

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)
- Athletic shorts or sweats should be worn as well. Jeans and pants will limit the player's ability to run and move
- No jewelry is to be worn
- Protective shin guards **must** be worn by players at all times during practice and games
- An official soccer ball will be provided by the YMCA for all games (Size 3 for 3-8 years of age and size 4 ball for 9-12 years of age)

2. Team

- Teams will have a maximum of 10 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 20 minute halves with a water break at each 10 minute mark
- There will be a running clock (except for timeouts)
- Each team will be allowed a single 30-second timeout per half which can only be called by a team in possession of the ball. All players must report to their respective bench areas for the full 30-second timeout
- If the game ends in a tie, it remains a tie
- 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 will be allowed 15 min. to warm-up before

kickoff.

- Kickoff will be approximately 20 min. after scheduled arrival time.
- Before the start of each game, coaches will meet with the referees to go over the timing and substitution rules
- The away team will start the game at midfield with a kickoff. At half, the home team will start with a kickoff

5. Goalkeeper

- The goalkeeper may touch the ball with their hands only when in their own penalty area
- The goalkeeper may throw the ball while inside the penalty area.
- The goalkeeper may enter the field as a field player. However, no other player may play as goalie during that time.
- The goalkeeper must bring the ball into the penalty area before they pick it up, if they choose not to kick it.

6. RESTARTING PLAY *(All plays have five-second restarts)*

- 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 (no drop kicks or throw-ins will be allowed)
- 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
- If the goalkeeper makes a save and keeps the ball in possession, he or she can restart the game by a throw in, drop kick or by dribbling out
- A corner kick is awarded if the defensive team causes ball to go out of bounds at the end boards. The kick shall be made from the red mark
- A free kick will be awarded for personal foul. All free kicks will be treated as direct kicks. If free kick is kicked directly into the goal, a goal will be awarded

7. FOULS THAT RESULT IN FREE KICKS

- All free kicks will be treated as direct kicks. If the free kick is kicked directly into the goal, a goal will be awarded
- If a field player uses any part of their hands or arms up to their shoulders (The goalie may use their hands

but only while in his/her own penalty area. Pushing with any part of the body)

NOTE: Only deliberate hand balls are fouls. Accidental touches or movements to protect oneself are not penalized.

- Tripping with no intent to play the ball
- Striking or swinging with the arms or legs
- Kicking an opponent deliberately
- Holding with the hands, arms, or legs
- Slide tackling: Intentionally sliding, feet first into an opponent to play ball
- Violent conduct such as striking, foul language, gesturing or tripping from behind
- Dangerous play, such as high kicking
- Illegal substitution: too many players on the field.

NOTE: All fouls are based on the referee's discretion. Arguing with the referee and foul language may also be penalized and could result in an ejection based on the referee's discretion

A referee may 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.