

YMCA of Greater St. Louis Soccer Rules

	<u>Rookie</u>	<u>K-2nd</u>	<u>3-4</u>	<u>5-6</u>
Ball Size	3	4	4	5
Goal Size	6' X 12'	6' X 12'	8' X 24'	8' X 24'
Field Size	60 X 40	60 yards X 40 yards	70 yards X 50 yards	70 yards X 50 yards
Players on Field	8 vs. 8	8 vs. 8	11 vs. 11	11 vs. 11
Length of Game	5min. quarters	4-10 minute quarters	2-25 minute halves	2-30 minute halves

- 1) One coach will be allowed on the field during play in the K-2 league only. These coaches must stay out of the penalty areas while the ball is in play.

Players Equipment

- Consists of shirt, shorts, socks, and shoes. Goalkeeper must wear colors which distinguish him or her from the other players. Shin guards are strongly required. The YMCA will provide goalie shirts.

The Start of Play

- Game officially begins after the Youth Sports Pledge is read by official in the center of the field. A coin flip decides which team will kick off. Each team must stay on its own half of the field until official blows his/her whistle and the defending players must be at least 10 yards from the ball until it is kicked.
- After a goal, the team scored upon will kick off. After halftime, the teams change ends and the kickoff will be taken by the opposite team to that which started the game. A goal cannot be scored directly from a kickoff.

Goal Kick

- When an attacking team kicks the ball out of bounds beyond the goal line, as in a missed shot, the opposing team is awarded a free kick. This kick is made by the defending team and must be made inside the goal box on the side of the goal on which the ball went out of play.

Corner Kick

- If a team kicks the ball beyond its own goal line, the other team is awarded a corner kick from a corner arc.

Slide Tackling

- Slide tackling can be allowed in 5/6th grade. A play on the ball and not the player must occur. Single footed ball contact must occur. Violations are called based on the official's judgment.

Throw-In:

- When the ball has completely crossed the touch line, it is put back into play by a throw-in from the spot where it went out and by a player from the opposite team that last touched it. The player putting the ball back into play must use both hands to throw the ball and keep both feet on the ground. A goal cannot be scored directly from a throw-in. It is the officials discretion to allow a player to re-do a throw in for teaching purposes (3rd/4th only).

Fouls and Misconduct

- Fouls are called when a player runs into, charges, pushes, trips, kicks, or holds an opposing player. A handball foul is called when a player intentionally touches the ball with his or her hand or arm to gain control.
- Players who continually intentionally foul or play dangerously are warned once by the official, who presents them with a yellow card. The next time they intentionally foul or play dangerously, they receive a red card and are ejected from the game. Officials also can eject a player without warning if they rule a behavior unacceptable.
- **Yellow Card:** Players who receive a yellow must leave the game for 2 minutes. Two yellow cards equal one red card.
- **Red Card:** Players receiving a red card are ejected for the rest of the game, will receive a one game suspension, and must meet with the Sports Director before being reinstated.

Direct and Indirect Free Kicks

- Fouls usually result in either a direct or indirect free kick. The type of foul committed determines which of the two is awarded. Direct free kicks may be kicked directly at the goal. Indirect free kicks must touch another player before a goal can be scored.

Direct Kicks

Handball
Kicking an opponent
Striking an opponent
Tripping an opponent
Holding an opponent
Pushing an opponent
Jumping at an opponent
Charging into an opponent
Charging from behind

Indirect Kicks

Playing dangerously
Obstructing an opponent
Goalkeeper taking more than 4 steps
Offside

Penalty Kick

- Penalty kicks are awarded to the attacking team if a defending player commits a direct-kick foul inside the penalty area. A penalty kick is a free shot at the goal by an individual attacker with only the goalkeeper defending against the shot. Penalty kicks are taken 12 yards in front of the center of the goal. The goalkeeper may not leave the line until after the ball is kicked.

Offside (3rd Grade and Older Only)

- A player is in an offside position if the player is nearer to the opponent's goal line than the ball, unless
 - a) the player is in his/her own half of the field of play, or
 - b) there are at least two opponents nearer their own goal line (i.e. goalie plus a defender)
- If a player is declared offside, the referee shall award an indirect free kick, which shall be taken by a player of the opposing team from the place where the infringement occurred, unless the offense is committed by a player in the opponents' goal area, in which case, the free kick shall be taken from a point anywhere within that half of the goal area in which the offense occurred. Offside trapping will not be allowed.

Scoring

- Each time the entire ball crosses the goal line between the goalposts, the offensive team is awarded one goal.

Officiating

- The referee is responsible for enforcing the rules, keeping the time, and issuing warnings and ejections of players and coaches. The decisions of the referees are final.

Sportsmanship

- Sportsmanlike behavior is expected from all coaches, players, and spectators at all times. If an individual is asked to stop their unsportsmanlike conduct and they fail to comply, the individual will be asked to leave. Examples of unsportsmanlike conduct include, but are not limited to: intimidating officials, players, and/or coaches, arguing, taunting, swearing, pushing, and fighting.

Soccer Traditions

Your players should abide by a few "unwritten laws" for soccer, some of which are based on the YMCA's core values:

- Players should raise their hands if they know they have fouled someone even if the referee did not see the foul. Admitting when you have committed a foul is an example of being honest.
- Players should play cooperatively with those on their team and should show respect to their opponents.
- If a player is injured, kick the ball out of play. Upon restarting, intentionally throw the ball into the other team.
- Players should not try to trick opponents. Do not call for the ball when the other team has possession.
- If the opponent is short players, adjust your number of players so the sides are equal.
- Players should line up and shake hands their opponent's hand after the game.
- Thank the referee after the game.
- All play shall demonstrate the values of Caring, Respect, Responsibility, and Honesty.