

Soccer Rules

Age group	Field size (L*W)	Ball size	Goal size	Goal area (L*W)	Penalty area (L*W)	Number of players on field including goalkeeper
3-4 year olds	40*25 yards	3	4*6	3*6	6*12	5 or everyone can play as long as both coaches agree before games starts
5-6 year olds	40*25 yards	3	4*6	3*6	6*12	6
7-9 year olds	60*40 yards	4	6'6"*12	5*16	10*26	7
10-12 year olds	60*40 yards	4	6'6"*12	5*16	10*26	8

Equipment needed by players: YMCA provides jerseys. Players are REQUIRED to wear shin guards to ALL practices and games. Cleats are recommended but not required. If the weather is cold sleeves/jackets are to be worn under jersey for games. Jersey MUST be visible for games.

Referees: There will be one recreation referee and one YMCA employee or volunteer for 7-9 year olds and 10 & up games. There will be one YMCA employee or volunteer to call 3-4 year olds and 5-6 year olds games.

Duration of each game:

- 3-4 year olds play two 15 minute halves. Half time is 5 minutes. No time outs.
- 5-6 year olds play two 15 minute halves. Half time is 5 minutes. No time outs.
- 7-9 year olds play two 20 minute halves. Half time is 5 minutes. Each coach has 1 timeout per half 2 minutes long.
- 10-12 year olds play two 25 minute halves. Half time is 5 minutes. Each coach has 1 timeout per half 2 minutes long.

Start and restart of play: A kickoff will start and restart play. Home team will take kickoff to start the game. Away team to pick which goal to attack for the first half. During kickoff all players save the kicker must be in their own half and the opposing team must be outside the center circle. The ball is in play once it has been kicked and the kicker can not touch the ball again until another player has touched it.

Ball in and out of play: The ball is out of bounds when it has wholly crossed the line on ground or in air. Ball is considered still in play if it rebounds back inside lines from goal-post, crossbar, or referees. Should the ball make contact with a referee and present a scoring opportunity, the play will be stopped and brought back for an indirect free kick.

Method of scoring: A goal is scored when the whole ball passes over the goal line in air or on ground. Goals will remain the same after the initial direction of play is chosen for 3-4 and 5-6 year olds. Direction of play will switch after half time for ages 7-9 and 10-12.

Substitutions: At any stoppage of play and unlimited. Sub must be called in by an official.

Offsides: Only for 10 & up.

Offside Position: It is not an offense in itself to be on the opponent's half of the playing field. A player must be offside in order for an offense to be called. A player is in an offside position if they are nearer to their opponents' goal line than both the ball and the last field player opponent on the opponent's half of the playing field. A player is not in an offside position if: (1) they are on their own half of the field of play, (2) they are level with the last opposing field player, or (3) they are past the last opponent and the ball is played backward.

Offense: A player in an offside position is only penalized if, at the moment the ball touches or is played by one of their teammates and they are, in the opinion of the referee, involved in the active play by interfering with the play, interfering with an opponent, or gaining an advantage by being in that position.

No Offense: There is no offside offense if a player receives the ball directly from a goal kick, throw-in, or corner kick.

Goalkeepers:

Equipment: Keepers are not required to wear a mouth guard or gloves. However, both are acceptable.

Possession: The goalkeeper is considered to be in control of the ball when the ball is held with both hands, held by trapping the ball between one hand and any surface (e.g., the ground, a goalpost, the goalkeeper's body), or holding the ball in the outstretched open palm. When the keeper has possession of the ball, all other players must stop their attack as soon as possession is established. Continuing to kick the ball after keeper possession will result in a foul called on the offense and result in a penalty kick as addressed below.

Game Play: The goalkeeper is the only player on the field that is allowed to touch the ball with their hands aside from throw-ins. All other specifics about goalkeeper interactions are included within the sections below.

Headers: No headers will be allowed for 3-4 year olds and 5-6 year olds. 7-9 and 10-12 can head the ball.

Fouls and Misconduct:

- **Direct Kick:** awarded to the opposing team if player commits any of the following offenses in a manner considered by the referee to be careless, reckless, or using excessive force:
 1. Kicks or attempts to kick an opponent
 2. Trips or attempts to trip any opponent
 3. Jumps at an opponent
 4. Charges an opponent
 5. Strikes or attempts to strike an opponent
 6. Pushes an opponent
 7. Tackles an opponent
 8. Holds opponent
 9. Spits at an opponent
 10. Handles the ball deliberately
- **Penalty Kick:** awarded if any of the above offenses are committed by a player inside their own penalty area, irrespective of the position of the ball, provided it is in play.
- **Indirect Kick:** awarded to the opposing team if a goalkeeper inside their own penalty area, commits any of the following (the following shall not result in penalty kick):
 1. touches the ball again with their hands after they have released it from possession and before it has been touched by another player
 2. Touches the ball with their hands after it has been deliberately kicked to them or by a teammate
 3. Touches the ball with their hands after they have received it directly from a throw-in taken by a teammate.

A direct kick is also awarded to the opposing team if, in the opinion of the referee, a player: plays in a dangerous manner, impedes the progress of an opponent, prevents the goalkeeper from releasing the ball from their hands, commits any other offense, not previously mentioned.

If a player commits any offenses, the referee may ask the coach to sub that player out for two minutes.

NO SLIDE TACKLES!!!

Free Kicks

Direct Kick: A goal can be scored on a direct free kick.

Indirect Kick: A goal can only be scored if the ball subsequently touches another player before it enters the goal. If an indirect free kick is kicked directly into the opponent's goal, a goal kick is awarded. If an indirect kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team (ages 3-4 and 5-6 only).

Procedure: For both direct and indirect free kicks, the ball must be stationary when the kick is taken and the kicker must not touch the ball again until it has touched another player.

Penalty Kick (7 years old and Up ONLY)

A penalty kick is awarded against a team that commits one of the offenses for which a direct free kick is awarded, inside its own penalty area and while the ball is in play.

Position: The ball must be placed on the penalty mark. The player taking the penalty kick must be properly identified. The defending goalkeeper must remain on their goal line, facing the kicker, between the goalposts until the ball has been kicked. The players other than the kicker must be located: inside the field of play, outside of the penalty area, behind the penalty mark, at least 8 yards from the penalty mark. After the players have taken the positions in accordance with this rule, the referee signals for the penalty kick to be taken: The player taking the penalty kick must kick the ball forward. They must not play the ball again until it has touched another player or the goalpost. The ball is in play when it is kicked and moves forward.

Throw Ins

A throw-in is awarded to the opponents of the player who last touched the ball when the whole ball crosses the touch line, either on the ground or in the air. A goal cannot be scored directly from a throw-in.

Procedure: At the moment of delivering the ball, the thrower: faces the field of play, has part of each foot on the ground outside the touch line, holds the ball with both hands, delivers the ball from behind and over their head, and delivers the ball from the point where it left the field of play with part of each foot remaining in contact with the ground upon release of the ball. All opponents must stand no less than 2 yards from that location at which the throw-in is taken. The ball is in play when it enters the field of play. After delivering the ball, the thrower must not touch the ball again until it has touched another player, the goalpost or crossbar.

Goal Kick

A goal kick is awarded to the defense when the whole of the ball passes over the goal line, either on the ground or in the air, having last been touched by a player of the attacking team. A goal may be scored directly from a goal kick, but only against the opposing team.

Procedure: The ball is kicked from any point within the goal area by a player of the defending team. Opponents remain behind the midfield line until the ball is in play. The kicker must not play the ball again until it has been touched by another player. The ball is in play when it is kicked directly out of the penalty area.

Corner Kick

A corner kick is awarded to the offense when the whole of the ball passes over the goal line, either on the ground, or in the air, having last touched a player of the defending team. A goal may be scored directly from a corner kick, but only against the opposing team.

Procedure: The ball must be placed inside the corner arc nearest to the point where the ball crossed the goal line. Opponents must remain at least 8 yards from the corner arc until the ball is in play. The ball must be kicked by a player of the attacking team. The ball is in play when it is kicked and moves. The kicker must not play the ball again until it has touched another player.

BC YMCA Track Rules

- NO PETS on track or field.
- Children must be picked up on field or at the track gate for safety after every practice and game.
- STAY OUT of all ditches and tall grass areas.

- Please send water with your children to all sporting events.