



YMCA

We build strong kids,  
strong families, strong communities.

Revised 02/3/09

## Longmont YMCA Youth Soccer Rules

**The #1 goal is to have fun!!!!**

<b>Ages</b>	<b>Numbers</b>	<b>Ball Size</b>
4 & 5 year olds	Play 5 at a time	#3
Kindergarten	Play 5 at a time	#3
1 <sup>st</sup> & 2 <sup>nd</sup> grade	Play 6 at a time	#4
3 <sup>rd</sup> -6 <sup>th</sup> grade	Play 8 at a time	#4

### The Field

#### Dimension & Goal Measurements:

• <b>Ages</b>	<b>4 &amp; 5 yr</b>	<b>K</b>	<b>1<sup>st</sup>-2<sup>nd</sup></b>	<b>3<sup>rd</sup>-4<sup>th</sup></b>	<b>5<sup>th</sup>-6<sup>th</sup></b>
• Length	30	30	40	60	60
• Width	20	20	30	40	40
• Goals	4x8	4x8	4x8	7x12	7x12

#### Length of Games:

• <b>Ages:</b>	4-K	4 quarters / 8 minutes
	1 <sup>st</sup> grade-2 <sup>nd</sup> grade	4 quarters / 10 minutes
	3 <sup>rd</sup> grade-4 <sup>th</sup> grade	2 halves / 22 minutes
	5 <sup>th</sup> grade- 6 <sup>th</sup> grade	2 halves / 22 minutes

### Equipment

- All players must wear the reversible YMCA navy/gold Youth Sports Jersey.
- No stud on the front toe of shoes.
- Sweats or shorts are recommended. (NO JEANS ALLOWED!)
- Shin guards are required.
- The YMCA will furnish balls.
- No jewelry.

### Games

- All games will be played on Saturdays. Game time and locations will be shown on your schedule.
- Time-Clock does not stop. No time-outs except for injuries.
- Goalie- A player should be designated and identified by wearing a goalie shirt (pinny) furnished at the game.

## General Rules of Play

- All players must play at least half of the game, and substitutions may occur on any dead ball.
- The home team will have possession of the ball first.
- To start play there is a kick off. This happens at the start, at the half and after a goal is scored. A forward player standing near the centerline kicks the ball to a fellow player. After the ball makes one complete revolution forward the game is officially started. The kicker may not touch the ball again until another player has kicked it. The ball may not be kicked backwards to start play.
- After a goal the ball is returned to the center where it is kicked off by the team that didn't score.
- At the beginning of the 2<sup>nd</sup> half, teams change ends of the field and the opposite team kicks off from the one who started the game.
- The ball is "Out of bounds" when the entire ball passes over the touchline of the field.
- If the ball goes over its own end line, and is touched last by the defending team for that end, a CORNER KICK results for the offensive team. (During the kick defensive players must be 10 yards away from the player kicking the ball).
- If the offensive team touches the ball and it goes over the end line, the defending team receives a GOAL KICK. The ball is placed on the ground in the goal area and the opposing players must remain outside the penalty area or the kick is retaken. It must be kicked; it can not be dribbled. The goalkeeper, in this instance, can not touch the ball with his/her hands. It must be kicked from the corner of the goal box that corresponds to the side it went over the line.
- When the ball goes "out of bounds" across either sideline it is a THROW-IN for the team who did not touch it last. On the throw-in, a player may take a run, but as it is released, a part of the foot must touch the ground either on or outside the touchline. The thrower must use both hands equally and deliver the ball from behind his/her head. (NO SPINNING, LIFTING THE FOOT, OR OFF TO THE SIDE THROWS ALLOWED ON THE THROW-IN.) A goal may not be scored until another player on either team has touched it.

## ILLEGAL THROW-IN RESULTS

### AGES:

- 4-K No Violation.
- 1<sup>st</sup>-2<sup>nd</sup> Same child throws again.
- 3<sup>rd</sup>-4<sup>th</sup> Same child gets one more try. If illegal, a second time then the result is a turnover to the other team.
- 5<sup>th</sup>-6<sup>th</sup> Automatic turnover to the other team.

- Except for the goalie, players can not touch the ball with any part of their arm from their shoulder down to the tips of their fingers. This is called “hands”. If a player handles the ball with his/her hands intentionally, the opposing team is given a free direct kick. Girls will be allowed to cross arms in front of their chest, but cannot maneuver their arms in any manner. Inadvertent “hands” will be a play on situation.
- A goal is scored when the ball entirely crosses the goal line, between the two posts and under the cross bar.
- The goalie has certain rights in addition to being the only player that can use their hands. He/She may not be interfered with when they have possession of the ball. No player may attack the ball if the goalie is bending over to pick up the ball. If the ball bounces off the goalie and returns to play the ball is live. The goalie may only use their feet if a pass is received from a player on their team.

## FOULS AND MISCONDUCT

- Offsides - 3<sup>rd</sup> – 6<sup>th</sup> grade only  
A player is in an offside position if they are nearer to the opponent’s goal line than the ball unless:
  - They have two (2) opponents between them and the opponent’s goal. This includes the goalie.
  - If they are outside their opponents half of the field.
  - Not involved in play.A player shall be declared offsides in the moment a ball is touched by one of his or her own teammates and they are in an offside position. An offsides call results in an indirect kick for the other team at the spot of the infringement.
- There are nine (9) prohibited acts for which a referee can award a DIRECT KICK. A direct kick may be scored if the foul occurs in the goalie box.

- |                         |                         |
|-------------------------|-------------------------|
| 1. Kicking              | 6. Holding              |
| 2. Tripping             | 7. Pushing              |
| 3. Jumping at opponent  | 8. “Hands”              |
| 4. Violent Charging     | 9. Charging from behind |
| 5. Striking an opponent |                         |

- An INDIRECT KICK shall be awarded when the following acts occur. Any foul occurring outside the goalie box is considered an indirect kick. An indirect kick must touch another player before it can be scored. (Opponents must be 10 yards away during Indirect Kicks). For 4 year olds through 2<sup>nd</sup> grade all penalty kicks will be indirect.

1. Dangerous Play
2. Charging occurring away from the ball
3. Charging the goalkeeper when he/she does not have the ball
4. Opponent obstruction
5. Charging the goalie while face is exposed to the ball