule 4– Throw-ins

3. A throw-in is taken when the ball crosses a sideline and leaves the field. The two basic soccer rules for a proper throw-in are:
 - a. Have both feet on the ground.
 - b. Throw the ball with both hands over the head.
4. To clarify, both feet must be on the ground **when the ball is thrown**. Dragging the toes of one foot is considered legal.

Rule 5 – Corner Kicks and Goal Kicks

5. A corner kick is taken when the ball leaves the field across the goal line.
6. If the offensive team kicks it out, play is restarted with a goal kick. If the defensive team kicks it out, play is restarted with a corner kick.
7. The goal kick is taken from anywhere inside the “goalie box”.
 - a. It can be taken by any player, not just the goalkeeper.
8. The corner kick is taken from the corner nearest to where the ball left the field.
 - a. If either team touches the ball before it leaves the penalty area, the kick must be retaken.
 - b. If the ball is not kicked well enough to leave the penalty area, the kick must be retaken.

Rule 6 – Direct and Indirect Free Kicks

5. Direct and indirect kicks are two primary ways that play is restarted after the referee stops play for an infraction.
6. For both of these scenarios the ball must be stationary before it is kicked, and the opposing players should be a minimum of 10 yards away.
 - a. The 10 yard allowance is often reduced in the smaller age groups and is left up to the discretion of the referee.
7. On a direct kick you can score by kicking the ball directly into the goal.
8. On an indirect kick you cannot score.
 - a. An indirect kick must be touched by another player before it can enter the goal.
 - b. The referee will hold one arm in the air until the second player touches the ball on an indirect kick.

- c. No arm up means it is a direct kick.
 - i. A direct kick comes from a contact foul or hand ball. Everything else is an indirect kick.

Rule 7 – Penalty Kick

- 2. A penalty kick results from a contact foul or hand ball by the defending team within the penalty area (the large box on either end of the field).
 - a. The ball is placed on the penalty mark, 12 yards in front of the center goal (shorter in the younger age groups).
 - b. All players **must remain outside** the penalty areas and the penalty arc until the ball is kicked.
 - c. The goalkeeper must have both feet on the goal line until the ball is kicked.
 - i. If after the ball is kicked, it rebounds off the **keeper** and stays on the field, the ball is “live” and anyone can play it.
 - ii. If after the ball is kicked, it rebounds off the **goal** and stays on the field, the ball is “live” and anyone can play it with the exception of the player who just kicked the ball.
 - iii. If the ball rebounds off the **goal** and back into play, the person who kicked the ball cannot play it until the ball is touched by another player, otherwise they will be called for two touches.

Rule 8 – Two-touch rule

- 2. A player cannot touch the ball twice in a row when putting the ball in play. This applies everywhere.
 - a. If a player barely hits the ball and decides to take another swipe at it, that is a two-touch violation.
 - b. This rule also applies to throw-ins.
 - i. A player cannot throw the ball in and then kick it.
 - c. The only exception to this rule is on a drop ball restart.

Rule 9 – Fouls and Punishment

- 4. The common rule for foul is “if it looks like a foul, it probably is”.
 - a. A player cannot kick, jump at, charge, strike, push, hold, or spit at an opponent.
- 5. The normal consequence of a foul is a direct kick for the opposing team.
 - a. However, depending on the type of foul and severity, the player may be punished.
- 6. Punishment in soccer is given with yellow and red cards.
 - a. If a player is given 2 yellow cards in the same game, it is equal to a red card.
 - b. A red card can be given at any time without the player first receiving a yellow card.
 - c. When a player gets a red card, they must leave the game and their team must play short.

- d. An ejected player cannot be replaced unless they were ejected prior to the start of the game.

Rule 10 – Offsides – NO offsides called for U-8 leagues.

3. A player cannot be offsides on a corner kick, goal kick, or throw-in.
 - a. A player is in an offside position if he/she is nearer to his opponents' goal than both the ball and the second to last opponent.
 - b. In other words, an offensive player or attacking player, cannot be ahead of the ball and involved in the play unless there is a defender between him and the goalkeeper.
 - c. You cannot hang out in the other team's goal waiting for the ball.
4. A player cannot be offsides if they are standing on their half of the field. Also, the offside rule applies when the ball is kicked, not when the player receives the ball.

YMCA Soccer Guidelines: U8

The Field

4. Dimensions: 40 yards long and 30 yards wide.
5. Markings
 - a. The midline will be striped across the center of the field.
 - b. The center circle will be 4 yards in diameter.
 - c. The crease shall be marked 4 feet in radius.
6. Goals: Maximum 4 feet high and 6 feet wide

The Ball

2. Size: 4

Roster, Playing Time, and Substitutions

4. Maximum number of players on the field at any time: 5
5. Substitutions will be allowed at any stoppage of play.
6. Playing time: Maximum of 50% of the total playing time for each player and 75% when possible. No one should play 4 periods until every player has played 3 periods.

Duration of Match

3. Four eight-minute periods
4. Quarter breaks of 2 minutes and a halftime of 5 minutes

Ball In and Out of Play

4. When the whole ball passes over the touch line, either on the ground or in the air, it should be kicked in by a player of the opposing team from where the ball crossed the line.
5. A ball that crosses over the end line shall result in either a corner kick or goal kick.
6. All restarts are indirect (A teammate or opposing player must make contact with the ball before a goal can be scored).

Method of Scoring

4. Goals can only be scored from the offensive half of the field.
5. The teams will not switch goals at halftime.
6. Score shall not be kept.

Offside

2. There shall be no offsides called.

Fouls

3. A foul shall result in an indirect kick from the sport of infraction.
4. The referee shall explain all infractions.

Others:

4. Players and coaches from both teams shall exchange handshakes at the conclusion of the match as a gesture of sportsmanship.
5. All players receive participation awards at the conclusion of the season.
6. We ask that parents show encouragement towards players, but only coaches may instruct during match play.

YMCA Soccer Rules/Guidelines 10U

Duration of Match

1. Two 20 minute halves (During inclement weather condition: Four 8 minute quarters will be played with a 2 minute break at half and 5 minute half time)
2. Halftime of 5 minutes
3. Overtime?

The Field

1. Dimensions: 140' long and 95' wide.
2. Markings

- a. The midline will be striped across the center of the field
 - b. The center circle shall be six yards in diameter
 - c. The corner arc shall be one yard in radius at each corner of the field
 - d. Goal area: 6 yards from each goal post and 6 yards into the field joined by the line drawn parallel with the goal line
 - e. Penalty area: 12 yards into the field of play and shall be signified by a "dot"
3. Goals: Maximum 8 feet high and 24 feet wide

The Ball

Size: 4

Roster, Playing time, and Substitutions

1. Maximum number of players on the field at any time: 6 + goalie
2. Substitutions will be allowed during goal kicks, throw-ins (only if it is your teams throw or it both teams are making a substitution), offensive corner kicks, after a goal, and at half-time
3. Playing time: Maximum of 50% of the total playing time for each player and 75% when possible. No one should play four periods until every player has played three quarters.

Equipment

11. Basic equipment for soccer required by the FIFA Laws of the game is:
 - k. A jersey or shirt
 - l. Shorts
 - m. Stockings
 - n. Shin guards
 - o. Footwear
12. Shin guards should be covered entirely by the stockings and made of suitable materials (rubber, plastic, or a similar substance), and provide a reasonable degree of protection.
13. Footwear should be either cleats with no toe cleat or regular tennis shoes.
14. No necklaces, earrings, nose rings, belly rings, bracelets, or tiaras. If a child just had their ears pierced the studs should be covered with tape/bandage or removed.
15. The goalkeeper should wear colors which distinguish them from the other players, referees, and assistant referees.

Start and Restart

7. A kick-off is the way a soccer game is started or restarted:
 - a. At the start of a game
 - b. After a goal had been scored
 - c. At the start of the second half (or each period in younger ages)
 - d. At the start of each period of extra time, if used
8. The ball is placed in the center of the field. All players must be on their own half of the field. This distance is indicated by the center circle of the field and will vary with age.
9. The referee will blow their whistle to indicate they are ready for the kick-off. The ball is in play when it is kicked and moves forward.

Throw-ins

5. A throw-in is taken when the ball crosses a sideline and leaves the field. The two basic soccer rules for a proper throw-in are:
 - a. Have both feet on the ground.
 - b. Throw the ball with both hands over the head.
6. To clarify, both feet must be on the ground **when the ball is thrown**. Dragging the toes of one foot is considered legal.

Corner Kicks and Goal Kicks

9. A corner kick is taken when the ball leaves the field across the goal line.
10. If the offensive team kicks it out, play is restarted with a goal kick. If the defensive team kicks it out, play is restarted with a corner kick.
11. The goal kick is taken from anywhere inside the "goalie box".
 - a. It can be taken by any player, not just the goalkeeper.
12. The corner kick is taken from the corner nearest to where the ball left the field.
 - a. If either team touches the ball before it leaves the penalty area, the kick must be retaken.
 - b. If the ball is not kicked well enough to leave the penalty area, the kick must be retaken.

Direct and Indirect Free Kicks

9. Direct and indirect kicks are two primary ways that play is restarted after the referee stops play for an infraction.
10. For both of these scenarios the ball must be stationary before it is kicked, and the opposing players should be a minimum of 10 yards away.
 - a. The 10 yard allowance is often reduced in the smaller age groups and is left up to the discretion of the referee.
11. On a direct kick you can score by kicking the ball directly into the goal.
12. On an indirect kick you cannot score.
 - a. An indirect kick must be touched by another player before it can enter the goal.

- b. The referee will hold one arm in the air until the second player touches the ball on an indirect kick.
- c. No arm up means it is a direct kick.
 - i. A direct kick comes from a contact foul or hand ball. Everything else is an indirect kick.

Penalty Kick

- 3. A penalty kick results from a contact foul or hand ball by the defending team within the penalty area (the large box on either end of the field).
 - a. The ball is placed on the penalty mark, 12 yards in front of the center goal (shorter in the younger age groups).
 - b. All players **must remain outside** the penalty areas and the penalty arc until the ball is kicked.
 - c. The goalkeeper must have both feet on the goal line until the ball is kicked.
 - i. If after the ball is kicked, it rebounds off the **keeper** and stays on the field, the ball is "live" and anyone can play it.
 - ii. If after the ball is kicked, it rebounds off the **goal** and stays on the field, the ball is "live" and anyone can play it with the exception of the player who just kicked the ball.
 - iii. If the ball rebounds off the **goal** and back into play, the person who kicked the ball cannot play it until the ball is touched by another player, otherwise they will be called for two touches.

Two-touch rule

- 3. A player cannot touch the ball twice in a row when putting the ball in play. This applies everywhere.
 - a. If a player barely hits the ball and decides to take another swipe at it, that is a two-touch violation.
 - b. This rule also applies to throw-ins.
 - i. A player cannot throw the ball in and then kick it.
 - c. The only exception to this rule is on a drop ball restart.

Fouls and Punishment

- 7. The common rule for foul is "if it looks like a foul, it probably is".
 - a. A player cannot kick, jump at, charge, strike, push, hold, or spit at an opponent.
- 8. The normal consequence of a foul is a direct kick for the opposing team.
 - a. However, depending on the type of foul and severity, the player may be punished.
- 9. Punishment in soccer is given with yellow and red cards.
 - a. If a player is given 2 yellow cards in the same game, it is equal to a red card.
 - b. A red card can be given at any time without the player first receiving a yellow card.

- c. When a player gets a red card, they must leave the game and their team must play short.
- d. An ejected player cannot be replaced unless they were ejected prior to the start of the game.

Offsides

5. A player cannot be offsides on a corner kick, goal kick, or throw-in.
 - a. A player is in an offside position if he/she is nearer to his opponents' goal than both the ball and the second to last opponent.
 - b. In other words, an offensive player or attacking player, cannot be ahead of the ball and involved in the play unless there is a defender between him and the goalkeeper.
 - c. You cannot hang out in the other team's goal waiting for the ball.
6. A player cannot be offsides if they are standing on their half of the field. Also, the offside rule applies when the ball is kicked, not when the player receives the ball.

Additional Information:

1. Players and coaches from both teams shall exchange hand shakes at the conclusion of the match a gesture of sportsmanship
2. All players shall receive participation awards at the conclusion of the season
3. We ask that parents show encouragement towards players, but only coaches may instruct during match play

Middle School (Ages 11-14) Soccer Rules

Duration:

1. 2 – 25 minute halves with a 5-8 min halftime.
2. 1 timeout per half
3. Overtimes?

The Field

1. Dimensions: 80 yards long and 50-55 yards wide.
2. Markings
 - a. The mid line will be striped across the center of the field
 - b. The center circle shall be 8 yards in diameter

- c. The corner arc shall be one yard in radius at each corner of the field
- d. Goal area: 40' x 30'
- e. Penalty area: 12 yards into the field of play and shall be signified by a "dot"
- f. Penalty arc extending in a 10 yard radius from the 18 box

3. Goals: High School

The Ball

Size: 5

Roster, Playing time, and Substitutions

1. Maximum number of players on the field at any time: 10 including goalie
2. Substitutions will be allowed during goal kicks, throw-ins (only if it is your teams throw or it both teams are making a substitution), offensive corner kicks, after a goal, and at half-time
3. Playing time: Maximum of 50% of the total playing time for each player and 75% when possible. No one should play four periods until every player has played three quarters.

Equipment

16. Basic equipment for soccer required by the FIFA Laws of the game is:
 - p. A jersey or shirt
 - q. Shorts
 - r. Stockings
 - s. Shin guards
 - t. Footwear
17. Shin guards should be covered entirely by the stockings and made of suitable materials (rubber, plastic, or a similar substance), and provide a reasonable degree of protection.
18. Footwear should be either cleats with no toe cleat or regular tennis shoes.
19. No necklaces, earrings, nose rings, belly rings, bracelets, or tiaras. If a child just had their ears pierced the studs should be covered with tape/bandage or removed.
20. The goalkeeper should wear colors which distinguish them from the other players, referees, and assistant referees.

Start and Restart

10. A kick-off is the way a soccer game is started or restarted:
 - a. At the start of a game

- b. After a goal had been scored
 - c. At the start of the second half (or each period in younger ages)
 - d. At the start of each period of extra time, if used
11. The ball is placed in the center of the field. All players must be on their own half of the field. This distance is indicated by the center circle of the field and will vary with age.
 12. The referee will blow their whistle to indicate they are ready for the kick-off. The ball is in play when it is kicked and moves forward.

Throw-ins

7. A throw-in is taken when the ball crosses a sideline and leaves the field. The two basic soccer rules for a proper throw-in are:
 - a. Have both feet on the ground.
 - b. Throw the ball with both hands over the head.
8. To clarify, both feet must be on the ground **when the ball is thrown**. Dragging the toes of one foot is considered legal.

Corner Kicks and Goal Kicks

13. A corner kick is taken when the ball leaves the field across the goal line.
14. If the offensive team kicks it out, play is restarted with a goal kick. If the defensive team kicks it out, play is restarted with a corner kick.
15. The goal kick is taken from anywhere inside the "goalie box".
 - a. It can be taken by any player, not just the goalkeeper.
16. The corner kick is taken from the corner nearest to where the ball left the field.
 - a. If either team touches the ball before it leaves the penalty area, the kick must be retaken.
 - b. If the ball is not kicked well enough to leave the penalty area, the kick must be retaken.

Direct and Indirect Free Kicks

13. Direct and indirect kicks are two primary ways that play is restarted after the referee stops play for an infraction.
14. For both of these scenarios the ball must be stationary before it is kicked, and the opposing players should be a minimum of 10 yards away.
 - a. The 10 yard allowance is often reduced in the smaller age groups and is left up to the discretion of the referee.
15. On a direct kick you can score by kicking the ball directly into the goal.
16. On an indirect kick you cannot score.
 - a. An indirect kick must be touched by another player before it can enter the goal.
 - b. The referee will hold one arm in the air until the second player touches the ball on an indirect kick.
 - c. No arm up means it is a direct kick.

- i. A direct kick comes from a contact foul or hand ball. Everything else is an indirect kick.

Penalty Kick

4. A penalty kick results from a contact foul or hand ball by the defending team within the penalty area (the large box on either end of the field).
 - a. The ball is placed on the penalty mark, 12 yards in front of the center goal (shorter in the younger age groups).
 - b. All players **must remain outside** the penalty areas and the penalty arc until the ball is kicked.
 - c. The goalkeeper must have both feet on the goal line until the ball is kicked.
 - i. If after the ball is kicked, it rebounds off the **keeper** and stays on the field, the ball is "live" and anyone can play it.
 - ii. If after the ball is kicked, it rebounds off the **goal** and stays on the field, the ball is "live" and anyone can play it with the exception of the player who just kicked the ball.
 - iii. If the ball rebounds off the **goal** and back into play, the person who kicked the ball cannot play it until the ball is touched by another player, otherwise they will be called for two touches.

Two-touch rule

4. A player cannot touch the ball twice in a row when putting the ball in play. This applies everywhere.
 - a. If a player barely hits the ball and decides to take another swipe at it, that is a two-touch violation.
 - b. This rule also applies to throw-ins.
 - i. A player cannot throw the ball in and then kick it.
 - c. The only exception to this rule is on a drop ball restart.

Fouls and Punishment

10. The common rule for foul is "if it looks like a foul, it probably is".
 - a. A player cannot kick, jump at, charge, strike, push, hold, or spit at an opponent.
11. The normal consequence of a foul is a direct kick for the opposing team.
 - a. However, depending on the type of foul and severity, the player may be punished.
12. Punishment in soccer is given with yellow and red cards.
 - a. If a player is given 2 yellow cards in the same game, it is equal to a red card.
 - b. A red card can be given at any time without the player first receiving a yellow card.
 - c. When a player gets a red card, they must leave the game and their team must play short.

- d. An ejected player cannot be replaced unless they were ejected prior to the start of the game.

Offsides

7. A player cannot be offsides on a corner kick, goal kick, or throw-in.
 - a. A player is in an offside position if he/she is nearer to his opponents' goal than both the ball and the second to last opponent.
 - b. In other words, an offensive player or attacking player, cannot be ahead of the ball and involved in the play unless there is a defender between him and the goalkeeper.
 - c. You cannot hang out in the other team's goal waiting for the ball.
8. A player cannot be offsides if they are standing on their half of the field. Also, the offside rule applies when the ball is kicked, not when the player receives the ball.

Additional Information:

1. Players and coaches from both teams shall exchange hand shakes at the conclusion of the match a gesture of sportsmanship
2. All players shall receive participation awards at the conclusion of the season
3. We ask that parents show encouragement towards players, but only coaches may instruct during match play