



KISHWAUKEE FAMILY YMCA

Youth Soccer League Rules

	Rookies	1 st & 2 nd	3 rd & 4 th	5 th – 8 th
Court Size	Half Court	Half Court	Full Court	Full Court
Ball Size	3	4	4	5
Players on Court	4-5 & 1 goalie	5 & 1 goalie	6 & 1 goalie	5-6 & 1 goalie
Game Duration	4 Quarters; 8 minutes	4 Quarters; 10 minutes	4 Quarters; 10 minutes	4 Quarters; 12 minutes
Subs	Halfway/End of each quarter	Halfway/End of each quarter	Halfway/End of each quarter	Halfway/End of each quarter
Switch Goals	No	No	At half	At half

General Rules:

1. Every player will play half of the game. No player will play the entire game unless there are no subs. All players should receive equal playing time.
2. The referee will determine which team starts with the ball. This will then rotate at the start of each quarter.
3. Play is restarted at the beginning of each quarter and following each goal by means of a kickoff taken at midfield.
4. All players must be on their own half of the court for kick off. Players on the non-kicking team must be behind "the line."
5. All kickoffs are indirect kicks. Another player must touch the ball before a goal may be scored.
6. There are no off sides.
7. A foul will result in an indirect kick from the spot of the foul.
8. A ball is considered out of play if it passes outside of the walls/net of the playing field or hits the ceiling. The ball will then be kicked from the spot that the ball went out.
9. A goal is scored when the whole ball passes over the goal line between the goal posts and under the crossbar provided that no foul was committed by the scoring team.
10. There will be no penalty kicks. All kicks resulting in a penalty will be an indirect kick.

YMCA Mission: The Kishwaukee Family YMCA is a charitable association whose mission is to promote Christian principles through quality services and facilities. We strive to enrich the Spirit, Mind and Body of all of our participants, especially families and children, regardless of ability to pay.

2500 W Bethany Road Sycamore, Illinois 60178 · Fax (815) 758-4549 kishymca.org



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Youth Soccer League Rules (continued)

Fouls:

Slide Tackle – Trying to take the ball by sliding into the player or the ball while the player has possession.

Holding – Grabbing or holding onto another player's clothing or body.

Intentional Foul – tripping, pushing, shoving, hitting, etc.

Hand Ball – When a player intentionally makes contact with the ball using any part of the hand or arm from the top of the shoulder to the tips of the fingers.

Unintentional contact with the hand or arm is not a foul. This occurs when a player has a ball kicked at them and the ball hits their hand or if the player moves body parts to prevent injury.

** Players are asked to remain on their feet and are discouraged from using their hand. This is for the player's safety. If a player continually slides or uses their head a foul may be called by the referee.

Coaches, Players, and Spectators will not abuse officials, YMCA staff, or volunteers. Violators will be asked to leave and a follow up will be conducted by the Sports Director. This is a skill based league. The focus is in development and fun.

Jessica Bacon

Adult & Youth Sports Director

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