



YMCA of Middle Tennessee Youth Soccer Rules of Play

	2022-2023	2020-2021
1-Field of Play	Up to 30 x 25 yard field	Up to 45 x 30 yard field (may vary depending on location)
	3 x 8 yd penalty area	3 x 10 yd
	No penalty mark	
	No goal area	3 x 10 yard goal area
	4 x 6 foot goals	6 x 8 foot goals
2-Ball Size	Size 3	Size 4
3 - Number of Players	<i>4v4 play, Minimum of 3v3 to begin play. Opposing teams play equal numbers.</i>	<i>5v5 which includes GK, Minimum of 3v3 to begin play. Opposing teams play equal numbers.</i>
	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.
	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.

	2022-2023	2020-2021
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.
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	One referee
Assisstant Referee	None	None required
7 - Duration of the Match	(4) 6 Minute Quarters; 5 minute Half	(4) 8 Minute Quarters; 5 Minute Half
8 - Start & Re-start Play	Opponent gives up 4 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	
12 - Fouls & Misconduct	All fouls result in an indirect free kick. No cards for misconduct. Coach/Official briefly explains infractions to the offending player.	
13 - Free Kicks	All free kicks are indirect. Opponent gives up 4 yds.	
14 - Penalty Kick	None	
15 - Throw In	2nd try given for incorrect first try.	
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.	
17 - Corner Kick	Opponent gives up 4 yards.	

Miscellaneous	No Slide-tackling for any ages. No heading ball. Parents and spectators must remain on their assigned sideline, opposite the team. Only players, coaches, and authorized staff may be on the sideline with the team. Parents and spectators are also prohibited from standing along the endlines or behind either goal.
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(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.