

# YMCA Youth Soccer Rules and Regulations

All participants are responsible for their own medical expenses. Any participant unsure of their physical condition should check with their family physician or healthcare provider before participating in intramural sports.

## **Forfeit Policy:**

A team does not have the Minimum number required to play the game. (Exception: The opposing team grants a 10-minute grace period). A Forfeit of this nature will result in an automatic loss (5<sup>th</sup> – 8<sup>th</sup> grade).

**The officiating will be done by officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a technical foul, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. The officials shall have the power to make decisions on any matters or questions not specifically covered in the rules.**

## **General Information:**

Each child will need an age appropriate soccer ball and shin guards. Soccer cleats are optional, no baseball/football shoes with cleats on the front tip. Metal cleats are not allowed. Ball sizes are as follows: Small Fry- 1<sup>st</sup> grade size 3. 2<sup>nd</sup> – 5<sup>th</sup> grade size 4. 6<sup>th</sup> and up size 5.

**Zero Tolerance Policy:** The YMCA requires coaches, parents and spectators to abide by our **Zero Tolerance Policy**. Actions that will not be tolerated before, during or after practices or games are: verbal/physical abuse of referees, players, coaches or spectators; charging onto the field; arguing with referees, coaches or spectators; profanity or derogatory names or comments; any comments (other than encouraging or complimentary) or taunting directed at opposing players, coaches or fans. If a coach, parent or spectator does not abide by this policy a referee may give a warning, eject the offending person or penalize the team. If at any point the referee feels threatened, he/she may “abandon the game.” If this occurs, the offender’s team will suffer a loss by forfeit of the game

For your child’s safety, players cannot wear jewelry during games except for medical or religious purposes-in this case it must be taped to the body. Earrings, necklaces and bracelets must be removed. Band-Aids/tape must be placed over newly pierced ears during games.

Hard casts and finger splints must be covered with suitable padding. If at any point during the game the referee determines an item to be dangerous, the player may be asked to sit out the remainder of the game.

Score is not kept for Pre-K -1st as these are developmental leagues. There are no winners and losers.

Players should show up ready to play: Uniform on. Shin guards on. Shoes on. Bring water.

Be ready for inspection. The ref will ask the team to line up so he can inspect equipment. Jerseys with player number must be tucked in, socks must be over shin guards, cleats must be on, laces tied and all jewelry must be removed. Coaches must wear valid coaches cards at all times. If a card is forgotten, the coach must check with the head referee who will verify eligibility with a field director.

Captains of each team meet with the refs in the center circle right before the game for the coin toss which determines who kicks off. The team that loses the toss chooses the goal they will defend and will kick off the second half.

The YMCA provides game ball.

Players, coaches and spectators cannot enter the field during play for any reason without permission or invitation from the referee- example; for the purpose of assisting an injured player. In this case, all players must take a knee and coaches remain on the sideline so the referees can evaluate the situation. This is not a time to coach players. The referee will call the injured player's coach to the field if necessary. Entering without permission is an offence - see rules.

Home team is required to change jerseys or wear pennies in case of color conflict. If needed, field directors or YMCA staff will have extra pennies available on loan.

For safety purposes, no one is allowed to stand behind the goal.

Coaches are allowed to assist players on the field in Pre-K and Kindergarten games.

2nd-8th grade; before a substitution can be made at any of the authorized points, the player must stand at the halfway line and have the permission of the center referee before entering the field. This includes changing the goalkeeper.

**EVERY PLAYER MUST PLAY A MINIMUM OF 50% OF EACH GAME.**

**ONLY** rostered and registered players are allowed on the playing field. If an illegal player is found on the field, the game is forfeited and the coach suspended for 1 game.

**DO NOT RUN UP THE SCORE** – if you find that your team is winning too easily (by more than 5 points), make adjustments to your line-up through substitutions, moving players to different positions, only allowing certain players to shoot, requiring a certain # of consecutive passes before a shot is allowed, allowing opposing team to add an extra player, etc. No one benefits from or enjoys a game where scoring is out of control.

Unless it is an urgent matter of player safety, everyone must abide by the Conflict Resolution policy. (defined in the code of conduct agreement)

Players and coaches line up after the end of the game and shake hands with the opposing team and the officials.

### **Rules of the game:**

**Start of Play:** Each game, quarter or half begins with a kick-off. There is also a kick-off after a goal by the team not scoring. The team that is not kicking-off must remain outside the center circle. The kicker must clearly move the ball in any direction, and then not touch the ball again until someone else has touched it. A goal can be scored direct from a kick-off.

**Throw-Ins: K-8th only** when one team kicks the ball over a sideline and out of bounds, the other team gets a throw-in. The throw-in takes place where the ball went out of bounds. The player must stand behind the line and keep both feet on the ground until the ball leaves the players hands. Both hands must be on the ball and the ball must be thrown from behind the head. An incorrect throw-in results in a loss of possession. The thrower cannot play the ball until another player on either team touches the ball. If done incorrectly the opponent will be awarded an indirect free kick. A goal may not be scored directly from a throw-in. Any delay of game on a throw in as determined by the official will be a yellow card.

\*1st-3rd grade are allowed a do over if a player raises their foot, throws from the side or in front of their head, or touches the ball before a second player has played the ball in games 1-4.

\*Kick-Ins only for Pre-K/ Kindergarten optional. All kick-ins shall be indirect kicks. Do overs are allowed if done incorrectly.

### **Direct and Indirect Free Kicks and Penalty Kicks**

After any foul the team that was fouled is awarded a free kick from the spot where the foul was committed. The free kick is either a direct free kick or an indirect free kick. You can score off a direct kick by kicking the ball directly into the goal; you cannot score off an indirect kick. An indirect kick must touch another player – on either team – before it can go into the net, or it does not count as a goal and the defensive team gets a goal kick. That is why a team with an indirect kick near the opposing team's goal may have one player tap the ball so a second player can shoot – once the second player has touched the ball, it will be a goal if it goes directly into the other team's goal.

Physical fouls and handballs inside or outside the penalty area result in a direct kick. Corner kicks and penalty kicks are direct. Offside and obstruction fouls result in an indirect kick. *After a player takes a free kick, including kick-offs, goal kicks, and corner kicks, he cannot touch the ball again until another player touches the ball.*

### **-Direct Free Kick**

A direct free kick is awarded to the opposing team if a player commits any of the following seven offences in a manner considered by the referee to be careless, reckless or using excessive force:

- Kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- Jumps at an opponent
- charges an opponent
- Strikes or attempts to strike an opponent
- pushes an opponent
- tackles an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following three offences:

- holds an opponent
- spits at an opponent
- handles the ball deliberately (except for the goalkeeper within his own penalty area)

A direct free kick is taken from the place where the offence occurred and players of the defending team must remain 10 yards from the penalty mark until the ball is kicked. A goal can be scored from a direct free kick. Anyone on the team may take the kick.

### **-Penalty Kick: 2nd-8th only**

A penalty kick is awarded if any of the above ten offences is committed by a player inside his own penalty area (goal box), irrespective of the position of the ball, provided it is in play.

Position: the ball is kicked from the penalty spot and all players except the kicker (who does not have to be the fouled player) and the goalkeeper must remain outside the penalty area and at least 12 yards from the penalty spot (outside the penalty kick arc). The keeper must remain on the goal line, can move side to side but not forward. If the ball hits the goalie and stays in the field, it is a live ball and any player can then play it. If the ball hits the post or crossbar, any player – except the one who kicked it – can play it.

### **-Indirect Free Kick**

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offences:

- Controls the ball with his hands for more than six seconds before releasing it from his possession
- Touches the ball again with his hands after he has released it from his possession and before it has touched another player
- Touches the ball with his hands after it has been deliberately passed to him by a team-mate
- Touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate

An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:

- Dangerous Play: a player does something to endanger himself or others. Most common are high kicks or low headers.
- Impeding the progress of an opponent when not within playing distance of the ball (Obstruction)
- Obstructing the goalkeeper.

The following apply to the goalkeeper in his or her penalty area:

- Handling a throw-in or kick from a teammate (hands)
- Dropping the ball and picking it up again. (except Pre-K)

**Corner Kicks & Goal Kicks** If the ball goes over one of the endlines, it is either a goal kick or a corner kick depending on which team kicked it out of bounds. If the defensive team kicks it out, it's a corner kick. If the offensive team kicks it out, it's a goal kick.

**Goal Kick:** The ball is placed on or inside the goal box (the smaller box in front of the goal) and must be kicked outside the penalty area (the larger box outside the goal) to be in play. If the ball is touched before leaving the penalty box, the kick is retaken. The defending team can have as many players in the penalty area as they want. Any delay of game on a goal kick determined by the official will be a yellow card.

**Corner Kick:** The ball is kicked within the small, one-yard arc in the corner of the field by the corner flag nearest where the ball crossed the goal line. The opposing players must stay the minimum required distance from the ball on the corner kick spot. After kicking, the player cannot play the ball 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 goal post or referee. A goal may be scored directly from a corner kick. \*Pre-K through 1st is allowed a do over if the kicker plays the ball before another player.

The indirect free kick is taken from the place where the offence occurred. A goal can be scored from an indirect kick only if another player from either team touches the ball.

### **Offside Rule: 3-8th only**

- Offside refers to an attacking player being in an offside position and is **actively** involved in play when the ball is played ahead.
- A player is in an offside position when there are less than 2 players between that player and the goal (one is usually the opposing goalkeeper) when the ball is passed ahead to that player.
- Offside can only occur in the attacking half of the field.
- No player can be offside when even with, or behind the ball.
- No player can be offside when first playing a throw in, goal kick, or corner kick.
- A player not in the play of the game is offside any moment he touches the ball, is interfering with play or is seeking to gain an advantage by being in that position.
- A player shall not be declared offside by the referee if the player is NOT involved in the play, merely offside in location.

If a player is declared offside, the referee awards an indirect free-kick, which is taken by a player of the opposing team from where the infringement occurred, unless the offense is committed by a player in his opponents' goal area, in which case the free-kick shall be taken from any point within the goal area.

## **Goalies**

**Goalies can....**touch the ball as long as they are within the penalty area, which is the big box that surrounds the goal. Once the goalie leaves the penalty area, he must play the ball like any other player, which means he cannot touch the ball with his hands or arms. If the goalie does pick up the ball or steps outside the penalty area it will result as a direct free kick. The smaller box in front of the goal is the goal box; its only purpose serves as a place to put the ball for goal kicks.

**Goalkeepers cannot....**pick up a pass from a teammate. If a player passes to his goalkeeper, the goalie must play the ball with his feet or the other team will get an indirect kick from the spot where the pass was picked up. Goalies cannot be substituted in an indirect or direct (PK) kick.

**-Pre-K and Kinder teams do not use the goalie position;** All players on the field are field players. A player is not to consistently remain inside of their own goal box. The purpose of this rule is to encourage all players to play the complete field and not to be designated as a defender that in effect acts as a goalie. The purpose of this rule in small sided games is to encourage coaches to give every player the opportunity to see and play the game from every aspect and position on the field.