



## Soccer Rulebook

### YMCA of Central Texas

**Pledge:** *Win or lose, I pledge before God to play the game as well as I know how, to obey the rules, to be a good sport at all times and to improve myself in spirit, mind and body.*

### Purpose of YMCA Sports

The sports program is designed to be an aid and tool in the development and growth of the participants. The YMCA is not just a sports association; however, the YMCA does use sports as one of its programs to foster physical, mental, and spiritual growth. The attainments of exceptional athletic skills and the winning of games, though important, are secondary- to the molding of future men and women is the goal.

### Purpose of Soccer

1. Develop and build self-esteem
2. Develop and teach physical skills, fitness, and health
3. Develop social skills and relationships among participants
4. Support and strengthen family life
5. Develop responsibility, decision making, and leadership
6. Create a unique and enjoyable leisure family activity

### General Rules for All Divisions

1. No headers will be allowed at any time. Please refer to the U.S. Soccer Recognize to Recover program for more information on concussion at <http://www.recoqnizetorecover.org/head-and-brain/#head-brain-conditions>
2. Each player should play a minimum of 2 quarters or half of the game
3. Goalies are required to wear a shirt different from either team, each team will provide their own
4. Teams will switch ends of the field at half time (7+)
5. Metal cleats are not allowed
6. No protest will be accepted. Show respect for each other so we can make this a positive experience for the children. Report any disagreement to Sports Director.
7. Home team and Away team will sit in designated areas assigned by YMCA staff.
8. Parents and teams will be required to sit or stand five feet off of the sideline
9. Coaches will not be allowed on the playing field during the game with the exception of 3U, 5U, 8U (8U is allowed one coach but discourage as season progresses)
10. Teams warming up prior to their game shall not interfere with ongoing games
11. Rules will be followed unless changed for youth play, this rulebook can be found on <http://ymcaofcentraltexas.org/PROGRAMS/Sports-Recreation> under soccer tab.
12. All teams must wear the provided YMCA soccer uniform for all games
13. If at the start of a game either team is unable to field a complete team, the opposing team will supply the required number of players to make the number of players on the field even
14. At no time should a player who is not registered with the YMCA sports department will be allowed to play in any game.

Division	# of Players	Field Size	Duration	Ball Size	Max/Roster	Goalie
3U	4 v 4	90 x 60	4 – 6min Q	3	8	No
5U	6 v 6	135 x 80	4 – 8min Q	3	12	No
8U	7 v 7	175 x 100	2 – 20min H	4	14	Yes
11U	9 v 9	260 x 150	2 – 25min H	4	18	Yes
15U	11 v 11	260 x 150	2 – 30min H	5	18	Yes

\*Q=Quarter H=Halve \*All field sizes and durations may vary or be adjusted by Sports Director

### 3U Division Specific Rules

1. No Goalie
2. Each quarter will start with a kickoff with the opposite team kicking off each quarter
3. Halftime will last 5 minutes
4. Offsides will not be enforced
5. Penalty kicks will not be taken
6. Officials or staff will assist with throw-ins and corner kicks
7. Substitutions should be made only at the quarters
8. Coaches will be allowed on the field throughout the season 1 per team
9. No parents or coaches may coach from behind the goal



### 5U Division Specific Rules

1. No Goalie
2. Each quarter will start with a kickoff with the opposite team kicking off each quarter
3. Halftime will last 5 minutes
4. Offsides will not be enforced
5. Penalty kicks will not be taken
6. Officials or staff will assist with throw-ins and corner kicks
7. Substitutions should be made only at the quarters
8. Coaches will be allowed on the field throughout the season 1 per team
9. Coaches are not allowed to stand inside the goal box

### 8U Division Specific Rules

1. Goalie is allowed
2. Each quarter will start with a kickoff with the opposite team kicking off each quarter
3. Halftime will last 5 minutes
4. Offsides will not be enforced
5. Improper throw-ins will result in a redo
6. Penalty kicks will be awarded
7. Substitutions can be made once in each half (unless injury or emergency)
8. One coach allowed on field but discourage as season progresses
9. No parents or coaches may coach from behind the goal

### 11U Division Specific Rules

1. Goalie is allowed
2. A team shall not substitute for a player who is disqualified during any period of play
3. The team in possession of a dead ball may substitute. If the team chooses to substitute the opposing team may substitute as well
4. A team can sub an unlimited number of players during these times, between periods, goal kick, scored goal, injured player, player cautioned or disqualified
5. Coaches must stay in the designated area along the sideline
6. No parents or coaches may coach from the end lines or behind the goal.
7. Games governed by U.S. Soccer, FIFA, and YMCA of Central Texas.
8. Referees will briefly review carding before the game

### 15U Division Specific Rules

1. Goalie is allowed
2. A team shall not substitute for a player who is disqualified during any period of play
3. The team in possession of a dead ball may substitute. If the team chooses to substitute the opposing team may substitute as well
4. A team can sub an unlimited number of players during these times, between periods, goal kick, scored goal, injured player, player cautioned or disqualified
5. Coaches must stay in the designated area along the sideline
6. No parents or coaches may coach from the end lines or behind the goal.
7. Games governed by U.S. Soccer, FIFA, and YMCA of Central Texas.
8. Referees will briefly review carding before the game.

### Positions Descriptions

**Forwards:** The forwards (strikers) are primarily offensive positions. Their main purpose is to score goals.

**Midfielders:** The midfielders (halfback) are the links between the offense and defense. Midfields defend their own goal, but also attack the opposing team and keep the ball in play by passing to the forwards. They will also try to score goals.

**Defenders:** The defenders try to protect their goal from the opposing team. These players must be aggressive, take charge and not be timid. They must stay alert because the game, at times, will be on the other end of the field.

**Goalkeeper:** This position requires different skills and temperament from the other soccer positions. Try and have a few different players try this position out throughout the season.



### **Suggested guidelines for providing first aid**

*In cases where a YMCA staff is unavailable*

Coaches and parents are responsible for providing first aid to their own team and child

1. Each team should have a first aid kit at games and practices
2. Cover open sores/lesions prior to the game
3. Wear gloves when in contact with blood or other body fluids
4. Immediately wash hands and other skin surfaces with soap and water if in contact with blood or body fluids
5. Clean all blood contaminated surfaces and equipment with a solution of 1:10 bleach and water or other disinfectant

### **Rainout Policy**

Every attempt will be made to play games at their originally scheduled time and location. If one half of the game is completed, it will be considered a complete game, if the official has to cancel due to weather or field conditions.

*\*Rescheduled games are not guaranteed; rescheduled games may be played during the week.*

### **Disciplinary Actions**

The YMCA understands the necessity of discipline. The YMCA will allow proper consequences to be given for disruptive behavior at practices or games and habitual absences at practices. If a coach elects to sit a child out of a game as a teaching method, he/she must abide by the following procedures:

1. Clearance with the Sports Director at the YMCA beforehand.
2. Discuss the situation with the parents.
3. Notify the opposing coach prior to the start of the game.
4. Clearance is for one game only; each offense must be processed.

**NOTE:** This action is to deter a habitual action, not a single unavoidable circumstance and we do not want to take this route if at all possible.

Any player arriving late for the game may lose their right to play two quarters. This is the coach's decision.

### **Ejections**

If a player, coach or spectator is ejected from a game, they will have a two game suspension. The YMCA sports department will not issue refunds to any player, coach or spectator ejected from a game or anyone involved in a suspended game or season.