



## SOCCKER RULES

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### EQUIPMENT

- ◆ Shin guards are **REQUIRED** to be worn by all players.
- ◆ Sweats or shorts are recommended.
- ◆ Rubber spikes may be worn. No steel spikes.
- ◆ No studs on the front toes of shoes.
- ◆ T-shirts will be provided by the YMCA.
- ◆ Balls will be provided by the YMCA.

### GAMES

- ◆ All games will be played on Saturdays. Game times will be shown on the schedules.
- ◆ Time clock does not stop. No time-outs except for injuries.
- ◆ Goalies should be designated and identified by wearing a goalie shirt (penny) provided at the game.

### GENERAL RULES OF PLAY

- ◆ All players must play at least half of the game. Substitutions may occur on any dead ball.
- ◆ The winner of the coin toss will choose either to kick off or which goal they wish to defend.
- ◆ A kick-off will start play. This happens at the start of each quarter and after a goal has been scored. The ball must be kicked forward, and after a complete revolution, the game is underway. The player who kicks-off may not touch the ball again until another player has touched it. The ball may not be kicked backwards to start play.
- ◆ Players must be at least 10 feet away from the ball on kick-offs, corner kicks, goal kicks, and direct/indirect kicks.
- ◆ After a goal is scored, the team that did not score will kick-off from the centerline.
- ◆ A goal is scored when the ball entirely crosses the goal line, between the goal posts and under the crossbar.
- ◆ Except for the goalie, players may not use their hands (from the shoulders to the tips of fingers). If a player intentionally handles the ball, the opposing team will be awarded a direct kick. Girls will be allowed to cross arms over their chest, but may not maneuver the arms to direct the ball.
- ◆ The goalie has certain rights, including being the only one who can touch the ball with their hands. The goalie may not be interfered with when they have possession of the ball. No player may attack the ball when the goalie is bending over to pick up the ball. The goalie must be within a foot of the ball for a penalty to occur. If a pass is received from a teammate, the goalie may not use their hands; they must use their feet. If the ball bounces off the goalie and remains in the field of play, it is a live ball.
- ◆ A goalie box may be used. If used, lines can be painted on the field of play OR the officials can notify the goalie and coach of where the box is located and regulate the goalies movements during the game.
- ◆ Teams will change sides at halftime. Exception: 3 – 6 yr league.
- ◆ The ball is “out of bounds” when the entire ball passes over the sideline or endline.
- ◆ **Corner kick:** When the ball is kicked by the defending team and goes “out of bounds” over the endline.
- ◆ **Goal Kick:** When the ball is kicked by the attacking team and goes “out of bounds” over the endline.
- ◆ **Throw-in:** When the ball is kicked over either sideline, the team that did not kick the ball out will throw it in. The player may run prior to throwing the ball in; however, a part of each foot must be touching the ground as the ball is released, and the ball must be thrown from outside of the sideline. The ball must be thrown directly over the top of the head. A goal may not be scored until another player (from either team) has touched the ball.
- ◆ One coach may be on the field for 3 & 4 and 5 & 6 year old leagues.

### ILLEGAL THROW-IN RESULTS

<u>Pre- School:</u>	No violations if the ball is thrown from behind the sideline.
<u>Kindergarten:</u>	Same child will repeat throw-in.
<u>Grades 1 &amp; 2:</u>	Same child will get another chance to throw-in. If second try is still illegal, a turnover will occur.
<u>Grades 3 &amp; 4:</u>	Automatic turnover to the opposing team.
<u>Grades 5 &amp; 6:</u>	Automatic turnover to the opposing team.

## **FOULS AND MISCONDUCT**

Any foul occurring inside of the goalie box is considered a Direct Kick. A Direct Kick will be awarded to the opposing team if any of the following violations occur:

1. Kicking opponent
2. Tripping opponent
3. Jumping at opponent
4. Violent charging
5. Striking opponent
6. Holding
7. Pushing
8. Handling ball
9. Charging from behind

- ◆ A goal can be scored directly from a Direct Kick.

Any foul occurring outside of the goalie box is considered an Indirect Kick. An Indirect Kick will be awarded to the opposing team if any of the following violations occur:

1. Dangerous playing (high kicking)
2. Charging that occurs away from the ball.
3. Charging the goalie when he does not have the ball.
4. Opponent obstruction.
5. Charging the goalie while face is exposed to the ball.

- ◆ An Indirect Kick must be touched by another player before a goal can be scored.
- ◆ Opponents must be at least 10 feet away from the ball during an Indirect Kick.
- ◆ Ages 3 & 4 and 5 & 6: All penalties will result in an Indirect Kick.

### **YMCA Mission Statement:**

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

### **YMCA Youth Sports Pledge:**

I pledge to play this game the best that I can.

I pledge to respect my coaches, the opponents, the referees and the rules of the game.

I pledge to improve myself in spirit, mind and body.