



2023 YMCA YOUTH SOCCER 8 & UNDER RULES

I. THE FIELD Dimensions:

- A. Length: Will vary by age group
- B. Width: Will vary by age group

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.
- E. 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.
- F. Field Lengths may vary due to location.

Sidelines:

- A. Teams are required to occupy opposite sidelines as follows:
 - 1) North-South fields, the home team will occupy the East sideline;
The visiting team will occupy West sideline.
 - 2) East-West fields, the home team will occupy the North sideline;
The visiting team will occupy South sideline.

II. THE BALL

- A. U 6 and below: size 3
- B. U 8: size 4

III. NUMBER OF PLAYERS / COACHES

- A. 3U Tiny Tot
 - 1. Four (4) players per side, no goalies
 - 2. No more than 2 coaches per team on the field
- B. 4U & 6U
 - 1. Five (5) players per side, no goalies.
 - 2. 4U – No More than 2 coaches per team on the field
 - 3. 6U - No more than 1 coach per team on the field
- C. 8U
 - 1. Six (6) players per side, including a goalie.
 - 2. All Coaches must remain on the sideline during the games.
- D. Substitutions:
 - 1. Unlimited and can take place regardless of ball possession.
 - 2. May occur during injuries or any other stoppages in play.
 - 3. Players cannot switch in during game play.
 - 4. All players must play the minimum of one half.
- E. 6U & Below – 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.



F. Parents

1. Parents are not permitted behind goals and/or on the field of play during games.
2. 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.

IV. PLAYERS EQUIPMENT

- A. Footwear: tennis shoes or rubber molded soccer shoes. Soccer cleats only. No baseball, football, track cleats etc.
- B. Shin guards are required.
- C. 8U & below players are required to wear the official Green/Gray YMCA All Sport Jersey.
- D. All Goalies will wear identifiable target jerseys provided by the YMCA at games.

V. DURATION OF GAME

- A. 3U: The game shall be divided into four (4) equal, six (6) minute quarters.
- B. 4U and 6U: The game shall be divided into four (4) equal, eight (8) minute quarters.
- C. 8U: The game shall be divided into two (2) equal, twenty (20) minute halves.
- D. There shall be a halftime break of three (3) minutes.

VI. THE START OF PLAY

- A. At the beginning of the game, choice of ends and the kick off shall be decided by the toss of a coin or other method. The team winning shall have the option of choice of ends or the kick 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. When restarting after half-time, ends shall be changed and the kick off shall be taken by a player of the opposite team that started the game.

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 AND STANDINGS

- A. A goal is scored when the whole ball crosses the goal line.
- B. For 8U Only, goals must be scored from outside of the inner-goal box.
- C. Standings will not be kept for ages 8 & under.

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. Fouls outside of the goal box shall result in an indirect free kick with opponents five (5) yards away.
- C. An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following offences: (a) controls the ball with his hands for more than six seconds before releasing it from his possession, (b) touches the ball

again with his hands after he has released it from his possession and before it has touched another player, (c) touches the ball with his hands after it has been deliberately kicked to him by a team-mate, or (d) touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate.

- D. The referee must explain ALL infractions to the offending player.
- F. No Slide Tackling Allowed.

X. FREE KICKS

- A. A free kick occurs when a foul is called (to be taken from or near the spot of the foul)
- B. 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.
- C. No kicks shall be taken by the offending team within the defending team's goal box.
- D. There are no penalty kicks.

XII. OFFSIDES:

- A. No offsides are to be called during these games.

XIII. THROW-IN

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

XIV. GOAL KICK/PUNTING

- A. A goal kick is taken when the ball crosses end line out of bounds by the attacking team.
- B. Goal kick is taken from either corner of the goal box.
- C. 6U and below: Opponents must be five (5) yards away from the ball.
- D. 8U and above: 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.
- E. 8U and above: Goalies 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.

XV. CORNER KICK

- A. A corner kick is taken when the ball crosses end line out of bounds by the defending team.
- B. Corner kicks are to be taken from the corner nearest to where the ball goes out of bounds.
- C. Opponents must be five (5) yards away from the ball.

XVI. Rules & Exceptions

- A. The preceding rules shall be the official playing rules for all divisions of 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:
 - A. No injury time or extra-time
 - B. No Drop Balls
 - C. No Direct Kicks
 - D. The Sports Director, Sports Coordinator, or Field Supervisor will have the final ruling in all disputes.

XVII. YMCA MISSION

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





2023 YMCA YOUTH SOCCER 10 & UNDER RULES

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

Law 1 – The Field of Play

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: minimum 45 yards maximum 60 yards **Width:**
minimum 35 yards maximum 45 yards

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 equidistant 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.

Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

Law 2 – The 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.

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

Teams and matches may be coed.



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 YMCA Uniform Package. This consists of the matching uniform top, black YMCA Soccer Shorts, and matching team color socks. Players not in complete uniform may not be allowed to play.*

Law 5 – The Referee: Registered referee, especially Grade 9 or parent/coach or assistant coach. All rule infringements shall be briefly explained to the offending player.

Law 6 –The Assistant Referees: Not required. May use club linesmen/women if desired.

Law 7 – The Duration of the Match: Conform to FIFA with the exception of 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.

Law 9 – The Ball In and Out of Play: Conform to FIFA.

Law 10 – The Method of Scoring: Conform to FIFA.

Law 11 – Offside: None.

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 his/her 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.

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.

Standings:

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

- A. Teams will receive 3 points for a win
- B. Teams will receive 1 point for a tie
- C. Team will receive 0 points for a loss
- D. 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

Addendums:

- Please see U10 Addendums labeled A, B, & C.
- **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:

1. On a goal kick, after the ball has been set, when the ball is kicked and clearly moves.
 2. 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 goalkeeper training in the goal area prior to the start of your game. The purpose of this rule is to protect the grass in the goalmouth 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.

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.

Protest & Rule Disputes:

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 matters.





2023 YMCA YOUTH SOCCER 12 & UNDER/14 & UNDER RULES

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

Laws of the Game:

The 12 & Under and 14 & Under age groups will follow the FIFA Laws of the Game for the following, unless noted below:

Law 1 – The Field of Play

Law 2 – The Ball

- Size 4 for 12U
- Size 5 for 14U

Law 3 – The Number of Players

- 9 V 9 for 12 & Under Age Group
- 9 v 9 for 14 & Under Age Group

Law 4 – The Players' Equipment

Law 5 – The Referee

Law 6 – The Assistant Referees

Law 7 – The Duration of the Match

- 12 & Under – 2 – 30 minute halves w/ 10 minute halftime
- 14 & Under – 2 – 35 minute halves w/ 10 minute halftime

Law 8 – The Start and Restart of Play

Law 9 – The Ball In and Out of Play

Law 10 – The Method of Scoring

Law 11 – Offside

Law 12 – Fouls and Misconduct

Law 13 – Free Kicks

Law 14 – The Penalty Kick

Law 15 – The Throw-in

Law 16 – The Goal Kick

Law 17 – The Corner Kick

- Procedures to Determine the Winner of a Match or Home-and-Away
- The Technical Area
- The Fourth Official and the Reserve Assistant Referee



Standings:

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

- A. Teams will receive 3 points for a win
- B. Teams will receive 1 point for a tie
- C. Team will receive 0 points for a loss
- D. 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

Uniform:

YMCA Players will be required to wear the YMCA Uniform Package. This consists of the matching uniform top, black YMCA Soccer Shorts, and matching team color socks. Players not in complete uniform may not be allowed to play.

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 goalkeeper training in the goal area prior to the start of your game. The purpose of this rule is to protect the grass in the goalmouth 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.

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.

Protest & Rule Disputes:

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 matters.

