

Youth Soccer Rules

Playing Field

A playing field will be considerably smaller than a youth regulation field and will be approximately 150 by 75 feet. The sizes of the fields are not exact and may vary.

Time and Substitutions

Games will consist of four 8 minute quarters running clock for the 4-5 and 6-8 year old divisions. Each quarter will be 10 minutes running clock for the 9-11 year old division. The clock will stop during timeouts, injuries, or at the *referee's discretion. Substitutions can be made when the ball is not in play. Teams are allowed 2 time-outs per half which should not exceed 2 minutes. Time-outs do not carry over to the next half. There will be 3 minute breaks between the 1st and 2nd and 3rd and 4th quarters. There will be a 5 minute between the 3rd and 4th quarter.

*Examples of Referee discretion:

-Rules explanation, mass substitution, injuries, parent/player/coach meeting

Starting the Game

A coin toss will determine which team will kick off. The kick off will be from mid field. A goal cannot be scored from the kick off.

Players

Each team can have 12 players on the team and 5 plus a goalie on the field at one time. Roster changes and player trades must be approved by each coach and a YMCA staff person (referee, coordinator, or director). All player add-ons must be approved by the YMCA. At the discretion of the volunteer coaches, all players are entitled to play half the game.

Defender/Goalie

A defender/goalie will be used instead of a full time goalie. The defender may use his hands only to get the ball when he/she is in the goalie box. It is their job to cover the back half of the field as a player or goalie. The defender may not go past the midfield line.

Equipment

All players must wear tennis shoes of rubber cleats and protective shin guards. A size 3 ball will be used for the 4-5 year old division and a size 4 ball will be used for the 6-8 year old division.

Restarting Play

Goal Kick: The method for the defense to put the ball back into play after it completely crosses the end line and is last kicked by the offense. All players on the field must move 10-15 feet back from the defender for the goal kick

Corner Kick: A free kick is taken by the offense when the defensive team has played the ball over the end line. The kick is taken at the corner of the field closest to where the ball crossed the end line.

Free Kick: This kick is placed from the spot of the infraction. Free kicks are awarded for the following: holding the ball, hitting, kicking, pushing, dangerous play, to restart the game, and unsportsmanlike conduct.

Throw-In: A throw-in is awarded if the ball is unplayable at the sideline. The throw in must be made with both feet on the ground, with 2 hands on the ball from behind the head.

Drop Ball: A ball which is dropped on the field by the official to restart the game after it is stopped due to an injury or any other unforeseen delay of game

Additional Rules/Regulation

-No off-sides.

-No player other than the goalie/defender may enter the goalie box.

-The official will stop the game to assess all injuries and/or to explain a rule.

-Coaches are allowed on the field for the first 2-3 games of the season. After that coaches are encouraged to remain on the sidelines.

-No official score is kept.

-Players are not allowed to use their hands (other than the goalie). Referees will individually assess all infractions associated with players using their hands during the game.