

### 1. Equipment

- Turf shoes or tennis shoes with rubber spiked bottoms will be allowed. Metal cleats will not be allowed; no baseball cleats (with a toe cleat)
- No jewelry is to be worn
- Protective shin guards **must** be worn by players at all times during practice and games
- An official size 3 soccer ball will be provided by the YMCA for all games

### 2. Team

- Teams will have a maximum of 8 players and a minimum of 6 players on their roster
- Each team on the field will consist of 5 players (4 field players and a goalkeeper)
- A team must have at least 4 players to start a game

### 3. Timing and Substitutions

- Games will consist of two 15 minute halves with water break at the referee's discretion
- There will be a running clock
- All players must play equal amount of time and at least half of the game
- Substitutions may enter the game anytime (even while game is in play)
- The substitute must enter from their sideline. The player to be replaced must have left the field before the substitute may enter
- The goalie may be substituted for only when the ball is dead (wait for a whistle) or during your timeout. Notify the referee if you change goalies

### 4. Starting the Game

- Each team may practice and warm-up for 20 min. before kickoff.
- Kickoff will be approximately 25 min. after scheduled arrival time.
- One team will start the game at midfield with a kickoff. At half, the other team will start with a kickoff

### 5. Goalkeeper

- The goalkeeper may touch the ball with their hands at any time

- The goalkeeper may throw, dropkick, or kick the ball off the ground once retrieved.

## 6. RESTARTING PLAY

- If offensive team causes ball to go out of bounds at the end bounds between the corner red dots, the goalkeeper will be allowed a free kick from the end of the penalty area. Players may throw or kick the ball back into play
- If the ball leaves the field at either of the sideline, the team that touched the ball last will turn the ball over. The ball will be thrown in from where the ball went out of bounds. Two hands over the head will be used with both feet touching the ground. Referees may throw the ball back in themselves depending on the situation
- There are no corner kicks or free kicks for this age group

## 7. Keeping the Game Going

- Coaches and parents are encouraged to keep the ball in play in order to keep the players from kicking the ball out of bounds
- The referee will keep the ball in play as long as he or she can as well to ensure the players are getting time to go after the ball.

*All fouls are based on the referee's discretion. The referee may stop play at any time if a player is being too rough. A referee may also step in for instructional purposes at any time of the game in order to ensure that the game is being played correctly. Our first priority is to ensure safety while also teaching the skills and rules of the game.*