



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOCCKER

# RULES

Youth Sports



YMCA OF METROPOLITAN FORT WORTH

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

# Table of Contents

<b>Team Duties .....</b>	<b>3</b>
<b>Sportsmanship .....</b>	<b>3</b>
<b>Key Philosophies .....</b>	<b>3</b>
<b>Player Safety .....</b>	<b>4</b>
<b>Age Divisions .....</b>	<b>4</b>
<b>Uniform.....</b>	<b>4</b>
<b>General Rules .....</b>	<b>4</b>
<b>Fouls and Penalties.....</b>	<b>5</b>
<b>Penalty Kick.....</b>	<b>7</b>
<b>Cautions .....</b>	<b>7</b>
<b>Referees .....</b>	<b>7</b>
<b>Substitutions .....</b>	<b>7</b>

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

# SOCCER 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 3-6-year-old divisions, one (1) coach per team is allowed on the field for instructional purposes. The coach may not interfere with the play.
  - b. 7 years and up coaches must be on the sideline only.

## SPORTSMANSHIP

1. The YMCA does not keep official game scores or records.
2. 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.
3. **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.**
4. 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.
5. If a team has less than the number of required players, the opposing team will be asked to share players in order to provide competition. We make every effort to play each scheduled game.
6. 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.

# SOCCER RULES

## 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 DIVISIONS

Age Division	# of Players on Field	Max Roster	Field Size*	Goalie	Game Length	Ball Size
3-4 yrs	4 v 4	8	30 x 20 yds	No	4 x 6 min periods	3
5-6 yrs	6 v 6	10	45 x 25 yds	Yes	4 x 6 min periods	3
7-8 yrs	7 v 7	12	60 x 30 yds	Yes	2 x 18 min halves	4
9-10 yrs	7 v 7	12	60 x 30 yds	Yes	2 x 18 min halves	4
11-12 yrs	7 v 7	12	60 x 30 yds	Yes	2 x 18 min halves	5

\*Field sizes may vary slightly depending on location

## 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 score. 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.**

# SOCCER RULES

## 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. HEADING is not allowed

## 4. 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 opponents 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. FOULS THAT MAY WARRANT EJECTION FROM A GAME

- Any bodily harm or unsportsmanlike conduct towards an opponent.

# SOCCER RULES

## 3. 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.

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.

# **SOCCER RULES**

## **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