



Kindergarten Soccer Rules

BALL SIZE - #3 Soccer Ball

PLAYERS ON THE FIELD - 4 players - NO goalie at this level

PLAYER EQUIPMENT - Shin guards are required for games and practices. No jewelry during games. Cleats are strongly encouraged.

GOAL KICKS - Should be taken from anywhere near the goal, opposing team should start a minimum of 15 feet away from the ball.

CORNER KICKS - Should be taken from corner identified by referee.

FREE KICKS - All free kicks will be "indirect kicks".

THROW-INS - Proper form will be introduced by coaches and encouraged by referees.

START AND RE-START OF PLAY - Opponents must be 10 feet away from free kicks.

OFFSIDES - Not called at this level.

PLAYING TIME - The goal is to have all players have equal playing time.

SUBSTITUTIONS - Every 4 minutes.

HALF LENGTH - 16 minutes with a running clock (kept by referee).

HALF TIME - 5 minutes.

SCORE - Not keeping score at this level.

TIME OUTS - None (you may use the substitution time as rest time).

START OF GAME - Rock/Paper/Scissors, winning team kicks off.

HALF TIME DIRECTION SWITCH - Optional at this level.

REFEREE - The YMCA will provide a referee. All referee decisions are final. *Contact the Sports Director with any referee concerns*

SPORTSMANSHIP - Good sportsmanship is expected at all times. Should be shown before, during, and after games.



1st & 2nd Soccer Rules

BALL SIZE – #3 Soccer Ball

PLAYERS ON THE FIELD – 6 players (5 players + 1 goalie)

PLAYER EQUIPMENT – Shin guards are required for games and practices. No jewelry during games. Cleats are strongly encouraged.

GOAL KICKS – Should be taken from anywhere near the goal, opposing team should start a minimum of 15 feet away from the ball.

CORNER KICKS – Should be taken from corner identified by referee.

FREE KICKS – All free kicks will be “indirect kicks”.

THROW-INS – Proper form will be introduced by coaches and encouraged by referees.

START AND RE-START OF PLAY – Opponents must be 10 feet away from free kicks.

OFFSIDES – Not called at this level.

PLAYING TIME – The goal is to have all players have equal playing time.

SUBSTITUTIONS – Every 5 minutes.

HALF LENGTH – 20 minutes with a running clock (kept by referee).

HALF TIME – 5 minutes

SCORE – Not keeping score at this level.

TIME OUTS – None (you may use the substitution time as rest time).

START OF GAME – Rock/Paper/Scissors, winning team kicks off.

HALF TIME DIRECTION SWITCH – Yes.

REFEREE – The YMCA will provide a referee. All referee decisions are final. *Contact the Sports Director with any referee concerns*

SPORTSMANSHIP – Good sportsmanship is expected at all times. Should be shown before, during, and after games.



3rd & 4th Soccer Rules

BALL SIZE – #4 Soccer Ball

PLAYERS ON THE FIELD – 8 players (7 players + 1 goalie)

PLAYER EQUIPMENT – Shin guards are required for games and practices. No jewelry during games. Cleats are strongly encouraged.

GOAL KICKS – Should be taken from anywhere near the goal. Opposing players should start outside the goal box; if no goal box is present, players should start at least 15 feet away.

CORNER KICKS – Should be taken from corner identified by referee.

FREE KICKS – All free kicks will be “indirect kicks” regardless of where the foul occurs.

THROW-INS – Proper form will be enforced. Opponents should be at least two yards away from the thrower.

START AND RE-START OF PLAY – Opponents must be at least 10 feet away from free kicks.

OFFSIDES – Will be called at this level.

HEADERS – No deliberate headers allowed.

SUBSTITUTIONS – Notify referee for substitutions at any dead ball.

HALF LENGTH – 20 minutes with a running clock (kept by referee).

SCORE – No official score.

TIME OUTS – One per half.

START OF GAME – Rock/Paper/Scissors, winning team kicks off.

HALF TIME DIRECTION SWITCH – Yes.

REFEREE – The YMCA will provide a referee. All referee decisions are final. *Contact the Sports Director with any referee concerns*

SPORTSMANSHIP – Good sportsmanship is expected at all times. Should be shown before, during, and after games.



5th & 6th Soccer Rules

BALL SIZE - #4 or #5 Soccer Ball

PLAYERS ON THE FIELD - 9 players (8 players + 1 goalie)

PLAYER EQUIPMENT - Shin guards are required for games and practices. No jewelry during games. Cleats are strongly encouraged.

GOAL KICKS - Should be taken from anywhere near the goal. Opposing players should start outside the goal box; if no goal box is present, players should start at least 15 feet away.

CORNER KICKS - Should be taken from corner identified by referee.

FREE KICKS - All free kicks will be "indirect kicks" regardless of where the foul occurs.

THROW-INS - Proper form will be enforced. Opponents should be at least two yards away from the thrower.

START AND RE-START OF PLAY - Opponents must be at least 10 feet away from free kicks.

OFFSIDES - Will be called at this level.

HEADERS - No deliberate headers allowed.

SUBSTITUTIONS - Notify referee for substitutions at any dead ball.

HALF LENGTH - 20 minutes with a running clock (kept by referee).

SCORE - No official score.

TIME OUTS - One per half.

START OF GAME - Rock/Paper/Scissors, winning team kicks off.

HALF TIME DIRECTION SWITCH - Yes.

REFEREE - The YMCA will provide a referee. All referee decisions are final. *Contact the Sports Director with any referee concerns*

SPORTSMANSHIP - Good sportsmanship is expected at all times. Should be shown before, during, and after games.