



YOUTH SOCCER RULE BOOK



Magdalena Ecke Family YMCA
200 Saxony Road
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For further information or comments please contact:

Youth Sports Director:

Chasen Eddow
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YOUTH RECREATIONAL INDOOR SOCCER RULES

Rainouts

If it rains the day of the game please call 760.635.3030. The sports hotline will indicate if games are playing. Please call one hour prior to your game.

Spectators Code of Conduct

As a spectator, we hope to provide a fun and rewarding experience for you and your child. In order to achieve our goal we ask that you adhere to the following criteria:

1. Applaud good plays by your own team AND the opposing team.
2. Never ridicule or scold a child for making a mistake during a game.
3. Encourage players to always play according to the rules.
4. HAVE FUN! Make it enjoyable for you and your child.
5. **Only players and coaches are allowed in the bench/team area.** If you have a comment for the volunteer coach or referee please wait until after the game is over to speak with the coach. If the coach feels you are being unreasonable then they may direct you and your complaint to the Youth Sports Director, Chasen Eddow ext. 12572

Parent involvement

As a parent or guardian of our leagues we want you to know we appreciate your help and leadership. We suggest you get involved on your child's team to make the experience more enjoyable for them. Whether it is snack, water, fruit, or high fives the kids DO appreciate you being there!

ALL parents must be on site with their children as part of our YMCA policy. Please do not leave your child here at the YMCA too early before their scheduled game or leave them here too late after they have played. We appreciate your help in this matter.

Youth Sports Bathroom Policy

The children's parents are required to take care of their child's bathroom needs.

If a child needs to use the restroom and their parents is not there a coach or team parent, **but they MUST be accompanied by two additional children.**

A staff or coach is never to be alone with one child, and never take a child to the bathroom alone as well. When taking them staff or coach must check and clear the bathrooms and then send all three children in together. This is for protection of the child as well as staff and volunteers.

Playing Time

Our motto is The Y: We're for youth development, healthy living, and social responsibility. **Everyone** on each team will play and **Everyone** will play an equal amount of time on the field/court. Please don't encourage a child to only play one position the entire game, we want to challenge them in new positions and with new skills.

Coaches on Field: Only one coach for boys & girls 6/7 yr old soccer is allowed on the field for the season.

All other divisions coaches are not allowed on the field during the game.

Number of Players:

- Each team shall consist of 5 field players and a goalkeeper.
- To start or continue a game, a minimum of 3 field players and a goalkeeper must be present.

Time for Games:

6/7, 8/9, 10/11, 12-14, 15-17 Divisions

- **15 minute warm-up**
- **20 minute halves**
- **2 min halftime; 1 timeout per half (not to exceed 1 minute in length)**

Flow for Games:

The scoreboard should never reflect more than a 5 goal deficit in any game. The referee will stop adding goals if that's the case. During these particular games: **The team that is down by 5 goals will be allowed to play with an extra player until the lead is less than 5 goals.**

The coaches of the dominant teams should play more defensive to even things out. Try having their stronger players spend more time in a defensive position, or in goalie, and giving the less gifted players a little more time on the front lines. **Our referee's reserve the right to equalize teams if necessary during the game.**

Player's Equipment:

- A player must not wear anything which is, in the opinion of the referee, dangerous to another player.
- The goalkeeper must wear colors that distinguish him/her from the other players on the field.
- We use **size 4** soccer balls for **all** divisions.
- All players are required to wear flats or other shoes designed for artificial turf, i.e. cleats (NO METAL CLEATS).
- No hats are to be worn. Head protection pads are acceptable.
- Shin guards are **mandatory**. Socks must cover shin guards.
- Any player entering the field of play during a game without proper shin guards will be asked to stay off the field.

Start of Play:

- The referee must blow the whistle to start play from the center spot (kick-off).
- The ball can be played in any direction on a kick-off, and is considered in play after it has completed one full circumference of the ball.
- Defenders must stay outside the circle and behind the half field line until the ball has been struck.

Substitutions:

- Substitutions are made '**on the fly**' provided that the player leaving the field arrives one arm distance away from the bench before the replacement player enters the field of play and does not interfere with the play.
- If the goalkeeper is replaced by another keeper, the change may be made on the fly but the referee must be properly informed prior to the switch.



Ball In and Out of Play:

- The ball is considered out of play when it touches any of the netting around the perimeter of the arenas.
- A restart of play will be either a goal kick, corner kick, or a spot kick along the wall.
- A signal by whistle is not required, unless it is a corner kick or indicated by the referee.
- The ball must be stationary on every kick and no more than 3 feet from the wall, on the corner spot, or within the goal area as directed by the referee.
- The defending team shall stand at least 10 feet away from the ball on all free kicks - we allow the ref to walk it out if the player isn't backing up to 10 ft.
- Any intentional delay of the game will result in a warning by the referee.

Three Line Violation:

- When the ball passes over three mid-field lines in the air without touching a player of either team, the play will be restarted with a direct kick from the middle of the first white line passed.

Pass-Back Rule IS in Effect:

- If a player intentionally passes the ball to his/her own goalkeeper or plays the ball with his/her feet and then leaves the penalty area, the goalkeeper is NOT allowed to play the ball with his/her hands.
- The ball may be played off a teammate's head.
- If the goalkeeper dribbles the ball into his/her own penalty area, he/she may NOT play the ball with his/her hands.
 - This is a pass back violation, NOT a penalty kick situation.
- Any violations of this rule will result in a direct free kick for the opposing team from the top edge of the penalty area.

Slide Tackling:

- NO sliding of any kind is allowed – the goalkeeper may slide with in the crease
- You CANNOT play the ball while you are on the ground

Infractions (Players/Coaches):

- Kicking, tripping, elbowing, slide tackles, boarding, or handballs will result in a change of team possession. Depending on the severity a game suspensions can be enforced.

NOTE: penalty in the box will result in a penalty kick from the top of the arc – a wall may be formed 10 feet from the ball

- **Trash talking will come with a warning and a possible ejection from the game if it persists.**

- **Fighting, spitting, and foul language is an automatic ejection from the game with a possible season suspension.**
- If a team or player commits a foul or infraction repeatedly, or if the foul is deemed to be a serious threat to overall safety, a player will be sent off the field for 2 minutes by the ref.

Goalkeepers:

- Goalie may slide within the goal keeper's box area
- After a save, the goalkeeper may take as many steps as he/she likes before releasing the ball inside the crease. However the keeper must release the ball within 5 seconds, failure to do so will result in a change of possession and a free kick will be awarded at the top of the goalkeeper's area.
- After a save in the **6/7, 8/9, 10/11** Leagues: the goalkeeper may throw or punt the ball.
- After a save in the **12-14 & 15-17** Leagues: the goalkeeper may **only** do throw-ins
- Remember, goalkeepers may play the ball with their hands when the ball is within the penalty area. If the ball is on the line it is considered within the area. Please remember that it is NOT a handball if the goalie's feet are outside of the area...it is where the ball is.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**MAGDALENA ECKE FAMILY YMCA
YMCA OF SAN DIEGO COUNTY**