



Youth Soccer (Five-a-Side) League Rules & Guidelines

I. General

- a. The YMCA League focuses on skill development, fun, and a sense of team in a semi competitive environment. Scores and standings are not kept.
- b. Except where otherwise noted in these rules, National Federation Rules (High School) shall govern competitions in YMCA youth leagues.

II. Coach/Parent/Player Expectations

- a. Late Policy: It is imperative for games to start on time. Nevertheless, there is a 5-minute grace period for the start of the game if a team does not have at least 4 players. Teams can start with 4 players.
 - i. All teams must be at the center and ready to begin the match at the appointed kick-off time.
- b. Coaches, parents and players are expected to uphold YMCA values in both victories and in defeat.
 - i. Coaches/Parents/Players will ensure and promote a culture of celebration. Taunting or otherwise demeaning of others will not be permitted.
 - ii. Coaches/Parents/Players will be expected to address the referees of the game in a respectful and professional manner. Coaches must hold all questions about calls until a stoppage in play.
 - iii. Coaches/Parents/Players will refrain from using profanities while representing the YMCA.
- c. Coaches are responsible for the conduct of their players, parents, coaches and fans. The coach must set the tone for positive behavior from the kids and parents. The team will look at the coach as a role model and will generally replicate the coach.
- d. Coaches and players should learn and work to fully understand both standard volleyball and specific Y league rules.
- e. Coaches will play all players on their roster a minimum of 50% of the game. To ensure that, substitutions will be done every 5 minutes.
- f. Coaches must remain on the sidelines and on their half of the court during play.
- g. Coaches will complete all aspects of onboarding, including completion of criminal background check and online volunteer application and attendance at Y coaches meeting.
- h. Coaches are all **volunteers**. Administrative support and equipment will be offered by the Anaheim Family YMCA.
- i. Player Safety: All types of jewelry (earrings, bracelets, necklaces, etc.) must be removed before the game.

III. TEAMS

- a. Teams will be formed with following considered.
 1. Grade/Age at the start of season (evaluation day)
 2. Friend/Coach requests
 3. Practice day availability
- b. Players will remain on the same team throughout the entire season.
- c. Teams shall have no more than 10 players, unless specifically changed by the Sports Director.
- d. Five players per team shall participate at any one time. If one team has only 4 players, game still can be played. No official game will be played with fewer than 4 players per team.
- e. Only players on Y rosters are permitted to participate in practices and games.

- f. YMCA Uniforms are required to play in the game.
 - i. NO screw-in studded footwear is permitted to be worn by any player on the fields. Only training shoes and turf shoes may be worn. All Players must wear shin guards (dependent on organizer). The wearing of any jeweler is not permitted during play.
- g. For injuries, play must be stopped at once. Players may return to their bench or take a knee on the court.
- h. Each team will have Captains or Assistants. A referee must discuss a call with the Captain/Assistants when the Captain or Assistant asks. A Coach must use his Captains and Assistants for questioning calls.

IV. GAME PLAY

- a. Any player that attends practice on a regular basis, is expected to play a minimum of 50% of the game. No player may play the full game if more than 6 players are present. Players not regularly attending practices and games may have limited playing time. Sports Director must be contacted before limits put in place.
- b. Player Rotation/Substitutions:
 - i. Each team may have four outfield players and a goalkeeper on the field at any time.
 - ii. The goal of the YMCA is to provide all children with equal playing time. All players must play a minimum of 50% of the game. If a player ends up becoming ill or injured during a game, he or she can be substituted out.
 - iii. Substitutions can be made during dead balls (spot kicks, after goals, etc.)
 - iv. Each Child will need to play at least half of the game. To ensure that, substitutions will be done every 5 minutes
- c. Timing of Game: The match will consist of two equal minute halves – half lengths will vary depending on the division.
 - i. 3-4 & 5-6 division: (2) 15-minute halves with a 5-minute break in between
 - ii. 7-17 year old divisions: (2) 20-Minute halves with a 5-minute break in between. \
- d. Start of Game:
 - i. Each half will begin with one team kicking off at midfield. After a goal has been scored the game will be re-started at midfield again. The ball must go backwards off a kickoff.
- e. Ball Play:
 - i. The ball is in play as long as it doesn't hit the net. Once the ball hits the net, the ball is dead. Balls can be played on rebounds off boards.
 - ii. No slide tackles are allowed. Infringement of this rule will lead to an indirect free kick being awarded against the offending player's team.
 - iii. Only the defending goalkeeper is allowed to play the ball inside the goal area and only he may handle the ball in this area.
 - iv. An outfield player that enters his own goalkeeper's area and plays the ball will have a PENALTY KICK awarded against his team.
- f. Goalkeeper:
 - i. A goalkeeper gaining or seeking to gain an advantage by playing the ball when it is outside the area will cause a PENALTY KICK to be awarded against his team.
 - ii. Goalkeepers may only use hands inside of the penalty box. If hands are used outside of the penalty box, a penalty kick is awarded against his team
 - iii. Teammate receiving the ball directly from the goalkeeper may not return the ball back to the goalkeeper
 - 1. The ball must first make contact with another teammate or an opponent. Infringement will lead to a PENALTY KICK being awarded against the offending team.
 - iv. Teams may not change their goalkeeper more than once during the course of the game. A change of goalkeeper must be authorized by the referee.
 - v. Goalkeepers may shoot directly on goal.
- g. An outfield player entering his opponent's goal area to seek advantage will be penalized by the award of an indirect free kick against the offending team from where the infringement took place.
- h. Free Kicks: Free kicks for fouls are direct. All other free kicks are indirect. Observe the referees signal. Opposition players must be at least two yards from where any free

kick is taken.

- i. Penalties will be taken 3 yards away from the goal line. The referee will spot the ball for all penalties.

V. TIMEOUTS:

- a. Each team is allowed one timeout per period for 30 seconds. Unused timeouts will not carry over to the next set. 1 additional time out is given if a game results in Overtime.
- b. Time between periods will be 1.5 minutes from the end of the last period.

VI. REFEREES

- a. All rules will be enforced by the YMCA officials. All calls will be up to the official's discretion. Please remember that this is a recreational league, and we are all here for the players to learn skills in a fun and motivating atmosphere.
- b. The referee can ask coaches, parents, players, and spectators to leave the field of play or the facilities to maintain a pleasant atmosphere, and control of the game.
- c. If a coach, player, or spectator, is ejected from a game, that person(s) is automatically removed from the next game and will be reviewed by the YMCA. Should another incident occur within the same season, the coach, spectator, or player may be ejected from the league permanently.
- d. The referee may stop, suspend, or terminate the game because of the elements of interference.

VII. DISCIPLINARY RULES

- a. Players may be assigned a yellow card at the referee's discretion. Depending on the offence, players could be assigned a straight red card, also at the referee's discretion. A player may only received one yellow card per game as a second offence would involve a red card and a sending off.
- b. Red cards have an automatic suspension of 1 game.
 - i. Players sent off (receiving a red card) for any reason will be suspended for one match and will miss the team's next game.
 - ii. Players sent off for serious foul play, foul or abusive language will be suspended for further games at the discretion of the referee and management.
 - iii. If a player is sent off whilst off the field of play (for unacceptable conduct on the sideline), the team must correspondingly reduce the number of players on the field.
 1. If a team is permanently reduced to three players due to sending offs the game will end. The match will be awarded 3-0 to their opponents. If the score at the time produces a goal difference greater than 3-0 then that score will stand.
- c. If a match is abandoned for any reason the team at fault will receive a 3-0 defeat unless the opposition already has a greater advantage in which case the score will stand. If both teams are judged to be at fault, then both teams will receive 3-0 forfeits against them. The decision of the referee in all matters pertaining to the playing rules of an individual game is final.

The decision of the Anaheim Family YMCA in all matters pertaining to the administration of the league is final. The Anaheim Family YMCA may overturn any rule if they feel a team is deliberately using an interpretation of the rules to gain an unfair advantage.

YMCA YOUTH SPORTS KEY PHILOSOPHIES

Everyone must play an equal amount of time.

Coaches are volunteers. They are not paid.

Our focus is on fun and skill development.

Sportsmanship above all.

We promote a family atmosphere.

****By volunteering to be a coach, you have chosen to be a role model for all participating children and to represent yourself and the YMCA at all games and practices throughout the year.***