

Richardson/Garland YMCA Soccer Playing Rules

Grade	Pre-K	Kindergarten	1 st Grade	2 nd Grade	3 rd Grade	4 th -7 th Grade (grades not combined)
	3v3	4v4	6v6	8v8	9V9	9V9
Number of Players on Field	3	4	6	8	9	9
Minimum players to start game	3	3	5	6	7	7
Game time	<ul style="list-style-type: none"> • 8 minute quarters • 2 min between quarters • 5 min halftime 	<ul style="list-style-type: none"> • 10 minute quarters • 2 min between quarters • 5 min halftime 	<ul style="list-style-type: none"> • 12 minute quarters • 2 min between quarters • 5 min halftime 	<ul style="list-style-type: none"> • 25 minute halves • 5 minute halftime 	<ul style="list-style-type: none"> • 25 minute halves • 5 minute halftime 	<ul style="list-style-type: none"> • 30 minute halves • 5 minute halftime
Player Substitution	<ul style="list-style-type: none"> • Quarters • Injury 	<ul style="list-style-type: none"> • Quarters • Injury 	<ul style="list-style-type: none"> • Quarters • Injury 	<ul style="list-style-type: none"> • Halftime • Your team's throw in • Any goal kick • After any goal 	<ul style="list-style-type: none"> • Halftime • Your team's throw in • Any goal kick • After any goal 	<ul style="list-style-type: none"> • Halftime • Your team's throw in • Any goal kick • After any goal
Field Size (in approx yards)	15x20	25X30	30 X 50	40 X 60	50 X 80	50 X 80
Goal Size	5X10	5x10	5x10	6'x12'	6'x18'	6'x18'
Goalie	No	*Optional	Yes	Yes	Yes	Yes
Offside Rule Enforced?	No	No	No	No	Yes	Yes
Out of bounds restart	Kick in	Kick in or Throw in	Throw in	Throw in	Throw in	Throw in
Penalty Kicks	No	No	No	Yes	Yes	Yes
Direct/Indirect kicks	Indirect only	Indirect only	Indirect only	Both	Both	Both
Slide Tackles	No	No	No	Yes	Yes	Yes
Referees	Center Referee	Center Referee	Center Referee	Center Referee	Center Referee and 2 Linesmen	Center Referee and 2 Linesmen
Ball Size	3	3	3	4	4	4
Kicks - Restart Distance	8 feet	4 yards	8 yards	8 yards	10 yards	10 yards
Max. Roster Size	6	8	10	14	14	14

If a team does not have enough players to field a team or does not have enough sub's, the opposing team can "loan a player" to that team if both coaches agree. If that player scores, the goal counts towards the team the player is playing for. This rule helps to avoid a forfeit and allows more players to play the game.

*Goalie in K is optional-the "goalie" cannot stand in the box during play, a "goalie" can be any player on the field and act as a goalie when needed. (see below)

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- 1st grade size 3. 2nd - 7th grade size 4.
- For you 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 remove it or 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. ALL kids are winners.
- Games scores are kept for 2nd-6th but will record as a 1-0 or 0-0. Only 1 goal scored per team will be recorded regardless of how many are scored. Shut-outs, ties or forfeits will record appropriately.
- Rainout information will be posted on the YMCA website and Quickscores as soon as information is available.

Game Day Rules:

- (A) Players should show up ready to play: Uniform on. Shin guards on. Shoes on. Bring water.
- (B) Be ready for inspection. The ref will ask the team to line up so he can inspect equipment. Jerseys 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 list provided by the sports director.
- (C) ALL PLAYERS AND COACHES WILL RECITE THE YMCA PLEDGE.
- (D) 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.
- (E) Home team provides game ball.

- (F) Coaches must give a copy of their official roster to the referee to validate players if requested.
- (G) Teams (players, coaches and spectators) must sit on opposite sides of the field and remain 5 feet away from the sideline so the linesman can have access to the entire sideline. 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.
- (H) On game day, the home team is required to change jerseys or wear pinnies in case of color conflict. If needed, field directors or YMCA staff will have extra pinnies available on loan.
- (I) **No one** is allowed to stand behind the goal.
- (J) Coaches are allowed to assist players on the field in Pre-K and Kindergarten games.
- (K) 2nd-6th 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 referee before entering the field. This includes changing the goalkeeper.
- (L) Each 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 move the ball forward (even slightly), and then may not touch the ball again until someone else has touched it.
- (M) EVERY PLAYER MUST PLAY A MINIMUM OF 50% OF EACH GAME. Equal playing time for all is our goal.
- (N) 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.
- (O) **-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.
- (P) Players line up after the end of the game and shake hands with the opposing team and the officials.
- (Q) SNACK TIME!

Rules of the game:

Throw-Ins: K-6th 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.

*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.

*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 result in a direct kick. Corner kicks are direct kicks. 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-6th 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 10 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 kicked 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 within 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)

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.

Cautionable Offences (Yellow Card)

- unsporting behavior
- dissent by word or action
- persistent infringement of the Laws of the Game
- delaying the restart of play
- failure to respect the required distance when play is restarted with a corner kick, free kick or throw-in.
- entering or re-entering the field of play without the referee's permissions
- deliberately leaving the field of play without the referee's permissions

Sending Off Offenses (Red Card)

- serious foul play
- violent conduct
- spitting at an opponent or any other person
- denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
- denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- using offensive, insulting or abusive language and/or gestures
- receiving a second caution in the same match

A player who has been sent off must leave the vicinity of the field of play and game.

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.

-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.

Offside rule: 3-6th 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. 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 teams do not have a goalie;** therefore a player cannot remain inside the goal box consistently. A player should not be forced to stay back in front of the goal as a defender. The purpose in small-sided games is to constantly involve ALL players and have ALL players transition from offense to defense and be involved in the action.

-**Kindergarten** teams can have an optional goalie; meaning, a player cannot stand in the box during the game and play goalie, rather a "goalie" can be any player on the field and act as a goalie when needed. This is to give all players more opportunity to play on both sides of the ball.

Referees:

-**PLEASE RESPECT THE REFEREES** - Referee's have the ultimate authority during a game. Please discuss any concerns AFTER the game AWAY from the field in a respectful manner. If you feel attention needs to be called to your field during a game, send someone to find a field director or YMCA staff. **If a coach or spectator is offensive in any way to a referee they will be ejected and suspended for a time to be determined by sports committee. Abuse of a referee will not be tolerated!** *The ref has been trained to be in position to observe the play both on and off the ball. The ref is often in the optimal position to see what is going on and frequently sees things that spectators or even players do not see. Give the referee the benefit of the doubt. Yelling at a referee will not change the call. Screaming or going after a referee in front of the players shows disrespect for authority and is that what we want to teach our kids?*

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.