



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Soccer Rules

YMCA of Greater Omaha Youth Sports

Edited: Aug 2021

YMCA General Rules and Regulations

BEGINNING OF PLAY

The official shall call both teams to the center of the field to conduct the Youth Sports Pledge prior to the game beginning. At the end of the game the teams shall shake hands.

YMCA OF GREATER OMAHA SPORTS PLEDGE

Win or lose, I pledge before GOD...

To accept and demonstrate the following positive values: Caring, Honesty, Respect, Responsibility.

I will do the best I can to be a team player.

To respect my teammates, opponents, coaches and officials.

And to improve myself in Spirit, Mind, and Body.

YOUTH SPORTS MISSION STATEMENT

The purpose of the YMCA Youth Sports Program is to provide children of the Greater Omaha area an opportunity to participate in various physical activities and to:

- Have Fun
- Develop Sportsmanship
- Make New Friends
- Promote Teamwork
- Learn Lifetime Fitness
- Strengthen Self-Confidence
- Learn Skills

PRACTICES

Please supervise team members at all time. **DO NOT** leave practice area until all children have been picked up. **DO NOT** stay alone with a single player where you cannot be observed by others. The last team at the gym or field for the night will need to make sure all equipment is picked up and return to the proper storage place.

1. **U4-U6:** 20-30 min practice followed by 30-40 min game.
2. **U8-U14:** Once the coaches meeting has taken place a coach can schedule one practice per week.

SPECIFICS ABOUT SITES:

1. Please dispose of all trash in the proper receptacles.
2. Only water or Gatorade allowed in gyms for participants.
3. Please encourage children to respect private property.
4. Stay off the floor/field after games have concluded as other games need to get started.
5. Remind parents to drive slowly inside the parking lot and to remember they may not be able to park right by the front doors. Do Not Park on Grass Areas or on the Curves of the Driveways! All cars must be parked in a parking space!
6. Do not walk across the gym floors/fields to get to another court/field. Please walk around.
7. Program participants and their families are limited to gym and bathroom areas only.
8. Children must be supervised. Unsupervised children who are misbehaving will be returned to their parents and/or asked to leave.

HEAT INDEX

The YMCA of Greater Omaha believes in providing a safe experience for all youth participating in YMCA sports programs. It should be noted that in any situation the parent and child have the right to choose to participate.

Monitoring Athletes

1. It is recommended that children should drink 4-8 oz of water 15 minutes prior to participating.
2. Children should never be turned-down for a water break. Children must be allowed to take breaks when needed.
3. When the temperature is 80-95 and the humidity is +70%, coaches and parents need to give the kids water breaks after 30 minutes of practice. They should at this time take a 5 minute break.
4. When the temperature is 95-100 and the humidity is + 70%, practices and games shall be shortened. Practices should go for less than 45 minutes, with water breaks every 15 minutes. Water breaks are to be allowed at all times for children participating.
5. When the temperature is + 100, coaches, parents, and administrators will shorten games and take the following steps:
 - a. Games cut down in time. (Coaches and officials will decide length of the game.)
 - b. Water breaks are taken every 15 minutes.
 - c. A water break will be taken at the request of either a coach or official.
 - d. Any child that does not "feel good" is to be taken out immediately and is to be given aid inside the building or an air conditioned vehicle.

EQUIPMENT

1. The YMCA will furnish game equipment.
2. Coaches will receive equipment bags for practice containing soccer balls and cones.
 - Please return all equipment to the YMCA at the end of the season.
3. Players should not wear anything that is dangerous to them or others; i.e. watches, rings, necklaces, etc. **All jewelry MUST be removed**
4. All players **must wear shin guards** and socks to cover them. Any player not wearing shin guards will not be able to play.
5. Headwear that may cause injury to other participants is not allowed.

Uniform

1. Soccer will use two separate colored jerseys. Home team will grey jerseys; Away team will wear black jerseys.
 - a. We encourage all athletes to bring both jerseys to all games.
2. If you need a jersey we ask that you see your YMCA's Welcome Desk on information on how to purchase the jersey. All athletes should have or purchase the correct jersey for their sport. Athletic or sport-appropriate shoes and shorts and/or sweats should be worn in addition to the jersey.

YMCA STAFF

YMCA personnel shall be present and visible at all games. If you encounter any problems or have questions, please contact the site supervisor, official or the Youth Sports Director. If you have a question or suggestion concerning the game or league, please present it before or after the game to the site supervisor, NOT during the game. This can be distracting to the coaches, players, officials, and other fans.

Officials:

1. Have jurisdiction from the beginning until the end of the game. Their decisions are final.
2. May caution or eject a player/coach/fan for unsportsmanlike conduct.
3. May terminate a game if the game becomes a travesty.
4. We will not tolerate any abuse toward officials. Discuss problems or questions with the Site Supervisor or call your YMCA Sport Director.

Soccer Specific Rules and Regulations

FIELD & EQUIPMENT

Grade Level

U4-U8
U10-U12
U14

Ball Size

Size 3
Size 4
Size 5

Grade Level

U4
U6
U8
U10
U12-U14

Field Size

15 x 20 yds
20 x 30 yds
30 x 40 yds
40 x 60 yds
50 x 90 yds

Penalty Box Size

N/A
N/A
N/A
12 x 34 yds
15 x 40 yds

Goal Area Size

N/A
N/A
3 yds from GP x 5 yds
3 yds from GP x 5 yds
5 yds from GP x 5 yds

Grade Level

U4-U6
U8
U10
U12-U14

Goal Size

4' X 6'
7' X 12'
6' X 18'
8' X 18'

COACHES AND PARENTS PLEASE HELP US MAINTAIN OUR GOALS BY NOT ALLOWING ANYONE TO HANG OR CLIMB ON THE GOALS. THANK YOU

Field size may be altered slightly for space and safety issues.

PLAYERS

Grade Level

U4
U6
U8
U10
U12-U14

Number of players

3v3
4v4
6v6
7v7
9v9

Goalie

No Goalie
No Goalie
Includes Goalie
Includes Goalie
Includes Goalie

The goalie shall wear a shirt different colored from the other players. The YMCA will provide a penny.

COACHES

Grade Level

U4-U6
U8-U14

Number of Coaches

1 coach allowed on the field to instruct players
2 coaches allowed to stand in the team area of sideline

- No person shall be on the goal line coaching at any time
- The Head Coach is the only coach allowed to address the officials before, during, or after the game. Assistant coaches may confer with players; not officials.
- If an injury occurs, coaches shall wait for an official or YMCA staff person to call them over. This is to ensure safety of all players and avoid any incidents from a coach running onto the court unexpectedly.
- Under no circumstances shall any coach confer with a player or coach from opposite team unexpectedly or negatively.

FAIR PLAY RULE

****Each player should play half of every game****

All players shall have the opportunity to participate in games for a fair and equal amount of time. Allowances can be made by the coach based on enthusiasm, sportsmanship and interest displayed at practices and games. (Minimum of one quarter)

GAME TIME, SUBSTITUTIONS, AND TIMEOUTS

Grade Level	Practice Time	Game Time	Half Time	Substitutions
U4	25 minutes	8 min. halves	4 minutes	Sub at 4 min each half
U6	25 minutes	12 min. halves	5 minutes	Sub at 6 min each half
U8	During week	20 min. halves	5 minutes	Sub at 10 min each half
U10-U14	During week	25 min. halves	5 minutes	During any dead ball

There are no timeouts. Time will stop for injury. Time may be extended only for taking a penalty kick. No overtime shall be played.

DIVISION SPECIFIC RULES

PLAYING RULES

1. A coin toss determines first possession; teams switch possession at halftime.
2. Teams shall switch direction of play at halftime
3. The start of play, at the beginning of each half and after a goal is scored shall proceed with a kickoff
4. **U8-U14:** Game time is forfeit time for incomplete teams. A game may be started and played with 2 players less than max
 - If a team "forfeits" we recommend joining teams and allowing game time for all present participants

SCORING A GOAL

1. A goal is scored when the ball, (in its entirety), crosses the goal line, under the crossbar and between the uprights.

OUT OF BOUNDS

1. The ball is out of bounds when it crosses the goal line or touchline, in its entirety, outside the goal posts whether it is in the air or on the ground.
 - The ball may touch a goal line or touchline without being deemed out of bounds.

THROW-IN

1. When the ball crosses out of bounds on either side-line a throw-in will begin play
2. **U4-U6:** Throw-ins will not be used during game play
 - To keep play moving coaches will be asked to put ball back into play.
3. **U8:** Throw-ins shall be used; officials shall give players a max 2 chances for a successful throw-in; after 2nd chance ball will be turned over to opponents
4. **U10-U14:** A 2nd chance is not guaranteed but may be granted at official discretion
5. To completed a successful throw in the player must:
 - Have part of each foot either on or behind the touchline
 - Throw the ball with both hands
 - Deliver the ball from behind and over the head
 - Not play the ball has touched or been played by another player
 - Not throw the ball directly (without a touch) into the goal

HEADERS

1. **3yo – 4th Grade:** Headers are **not allowed** during games or practices
 - If a slide tackle occurs in a game it will result in an indirect kick for the opposing team
2. **5th – 8th Grade:** Headers are allowed

SLIDE TACKLING

1. **U4-U10:** Slide tackling is **not allowed** during games or practices
 - If a header occurs in a game it will result in an indirect kick for the opposing team
2. **U12-U14:** Slide tackling is allowed.

OFFSIDES

1. **U4-U6:** No offside is called
2. **U8:** Offside is not called
 - If a player is consistently stationed in an offside position to gain an advantage, the player will be called for offside
3. **U10-U14:** Offside rule will be in effect.
 - A player is offside position when he/she has less than 2 defenders between themselves and the goal while a ball is played to them:
 - The player is in his/her half of the field.
 - The ball is played backwards to them
 - The ball is touched or was last played by the opponent.
 - The ball is received from a corner kick, goal kick, drop ball or throw-in.
 - Offside will only be called if in the opinion of the referee the player in the offside position is interfering with play, an opponent or is gaining an advantage by being in that position.
 - For an infraction of the offside rule, an indirect kick is awarded the defending team at the point of infraction.

GOAL KICKS

1. Goal kicks are awarded the defending team when the attacking team kicks or propels the ball over the goal line outside the goal posts.
2. The ball can be placed anywhere on the goal area line
3. **U8:** All defending players must be behind midline until the Goal kick is played by an offensive player
4. Goal kicks MUST exit the penalty box before being played by any players

CORNER KICKS

1. A corner kick is awarded the attacking team when the defending team kicks or propels the ball over the goal line outside the goal posts.
2. Corner kick is taken within the quarter circle at the corner flag and is a direct free kick.
3. The flag must not be removed when taking the corner kick.

DROP BALL

1. After temporary suspension of play, the referee shall restart the game by a drop ball. (Ball must hit the ground before it can be played).
2. A goal can be scored directly from a dropped ball.
3. If play was stopped in the penalty area, the game shall be restarted with a drop ball at the nearest point outside the penalty area.

FOULS

1. Fouls and misconduct are penalized by awarding free kicks to the opponent.
2. The guilty player may also be cautioned or ejected even if a free kick is not awarded due to the application of advantage.

DIRECT FREE KICKS

1. **U4-U8:** No Direct Free Kicks will be awarded
2. **U10-U14:** Direct Free Kicks may be awarded
3. A direct free kick is a place kick on which a goal can be scored directly without being touched by another player.
4. Direct free kicks are awarded if a player intentionally:
 - Kicks or attempts to kick an opponent.
 - Trips or attempts to trip an opponent.
 - Jumps at an opponent.
 - Charges an opponent.
 - Strikes or attempts to strike an opponent.
 - Pushes an opponent
 - Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
 - Holds an opponent.
 - Spits at an opponent.
 - Intentionally handles the ball with their hands or arm (except for the keeper).
 - If a defensive player intentionally commits one of these violations in their penalty area, they shall be penalized with a penalty kick; otherwise it is a direct free kick taken by the opposing team from the place the offense occurred.

- On direct kicks taken within the penalty area by the defending team, all opponents must be outside the penalty area, and the ball must travel outside the penalty area before it is in play.
5. The kicker may not play the ball until another player touches it.
 6. Any infraction against the defending team, which occurs within the penalty area and would normally result in a direct free kick, becomes a penalty kick.

****Penalty kicks will NOT be taken in U4-U8.**

PENALTY KICK

1. A penalty kick is taken from the penalty spot, (12 yds. from goal line).
2. Only the goalie may defend against the penalty kick.
 - The goalie may not move his feet from the goal line until the ball is kicked.
3. All other players must be outside the penalty area and 10 yds. away from the ball, and may not move into the penalty area until the ball is kicked.
 - If the attacking team violates a rule while taking a penalty kick and a goal results, the penalty kick shall be taken over.
 - If the defending team violates a rule while a penalty kick is taken, the penalty kick shall be retaken, unless a goal results.
4. The ball must be kicked forward; the kicker cannot play the ball a second time until another player touches the ball, and the ball is in play when it is kicked and moves forward.
5. If a kicker violates the rule, an indirect free kick is awarded the defending team.

INDIRECT FREE KICKS

1. **U4-U6:** No indirect kicks will be awarded.
 - Coaches should award possession to fouled player, and play on.
2. **U8:** All awarded free kicks will be indirect
3. **U10-U14:** Indirect free kicks will be awarded
4. An indirect kick is a place kick of which a goal cannot be scored directly without being touched by another player
 - The ball must be stationary and on the ground.
 - Indirect kicks may be taken in any direction.
 - Indirect kicks are taken from the spot of the infraction.
 - It cannot be replayed by the kicker until another player has touched the ball.
5. Indirect kicks are awarded the opposing team if a player:
 - Is playing in a dangerous manner (i.e. high kicks).
 - Impedes the progress of the opponent. Not playing the ball, intentionally obstructing an opponent, or covering the ball in an attempt not to have it played by the opponent.
 - Prevents the goalkeeper from releasing the ball from their hands.
 - Interference with the goalie when the latter has possession of the ball
 - Any of the following **infractions from a goal keeper:**
 - Taking more than 6 seconds while controlling the ball with their hands before releasing it from their possession.
 - Touches the ball again with their hands after it has been released from their possession and has not touched any other player.
 - Touches the ball with their hands after it has been deliberately kicked to them by a teammate.
 - Touches the ball with their hands after they have received it directly from a throw-in taken by a teammate.
 - Indulges in tactics, which by referee's discretion was designed to hold up the game, waste time and give an unfair advantage to their team.
 - Or if a team has too many players are on the field.

OFFICIALS AND THEIR DUTIES

Officials

1. The referee has jurisdiction from the time he/she enters the field of play until he/she signals the end of the game. His/her decisions are final, and at all times safety is his/her utmost concern.
2. **U4-U6 coaches will act as referees for their games. Coaches should stop the game to instruct and explain as needed.**
3. **Officials will be assigned to games U8-U14**
4. The referee shall enforce the laws of the game, but shall refrain from stopping the game for an infraction when he/she is satisfied that by doing so he/she would be giving advantage to the offending team. Thus the ADVANTAGE call!
5. The referee can suspend or terminate the game whenever he/she deems necessary, for example: severe weather or interference by coaches or spectators.
6. The referee can caution a player and shall eject from play any player guilty of violent conduct or serious foul, using foul or abusive language, spitting at another player or official, or persistent infringement of the playing rules.
7. The referee acts as a timekeeper and keeps a record of the game.
8. The referee shall officiate the coin toss. The choice of end to defend shall be awarded the winner of the toss. The other team will kick.
9. Prior to coin flip, referee will have a pre-game meeting with coaches/captains from both teams to discuss basic game rules/procedures.

Linesman

1. Two volunteer parents will act as linesman; one on each side from each team to assist the referee.
2. The duties of the linesmen are to signal by use of the linesmen's flag when the ball is out of play. The referee always makes the final decision of the action taken.

SPORTSMANSHIP

1. If the site supervisor or referee witness any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**
2. Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.)
 - If trash talking occurs, the referee will give one warning.
 - If it continues, the players or players will be ejected from the game.

COACH/PARENT/FAN CODE OF CONDUCT

We ask that you try your best to uphold this code, so that everyone can enjoy their experience. As a YMCA parent, we ask that you:

- Encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or event.
- Place the emotional and physical wellbeing of the players ahead of your personal desire to win.
- Demand a drug, alcohol, and tobacco free sports event and agree to assist by refraining from their use at all youth sports events.
- Ask your child to treat other players, coaches, fans, and officials with respect.
- Promise to help your child enjoy the youth sports experience by fostering good sportsmanship, assisting in coaching, being a respectful fan, and modeling that behavior for your child.
- Have your child participate in as many practices and games as possible while providing proper supervision for all of the children brought to practices and games.
- Attend practices and games to support your child's participation.
- Be a positive role model for your child and the other players on his/her team.
- Not use profanity or vulgar speech while observing your child's activities.
- Not coach your child, or other children, during games if you are not an official coach.
- Keep off of the playing field at all times, unless specifically told otherwise by an official or coach.
- Refrain from bringing a dog or other animal to practices or games. Pets are not allowed at many locations.
- Resolve conflicts without regressing to hostility or violence.
- Not encourage any behavior that could be dangerous to your child or the other children.
- Not taunt, heckle, argue with, any coach, official, or opposing player during the course of your child's games/practices.

Policy Enforcement

- Individual may be given a warning for inappropriate behavior.
- Individual may be asked to leave the game(s) and may be asked to not return for other Youth Sports activities
- Other sanctions as deemed necessary may be enforced

Thank you for choosing YMCA Youth Sports!

If you have questions, please contact the sports staff at your YMCA branch.
metroymca.org