



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**SEMONES FAMILY YMCA  
SOCCER RULES**

**Number of Players**

Age Group	Players on Field (Minimum Needed to start)	Minimum Roster Size	Ball Size	Coach Allowed on Field?	Length of Game
Rookie (No goalie)	5 (3)	8	3	1 coach allowed on field	7 minute quarters
Pre-K (No goalie)	5 (3)	8	3	1 coach allowed on field	7 1/2 minute quarters
Kinder (No goalie)	5 (3)	8	3	1 coach allowed on field	8 minute quarters
1 <sup>st</sup> Grade	7 (5)	10	3	No	10 minute quarters
2 <sup>nd</sup> Grade	7 (5)	10	4	No	12 minute quarters
3 <sup>rd</sup> Grade	7 (5)	10	4	No	12 minute quarters
4 <sup>th</sup> Grade	9 (7)	13	4	No	14 minute quarters
5 <sup>th</sup> /6 <sup>th</sup> Grade	11 (9)	13	4	No	14 minute quarters

**Equipment**

Required:

- Shin guards
- Sneakers, tennis shoes, or soccer cleats molded into the soles
- Jersey approved by local YMCA branch

## Rules for Rookie, Pre-K, & Kindergarten (*SPECIFIC*)

- No player may play in the Goalie Position.
- No defensive player may be within 5 yards of their goal if the ball is on the opposing side of the field. Coaches on the field are encouraged to run along the side of the field and let the players have control of the midfield.
- Ball should be put into play as soon as possible without the coaches trying to position every player on the field during the kick-ins and kick-offs. This will avoid delaying the playing time and increase the participation time.
- There will be no throw-ins for **rookies ONLY**. Referee will be putting the ball back into play
- No penalty kicks will be taken
- All coaches are encouraged to let all five of their players on the field attack the ball and try to score.
  - Please note, this is the first time for many of these players participating in organized sports.

## General Rules of the Game

- **BALL WILL START IN MIDDLE BEFORE EACH QUARTER (SWAP POSSESSION)**
1. **Goal Kicks:** If the attacking team was the last to play or touch the ball that crossed the goal line on the ground or in the air, other than a score, the defending team will kick the ball from the goal kick mark nearest the point where the ball crossed the goal line. The opposing players must be outside the penalty box before kick is made. The kicker must not play or touch the ball a second time before another player from either team has played or touched it. The goal kick must pass outside the penalty area or be re-kicked. A goal kick is awarded to the opponents. Players of the attacking team may not enter the penalty area until the ball is traveled out.
  2. **Corner Kicks:** If the defending team was the last to play or touch the ball that crossed the goal line on the ground or in the air, other than a score, the attacking team is awarded a corner kick. The ball is placed on the corner mark nearest where the ball crossed the goal line. A goal may be scored directly from a corner kick. The opposing players must be the minimum required distance from the ball on the corner kick spot. The kicker must not play or touch the ball a second time before another player from either team has played or touched it; otherwise the opponents will be awarded an indirect free kick. This also holds true if the ball bounces off a corner flag, goal post, or referee.
  3. **Direct Free Kicks:** For intentionally handling the ball, pushing, striking, holding, kicking, tripping, jumping at the ball or another player, charging in the back, charging in a dangerous way; a direct free kick is awarded to the opponents at the spot where the foul was committed. Players of the defending team must remain the required distance from the ball. The kicker must not play or touch the ball a second time before another player from either team has played or touched it; otherwise the opponents will be awarded an indirect free kick. This also holds true if the ball bounces off a corner flag, goal post or referee. The ball may be kicked in any direction and a goal may be scored directly from a direct kick.
  4. **Indirect Free Kicks:** For dangerous play, for playing the ball a second time before it is played by another player from either side from a kick off, throw in, indirect free kick or corner kick.; for interfering with play, for obstructing an opponent, for unsportsmanlike conduct; an indirect kick is

awarded to the opponents at the spot at which the foul was committed. Players of the defending team must remain the required minimum distance from the ball. The player must not kick or touch the ball a second time before another player from either team has played or touched it; otherwise the opponents will be awarded an indirect free kick. This also holds true if the ball bounces off a corner flag, goal post, or referee. The ball may be kicked in any direction. A goal may be scored from an indirect kick only if the ball is touched by a second player from either team. No indirect kicks shall be taken by the attacking team within the defending team's goal area. It is not an intentional hand ball for any player to protect vital areas of his or her body (chest, crotch, face) with their hands or arms to prevent being struck by the ball.

5. **Dropped Ball:** If the referee is in doubt as to which side fouled, kicked the ball out of play, for an injury or other emergency, the referee will drop the ball between two players, one from each side, at the spot where the stoppage took place. The ball must touch the ground before either player makes contact with the ball.
6. **Kick-Ins (Pre-K and Up):** When the whole ball passes over a sideline, whether on the ground or in the air, an opponent will throw the ball in from in front of the spot where the ball crossed the line. At the time of the throw-in, the thrower must be facing the field and have at least part of both feet on the ground behind the line. He must have both hands on the ball, and the ball must be thrown from behind the head. Incorrect throw-ins will result in a throw-in for the other team. The thrower may not touch the ball a second time 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 corner flag, goal post, or referee. A goal may not be scored directly from a throw-in.
7. **Penalty Kicks:** If a direct kick foul is committed within the penalty area of a defending team, they will be penalized by a penalty kick. The ball is kicked from the penalty spot by the opponents. At the time of the kick, players of both teams except the defending goalkeeper and the player taking the kick must be outside the penalty area. Any attacking player may take the penalty and must kick the ball forward. The goalkeeper must stand on the goal line between the goal posts without moving his feet until the ball is kicked. The kicker must not play or touch the ball a second time before another player from either team has played or touched it; otherwise the opponents will be awarded an indirect free kick. This also holds true if the ball bounces off a corner flag, goal post, or referee.
8. **Advantage Rule:** The referee shall not stop play to penalize any infraction or foul if such a stoppage of play would cause the offending team to lose any advantage it had gained on the play.  
*Example: A-1 trips B-1, but as he/she does so, the ball rolls ahead to B-2 who is alone with the keeper. For the referee to stop play in order to penalize A-1 would deprive the B team of an excellent scoring opportunity and allow the A team to regroup on defense.*
9. **Offside:** Offside will not be called in Rookie, Pre-K, Kindergarten, or 1st Grade leagues. Offside will start being called in all 2nd Grade and up games. Offside will be called at the referee's discretion only. Please look to FIFA rules for the definition of "Offside".

10. **Headers: (an inadvertent header will result in a dropped ball)**

- Headers **are not** allowed in grades 4<sup>th</sup> & below
- Headers **are** allowed in grades 5<sup>th</sup> & above

11) **NO SLIDE TACKLING-** Slide tackling will award a free kick to the other team

# Game Day Things to Remember

- Players/Coaches/Parents/Fans **must** remain on their designated side of the field. If coach wants to be on opposite side of the field, the opponent's coach must agree to it.
- HOME/AWAY will be spray painted on the grass so everyone can see on which side to sit on
- Pledge Recital Process. Think of an NBA game. Starters will be on field. Substitutes will be on the sidelines. Official will go through pledge recital. Once that is complete, game will begin
- Goalkeepers must wear a different colored top in order to be identified by official. Goalies must wear gloves.
- In case of same colored jerseys, AWAY team must use pennies so that teams may be in a different color throughout the game.