## 2023 YMCA YOUTH SOCCER RULES

## I. PLAYING TIME

a. All players must receive equal playing time regardless of previous experience or skill level.
b. Playing time may not be limited by a player's inability to attend practice.

## II. YMCA SPORTS PLEDGE

a. All players and parents will recite the YMCA sports pledge before every game:
i. Win or lose I pledge before God to play the game as well as I know how, to respect the rules and official, to be a good sport at all times, and to improve myself in spirit, mind and body.

## III. EQUIPMENT

a. All players must wear shin guards for practices and games
b. All players must wear a YMCA outdoor jersey that is white/blue short-sleeve reversible
c. All jewelry must be removed for games

## IV. TEAM SIZE AND COACHES

a. $3 \& 4$ year old league plays with 4 players per team on the field.
i. Teams may begin a game with a minimum of 3 players.
ii. One coach may be on the field during game play to assist the kids
b. $5 \& 6$ year old league plays with 5 players per team on the field.
i. Teams may begin a game with a minimum of 4 players.
ii. One coach may be on the field during game play to assist the kids
c. $7 \& 8$ year old league plays with 7 players per team on the field.
i. Teams may begin a game with a minimum of 5 players.
ii. Coaches must remain on the sideline assigned to their team
d. $9 \& 10$ and $11 \& 12$ year old league plays with 8 players per team on the field.
i. Teams may begin a game with a minimum of 7 players.
ii. Coaches must remain on the sideline assigned to their team

## V. GOALKEEPERS

a. $3 \& 4$ and $5 \& 6$ year old leagues do not have a goalkeeper position
i. No player may use their hands during game play in the field of play
ii. Players must remain at least 5 feet outside their defensive goal and may not "camp out" in front of the goal they are defending
b. $7 \& 8,9 \& 10$ and $11 \& 12$ year old leagues may assign one position on the field to play goalkeeper
i. Goalkeepers must wear the additional goalkeeper marker as provided by the official
ii. Goalkeepers may use their hands, dive and slide within the designated goal box

## VI. FIELD SIZE

a. 3 \& 4 year old league plays on a field 30 yards long by 20 yards wide, depending on site b. $5 \& 6$ year old league plays on a field 40 yards long by 30 yards wide, depending on site
c. All other leagues play on a field 70 yards long by 40 yards wide, depending on site
i. A goal box will be marked 10 yards deep from the goal line, and 24 yards wide

## VII. THE BALL

a. 3 \& 4 year old league plays with a size 3 soccer ball
b. $5 \& 6$ and $7 \& 8$ year old leagues play with a size 4 soccer ball
c. $9 \& 10$ and $11 \& 12$ year old leagues play with a size 5 soccer ball

## VIII. GOAL SIZE

a. $3 \& 4$ and $5 \& 6$ year old leagues play on a goal that is $6^{\prime} 0^{\prime \prime}$ wide and $4^{\prime} 0^{\prime \prime}$ high
b. $7 \& 8,9 \& 10$ and $11 \& 12$ year old leagues play on a goal that is $12^{\prime} 6^{\prime \prime}$ wide and $6^{\prime} 0^{\prime \prime}$ high

## IX. SUBSTITUTIONS

a. Substitutions may be made at any dead ball situation by the coach
b. There are an unlimited number of substitutions.
c. All players must play a minimum of one half of each game. No individual player may play the entire game.

## X. DURATION OF GAME

a. $3 \& 4$ year old league games will consist of four equal quarters of 5 minutes each
b. $5 \& 6$ year old league games will consist of four equal quarters of 6 minutes each
c. $7 \& 8$ year old league games will consist of two equal halves of 15 minutes each
d. $9 \& 10$ and $11 \& 12$ year old league games will consist of two equal halves of 16 minutes each
e. The games in each age group will have a 5 minute half-time break
f. Game durations may be modified according to the Inclement Weather Rules below
g. A 10 minute forfeit period will be enforced from the games scheduled start time
i. After this period, a forfeit will be declared in the case of a team not fielding enough players
ii. The players in attendance will be divided up and a scrimmage will be held amongst coaches

## XI. OFFICIAL GAME CLOCK

a. The official game time will be kept by the official
b. The game time is a running clock with no stoppage time added
c. No overtime will be played during regular season games
i. For tournament games, see the Tournament rules below

## XII. SCORING AND STANDINGS

a. $3 \& 4$ and $5 \& 6$ year old leagues will not keep score and will not keep league standings
b. $7 \& 8,9 \& 10$, and $11 \& 12$ year old leagues will keep score and league standings
i. The official will serve as official score keeper

## XIII. KICK OFFS

a. $3 \& 4,5 \& 6$ and $7 \& 8$ year old league games will begin each quarter with a kick off at center field
i. The team wearing the Blue jersey will kick off in the $1^{\text {st }}$ and $3^{\text {rd }}$ quarters
ii. The team wearing the White jersey will kick off in the $2^{\text {nd }}$ and $4^{\text {th }}$ quarters
b. $\quad 9 \& 10$ and $11 \& 12$ year old league games will begin with a coin toss at midfield
i. The team wearing the White jersey will call heads or tails before the coin is tossed
ii. The winner of the coin toss will decide if they kick off in the $1^{\text {st }}$ or $2^{\text {nd }}$ half
iii. The loser of the coin toss will decide which side of the field they defend in the first half.
c. After a goal is scored, the team that did not score will receive the ball for a kick off at center field unless:
i. If the goal is at the end of a quarter, the rules in XIII.a or XIII.b will take effect
d. During every kick off- the defending team must be at least 10 yards away from the kicker and on their defensive side of the field

## XIV. OFFSIDES

a. $3 \& 4,5$ \& 6 and $7 \& 8$ year old leagues do not have an offsides rule
b. $9 \& 10$ and $11 \& 12$ year old leagues have an enforced offsides rule
i. Offsides will be called when an offensive player is in position behind the final defender (not counting the goalie) at the time the ball is passed.

1. No offsides is called on a throw in, a corner kick or a goal kick
2. Offsides is called on a direct or indirect free kick from inside the playing area

## XV. TIME OUTS

a. For every age league, each team will be allowed 2 timeouts per half in each game.
b. Time outs will each last 30 seconds and cannot be carried over from the first half to the second.
c. Timeouts may be called by any player or coach during a dead ball situation

## XVI. SLIDE TACKLING

a. There is no slide tackling of any kind allowed

## XVII. HEADING THE BALL

a. There is no heading of the ball allowed

## XVIII. OUT OF BOUNDS

a. A ball that travels out of bounds on a side will result in a throw in for the team that did not kick it out of bounds
i. A throw in must be made overhead with both hands on the ball and both feet on the ground
ii. The spot of the throw in must be at or behind the spot where the ball traveled out of bounds
b. A ball that travels out of bounds on a baseline after last being touched by the offensive team will result in a goal kick
i. A goal kick is be made from the front of the goal box by any player on the defending team
c. A ball that travels out of bounds on a baseline after last being touched by the defending team will result in a corner kick
i. A corner kick will be made from the corner of the field nearest to where the ball traveled out of bounds by any member of the offensive team

## XIX. FOULS AND PENALTIES

a. Fouls will be called by the official and will result in a direct free kick.
i. Fouls can include, but are not limited to, actions to intentionally handle the ball, heading the ball, tripping, slide tackling, physically impeding another player, or any other rough or dangerous play
ii. All free kicks will be considered direct and may be scored directly from the free kick

1. Players on the defending team must be at least 10 yards away from the kicker
iii. A foul committed on an offensive player inside the goal box will result in a Penalty Kick
2. The Penalty Kick will be taken from a spot 10 yards out from the goal
3. No other players are allowed inside the goal box during the penalty kick
4. The goalkeeper must remain on their goal line until the kicker strikes the ball
5. The player taking a penalty kick must wait for the official's whistle before kicking the ball. If the player strikes the ball before the whistle is blown, the player loses
their kick and the ball is turned over to the other team.
6. The ball is considered live and in play after it is kicked
b. Any player not adhering to the rules of play and conduct may be asked by the official to sit out for 5 minutes. If the same player is asked by the official to sit out again that player will sit out for the rest of the game.

## XX. TOURNAMENTS

a. A tournament will be offered for various age groups as noted on the registration form for each season. The tournaments will vary in length, duration and structure
b. During tournaments, a game that is tied at the end of regulation will move into an overtime period:
i. The overtime period will be 5 minutes long with a continuous running clock.
ii. The team in possession of the ball at the end of regular time will kick off
iii. The overtime period will not be sudden death or Golden Goal
iv. If the score is still tied at the end of the first overtime period, the official will call for Penalty Kicks.

1. Each team will pick any of their 5 players to take 1 penalty kick apiece
a. Teams will alternate between kicking and defending between each kick
2. The goalkeeper must remain on their goal line until the kicker strikes the ball
a. All other players must remain behind the mid-field line
3. The player taking a penalty kick must wait for the official's whistle before kicking the ball
a. If the player strikes the ball before the whistle is blown, the team loses their kick
b. The kicker taking the penalty kick may strike the ball one time
4. The ball is considered dead and no longer in play after it has expended its energy
5. The official will keep track of the score
6. The team who scores the most penalty kicks after their 5 attempts will win the game.
7. If the number of penalty kicks is tied after the first 5 kicks for each team are completed, each coach will choose 1 player from their remaining players to take another penalty kick.
a. Players chosen must not have been in the first 5 to take kicks, unless all other players have kicked
b. If both players score or both players miss, each coach will choose 1 player from their remaining players to take another penalty kick. This will continue until 1 team scores and the other does not
i. After all players on a team have kicked, the coach may begin again with any player taking their second kick
c. Each team will continue taking 1 kick apiece until one team scores and the other does not, resulting in the team who scored winning the game

## XXI. INCLEMENT WEATHER

a. Decisions on cancelling games due to inclement weather will be made at least 45 minutes prior to game time.
i. Inclement weather can include, but is not limited to, heavy snowfall, lightning, hazardous road conditions, tornado warnings, or earthquakes
ii. Game cancellations will be announced on the YGameTime scheduling websites, through text message alerts, and at the YMCA membership services desk
iii. The YMCA guarantees to make up one game cancellation due to weather or temperature each season, and will strive to make up as many as possible in the dates available to play
b. In the event of cold temperatures, the following changes to the above rules will take place
i. When the temperature or wind chill factor falls below $45^{\circ}$, the duration of games will be reduced to the following:

1. $3 \& 4$ and $5 \& 6$ games will be played in 2 equal halves of 10 minutes each
2. $7 \& 8,9 \& 10$ and $11 \& 12$ games will be played in 2 equal halves of 15 minutes each
ii. When the temperature or wind chill factor falls below $35^{\circ}$, games will be suspended
c. In the event of hot temperatures, the following changes to the above rules will take place
i. When the temperature or heat index rises above $90^{\circ}$, the duration of games will be reduced to the following:
3. $3 \& 4$ and $5 \& 6$ games will be played in 2 equal halves of 10 minutes each
4. $7 \& 8,9 \& 10$ and $11 \& 12$ games will be played in 2 equal halves of 15 minutes each
ii. When the temperature or heat index rises above $102^{\circ}$, games will be suspended

## XXII. SPECTATORS

a. All spectators are expected to follow the Parents Code of conduct.
b. No tobacco, alcohol or drug use is permitted.
c. Spectators, coaches and players will sit on designated sides of the field:
i. The team wearing White will occupy the North or West side of the field, depending on field orientation
ii. The team wearing Blue will occupy the South or East side of the field, depending on field orientation
d. Spectators are not allowed behind the goal or along the baseline during game play
e. Spectators are not permitted on the field during game play. In the event you are needed on the field, such as a player injury, the officials will signal for you to come onto the field
f. At any time a spectator or coach is found violating the parents code of conduct, that spectator may be removed from the premises and have their attendance privileges revoked.

## XXIII. MISCELLANEOUS

a. The rules listed above will be the official playing rules for all YMCA of Greater Tulsa youth soccer
b. Games cannot be protested due to any circumstances. The ruling of the officials is final.
c. Games cannot be rescheduled due to a team's conflict with the posted schedule
d. Team rosters must consist of a certain number of players as specified by the sports director.
i. Team rosters may consist of 1 extra player when granted permission by the league coordinator

