

YOUTH SOCCER RULES 3rd/4th & 5th/6th Grade Division



Playing Time

At the YMCA we want each player to have the opportunity to play and learn the game. Therefore coaches must strive to provide each player with equal play time in every game for the players present. A player will be allowed to participate in a game if the player has missed a practice, however all players should be encouraged to attend all practices.

Number of Players

Games will be played 9 on 9 including a goalkeeper. If a team is short players for any given time, they may borrow players from the opponent in order to field enough players.

Equipment

Players are required to wear a YMCA soccer jersey, shoes, socks, shorts or long pants and shin guards. Soft rubber cleats are the only type cleats allowed.

Field Requirements

Field size will be 86 yards long by 50 yards wide (may vary with field being used). Goal size will be 7'x21' (or as close to this size as can be provided by the YMCA). The field will have a midfield line, center circle with a 10 yard radius, and four corner arcs with a two yard radius.

The goal area will have the following lines: six yards from each goal post and six yards from into the field of play joined by a line drawn parallel with the goal line. The penalty area will be fourteen yards from the goal post and fourteen yards perpendicular to the goal line. The penalty mark will be ten yards parallel to the goal line centered between the goal posts.

3rd/4th and 5th/6th grade divisions will use a size 4 ball.

Games

At the start of the game, choice of fields ends and kick-off is determined by the flip of a coin or by odd/even. Games will consist of two, 20 minute halves. Clock will stop only on time-outs. There will be 2 minutes at the half.

Teams will be given 2 time outs per half, one minute in length. Time-outs do not carry over. No overtime will be played.

Substitutions may be made at the half, for injuries and during timeouts, throw-ins and non-advantage situations.

Referees will be provided for these age groups.

Rules of the Game

Ball is out of play when it has gone completely over the line.

- A goal kick is taken by a member of the defending team when the ball crosses the goal line outside of the goal when last touched by a member of the attacking team. This kick is taken from any point on the goal line.
 - The ball must leave the penalty area before it can be touched/played by a player of either team.
- A corner kick occurs if a team defending the goal last touches the ball before it crosses the goal line. The attacking team puts it into play with an indirect kick. This kick is taken from the closest corner arc.
- A throw-in is awarded to the defending team when the attacking team causes the ball to leave the field of play by crossing over the sideline.
 - The player making the throw-ins needs to use the correct form (two hands on ball, arms directly over head and feet on the ground).
 - The ball will be thrown in at the point where the ball crossed the line.

All fouls will result in an indirect free kick. Fouls include: Hitting, kicking, tripping, pushing, holding, and tackling of an opponent as well as illegal use of hands.

- A penalty kick will be awarded if any of the fouls listed above take place inside the penalty area.
 - The goalkeeper must stay on the goal line until the ball is kicked.
 - The kicker cannot touch the ball twice until it has been touched by another player.

Opponents must be at least 10 yards from the ball on all free kicks, goal kicks, corner kicks and penalty kicks.

A player is considered offside if he is nearer to the opponent's goal line than the ball at the time the ball is kicked with the following exceptions:

- The player is in his/her own half of the field.
- The player is not nearer to his opponent's goal line than at least two of his opponents.

A goal is scored when the whole of the ball passes over the goal line between the goal posts. Score will not be kept.

Coaches of 3rd/4th grade teams should not teach heading the ball and discourage the use of headers in games and practices.

Additional YMCA Soccer Rules

All coaches and participants will recite the YMCA Youth Sports pledge prior to the start of the game.

Opposing parents/coaches and players will shake hands after each game.