

8 & UNDER SOCCER RULEBOOK

YMCA OF GREATER OKLAHOMA CITY



I. PLAYERS / COACHES / BALL SIZE / DURATION OF GAME

- A. 3U
 - Four (4) players per side, no goalies
 - No more than 2 coaches per team on the field
 - The game shall be divided into four (4) equal, six (6) minute quarters
 - There shall be a halftime break of three (3) minutes
 - Size 3 Ball
- B. 4U
 - Five (5) players per side, no goalies
 - No More than 2 coaches per team on the field
 - The game shall be divided into four (4) equal, eight (8) minute quarters
 - There shall be a halftime break of three (3) minutes
 - Size 3 Ball
- C. 6U
 - Five (5) players per side, no goalies
 - No more than 1 coach per team on the field
 - The game shall be divided into four (4) equal, eight (8) minute quarters
 - There shall be a halftime break of three (3) minutes
 - Size 3 Ball
- D. 8U
 - Six (6) players per side, including a goalie
 - All Coaches must remain on the sideline during the games
 - The game shall be divided into two (2) equal, twenty (20) minute halves
 - There shall be a halftime break of three (3) minutes
 - Size 4 Ball
- F. Substitutions
 - Unlimited and can take place regardless of ball possession.
 - May occur during injuries or any other stoppages in play.
 - Players cannot switch in during game play.
 - All players must play the minimum of one half.
- G. 6U & Below Park/Camp Out
 - No player is allowed to "park", "camp out", or play as a goalkeeper on defense, while the ball is not in their half of the field of play. Players should be involved in active play at all times.

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II. THE FIELD / EQUIPMENT

- A. Size
 - Length: Will vary by age group
 - Width: Will vary by age group
 - Field size may vary due to location
- B. Markings
 - Distinctive lines not more than five (5) inches wide.
 - A halfway line shall be marked out across the field.
 - A center circle with a five (5) yard radius.
 - 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 8U 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.
- C. Sidelines
 - Teams are required to occupy opposite sidelines as follows:
 - North-South fields, the home team will occupy the East sideline; The visiting team will occupy West sideline.
 - East-West fields, the home team will occupy the North sideline; The visiting team will occupy South sideline.
- D. Parents
 - Parents are not permitted behind goals and/or on the field of play during games. In the event you are needed on the field, such as a player injury, the officials will signal for you to come on to the field.
- E. Footwear/Uniforms/Shin guards
 - Tennis shoes or rubber molded soccer shoes. Soccer cleats only. No baseball, football, track cleats, etc.
 - All players are required to wear the official Green/Gray YMCA All Sport Jersey.
 - Shin guards are required for all ages
 - All 8U Goalies will wear identifiable target jerseys provided by the YMCA at games.

III. START/IN & OUT OF PLAY /SCORING

- A. The home team will begin the game with the kickoff. The away team will choose which side of the field to defend. Teams will switch sides at halftime, with the kickoff for the second half awarded to the away team.
- B. The game starts with a player taking a place kick into the opponents' half of the field of play. Every player shall be in their half of the field, and every player of the opposing team shall remain outside of the center circle until the ball is kicked.
- 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. 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.



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

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

G. Standings will not be kept for 8 & Under Leagues.

IV. FREE KICK / GOAL KICK / CORNER KICK / THROW IN

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

B. All free kicks are indirect

- An indirect 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.

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

D. There are no penalty kicks or direct kicks for ages 6 & Below.

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

F. Goal kick is taken from either corner of the goal box.

G. Defending players will line up at mid field line until the ball is in play so that the attacking team has a chance to advance up the field. Except and unless the defending team chooses to restart quickly, in which case the opposing team can stop their retreat and begin to attack the defending team.

H. Goalies (8U) will not be allowed to punt the ball. They must either roll the ball out, set the ball down to kick it or make a throw.

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

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

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

L. 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.

V. 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 their hand or arm) - this does not apply to the goalie within his own goal box in 8U.

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- B. Fouls outside of the goal box shall result in an indirect free kick with opponents five (5) yards away.
- C. For 6U & below, there are no penalty kicks or direct kicks.
- D. For 8U, fouls inside of the goal box will result in a penalty kick from the marked area.
- E. An indirect free kick is awarded to the opposing team if a goalkeeper, inside their own penalty area, commits any of the following offences: (a) controls the ball with their hands for more than six seconds before releasing it from their possession, (b) touches the ball again with their hands after they have released it from their possession and before it has touched another player, (c) touches the ball with their hands after it has been deliberately kicked to them by a team-mate, or (d) touches the ball with their hands after they have received it directly from a throw-in taken by a team-mate.
- F. The referee must explain infractions to the offending player.
- G. No slide tackling is allowed.
- H. No headers allowed.
- I. No offsides are to be called during these games.

VI. RULES & EXCEPTIONS

- A. The preceding rules shall be the official playing rules for YMCA Soccer. Should a dispute occur, we will refer to the following set of rules first and then to the current FIFA Laws of the Game.
- B. Exceptions to the Laws of the Game:
 - No injury time or extra-time
 - No Drop Balls
 - No Direct Kicks unless noted above
- C. If a coach or a fan is ejected from the game, they will automatically be ineligible for the next game. Further penalty may be assessed if necessary.
- D. The Sports Director, Sports Coordinator, or Field Supervisor will have the final ruling in all disputes.

VII. YMCA MISSION STATEMENT

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



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YMCA OF GREATER OKLAHOMA CITY



Law 1 – The Field of Play

Dimensions:

- Length: Minimum 45 yards maximum 60 yards
- Width: Minimum 35 yards maximum 45 yards
- Field size may vary due to location

Field Markings: Distinctive lines not more than five (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of eight (8) yards is marked around it.

The Goal Area: Conform to FIFA.

The Penalty Area: A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, ten (10) yards from the inside of each goalpost. These lines extend into the field of play for a distance of ten (10) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made eight (8) yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area.

Flag posts: Conform to FIFA.

The Corner Arc: Conform to FIFA.

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equal distance from the corner flag posts and joined at the top by a horizontal crossbar. The maximum distance between the posts is eighteen(18) feet and the maximum distance from the lower edge of the crossbar to the ground is six (6) feet. Goal size may vary due to location.

Law 2 – The Ball

Ball Size: four (4)

Law 3 – The Number of Players

A match is played by two teams, each consisting of not more than seven players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than five players.

Substitutions: At any stoppage and unlimited.



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Playing time: Each player shall play a minimum of 50% of the total playing time.

Law 4 – The Players' Equipment

Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams. YMCA Players will be required to wear the official Green/Gray YMCA All Sport Jersey.

Law 5 – The Referee

All rule infringements shall be briefly explained to the offending player.

Law 6 –The Assistant Referee

Not required.

Law 7 – The Duration of the Match

The match being divided into two (2) equal halves of twenty-five (25) minutes each. There shall be a halftime interval of five (5) minutes.

Law 8 – The Start and Restart of Play

Conform to FIFA with the exception of the opponents of the team taking the kick-off are at least eight (8) yards from the ball until it is in play. The home team will begin the game with the kickoff. The away team will choose which side of the field to defend. Teams will switch sides at halftime, with the kickoff for the second half awarded to the away team.

Law 9 – The Ball In and Out of Play

Conform to FIFA.

Law 10 – The Method of Scoring

Conform to FIFA.

Law 11 – Offside

There are no offsides in YMCA 10U Soccer

Law 12 – Fouls and Misconduct

Conform to FIFA with the exception that an indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from their penalty area into the opponent's penalty area.

Law 13 – Free Kicks

Conform to FIFA with the exception that all opponents are at least eight (8) yards from the ball and addendum below.

Law 14 – The Penalty Kick

Conform to FIFA with the exception that the penalty mark is made eight (8) yards from the midpoint between the goalposts and equidistant to them.

Law 15 –The Throw-In

Conform to FIFA.



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Law 16 – The Goal Kick

Conform to FIFA with the exception to addendum below.

Law 17 – The Corner Kick

Conform to FIFA with the exception that opponents remain at least eight (8) yards from the ball until it is in play.

Addendums

- Build Out Line: When the goalkeeper has the ball in their hands during play from the opponent or from a goal kick, the opposing team must retreat behind the build out line until the ball is put back in play, the opposing team must retreat to the build-out line before the ball is put in play is taken, except and unless the defending team chooses to restart quickly, in which case the opposing team can stop their retreat and begin to attack the defending team.
- The ball is in play when:
 - On a goal kick, after the ball has been set, when the ball is kicked and clearly moves.
 - After a save when the ball is released from the keeper's hand.
- Punting/Drop Kicks: Punting and drop kicks are not allowed in league play. A drop kick is defined as any ball not flat on the ground when struck allowing the keeper to gain an advantage. It can be rolling when struck. The first violation will be an official warning. Each subsequent violation by the warned team will result in the opposing team being awarded an indirect free kick from the drop kick location in the field.

Pre-Game Warm Up & Coaches on the Field

- No pregame warm-up in the penalty area or goal area before any match. This means no shooting on goals and/or goal keeper training in the goal area prior to the start of your game. The purpose of this rule is to protect the grass in the goal mouth from excessive foot traffic and the destruction of the grass from cleats. Coaches, trainers, parents, and players from both teams must ensure that teams preserve the grass in this area of the field by observing this pregame rule.
- Coaches are required to stay on their sideline, are not permitted behind goals, and may not enter the field of play. In the event you are needed on the field, such as a player injury, the officials will signal for you to come on to the field.

Sidelines / Parents

- Both teams will remain on the same sideline, positioned at opposite ends of the midfield line. Parents and spectators from both teams will sit on the opposite sideline from the players.
- Parents are not permitted in the bench area, behind goals and/or on the field of play during games. In the event you are needed on the field, such as a player injury, the officials will signal for you to come on to the field.

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Standings

Standings will be kept for ages 10U & above using the below format:

- Teams will receive 3 points for a win
- Teams will receive 1 point for a tie
- Team will receive 0 points for a loss
- In the event of a tie in the final season standings, the following will be used to determine the higher seeding:

- (1)Winning Percentage
- (2)Head to Head
- (3)Strength of Schedule
- (4)Coin Flip

Rules Disputes

- The preceding rules shall be the official playing rules for YMCA Soccer. Should a dispute occur, we will refer to the following set of rules first and then to the current FIFA Laws of the Game.
- If a coach or a fan is ejected from the game, they will automatically be ineligible for the next game. Further penalty may be assessed if necessary.
- There are no rules protests regarding officials call or game challenges.
- The Sports Director, Sports Coordinator, or Field Supervisor will have the final ruling in all disputes.

YMCA Mission

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



12U/14U SOCCER RULEBOOK

YMCA OF GREATER OKLAHOMA CITY



Law 1 – The Field of Play

Dimensions:

- Field size may vary due to location

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equal distance from the corner flag posts and joined at the top by a horizontal crossbar. The maximum distance between the posts is eighteen(18) feet and the maximum distance from the lower edge of the crossbar to the ground is six (6) feet. Goal size may vary due to location.

Law 2 – The Ball

- 12U Ball Size: Four (4)
- 14U Ball Size: Five (5)

Law 3 – The Number of Players

12U - A match is played by two teams, each consisting of not more than nine (9) players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than seven (7) players.

14U - A match is played by two teams, each consisting of not more than seven (7) players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than five (5) players.

Substitutions: At any stoppage and unlimited.

Playing time: Each player shall play a minimum of 50% of the total playing time.

Law 4 – The Players' Equipment

Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams. YMCA Players will be required to wear the official Green/Gray YMCA All Sport Jersey.

Law 5 – The Referee

All rule infringements shall be briefly explained to the offending player.

Law 6 –The Assistant Referee

Not required

Law 7 – The Duration of the Match

The match being divided into two (2) equal halves of thirty (30) minutes each. There shall be a halftime interval of five (5) minutes.

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Law 8 – The Start and Restart of Play

Conform to FIFA with the exception of the opponents of the team taking the kick-off are at least eight (8) yards from the ball until it is in play. The home team will begin the game with the kickoff. The away team will choose which side of the field to defend. Teams will switch sides at halftime, with the kickoff for the second half awarded to the away team.

Law 9 – The Ball In and Out of Play

Conform to FIFA

Law 10 – The Method of Scoring

Conform to FIFA

Law 11 – Offside

Officials Discretion

Law 12 – Fouls and Misconduct

Conform to FIFA

Law 13 – Free Kicks

Conform to FIFA

Law 14 – The Penalty Kick

Conform to FIFA

Law 15 – The Throw-In

Conform to FIFA

Law 16 – The Goal Kick

Conform to FIFA

Law 17 – The Corner Kick

Conform to FIFA

Pre-Game Warm Up & Coaches on the Field

- No pregame warm-up in the penalty area or goal area before any match. This means no shooting on goals and/or goal keeper training in the goal area prior to the start of your game. The purpose of this rule is to protect the grass in the goal mouth from excessive foot traffic and the destruction of the grass from cleats. Coaches, trainers, parents, and players from both teams must ensure that teams preserve the grass in this area of the field by observing this pregame rule.
- Coaches are required to stay on their sideline, are not permitted behind goals, and may not enter the field of play. In the event you are needed on the field, such as a player injury, the officials will signal for you to come on to the field.

12U/14U SOCCER RULEBOOK

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Standings

Standings will be kept for ages 10U & above using the below format:

- Teams will receive 3 points for a win
- Teams will receive 1 point for a tie
- Team will receive 0 points for a loss
- In the event of a tie in the final season standings, the following will be used to determine the higher seeding:

- (1)Winning Percentage
- (2)Head to Head
- (3)Strength of Schedule
- (4)Coin Flip

Sidelines / Parents

- Both teams will remain on the same sideline, positioned at opposite ends of the midfield line. Parents and spectators from both teams will sit on the opposite sideline from the players.
- Parents are not permitted in the bench area, behind goals and/or on the field of play during games. In the event you are needed on the field, such as a player injury, the officials will signal for you to come on to the field.

Rules Disputes

- The preceding rules shall be the official playing rules for YMCA Soccer. Should a dispute occur, we will refer to the following set of rules first and then to the current FIFA Laws of the Game.
- If a coach or a fan is ejected from the game, they will automatically be ineligible for the next game. Further penalty may be assessed if necessary.
- In the event of combined age groups, the younger division rules will be followed.
- There are no rules protests regarding officials call or game challenges.
- The Sports Director, Sports Coordinator, or Field Supervisor will have the final ruling in all disputes.

YMCA Mission

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

