



2024 YMCA YOUTH SOCCER Y9 & UNDER RULES

I. THE FIELD Dimensions:

- A. Length: Will vary by age group
- B. Width: Will vary by age group

Markings:

- A. Distinctive lines not more than five (5) inches wide.
- B. A halfway line shall be marked out across the field.
- C. A center circle with a five (5) yard radius.
- D. Goal area: Three (3) yards from each goal post and three (3) yards into the field of play joined by a line drawn parallel with the goal line.
- E. For Y9 there will be a dual goal box to protect the goalie. A goal scored inside of the inner goal box will not be allowed, and a goal kick will be awarded to the defending team.
- F. Field Lengths may vary due to Division.

Sidelines:

- A. Teams are required to occupy opposite sidelines as follows:
 - 1) North-South fields, the home team will occupy the East sideline;
The visiting team will occupy West sideline.
 - 2) East-West fields, the home team will occupy the North sideline;
The visiting team will occupy South sideline.

II. THE BALL

- A. Y3 : size 3
- B. Y6 : size 3
- C. Y9 : size 4

III. NUMBER OF PLAYERS / COACHES

- A. Y6
 - 1. Five (5) players per side, no goalies.
 - 2. No more than 1 coach per team on the field. After the 3rd season game, no coaches will be on the field, unless for an injury.
- B. Y9
 - 1. Six (6) players per side, including a goalie.
 - 2. All Coaches must remain on the sideline during the games.
- C. Substitutions:
 - 1. Unlimited and can take place regardless of ball possession.
 - 2. May occur during injuries or any other stoppages in play.
 - 3. Players cannot switch in during game play.
- D. Y6 & Below – No player is allowed to “park”, “camp out”, or play as a goalkeeper on defense, while the ball is not in their half of the field of play. Players should be involved in active play at all times.



F. Parents

1. Parents are not permitted behind goals and/or on the field of play during games. The only exception is in the Y3 Division.
2. In the event you are needed on the field, such as a player injury, the officials will signal for you to come on to the field.

G. PLAYERS EQUIPMENT

- A. Footwear: tennis shoes or rubber molded soccer shoes. Soccer cleats only.
- B. Shin guards are required.
- C. All Goalies will wear identifiable target jerseys provided by the YMCA at games.

V. DURATION OF GAME

- A. Y3: The game shall be divided into four (4) equal, six (6) minute quarters.
- B. Y6: The game shall be divided into four (4) equal, eight (8) minute quarters.
- C. Y9: The game shall be divided into two (2) equal, twenty (20) minute halves.
- D. There shall be a halftime break of three (3) minutes.

VI. THE START OF PLAY

- A. At the beginning of the game, choice of ends and the kick off shall be decided by the toss of a coin or other method. The team winning shall have the option of choice of ends or the kick off.
- B. The game shall be started by a player taking a place kick into his opponents' half of the field of play. Every player shall be in his half of the field and every player of the opposing team shall remain 5 yards from the ball until it is kicked off.
- C. After a goal has been scored, the game shall be restarted in like manner by a player of the team losing the goal.
- D. When restarting after half-time, ends shall be changed and the kick off shall be taken by a player of the opposite team that started the game.

VII. BALL IN AND OUT OF PLAY

- A. The ball is out of play: (a) when it has crossed the goal line or touchline, whether on the ground or in the air; (b) when the game has been stopped by the referee. B. The ball is in play at all other times from the start of the match to the finish.

VIII. SCORING AND STANDINGS

- A. A goal is scored when the whole ball crosses the goal line.
- B. For Y9 Only, goals must be scored from outside of the inner-goal box.

IX. FOULS AND MISCONDUCT

- A. A player who commits any of the following infractions will be charged with a foul: (a) kicking or attempting to kick an opponent, (b) tripping an opponent, (c) jumping at, charging, striking, or pushing an opponent, or (d) handling the ball deliberately (carries, strikes, or propels the ball with his hand or arm) - this does not apply to the goalie within his own goal/penalty box.
- B. Fouls outside of the goal box shall result in an indirect free kick with opponents five (5) yards away.
- C. An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following offences: (a) controls the ball with his hands for more than six seconds before releasing it from his possession, (b) touches the ball

again with his hands after he has released it from his possession and before it has touched another player, (c) touches the ball with his hands after it has been deliberately kicked to him by a team-mate, or (d) touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate.

- D. The referee must explain ALL infractions to the offending player.
- F. No Slide Tackling Allowed.

X. FREE KICKS

- A. A free kick occurs when a foul is called (to be taken from or near the spot of the foul)
- B. Shall be classified under one heading: INDIRECT - an indirect free kick is a kick from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.
- C. No kicks shall be taken by the offending team within the defending team's goal box.
- D. There are no penalty kicks.

XII. OFFSIDES:

- A. No offsides are to be called during these games.

XIII. THROW-IN

- A. A throw-in occurs when the ball crosses either sideline out of bounds
- B. Y9 and Below: If a player is attempting a throw-in, the ball must be thrown from directly above the head with both feet remaining on the ground - a second throw-in will be allowed if a player commits a foul on initial attempt.

XIV. GOAL KICK/PUNTING

- A. A goal kick is taken when the ball crosses end line out of bounds by the attacking team.
- B. Goal kick is taken from either corner of the goal box.
- C. Y6 and below: Opponents must be five (5) yards away from the ball.
- D. Y9 : Defending players will line up at mid field line until the ball is in play so that the attacking team has a chance to advance up the field.
 - Except and unless the defending team chooses to restart quickly, in which case the opposing team can stop their retreat and begin to attack the defending team.
- E. Y9: Goalies will not be allowed to punt the ball. They must either roll the ball out, set the ball down to kick it or make a throw.

XV. CORNER KICK

- A. A corner kick is taken when the ball crosses end line out of bounds by the defending team.
- B. Corner kicks are to be taken from the corner nearest to where the ball goes out of bounds.
- C. Opponents must be five (5) yards away from the ball.

XVI. Rules & Exceptions

- A. The preceding rules shall be the official playing rules for all divisions of YMCA Soccer. Should a dispute occur, we will refer to the following set of rules first and then to the current FIFA Laws of the Game.
- B. Exceptions to the Laws of the Game:
 - A. No injury time or extra-time
 - B. No Drop Balls
 - C. No Direct Kicks
 - D. The Sports Director, Sports Coordinator, or Field Supervisor will have the final ruling in all disputes.

XVII. YMCA MISSION

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

