

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

Teams of 6 will play 3 on 3 and teams of 8 will play 4 on 4. If a team is short players for any given game, they may borrow players from the opponent in order to field enough players.

No goalkeepers will be used for this age group. Furthermore no player may be positioned in front of the goal on defense.

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 25 yards long by 20 yards wide. Goal size will be 4'x6'. The field will have a midfield line and a center circle with a 3 yard radius. There will be no goal area marked.

Player will use a size 3 ball.

Practices

Teams will be given 30 minutes for practice prior to the game. Practices will start at the time listed on the game schedule.

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 four, 6 minute quarters.** There will be 2 minutes at the half and 1 minute between quarters.

Substitutions may be made at the dead ball or quarter intervals.

A referee will be provided for this age group.

- One coach/volunteer from each team is also required to be on the field
- The referee and coaches should;
 - Enforce the rules of the game in a consistent manner, but refrain from penalizing unnecessarily
 - Briefly explain any infractions to the players
 - Keep the game safe but let the players PLAY the game

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 endline outside of the goal when last touched by a member of the attacking team. This kick is taken from the edge of the goal area or from the goal line.
- A corner kick occurs if a team defending the goal last touches the ball before it crosses the endline. The attacking team puts it into play with an indirect kick. This kick is taken from the corner of the field.
- When the ball completely crosses the sideline the opposing team will use a throw-in to put the ball back into play.
 - Throw-ins need to have the correct form (two hands on ball, arms directly over head and feet on the ground).

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.

Opponents must be at least 3 yards from the ball on all free kicks, goal kicks and corner kicks.

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

There will be no off-side for this division.

Coaches 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.