



YMCA of Middle Tennessee Youth Soccer Rules of Play

	2020-2022	2018-2019	2016-2017	2014-2015
1-Field of Play	Up to 30 x 25 yard field	Up to 45 x 30 yard field (may vary depending on location)	Up to 60 x 40 yard field (may vary depending on location)	Up to 75 x 55 yard field (may vary depending on location)
	3 x 8 yd penalty area	3 x 10 yd	10 x 26 yd penalty area	14 x 35 yd penalty area
	No penalty mark		Penalty mark 8 yards from the end line	Penalty mark 10 yards from the end line
	No goal area	3 x 10 yard goal area	6 x 18 yard goal area	6 x 19 yard goal area
	4 x 6 foot goals	6 x 12 foot goals	6 x 18 foot goals	7 x 21 foot goals
2-Ball Size	Size 3		Size 4	
3 - Number of Players	4v4 play, Minimum of 3v3 to begin play. Opposing teams play equal numbers.	5v5 which includes GK, Minimum of 3v3 to begin play. Opposing teams play equal numbers. (6v6 for DN NR)	7v7 which includes GKs, Minimum of 5v5 to begin play. Opposing team plays equal numbers.	9v9 which includes GKs, Minimum of 7v7 to begin play. Opposing team plays equal numbers.
	No goalkeeper	Goalkeeper required. No player may play more than half the game as GK, and every player must play "in the field" (not as GK) for some of the game.		Goalkeeper required.
	Substitution are unlimited and can occur at any time. Each player plays at least 50% of the game	Substitution at throw-ins for team with possession, at goal kicks, at quarter-end or halftime, after a score and due to injury, ALL with referee permission. Opposing team may also substitute at possession teams throw-in, if and only if, possession team is substituting. Each player plays at least 50% of the game.		
4 - Coaching	One coach is allowed on the field of play with players. One Assistant coach is allowed on sideline with players on bench.	Only 1 Head coach 1 Assistant coach YMCA cleared background check Rostered players allowed on teams side line during the games; coach must stay on their side and not cross over or hover the mid-field line. Parents must be on the adjacent side of the field. 1 coach may stand behind the goal and coach the goalie during play. They will not be permitted to coach any other players while behind the goal.		Only 1 Head coach 1 Assistant coach YMCA cleared background check Rostered players allowed on team's side line during the games; coach must stay on their side and not cross over or hover the mid-field line. Parents must be on the adjacent side of the field.
5 - Equipment	Home team – <i>SILVER</i> ; Away team – <i>MAROON</i>			
	No jewelry of any kind, shin guards required, no toe cleats (tennis shoes are allowed).			
6 - Referee	Coaches will referee	Yes		
Assistant Referee	None	None required		May include no more than 2 assistant referees.
7 - Duration of the Match	2022: (4) 6 Minute Quarters; 5 minute Half; 2020-21: (4) 8 Minute Quarters; 5 minute Half	(4) 10 Minute Quarters; 5 Minute Half	(2) 25 Minute Halves; 5 Minute Half	(2) 30 Minute Halves; 5 Minute 5 Minute Half

8 - Start & Re-start Play	Opponent gives up 4 yards.		Opponent gives up 8 yards.	
9 - Ball In & Out of Play	The ball is out of play when it has completely crossed the goal line or touchline on the ground or in the air.			
10 - Scoring	A goal is scored when the whole ball passes over the goal line, between the goalposts and under the crossbar, provided no infringement of the rules has been committed.			
11 - Offside	None		A player is in an offside position if they are nearer to the opponent's goal line than both the ball and the second-last defender at the moment the ball is played to them, unless they are in their own half or level with the second-last defender.	
12 - Fouls & Misconduct	All fouls result in an indirect free kick. No cards for misconduct. Coach/Official briefly explains infractions to the offending player.		Coach/Official briefly explains infractions to the offending player.	All fouls are called according to FIFA rules. Direct and indirect free kicks apply. Serious misconduct may result in a yellow or red card at the referee's discretion.
13 - Free Kicks	All free kicks are indirect. Opponent gives up 4 yds.	All free kicks are indirect. Opponent gives up 6 yds.	Opponent gives up 8 yards.	Both direct and indirect free kicks are used. Opponents must be at least 8 yards away from the ball until it is in play.
14 - Penalty Kick	None		Penalty mark 8 yards from goal.	Penalty mark 10 yards from the goal.
15 - Throw In	2nd try given for incorrect first try.		The ball is thrown in from behind and over the head, with both feet on the ground, either on or behind the touchline. One re-throw is allowed.	
16 - Goal Kick	Taken from the end line at the nearest point from where the ball was retrieved. Opponents are on the other side of the mid-line until the ball is kicked.	Opponent gives up 6 yards from goal box. No punting from GK.	The ball is in play once it is kicked and clearly moves. Opponents must remain outside the penalty area until the ball is in play.	
17 - Corner Kick	Opponent gives up 4 yards.	Opponent gives up 6 yards.	Opponent gives up 8 yards.	
Miscellaneous	No Slide-tackling for any ages. No heading ball. Scorekeeping kept in 2019 and older. No coaches will be allowed on the field during play for age divisions 2019 and older.			

(1) All rules above are based off of US Youth Soccer rules along with FIFA rules. They are open to revisions and amendments based off the needs of the YMCA soccer program and location sites.

(2) Coaches and players should try their best to keep the sideline free and clear (say 3 feet away from line) of equipment, persons, and any other obstacles that could interfere with the side line referee's mobility and judgment of a play.

(3) No deliberate headers U12 and under. Doing so will result in an indirect free kick for the opposing team from the spot even inside the keeper box. Drop kicks/Punts are allowed in U9 and up.

(4) ALL TEAMS MUST PLAY AT EVEN STRENGTH UNLESS A TEAM HAS HAD A PLAYER SENT OFF/EJECTED.

(5) A TEAM NOT FIELDING THE REQUIRED MINIMUM NUMBER OF PLAYERS WITHIN 10 MINUTES AFTER THE SCHEDULED START TIME OF THE GAME WILL HAVE FORFEITED THE GAME.

(6) FIFA Rules:

a. Current b. Practical Guideline Updates of Individual Laws

b. Any violation of these rules by a coach may result in sanctioning, up to and including that coach's dismissal. For U9 and above age groups, violations may also result in forfeiture of the game.