**HANOVER AREA YMCA**

**OUTDOOR REC YOUTH SOCCER RULES**

Rules will be given to all coaches, referees, and field supervisors. Coaches will be given a quick reference sheet to share with assistant coaches, parents and players

# 1. COACHES

**1.1** Coaches are responsible for the behavior of themselves, their players, and their player’s parents. **Coaches are expected to assist the YMCA in communicating and enforcing sportsmanship with parents and players.**

**1.2** Coaches are expected to always support the referees and respect all calls. Any arguing or yelling at the referees could result in disciplinary action.

# 2. PLAYERS / TEAMS

* 1. A player may only move up one age division to participate (with the coach’s, parent’s and YMCA approval). No player may move down a division. A player may only play on one team per season.
  2. The number of players on a field at a time: the Under 4 division will be 5; Under 6 division will be 5; Under 8 division will be 5 (Four on the field and a goalie); Under 10 will 7 (Six on the field and a goalie); Under 12 will be 9 (Eight on the field and a goalie).
     + 1. To start a game each team will need a minimum of 4 players in the Under 4, Under 6 division & Under 8 division. 6 players in the Under 10 and 7 players for U12 and Up.
  3. Each player must play at least half of every game, except in the case of injury or illness. If a player is not playing at the required time, please notify the referees and the opposing coach.

# 3. THE BALL

**3.1** The under 4, under 6, and under 8 division use a size 3 ball. The Under 10 and Under 12 divisions will use a size 4 ball.

**3.2** The ball shall not be changed during the game unless authorized by the referee

# 4. GAME CLOCK

**4.1** The U4 will play four (8 minutes quarters) with subs happening at the four-minute mark of each quarter. The U6 & U8 will play two 20-minute halves. The clock will stop at 5-minute intervals (5, 10 & 15) for subs. The only time coaches can meet as a team is at halftime. The U10, U12 officials play 2 24-minute halves. Coaches and/or officials will keep track of the time.

**4.2** Time shall be extended to permit a penalty kick taken at or after the expiration of the normal period in either half (U10 and U12 ONLY). When time expires, the period or game is over no matter where the ball is on the field.

**4.3** There is no overtime.

# 5. PLAYERS EQUIPTMENT

**5.1** A player should not wear anything that is dangerous to another player.

**5.2** A player’s uniform consists of a jersey, shorts, socks, soccer cleats or sneakers and shin guards. The goalkeeper’s shirt must be a different color than both teams and referee(s) (U10 & U12 ONLY). The use of shin guards is mandatory at the U10 & U12 levels (OFFICIALS will check). U4 through U8 it is STRONGLY encouraged.

**5.3** No type of cast or splints will be allowed.

**5.4** All players must be in the uniform that the YMCA provides.

# 6. SUBSTITUTIONS

**6.1** Both teams may substitute for any number of players at a time (U10 & U12). Substitutions may only occur on a goal kick, when it is either team’s possession on an extended time out (such as an injury), and between periods. **U4 through U8 will refer up to the game clock for substitutions. U4 – each four-minute mark of the quarter. U6 and U8 – at the 5, 10, and 15 marks for each half.**

**6.2** The team in possession of the ball on a throw-in may substitute any number of players. If the team in possession of the ball subs, then the team on defense may sub also.

**6.3** When substituting players, players entering the game should be off the field at the halfway line. The coach should call the players he wants out of the game. The referee(s) will bring new players into the game (U10 & U12 ONLY).

# 7.REFEREES – U10 & U12 ONLY

**7.1** All officials are assigned by league assignors. The referees shall be held to the same high standard as all YMCA employees and coaches.

**7.2** Referees shall be timekeepers for all games and may reverse a decision if play has not been restarted.

**7.3** Referees shall enforce the rules and caution or eject any player who persists in misconduct. They should also stop the game for any infringement of the rules and suspend the game if weather conditions or actions of spectators or players indicate that stoppage is necessary. Referees will communicate directly with the YMCA Sports Director on specifics of the incident.

# 8. START OF PLAY

**8.1** Possession of the ball will be decided by the coin toss. After the referee/coach gives a signal, the game shall be started by a player taking a place-kick into his opponents’ half of the field of play.Coaches can come to agreement on who gets ball first.

**8.2** Every player shall be on their own half of the field, and every player of the opposing team shall remain 10 yards from the ball until it is kicked off.

**8.3** The kicker shall not play the ball a second time until it has been touched or played by another player.

**8.4** After a goal has been scored, the game shall be restarted in like manner by a player of the team losing the goal.

**8.5** After half time, when restarting, teams switch sides, and the kickoff shall be taken by a player on the opposite team to that of the player who started the game.

**8.6** Under 4 will not switch sides.

# 9. FOULS – U10 & U12 ONLY

**9.1** Fouls resulting in direct free kicks: kicking, jumping at the opponent, striking an opponent, pushing, tripping, charging in a violent manner, holding, handling, charging from behind/tacking, and slide tackling.

**9.2** Fouls resulting in indirect free kicks: dangerous playing, attempting to kick the ball while being held by the keeper, charging a player who does not have the ball including the keeper, opponent obstruction, and offside.

**9.3** A yellow card is given for less serious infractions, as judged by the referees, such as: unsporting behavior, dissent by word/action, persistent laws infringement, delaying play restart, failing to respect distance from corner or free kicks, leaving/entering/re-entering the field of play without referee permission.

**9.4** A red card is given for serious infractions, as judged by the referees, such as: serious foul play, violent conduct, spitting, by denying an obvious goal-scoring opportunity of an opponent by ball-handling or causing a free kick or penalty kick, using inappropriate language or gestures, or receiving a second caution in one game. A red card will result in a player’s ejection from the match. Two red cards in one season will result in the player’s disqualification from play for the rest of the season.

# 10. MISCONDUCT

**10.1** Misconduct is excessive verbal abuse from a coach, player, spectator, etc.

**10.2** First offense shall result in suspension for next scheduled game.

**10.3** Second offense shall result in suspension for the remainder of the season with letter. A review will also be conducted to determine whether to be allowed to coach at the YMCA again in the future.

**10.4** Any player, coach, or parent that is ejected from a game shall not be allowed to participate in the next scheduled game.

# 11. OFFSIDE - U10 & U12 ONLY

**11.1** He/she is in his/her own half of the field of play, or he/she is not nearer to their opponents’ goal line than at least two of his/her opponents.

**11.2** A player shall not be declared offside by the referee merely because of his being in an offside position, or if he/she receives the ball direct form a goal kick, a corner kick or a throw in.

**11.3** If a player is declared offside, the referee shall award an indirect free kick, which shall be taken by a player of opposing team from the place where the infringement occurred. The exception is when the offense is committed by a player in his opponents’ goal area, in which case the free kick shall be taken from any point within the goal area.

**11.4** Offside shall not be judged now the player in question receives the ball but now when the ball is passed to him by one of his teammates. A player who is not in an offside position when one of his teammates passes the ball to him or takes a free kick does not therefore become offside if he goes forward during the flight of the ball.

**11.5** A player who is level with the second last opponent or with the last two opponents is not in an offside position.

# 12. PENALTY KICK – U10 & U12 ONLY

**12.1** A penalty kick shall be taken from the penalty mark. When it is taken, all players except for the player taking the kick and the opposing goalkeeper should be within the field of play but outside the penalty area at least 10 yards from the penalty mark.

**12.2** The opposing goalkeeper must stand on his own goal line, between the goal post, until the ball is kicked. The player taking the kick must kick the ball forward; he shall not play the ball until it has been touched by another player.

**12.3** A goal may be scored directly from a penalty kick.

# 13. GOAL KICK – U6 thru U12

**13.1** A goal kick is taken when the ball has passed over the goal line, excluding the portion between the goal posts, having last been played by one of the attacking teams.

**13.2** On taking a goal kick, the ball must clear the penalty area before it is considered in play.

**13.3** No Goalkeeper punts in under 8. Goalkeeper punting is allowed in all other age groups. Goalkeepers must throw or roll the ball out of the goalie box.

**13.4** U4 ball goes to opposing team from who kicked it out and then starts from the backline.

# 14. CORNER KICK – U6 thru U12

**14.1** A corner kick is taken when the ball has passed over the goal line, excluding the portion between the goal posts, having last been played by one of the defending teams.

# 15. THROW IN – U6 thru U12

**15.1** After the ball has gone out of bounds and the team has been awarded the throw in player must keep both feet on and behind the touch line. For U6 players both teams must be ready prior throw in. U8 and higher, the team throwing it in doesn't have to wait until another team is ready.

**15.2** Both feet must touch the ground, and the ball must be thrown with both hands directly over the head.

**15.3** The thrower shall not play the ball again until it has been touched by another player.

**15.4** A goal shall not be scored directly from a throw in.

**15.5** Under 4 ONLY give ball to a player of the opposing team by sideline where it went out. Restart game.

# 16. BALL IN AND OUT OF PLAY

**16.1** The ball is out of play when it has fully crossed the goal line or touch line, whether in the air or on the ground, and when the game has been stopped by the referee.

**16.2** The ball is always in play from the start of the match to the finish, including if the ball rebounds from a goal post, cross bar or corner flag into the field of play and if it rebounds off the referee when they are in the field of play.

**16.3** Touch lines and goal lines belong to the field of play.

1. **Heading the Ball:**

**17.1 U12 and below** – No deliberate heading is allowed. If a player deliberately heads the ball, the referee blows the whistle, stops play and restarts with an IFK (indirect free kick). The restart will be where the player deliberately headed the ball. If it’s in the goal area, the restart is at the top of the goal area parallel to where the player was when he/she headed the ball.

# 18. METHOD OF SCORING

**18.1** A goal is scored when the ball has fully crossed the goal line between the goal posts and under the cross bar, provided the ball has not been thrown, carried or intentionally propelled by hand or arm by a player of the attacking side, except in the case of a goalkeeper who is within his own penalty area **(NO goalkeepers in U4, U6).**

# 19. SPORTSMANSHIP

**19.1** YMCA staff, coaches, athletes, spectators and all other people connected directly or indirectly with the YMCA, including contest officials, shall adhere to the principals of good sportsmanship and the ethics of competition, before, during and after all contests in which they participate and/or attend. Each team will be held strictly accountable for unsportsmanlike conduct on the part of its competitors, coaches and spectators.

**19.2** Teams (players and coaches) and game officials shall meet at midfield prior to the start and at end of each game to shake hands in a display of good sportsmanship.

**19.3** In the event of unsportsmanlike conduct, the referee(s) have the authority to give a yellow card to a player, coach, or team (including spectators). Coaches are responsible for themselves, their players and their team’s spectators. Trash talking and foul language will not be tolerated. The referee(s) may call the game a forfeit if they deem the environment unsafe or not in accordance with the YMCA’s Christian principles and Mission.

**19.4** A player, coach or spectator may be disqualified (ejected) for general unsportsmanlike conduct, flagrant foul or a second yellow card or one red card in the same game. This player, coach or spectator will also be suspended from participating in the next scheduled contest.

**19.5** A player or spectator may be disqualified (ejected) for gross unsportsmanlike conduct or for a second or subsequent occurrence of general unsportsmanlike conduct, flagrant foul or receiving two yellow cards or one red card in the same game. The player shall also be suspended from playing for any remaining games that season. If the disqualification occurs during the last game of the season, the player is suspended from the next season of soccer in its entirety. A coach may be disqualified (ejected) for gross unsportsmanlike conduct or for a second or subsequent occurrence of general unsportsmanlike conduct or receiving two yellow cards or one red card in the same game. The coach shall also be suspended from playing for any remaining games that season. If the disqualification occurs during the last game of the season, the player is suspended from the next season of soccer in its entirety.

**19.6** A player, coach or spectator who has been disqualified (ejected) must leave the competition area to a place where he/she is not visible to athletes, officials, spectators, or other coaches and where he/she cannot see the competition itself. This player, coach or spectator, must not have any further contact with or give instructions to athletes or coaches for the remainder of the contest: including halftime, breaks between quarters, time-outs and/or post contest activities. Said player, coach or spectator shall not attend any subsequent contest from which he/she has been suspended in any capacity; shall not be present at the site, shall not accompany his/her team to the site.

**19.7** It is the responsibility of the coach to ensure the suspension is enforced. If an ineligible athlete, coach or spectator is allowed to participate, forfeiture of the contest is mandatory. If a coach is disqualified (ejected) from a contest and no other **authorized** coaches or volunteers are present to take charge of the athletes, the contest shall be forfeited.

**19.8** No athlete, coach or spectator may publicly criticize or berate an official prior to, during or following a contest. The YMCA’s Christian principles and good sportsmanship require all concerns be reported to the Sports Director.

**19.9** The YMCA staff and/or game officials are responsible for control of spectators during a contest. The officials assigned to work on the contest are responsible for the conduct of the contest itself. In the event a spectator or group of spectators interferes with the conduct of a contest or causes a coach/official to become distracted through verbal abuse, the coach/official shall immediately stop the action and report the spectator(s) to the YMCA staff for removal from the site of competition. If the spectator(s) refuse to comply, the contest will be forfeited. Under no circumstances should an official ever confront or threaten a spectator before, during or after a contest.