



Soccer Rules (Ages 3-5, 6-7)

Support: Parents are expected to support and respect all players, coaches and officials/staff.

Participation & Substitution

- All players must play equal time and substitute after each quarter.
- All games are 4v4 or even sided based on # of players on the team.
- There is no goalie. A "no player" zone will be coned or lined in a 12'x6' area in front of the goal.
- Players should play one offensive and one defensive position per game if possible.

Equipment

- Recommended Field size: Length: 75-105' Width: 45-75'
- Recommended Goal Size: 5X3' or 4X6'
- Size 3 balls are used.
- No metal jewelry, hairclips, earrings, etc. can be worn.
- Shin guards must be worn.

Starting the Game

- Teams will play on the same goal for entire game.
- Game is started with sports pledge or pledge of allegiance or National Anthem.
- One team will start off with the ball at mid-field and then at the beginning of the second half the other team will start play.
- Play is restarted at the beginning of each quarter, alternating possession, and following a goal. Re-starts will be by a kickoff at midfield with nearest defender 15 feet away from the starting player.

Timing/Scoring

- Age 3-5: Four 5-minute quarters will be played with a running clock. A 2 minute break will be given between quarters.
- Age 6-7: Four 8-minute quarters will be played with a running clock. A 2 minute break will be given between quarters.
- A goal is scored when the ball completely crosses over the goal line.

Officiating/Coaching: There are no referees; coaches will act as both coach & referee on the field.

Restarts

- Ball is out of play when it has gone completely over the line.
- Players will do a kick-in in place of a throw in for all out of bounds offenses. Kick will be made where the ball crossed the line by the opposite team.
- **Kick-In:** opponents must be 10' away from the ball during a kick in. If ball goes out of bounds touched last by the offensive team, offensive players must retreat to beyond the mid-field line for defending team to kick in the ball.
- **Corner Kick** is awarded when the ball is kicked through the base-line but touched last by the defending team. Kick in will be placed in the corner closest to where it went out of bounds.
- **A Goal Kick** is awarded to the goalie of the defending team after the attacking team kicks in touch through base-line. Attacking team must have closest player at the mid-field line on the re-start.

Defense/Play

- NO SLIDE TACKLING.
- NO HEADING IS PERMITTED AT THIS AGE.
- NO KICKING WHILE PLAYER IS ON THE GROUND.
- No player will be able to play the ball while they are on the ground. Coach should stop play until player is up and on their feet.
- Off-sides will not be called and only excessive and/or intentional handballs will be called.



Soccer Rules (Ages 8-11)

Note to parents: All YMCA Youth Sports programs are meant for fun and fair play while in a casual, non-intimidating atmosphere. Parents are expected to support and respect *all* players, coaches and officials.

Participation & Substitution

- All players must play equal time.
- All games are 6 v 6 or even sided, with goalie.
- Players should play one offensive and one defensive position per game if possible.
- Coaches may sub every approximately five minutes at kickoffs, throw-ins, corner kicks and goals scored.

Equipment

- Recommended Field size: Length: 210-240' Width: 135-165'
- Size 4 balls are used.
- Recommended Goal Size: 6X10' or 6X12'
- The Goal Box will be 12X18'.
- No metal jewelry, hairclips, earrings, etc. can be worn.
- Shin guards must be worn.

Starting the Game

- Teams will switch ends at half-time.
- Game is started with sports pledge or pledge of allegiance or National Anthem.
- One team will start off with the ball at mid-field and then at the beginning of the second half the other team will start play.
- Play is restarted at the beginning of each half, and following a goal by a kickoff at midfield.

Timing/Scoring

- Two 20-minute halves will be played with a running clock, with a water break at 10 minutes. A 5-minute break will be given between halves. Possession will switch at half.
- A goal is scored when the ball completely crosses over the goal line.
- No offensive player may strike the ball inside the goalie box if the goalie has hands on the ball or players are on the ground.

Officiating/Coaching: Staff referees or coaches will referee on the field.

Restarts

- Ball is out of play when it has gone completely over the line.
- **Goal Kicks:** Taken from goalie box. Awarded when ball crosses goal line outside of the goal, and was last played by an offensive player. Defending team must be at half field for the restart.
- **Corner Kicks:** opponents must be 15' away from the ball. Awarded when ball crosses goal line and was last played by a defender.
- **Throw In:** If the ball goes out of bounds on the sidelines then it will result in a throw in. Both feet must be in contact with the ground at the point of the throw. Throw must be made with both hands over the player's head.
- **Punt/Throw:** Goalie may throw the ball to restart play after a blocked attempt on goal.
- **Free Kicks:** will occur 8 yards from offending team's goal after a penalty is called.

Defense

- NO SLIDE TACKLING.
- NO HEADING IS PERMITTED AT THIS AGE.
- NO KICKING WHILE PLAYER IS ON THE GROUND.
- No player will be able to play the ball while they are on the ground. Play will be stopped until they are up.
- Off-sides will not be called, but handballs and penalties will be called.



Soccer Rules (Ages 12-14)

Note to parents: All YMCA Youth Sports programs are meant for fun and fair play while in a casual, non-intimidating atmosphere. Parents are expected to support and respect *all* players, coaches and officials. Parents will be held accountable to uphold the values listed in the Parent Code of Conduct.

Participation & Substitution

- All players must play equal time.
- All games are 9v9 or even sided, with goalie.
- Players should play one offensive and one defensive position per game if possible.
- Coaches may only sub at kickoffs, throw-ins, corner kicks and goals scored.
- Subs must come to the midline to be subbed into the game.

Equipment

- Recommended Field size (if facility permits): Length: 180 feet Width: 120 feet
- Size 4 balls are used for 12 and under. Size 5 ball for 13 +.
- Recommended Goal Size 12 and Under 6 x 18 or 24. Ages 13+ - Regulation Size Goal.
- No metal jewelry, hairclips, earrings, etc. can be worn.
- Shin guards must be worn.

Starting the Game

- Teams will defend the same goal for the entire game.
- Game is started with sports pledge or pledge of allegiance or National Anthem.
- One team will start off with the ball at mid-field and then at the beginning of the second half the other team will start play.
- Play is restarted at the beginning of each half, and following a goal by a kickoff at midfield.

Timing/Scoring

- 2 -25 minute halves will be played with a running clock. 1 - 5 minute break will be given between halves.
- A goal is scored when the ball completely crosses over the goal line.
- No offensive player may strike the ball inside the goalie box.
- Goalies will be used.

Officiating/Coaching

- Staff referees or coaches will referee on the field.

Restarts

- Ball is out of play when it has gone completely over the line.
- Players will be given second chances on corner kicks and goal kicks for the first game of the season.
- **Goal Kicks:** Taken from goalie box. Awarded when ball crosses goal line outside of the goal, and was last played by an offensive player.
- **Corner Kicks:** opponents must be ten (5) yards away from the ball. Awarded when ball crosses goal line and was last played by a defender.
- **Throw In:** If the ball goes out of bounds on the sidelines then it will result in a throw in.
- **Punt/Throw:** Goalie may throw the ball to restart play after a blocked attempt on goal.
- **Free Kicks:** will occur 8 yards from offending team's goal after a penalty is called.

Defense

- NO SLIDE TACKLING.
- NO KICKING WHILE PLAYER IS ON THE GROUND.
- Off-sides will not be called unless the coach views it as a dangerous play or flagrant misuse of the rules.
- Handballs and penalties will be called.
- No heading ages 12 and under.