

NORFOLK FAMILY YMCA

Spring Soccer Rules

<u>League</u>	<u>Format</u>	<u>Ball Size</u>	<u>Field Size (feet)</u>
Ages 3-6	4 on 4	3	40x60
1 st -2 nd Graders	5 on 5	4	70x100
3 rd -4 th Graders	7 on 7	4	90x120
5 th -6 th Graders	7 on 7	5	90x120

Important Information & Terms

- Sportsmanship:** Good sportsmanship is to prevail at all times. Coaches will be held responsible for the conduct of themselves and their players.
- Equipment:**
- * **SHIN GUARDS ARE MANDATORY!**
 - * TENNIS SHOES OR CLEATS (NO METAL)
 - * YMCA REVERSIBLE JERSEY
 - * NO EXPOSED JEWELRY MAY BE WORN DURING PLAY
- Soccer Balls:** Balls will be provided for practices/games. They will be on the fields when you get there, so please leave them on the field when you leave.
- Timeliness:** It is the responsibility of the coaches to start their games **ON TIME**. Tardiness will result in lost game time. Coaches, players, and referees should arrive at their designated field 10 minutes before their game starts. **Game time is not warm up time**. Games are not allowed to go past their designated time slot with the exception of Picture Day.
- Practice Times:** Ages 3-6: One day a week with a 20-minute practice/skill development, followed by the game. Time listed on the schedule is the start of practice.
- 1st - 6th Grade: Practices will be on Tuesday evenings throughout the season. They will be 45 minutes long. (Exception: the first week there will be practice both Tuesday and Thursday)
- Game Times:** Ages 3-6: Games will be played with four 5-minute quarters with a 2-minute break between quarters. Games will take place after their 20-minute practice.
- 1st - 6th Grade: Games will be played with four 8-minute quarters with a 3 minute break between quarters.
- Participation:** **All players MUST play a minimum of half of each game.** This is at the discretion of the coach. Please be aware of this rule as it is the backbone of our youth sports program and must be adhered to.

- Communication:** Coaches will be responsible for contacting and keeping all participants on their roster updated about practices, game times, cancellations, etc. If problems, questions, or conflicts arise, contact the Sports Director.
- Number of Players:** **4 vs 4:** (Ages 3-6) There will be no goalkeeper.
5 vs 5 and above: One goalkeeper and remaining players on the field. (1st-6th Grade)
- Referees:** There will be a referee provided for each age division. The referee has jurisdiction from ten minutes before game time until he/she signals the end of the game. Referee decisions are final. Flagrant penalties will not be tolerated. **NO ONE, spectator nor participant, shall be allowed behind the goal lines during the game.** The referees shall halt the game if necessary to enforce this rule.
- Linesman:** Each coach will be responsible for being a linesman during the game. Linesman responsibilities are to signal out of bounds and to indicate who takes possession.
- Game Start:** The home team, wearing blue, will start with the ball.
- Substitutions:** There will be unlimited substituting. Subs may enter the game during any dead ball. Coaches must signal the referee that a substitute is coming in. **Remember Coaches: Each player shall play a minimum of 50% of the total playing time.**
- Time-outs/Overtime:** There will be no time outs and no overtime.
- Out of Bounds:** Pre-K-Kindergarten: Ball will be kicked in from the sideline.
1st-6th Grade: Ball will be thrown in from the sideline and kicked in from the corner.
- Offsides:** There are no offsides for any of our leagues.
- Handball:** Deliberate handling of the ball (ball handling that could have been avoided) that denies the opposing team a goal or an obvious goal scoring opportunity is a Direct Kick Foul and will result in a Direct Free Kick. A handball foul should not be called if: (1) a player is instinctively trying to protect himself/herself from injury or, (2) the player did not deliberately touch the ball but the ball hit his/her arm & he/she did not move the arm toward the ball. However, if the player's arms were in an unnatural position such as above the shoulders or sticking out to the sides, a handball will be called.
- Slide Tackling:** **Slide Tackling is NOT allowed!** A slide tackle is when a defender slides on the ground and attempts to kick the ball away from the ball handler. If the tackle is careless, reckless, or uses excessive force or the tackler first contacts the ball handler instead of the ball, a foul should be called. Players must stay on their feet and cannot make contact with an opposing player. Players may slide to stop/intercept a ball; however, NO CONTACT can be made with opposing players.
- Scoring:** No score will be kept in any division.

Goal Box: The Goal Box is the small box in front of the goal. In 4 on 4 for Ages 3-6 players may move through the goal box, but may NOT touch the ball within the box. If a **defensive player** touches the ball in the goal box, a goal shall be awarded to the offensive team. If an **offensive player** touches the ball in the goal box, a goal kick will be awarded to the defensive team. If the ball comes to a complete stop within the goal box, then a goal kick will be awarded to the defensive team.

Penalty Box: The Penalty Box marks the area where the goalie is allowed to use his/her hands. Once the goalie leaves the Penalty Box he/she becomes another player and is no longer protected by goalkeeper rules. **Goal kicks are always taken from the goal box not the penalty box.**

Goalkeepers: **There is no goalie for 4 on 4 or below for Ages 3-6.** Additionally, there should NOT be a defensive player who hangs back by the goal; however, there may be defenders that are played back by mid field.

There is a goalie in 4 on 4 – 9 on 9 Soccer for 1st-6th Grade. Every player should play in the goalkeeper position at least twice during the season and the goalkeeper should switch each quarter or half of the game. It is important that every player gains an understanding of what a goalkeeper is, how the position is different than field positions, and to learn the skills required.

Goalkeeper Rules:

1. The goalie is the only player on the team that may use their hands during play, provided that they are in the boundaries of the penalty box. Once outside the penalty box they become another player on the field, and they are not protected by goalkeeper rules.
2. The goalkeeper may not hold the ball with his/her hands for more than 6 seconds. During that interval, the goalkeeper may hold, bounce, or throw and catch the ball. Failure to relinquish the ball in 6 seconds will result in an indirect free kick for the opponent.
3. While in possession of the ball, the goalie cannot be interfered with by an opponent. If an opponent moves to block the goalie and indirect kick will be awarded to the goalie's team.