



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Central Texas Youth Sports

YOUTH ROOKIE PLUS SOCCER RULES & GUIDELINES

I. General

- A. The YMCA Rookie Plus program focuses on skill development, fun, and a sense of team in a semi competitive environment. Scores and standings will be kept. Our rules have been adjusted to ensure better parity and limit the ability of a team to “run up the score”. Players will be ensured to play half the game.
- B. Except where otherwise noted in these rules, US Youth Soccer (USYS) Rules shall govern competitions in YMCA youth soccer leagues.
- C. Divisions are determined by the player’s grade and age as of August 15, 2023.

***The Y reserves the right to adjust divisions based on player enrollment.**

II. Coach/Parent/Player Expectations

- A. Late Policy: It is imperative for games to start on time. Nevertheless, there is a 5 minute grace period for the start of the game if a team does not have at least 3 players for 1st/2nd, 5 players for 3rd/4th, and 6 players for 5th/6th. If after the 5 minute time period a team is unable to start the minimum number of players for that age group the game will not be played.
- B. No Show Policy: Make every effort to show-up for your game. If your team cannot show-up for a game, that game will count as a loss and will not be rescheduled. If your team misses more than 2 games in a season, your team will be removed from the league without a refund.
- C. Coaches, parents and players are expected to uphold YMCA values in both victories and in defeat.
 - 1. Coaches/Parents/Players will ensure and promote a culture of celebration. Taunting or otherwise demeaning of others will not be permitted.
 - 2. Coaches/Parents/Players will be expected to address the referees of the game in a respectful and professional manner. Coaches must hold all questions about calls until a stoppage in play.
 - 3. Coaches/Parents/Players will refrain from using profanities while representing the YMCA.
- D. Coaches are responsible for the conduct of their players, parents, coaches and fans. The coach must set the tone for positive behavior from the kids and parents. The team will look at the coach as a role model and will generally replicate the coach.
- E. Coaches and players should learn and work to fully understand both standard soccer and specific Y league rules.
- F. Coaches will play all players on their roster 50% of the game.
- G. Coaches (1) for 1st/2nd division can be on the field. 3rd/4th and above must remain on the sidelines and on their half of the field during play, not behind the goal. All parents must be on the opposite side of the field from the player benches.
- H. Coaches will complete all aspects of on-boarding, including completion of criminal background check and online volunteer application and attendance at Y coaches meeting.
- I. Coaches are all volunteers. Administrative support and equipment will be offered by the YMCA of Central Texas.

By volunteering to be a coach, you have chosen to be a role model for all participating children and to represent yourself and the YMCA at all games and practices throughout the year.

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III. Teams

- A. Teams will be formed with the following taken into account:
- Grade (as of August 15, 2023, is deciding factor of what division they fall in)
 - Age
 - Friend/Coach requests
 - Practice day availability
- B. Players will remain on the same team throughout the entire season.
- C. Teams size/players on field:
1. 1st/2nd: 5 vs 5 no goalie - no more than 10 players on the team. No official game will be played with fewer than 3 players per team.
 2. 3rd/4th: 7 vs 7 (includes goalie) - no more than 12 players on the team. No official game will be played with fewer than 5 players per team.
 3. 5th/6th: 9 vs 9 (includes goalie) - no more than 15 players on the team. No official game will be played with fewer than 6 players per team.
- D. Only players on Y rosters are permitted to participate in practices and games. YMCA Uniforms and shin guards are required to play in the games.

IV. Game Play

- A. Any player that attends and participates in practice on a regular basis, is expected to play a minimum of 50% of game. No player may play the full game. Players not regularly attending practices (participating) and games may have limited playing time. Sports director must be contacted before limits put in place.
- B. Game Length:
1. 1st/2nd & 3rd/4th: Four 8 Minute Quarters, running clock. 2 Minute Half-Time. Subs at the 4 minute mark and at the end of quarters. Regular Season games can end in a tie.
 2. 5th/6th: Two 20 minute halves, running clock. 2 Minute Half-Time. Subs at any stoppage of play. Regular Season games can end in a tie.
- C. Score:
1. 1st/2nd, 3rd/4th: Score will be kept. Score will be recorded in ygametime with +6 point max differentials.
 2. 5th/6th: Score will be kept. No max differential cap in this league.
- D. Weather Policy:
1. Rain outs - Games will be declared official if half of the game has been played. We will attempt to make up any game canceled before this time. Make up games will be played from where it ended, if one full quarter has been played, otherwise, it will start from the beginning.
 2. Thunder/Lighting - if there is lightning or thunder within a 5 mile radius of the field, all individuals will be asked to return to their vehicles or shelter for 30 minutes, each time our staff sees an occurrence of lightning or thunder the time resets. Individuals can only return to the field after the YMCA staff have determined it is safe.
 3. Heat - if the heat index according to OSHA is 104 degrees Fahrenheit or higher will we cancel practices or games. For the safety of all.



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E. Games and the second half will begin with a kick off. In 1st/2nd & 3rd/4th leagues, substitutions and start of 2nd & 4th quarters will begin with a throw in for the team who had possession at the stoppage of play at the midfield line.

F. Substitutions:

1. 1st/2nd & 3rd/4th: At the 4 minute mark and end of quarters, must be on a stoppage of play. Free substitution in the last 4 minutes. No player may play the whole game or sit out for two consecutive sub-periods in a row. No player can play goalie the entire game.
2. 5th/6th: Free substitution on a stoppage of play. No player may play the whole game unless there are no subs. No player can sit out for an entire half.

G. Injuries: Play must be stopped at once. Players return to their bench during the injury timeout.

H. Build-Out Line: On goal kicks, all opposing players must position themselves behind the build out line. Players from the team taking the goal kick are allowed to position themselves inside the build out line. Opposing players cannot cross this line until the ball is touched.

1. 1st/2nd: 10 yards from end line (Dashed Line)
2. 3rd/4th: one third of the length of the field from end line (Dashed Line)
3. 5th/6th: None

I. Goal Kicks:

1. Goal Kicks are allowed for all age groups, the ball can be placed anywhere within the goal box.
2. Goalie: (Must wear a penny, provided by the YMCA).

1st/2nd: Not Allowed

3rd/4th & 5th/6th: Allowed

5th/6th: The penalty for goalkeepers who handles (Touch ball with hands) a deliberate pass back with a foot pass or throw in will result in an indirect free kick at the spot of the violation.

3. Goalie Box:

1st/2nd, 3rd/4th & 5th/6th: Players may dribble and shoot from inside the goalie box.

J. Corner Kicks are allowed for all age groups. Corner Kicks occur when the ball goes out of bounds off a defensive player over the their end line.

K. Throw Ins- (Part of both feet must stay on or behind the sideline, two hands, and ball must go back and behind the head to be considered successful)

1. 1st/2nd: Yes, two attempts, if unsuccessful, the referee will aid the thrower. Focusing on two hands on the ball, bringing the ball behind the head, and throwing over the top of the head. **Not having two feet on the ground will not be called back at this league.**
2. 3rd/4th: Yes, two attempts, if unsuccessful after the second attempt, it results in a change of possession. **(Two feet must be on the ground, two hands on ball and up over head)**
3. 5th/6th: Yes, one attempt, if unsuccessful it results in a change of possession. **(2 feet must be on the ground, two hands on ball and up over head)**



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L. Penalty Kicks:

1. 1st/2nd: All Indirect kicks at 8 yards or 24 ft away from goal line
2. 3rd/4th: Indirect or Direct at 8 yards or 24 ft away from goal line
3. 5th/6th: Indirect or Direct at 10 yards or 30 ft away from goal line

M. Slide Tackles are not allowed.

N. Headers:

1. 1st/2nd & 3rd/4th: Not allowed
2. 5th/6th: Allowed

O. Hand Ball: Results in a direct kick

1. A hand ball foul occurs when:
 - a. The hand/arm is in an unnatural position and makes contact with the ball
 - b. The hand/arm moves toward the ball and makes contact with the ball
 - c. If the hand ball provides an advantage to the player who made contact with the ball.
2. If the ball strikes a player's hand/arm while it is in a natural position (normal arm/hand position for the situation) and no advantage results from the contact, no foul has occurred.

P. Offside Foul: Results in an indirect kick

1. Occurs when an offensive player is **(All three points below must be true)**:
 - a. Behind the second to last player of the opposing team (typically, this is the last defender)
 - b. On the attacking half of the field and is ahead of the ball before it is played
 - c. Directly impacts the play.
2. Just because a player is in an offside position, does not necessarily result in an offside foul
 - a. Ex. If a player shoots on goal and his teammate is in an offside position but does not impact the play, then no foul has occurred.
3. 1st/2nd & 3rd/4th: Will not be called.
4. 5th/6th: Will be called.

Q. Indirect vs. Direct

1. Indirect (1st/2nd, 3rd/4th & 5th/6th) – The ball must touch another player before crossing the goal line to count as a goal. This includes players from the opposing team.

Examples of Fouls that produce indirect kicks: Offsides, Obstruction (impeding a player's progression to the ball/play), Pass back to your goalkeeper who uses their hands to play ball, dissent or foul language

2. Direct (3rd/4th & 5th/6th) – The ball does not have to touch another player before crossing the goal line to count as a goal.

Examples of Fouls that result in direct kicks: hand ball, kicking another player, tripping another player, charging, pushing, or tackling

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AGE GROUP	BALL SIZE	GAME LENGTH	PLAYERS ON FIELD	GOAL SIZE	FIELD SIZE	REFEREE	SCORE
1st/2nd Coed	Size 3	Four 8 Minute Quarters, running clock. 2 Minute Half-Time.	5 vs 5 (No Goalie) Can start with 3.	4'x6'	15-25 Yards Wide 25-40 Yards Long	1 Referee (1 Coach allowed on field)	Score will be kept. Final scores will be recorded with a +6 point differential. Regular Season games can end in a tie. *Coaches and Referees will sign final score card*
3rd/4th Coed	Size 4	Four 8 Minute Quarters, running clock. 2 Minute Half-Time.	7 vs 7 (Includes Goalie) Can start with 5.	6'x12'	25- 35 Yards Wide 45- 55 Yards Long	1 Referee	Score will be kept. Final scores will be recorded with a +6 point differential. Regular Season games can end in a tie. *Coaches and Referees will sign final score card*
5th/6th	Size 4	Two 20 minute halves, running clock. 2 Minute Half-Time.	9 vs 9 (Includes Goalie) Can start with 6.	6.5'x18.5	30-45 Yards Wide 60-70 Yards Long	2 Referees	Score will be kept. Regular Season games can end in a tie. *Coaches and Referees will sign final score card*

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