



## **YMCA SOCCER RULES AND REGULATIONS**

The purpose of YMCA soccer is to have fun, learn basic skills, play fair, and sportsmanship.

**All games will begin with a prayer and end with teams shaking hands.**

### Forfeit policy:

If a team does not have the minimum number of players required to play the game, the game goes into forfeit. (Exception: The opposing team grants a 5-minute grace period).

### **Ball Size**

- 5U: Size 3
- 7U: Size 3

### **Officials:**

- There will be at least one official per game. (2 officials per game when staff is available).
- OFFICIALS CONTROL GAME TIME
- All calls made by officials are final.

### **Length of Game:**

- All teams will play four 8-minute quarters.
- Every 4 minutes, the ref will call a substitution stoppage of play.
- Time between quarters is 1-minute.
- Half time is 3-minutes.
- Games must begin on time and end on time for the next game.

### **Playing time**

- EACH player must play at least one half of every game.

### **General Rules 5U & 7U**

- The kick-off is performed at the mid-field line by one of the offensive players.
- The ball will be considered in play once it has been kicked and is moving in any direction.
- The defensive team can not touch the ball until it is in play
- ONLY goalie may touch the ball with upper arms, forearms, or hands as long as they are in the goalie area.
- There will be no off sides.
  - If the ball goes offside, the goal the ball is closest to will turn into a goalie kick.
- When ball is kicked out, the opposing team will throw in the ball from where the ball was kicked out.
  - Throw in must be over the head.
- If a player other than the goalie touches the ball with their hand, the opposing team will kick the ball from where the ball was touched.
- The ball does not need to touch the net to be considered a goal.

