## ROGUE VALLEY FAMILY YMCA YOUTH SOCCER RULES

This league was designed for the benefit of the player, the "intent of the rule" shall carry stronger weight than the "letter of the law" in all decisions rendered by the Officials and the Sports Director.

## PURPOSE

The purpose of this league is to be instructional; all decisions will be made from the standpoint of asking if one team gained an advantage because of breaking a rule or fouling. If no advantage is gained and if safety is not an issue, then play will continue without a whistle. In hopes of correcting any issues, officials and coaches are encouraged to talk with players about their violations. Our goal is to help all players understand the rules.

## Examples:

- Not calling handball if a player is confused and or unaware that they cannot use their hands. There will not be a direct free kick.
- If a skill-challenged goalie carries or handles the ball outside the goal area, play could be stopped to explain the rule to the goalie and then the ball would be given back.
- However, if the goalie moved outside the goal area due to a superior defense, it should be called.

When an issue arises that is not covered by the rules listed below, it will be governed in accordance with the Fédération Internationale de Football Associations (FIFA) Laws of the Game.

## THE GAME

- Minimum/Maximum Players: Teams are composed of 6 to 14 players (depending on grade division).
- Other players must be 5 yards away from the sideline to allow players and officials to run out of bounds safely without the risk of running into another person.
- The Field: The field touch-lines and goal lines will be marked with cones about every 10-15 yards.
- The halfway line will be marked with some taller cones or flags.
- Goal Area: The goal area will be paced off by referees 6 yards from both sides of the goal posts and 6 yards into the field from the goal line. 4 disk cones will mark the corners of the goal area.
- Play Time: EVERY PLAYER ON THE TEAM MUST PLAY AT LEAST HALF OF EACH GAME.
- Exception: Players may sit out for disciplinary reasons.
- Coaches must notify the Sports Director if sitting a player out.

| Grade | Ball Size | Players on the Field | Time | * | Goal Size $^{*}$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
| $1^{\text {st }}$ and $2^{\text {nd }}$ | $\# 3$ | 6 vs 6 | 10 -minute quarters | $4^{\prime} \times 6^{\prime}$ | $30 \times 45$ yards |
| $3^{\text {rd }}$ and $4^{\text {th }}$ | $\# 4$ | 7 vs 7 | 12 -minute quarters | $4^{\prime} \times 6^{\prime}$ | $40 \times 60$ yards |
| $5^{\text {th }}$ and $6^{\text {th }}$ | $\# 5$ | 9 vs 9 | 14 -minute quarters | $4^{\prime} \times 6^{\prime}$ | $50 \times 75$ yards |

* Number of players on the field includes goalie.
* Please see the "Time" section for specifics on timing.
* Goals for a teams practice may be different than on the game days.
* Field dimensions may vary depending on where the games are held and the stride of the referee setting up the field.


## TIME

- A game shall consist of 4 quarters of the allotted time for that grade division.
- There will be no overtime periods.
- Each team will have 2 time-outs in each half.
- Each time-out will consist of one-minute.
- There will be a one-minute period in the middle of each quarter and a five-minute period at half time.
- The clock will run continuously except for time-outs, penalties, after each goal, unusual delays, and referee time-outs.
- A referee may call a time-out whenever deemed necessary. Such time-outs will not be charged to either team.
- Examples:
- A player who seems sick or injured.
- A player in need of equipment repair, tying shoes, etc.
- A player needs to have rules clearly explained to them.
- A referee feels the need to gain control over the game.


## SCORING

- A goal is scored when the ball, (in its entirety), crosses the goal line, under the crossbar and between the uprights.
- A scoreboard may be used during games.
- Either coach can ask for a scoreboard not to be used or to have it reset at half-time.
- Only one coach needs to request either of these.
- $5^{\text {th }}-6^{\text {th }}$ grade score will be kept at all times.
- No score will be tracked for these games (i.e. team standings, season wins vs. losses, etc).
- Exception: Score will be tracked for tournaments.


## CLOTHING

- All players must wear shin guards.
- A player's socks need to cover shin guards.
- Players must wear pants or shorts without any belt(s), belt loop(s), or exposed drawstrings.
- Headwear containing any hard, unyielding, or stiff material (including billed hats) is not allowed.
- All jewelry should be taken off.
- Players may wear $1 / 2$ inch molded cleats or athletic shoes.
- Metal or spiked football cleats are not allowed.


## SUBSTITUTIONS / PLAYING TIME

- Each team member will play at least two full quarters of each game and equal playing time is required.
- Substitutions must take place during dead ball situations and shall be acknowledged by the referee. There will be no "free" substitutions.
- Although not required, coaches are encouraged to make main substitutions at the half-way point of each quarter.
- It is encouraged that coaches use a rotation chart in order to keep playing time fair and even among all players.


## GENERAL RULES

- Kick Off: Opponents must start 5 yards back from the center of the field (or where the referee places the ball down at) while the kick-off is in progress.
- All players must stay back until the ball is kicked.
- A goal may not be scored directly from a kick-off.
- If the ball goes directly into the goal without touching another player on a kick-off, the defending team will play the ball as a goal kick.
- Determining Possession of kickoff: A game of Rock, Paper, Scissors will be played before the start of the game by the team captains to determine which team will kick off.
- Possession of the ball will alternate at the half.
- Halftime switching sides:
- $1^{\text {st-}} 2^{\text {nd }}$ Grade - Do not switch sides at halftime (unless both coaches agree they want to switch).
- $3^{\text {rd }}-4^{\text {th }}$ Grade - First two games teams do not switch sides at halftime, all games forward should switch sides at halftime.
- $5^{\text {th }} 6^{\text {th }}$ Grade - Teams switch sides at halftime.
- No slide tackling is allowed.
- Out of Bounds: The ball is out of bounds when it crosses the goal line or touchline, in its entirety, whether it is in the air or on the ground.
- The ball may touch a goal line or touchline without being deemed out of bounds.
- Throw-In: When the ball crosses out of bounds on either touchline, a throw-in will begin play.
- To complete a successful throw in the player must:
- Have part of each foot either on or behind the touchline.
- Throw the ball with both hands.
- Deliver the ball from behind and over the head.
- Not play/touch the ball after the throw-in until it has been played/touched by another player.
- Not throw the ball directly (without a touch) into the goal.
- $1^{\text {st-}} 2^{\text {nd }}$ Grade: Players have 2 attempts to successfully throw-in the ball for the whole season.
- If the second attempt is unsuccessful, the ball will be turned over to opponents.
- $3^{\text {rd- }} 4^{\text {th }}$ Grade: Players have 2 attempts to successfully throw-in the ball for the first 4 games of the season.
- If the second attempt is unsuccessful, the ball will be turned over to opponents.
- On the $5^{\text {th }}$ game of the season, if he first attempted is unsuccessful it will be turned over to the opponents.
- $5^{\text {th }}-6^{\text {th }}$ Grade: Players have 2 attempts to successfully throw-in the ball for the first 2 games of the season.
- If the second attempt is unsuccessful, the ball will be turned over to opponents.
- On the 3 rd game of the season, if he first attempted is unsuccessful it will be turned over to the opponents.
- Offsides:
- A player is in an offside position when they have less than 2 defenders between themselves and the goal while a ball is played to them:
- The player is in their half of the field.
- The ball is played backwards to them.
- The ball is touched or was last played by the opponent.
- The ball is received from a corner kick, goal kick, drop ball, or throw-in.
- Offside will only be called if in the opinion of the referee the player in the offside position is interfering with play, an opponent or is gaining an advantage by being in that position.
- For an infraction of the offside rule, an indirect kick is awarded the defending team at the point of infraction.
- 1st- 2nd Grade: Offside is not called.
- However, if a player is consistently stationed in an offside position to gain an advantage, the player will be called for offside.
- 3rd - 6th Grade: Offside rule will be in effect.
- Goal Kicks: If the attacking team was the last to play or touch the ball and it goes out of the field of play by crossing the goal line either on the ground or in the air (excluding 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.
- Players of the attacking team may not enter the penalty area until the ball is traveled out.
- Corner Kicks: If the defending team was the last to play or touch the ball and it goes out of the field of play by crossing the goal line either on the ground or in the air (excluding 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.
- 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.
- 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 kickoff, 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.
- All Kicks Resulting from a foul are considered indirect and may not be kicked directly into the goal prior to touching a second player.
- 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.
- Throw-Ins: When the whole ball passes over a sideline outside of the field of play, 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.
- 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.
- Headers are not allowed.
- A player may not use his/her head to play the ball.
- If a player uses their playing the ball using the head is an indirect free kick at the spot of the infraction. If the infraction is committed by a defending player in the defender's penalty area, the free kick will be taken from a spot on the penalty area line parallel to the end line that is nearest to the spot of the infraction.
- Headers: (an inadvertent header will result in a dropped ball)


## ADDITIONAL RULES

- Officials may also assign penalties that include a "cooling off" period for a player.
- The YMCA asks everyone to make this a great experience for all individuals.
- Please be a good sport at all times.
- Support your team and respect your opponents and the officials.
- PLEASE keep comments positive toward officials, players, coaches, and parents.
- By doing so, you honor everyone, the game, and our community.
- Unsportsmanlike Conduct: YMCA officials do not have to give warnings before an ejection.
- YMCA staff reserves the right to deny participation to anyone (player or spectator) that fails to demonstrate proper sportsmanship.
- Unsportsmanlike conduct includes
- Swearing
- Fighting
- Storming the field
- Arguing with the officials.
- Tackling
- Pushing
- Dangerous/Unsafe play
- Abusive/obscene language/action
- First offense - warning
- Second offense - elimination and removal from the game
- If a coach, player, or parent is removed from any 2 games, that person may be eliminated from any further participation in the league.
- The Sports Director makes all final decisions.
- Coaches on the Field:
$0 \quad 1^{\text {st }}$ and $2^{\text {nd }}$ grade coaches may be on the field during the game.
- $3^{\text {rd }}$ to $6^{\text {th }}$ grade coaches may be on the field during the first two games.
- After the first two games, coaches may not walk onto the field without being beckoned by a referee, or if a player looks hurt.
- Number of Coaches per Team: No more than 2 actively coaching coaches per team.
- Officials will make every effort to explain calls to players, as this is an instructional league.
- A player is only allowed to be on one YMCA Soccer team per season.
- Team cheer is expected of both teams during the game, and therefore shaking hands and giving a cheer is a good habit to instill and is expected after each game.
- Disagreements with a referee's judgment, decision, or call should be brought to the referee's attention.
- All discussions should take place during time-outs.
- In-depth discussion or arguments will not be allowed on at the game.
- The referee has the final say at the game.
- Issues still needing attention should be brought to the Sports Director's attention and will be dealt with during the week between games and not on game days.


## TEAM PRACTICE

- Kindergarten, $1^{\text {st }}$, and $2^{\text {nd }}$ grade may not host weekly practice.
- Only practice on Saturdays before the game will be allowed.
- $1^{\text {st }}$ and $2^{\text {nd }}$ grade teams may practice for up to one hour.
- Practice start time will be scheduled by the volunteer coach and Sports Director.
- Coaches can host a parent meeting and one practice (may not last more than 1 hour) before the first game.
- $3^{\text {rd }}$ to $6^{\text {th }}$ grade may not host more than 2 practices per week.
- $3^{\text {rd }}$ through $6^{\text {th }}$ grade teams may practice for up to one hour per practice.
- Practice start time will be scheduled by the volunteer coach and Sports Director.
- No practice can be held before the season begins.
- Earliest practice start date will be announced each season.


## SPECTATORS

- Spectators must remain at least 5 yards away from field.
- Parents must supervise younger children at all times.
- All cheering is to be positive at all times

