



SOCCER RULES



YMCA OF METROPOLITAN FORT WORTH

YMCA Mission: To put Christian principles into practice through programs, services and relationships that build healthy spirit, mind, and body for all.

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NFHS, 17 Rules of Soccer rules will be followed unless otherwise noted below in YMCA rules.

TEAM DUTIES

1. Both teams are responsible for cleaning up their bench area immediately after the game.
2. During the game, there shall be a limit of two (2) coaches on the sideline.
 - a. In the 4U and 6U levels only one (1) coach per team is allowed on the field for instructional purposes. The coach may not interfere with the play.
 - b. 8U grade and up coaches must be on the sideline only.

SPORTSMANSHIP

1. The YMCA does not keep official game scores or records for 4U and 6U age groups.
2. The YMCA will keep official game scores for the other divisions for seeding purposes.
3. Unsportsmanlike conduct of the players, coaches or spectators is not tolerated. If the behavior persists, the individual will be asked to leave the facility. If an individual is asked to leave and refuses, play on the field will be suspended.
- 4. Any player, coach or spectator ejected will be suspended for at least (1) game and will be placed on season probation. If ejected again during a program, then the individual will be permanently removed. The YMCA will review suspensions, removals, and reinstatements.**
5. If the atmosphere of the game feels unsafe or the YMCAs Values are not being adhered to, the referee or YMCA staff member can end the game.
6. If a team has less than the number of required players, the opposing team will be asked to share players to provide competition. We make every effort to play each scheduled game.
7. Coaches are expected to adhere to YMCA Values and are responsible for team actions. This includes parents and players.

YMCA YOUTH SPORTS KEY PHILOSOPHIES

1. Everyone must play an equal amount of time.
2. Coaches are volunteers. They are not paid.
3. Our focus is on fun and skill development.
4. Sportsmanship above all.
5. We promote a family atmosphere.

PLAYER SAFETY

1. To protect the safety of all players in the program, any participant wearing a cast will prohibit them from participating in YMCA games or practices. Exceptions can be made with approval from the Sports Department and documented approval from a physician.
2. Soft casts will be permitted if approved by officials.
3. All types of jewelry (earrings, bracelets, necklaces, etc.) must be removed before the game.
4. Adaptive aids are approved on a case-by-case basis.

AGE REQUIREMENTS

Players are placed in divisions based on their grade at time of registration. Players may play up a division but cannot play down.

AGE DIVISIONS

Grade Level	# Of Players on Field	Max Roster	Goalie	Game Length	Ball Size	Field Size	Goal Size
4U	4 v 4	8	No	4 x 6 min periods	3	15 x 20 Yards	3' X 5'
6U	5 v 5	10	No	4 x 8 min periods	3	25 X 30 Yards	3' X 5'
8U	6 v 6	10	Yes	4 x 8 min periods	3	30 X 50 Yards	6' X 18'
10U	7 v 7	12	Yes	2 x 18 min halves	4	50 X 80 Yards	6' X 18'
12U	9 v 9	14	Yes	2 x 20 min halves	4	50 X 80 Yards	6' X 18'
14U	9 v 9	14	Yes	2 x 20 min halves	5	50 X 80 Yards	6' X 18'

UNIFORM

Each player must have on their YMCA issued uniform and shin guards underneath their socks. Cleats are not mandatory to play soccer.

GENERAL RULES

The kick-off is performed at the mid-field line by one of the offensive players. The ball will be considered in play when it has been kicked and is moving in any direction. The defensive team must line up outside of the circle and cannot touch the ball until it is in play. Both teams must be in their respective halves of the field at the kick-off. **The player kicking off cannot touch the ball a second time until it has touched another player.**

1. SCORING

A ball that is kicked between, but not over the goalposts at the opponent's goal line, is considered a goal. The ball must be completely over the entire goal line to be considered a goal. **The ball does not have to touch the net to be considered a goal.**

2. PLAYER PRIVILEGES:

All players may play the ball with their feet, head, knees, chest, body, or shoulders. Only the goalie may touch the ball with upper arms, forearms, or hands as long as they remain in the penalty area. The goalie must put the ball in play and may carry the ball no more than five (5) seconds in preparation to throw or kick the ball into play. **If the goalie is going to kick the ball after a goal kick has been determined, then no other player can be inside the penalty box.** But if one of the forwards, halfbacks, or fullbacks kick the ball, then the goalie has the right to be inside the penalty box.

3. THROW-INS (KINDER AND HIGHER):

When the whole ball passes over a sideline, whether on the ground or in the air, an opponent will throw the ball in from the front of the spot where the ball crossed the line. At the time of the throw-in, the thrower must be facing the field and have at least part of both feet on the ground behind the line. The thrower must have both hands on the ball, and the ball must be thrown from behind the head. Incorrect throw-ins will result in a warning and re-do. 2nd consecutive wrong attempt will result in a throw in for the other team. The thrower may not touch the ball a second time before another player from either team has touched it; otherwise, the opponents will be awarded an indirect free kick. This also holds true if the ball bounces off a corner flag, goal post, or referee. A goal may not be scored directly from a throw-in.

1. HEADERS:

- Headers are not allowed in 4U, 6U, and 8U Levels
- Headers are allowed in 10U and 12U Levels

2. SLIDE TACKLING IS NOT ALLOWED.

FOULS AND PENALTIES

1. DIRECT FREE KICK

A direct free kick is awarded to the team fouled by a member of the opposing team after the fouls listed below occur outside the penalty area by either team. A direct free kick is awarded to the opponent at the spot of the foul. The ball is placed on the ground and may be kicked in any direction. The defending team may block the ball but must be standing at least ten (10) yards from the ball when it is kicked. A direct free kick can score a goal if it passes through the goal. It does not need to touch another player to be a good goal.

Foul(s) made:

- Handball (except for the goalie). Cannot touch with upper arm, forearm, or hand.
- Carrying or handling the ball outside the penalty area (goalie).

2. INDIRECT FREE KICK

An indirect free kick is awarded to the team fouled by a member of the opposing team if any of the below occurs. **The indirect free kick cannot score a goal until another player other than the kicker has touched the ball.** Regardless of if the foul occurred inside or outside the penalty area, the indirect free kick is awarded to the opponents at the point of the foul.

3. FOULS THAT MAY WARRANT EJECTION FROM A GAME

- Any bodily harm or unsportsmanlike conduct towards an opponent.

Foul(s) made:

- If the goalie carries the ball more than five (5) seconds.
- Charging the goalie or any player when he does not have the ball.
- Playing or attempting to play a ball held by the goalie or interfering with the goalie as he attempts to clear the ball.
- If the kicker or thrower plays the ball before a second player touches it on a throw-in, free kick, corner kick, or penalty kick.
- If the ball is not kicked forward on a penalty kick.
- If a player stands closer than ten (10) yards at the time of an indirect or direct free kick.
- Any obstruction other than holding.
- Intentional pass back to the goalie. The goalie may not use his or her hands if the ball is passed back from his or her own team.
- Illegal Headers

4. ADVANTAGE RULE

The referee shall not stop play to penalize any infraction or foul if such a stoppage of play would cause the offending team to lose any advantage it had gained on the play.

Example: A-1 trips, B-1, but as he/she does so, the ball rolls ahead to B-2 who is alone with the keeper. For the referee to stop play to penalize A-1 would deprive the B team of an excellent scoring opportunity and allow the A team to regroup on defense.

5. OFFSIDE RULE

Offside will not be called in 4U, 6U, and 8U levels. Offside will start being called in 10U and 12U levels. Offside will be called at the referee's discretion only. Please look to FIFA rules for the definition of "Offside".

PENALTY KICK

1. A penalty kick is awarded as punishment for any infringement of the rules which ordinarily requires the awarding of a direct free kick if the foul is committed by a defending player within the penalty area.
2. The foul must be deliberate. A defensive player should never make a penalty kick. When awarded, the penalty kick will be made from the penalty spot.
3. All players, except for the players taking the kick and defending the goalkeeper, must be outside of the penalty area. The ball must be kicked forward. If a foul is committed by the attacking team inside the opposing team's penalty area, the defending team will be awarded a direct free kick from the point of the foul.

CAUTIONS

Not all fouls warrant a caution. A player may be cautioned if, in the opinion of the referee, the player has acted carelessly, recklessly, or with excessive force, or is playing dangerously. A player may also be cautioned and sent off the field if, in the opinion of the referee, the player continues to infringe on the laws of the game, receives their second caution, is acting inappropriately, or is playing dangerously.

Parents, coaches, and spectators may also be cautioned and sent off the field. In this case, the person ejected must leave the premises for the game to resume.

REFEREES:

- The referee shall be the sole judge on the field of play.
- The referee can ask coaches, parents, players, and spectators to leave the field of play or the facilities to maintain a pleasant atmosphere, and control of the game.
- If a coach, player, or spectator, is ejected from a game, that person(s) is automatically removed from the next game and will be reviewed by the YMCA. Should another incident occur within the same season, the coach, spectator, or player may be ejected from the league permanently.
- The referee may stop, suspend, or terminate the game because of the elements of interference.

SUBSTITUTIONS

The goal of the YMCA is to provide all children with equal playing time. All players must play a minimum of 50% of the game. If a player is sick or injured, the referee must be notified before the start of the game. If a player ends up becoming ill or injured during a game, he or she can be substituted out.

1. Free Substitutions in these situations: (Goalie's may play the entire half)
 - On a throw in. If your team is subbing, the opposing team may sub as well.
 - On a goal kick
 - After someone scores a goal
 - At a quarter or halftime