



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOCCER RULES

Youth Sports



YMCA OF GREATER SAN ANTONIO

YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

Table of Contents

Team Duties 3

Sportsmanship 3

Key Philosophies 3

Player Safety 4

Age Divisions 4

Uniform 4

General Rules 4

Fouls and Penalties 5

Penalty Kick 7

Cautions 7

Substitutions 7

SOCCER RULES

TEAM DUTIES

1. Both teams are responsible for cleaning up their bench immediately after the game.
2. During the game, there shall be a limit of two (2) coaches on the sideline.
 - a. In the 3-6-year-old divisions, one (1) coach per team is allowed on the field for instructional purposes. The coach may not interfere with the play and must be along the sides of the field, not in the middle or by the goals.
 - b. 7 years and up coaches must be on the sideline only
3. Seven years and up – All spectators must be seated on the sideline opposite of their team and cannot stand or sit on the goal areas. Only cleared coaches and registered participants are allowed on the bench.

SPORTSMANSHIP

1. The YMCA does not keep official game scores or records. However, the score is documented during the game to promote a learning environment.
2. Unsportsmanlike conduct of the players or coaches is not tolerated. If the behavior persists, the individual will be asked to leave the facility.
3. **Any player, coach, or spectator ejected will be suspended for at least one (1) game and will be placed on one (1) year probation. If ejected again during the probation period, the individual will be removed from the program.** All violations are documented and shared with the Youth Sports Director and Executive Sports Director. The YMCA will notify the offender within 48 hours.
4. If the atmosphere of the game feels unsafe or the YMCAs Values are not being adhered to, the referee or YMCA staff member can end the game.
5. If a team has less than the number of required players, the opposing team will be asked to share players in order to provide competition. We make every effort to play each scheduled game.

YMCA YOUTH SPORTS KEY PHILOSOPHIES

1. Everyone must play at least half the game.
2. Coaches are volunteers. They are not paid.
3. Our focus is on fun and skill development.
4. Sportsmanship above all.
5. We promote a family atmosphere.

SOCCER RULES

PLAYER SAFETY

1. To protect the safety of all players in the program, any participant wearing a cast will prohibit them from participating in YMCA games or practices. Exceptions can be made with approval from the Sports Director and documented approval from a physician.
2. Soft casts will be permitted if approved by officials.
3. All types of jewelry (earrings, bracelets, necklaces, etc.) must be removed before the game.
4. Adaptive aids are approved on a case by case basis.

AGE DIVISIONS

Age Division	# Players on Field	Goalie	Game Length	Offsides	Heading	Yellow/Red Cards	Ball Size
3 - 4 yrs	4 v 4	No	4 x 6 min periods	No	No	No	3
5 - 6 yrs	5 v 5	No	4 x 8 min periods	No	No	No	3
7 - 8 yrs	6 v 6	Yes	4 x 10 min periods	No	No	No	4
9 - 10 yrs	7 v 7	Yes	2 x 20 min halves	Yes	No	No	4
11 - 12 yrs	7 v 7	Yes	2 x 25 min halves	Yes	No	Yes	5
13 - 14 yrs	9 v 9	Yes	2 x 30 min halves	Yes	Yes	Yes	5
15 - 18 yrs	9 v 9	Yes	2 x 30 min halves	Yes	Yes	Yes	5

UNIFORM

Each player must have on their YMCA issued uniform and shin guards underneath their socks. Cleats are not mandatory to play soccer.

GENERAL RULES

The kick-off is performed at the mid-field line by one of the offensive players. The ball will be considered in play when it has been kicked and is moving in any direction. The defensive team must line up ten (10) yards away from the ball (outside of the circle) and cannot touch the ball until it is in play. Both teams must be in their respective halves of the field at the kick-off. **The player kicking off cannot touch the ball a second time until it has touched another player.**

1. SCORING

A ball that is kicked between, but not over the goalposts at the opponent's goal line, is considered a score equal to one (1) point. The ball must be completely over the entire goal line to be considered a goal. **The ball does not have to touch the net to be considered a goal.**

SOCCER RULES

2. PLAYER PRIVILEGES

All players may play the ball with their feet, head, knees, chest, body, or shoulders. Only the goalie may touch the ball with upper arms, forearms, or hands as long as they remain in the penalty area. The goalie must put the ball in play and may carry the ball no more than five (5) seconds in preparation to throw or kick the ball into play. **If the goalie is going to kick the ball after a goal kick has been determined, then no other player can be inside the penalty box.** But if one of the forwards, halfbacks, or fullbacks kick the ball, then the goalie has the right to be inside the penalty box.

3. HEADING

Hitting the ball with the forehead to control it will be allowed in the 13-18-year-old age divisions ONLY. The 1st ball will be a drop ball; the 2nd ball will be an indirect kick for the opposing team.

4. SLIDE TACKLING IS NOT ALLOWED.

FOULS AND PENALTIES

Yellow card and Red card issuing will be in effect for every game for the 11-18-year-old age divisions.

1. DIRECT FREE KICK

A direct free kick is awarded to the team fouled by a member of the opposing team after the fouls listed below occur outside the penalty area by either team. A direct free kick is awarded to the opponents at the spot of the foul. The ball is placed on the ground and may be kicked in any direction. The defending team may block the ball but must be standing at least ten (10) yards from the ball when it is kicked. A direct free kick can score a goal if it passes through the goal. It does not need to touch another player to be a good goal.

Foul(s) made:

- Handball (except for the goalie). Cannot touch with upper arm, forearm, or hand.
- Carrying or handling the ball outside the penalty area (goalie).

2. FOULS THAT MAY WARRANT EJECTION FROM A GAME

- Any bodily harm or unsportsmanlike conduct towards an opponent.
- Slide tackling.

SOCCER RULES

3. INDIRECT FREE KICK

An indirect free kick is awarded to the team fouled by a member of the opposing team if any of the below occurs. **The indirect free kick cannot score a goal until another player other than the kicker has touched the ball.** Regardless of if the foul occurred inside or outside the penalty area, the indirect free kick is awarded to the opponents at the point of the foul.

Foul(s) made:

- If the goalie carries the ball more than five (5) seconds.
- Charging the goalie or any player when he does not have the ball.
- Playing or attempting to play a ball held by the goalie, or interfering with the goalie as he attempts to clear the ball.
- If the kicker or thrower plays the ball before a second player touches it on a throw-in, free kick, corner kick, or penalty kick.
- If the ball is not kicked forward on a penalty kick.
- If a player stands closer than ten (10) yards at the time of an indirect or direct free kick.
- Any obstruction other than holding.
- Intentional pass back to the goalie. The goalie may not use his or her hands if the ball is passed back from his or her own team.
- Illegal Headers.

4. OFFSIDES

The 3 – 8-year-old division will not have offsides.

It is not an offense in itself to be in an offside position. A player is in an offside position if he or she is nearer to his opponent's goal than both the ball and second last opponent. An offsides call will result in an indirect kick for the defending team.

A player is not in an offside position if:

- Player is in his or her half of the field of play or
- Player is level with the second-last opponent or
- Player is level with the last two opponents.

SOCCER RULES

PENALTY KICK

1. A penalty kick is awarded as punishment for any infringement of the rules which ordinarily requires the awarding of a direct free kick if the foul is committed by a defending player within the penalty area.
2. The foul must be deliberate. A defensive player should never make a penalty kick. When awarded, the penalty kick will be made from the penalty spot.
3. All players, except for the players taking the kick and defending the goalkeeper, must be outside of the penalty area. The ball must be kicked forward. If a foul is committed by the attacking team inside the opposing team's penalty area, the defending team will be awarded a direct free-kick from the point of the foul.

CAUTIONS

Not all fouls warrant a caution. A player may be cautioned and shown the yellow card if, in the opinion of the referee, the player has acted carelessly, recklessly, or with excessive force, or is playing dangerously.

A player may also be cautioned and shown the red card (sent off the field) if, in the opinion of the referee, the player continues to infringe on the laws of the game, receives their second caution, is acting inappropriately, or is playing dangerously.

Parents, coaches, and spectators may also be cautioned and sent off the field. In this case, the person ejected must leave the premises for the game to resume.

REFEREES:

- The referee shall be the sole judge on the field of play.
- The referee can ask coaches, parents, players, and spectators to leave the field of play or the facilities to maintain a pleasant atmosphere, and control of the game.
- If a coach, player, or spectator, is ejected from a game, that person(s) is automatically removed from the next game and will be reviewed by the Sports Director and Executive Director. Should another incident occur within the same season, the coach, spectator, or player may be ejected from the league permanently.
- The referee may stop, suspend, or terminate the game because of the elements of interference.

SUBSTITUTIONS

The goal of the YMCA is to provide all children with equal playing time. All players must play a minimum of 50% of the game. If a player is sick or injured, the referee must be notified before the start of the game. If a player ends up becoming ill or injured during a game, he or she can be substituted out.

1. 3 – 10 years: Substitutions are by quarter
2. 11 years and up – Free Substitutions in these situations: (Goalie's may play the entire game)
 - On a throw in. If your team is subbing, the opposing team may sub as well.
 - On a goal kick
 - After someone scores a goal
 - At halftime