

YMCA of Greater Omaha

Soccer Rules



PURPOSE of the LEAGUE

1. The YMCA's goal is to provide every boy and girl ages 3 – 18, a chance to play soccer in every game. Our basic guideline is for each player to participate in approximately half of every game. The coach may make allowances; however, depending on players' enthusiasm, attendance, sportsmanship and interest displayed both in practice and game situation.
2. To teach soccer skills, starting at the youth's level of ability and progressing from there.
3. To teach boys and girl sportsmanship – how to accept winning and losing situations.
4. To promote new friendship, encourage working together as a team and provide for family interactions.

TEAM ORGANIZATION

All boys and girls register through open registration and are placed on teams by the following methods.

- players are divided into appropriate grade divisions
- players are separated by coach and player request
- players are placed by the school they attend

*Every child registered will be placed on a team. Note: The Youth Sport staff does have final jurisdiction over team division and the number of players placed on each team.

LEAGUE INFORMATION

1. All boys and girls must register and have fees paid or have a scholarship to be eligible.
2. The YMCA will furnish game equipment
3. **All players must wear shin guards and appropriate game attire (no zippers), including Mighty Kickers.** Any player not wearing shin guards will not be able to play.
4. **All jewelry must be removed. Headwear that may cause injury to other participants is not allowed.**

FIELD

The official field of play for grades HS= 30x40, 5-8 =50x90 yds, grade 3 & 4=40x60, grade 1 & 2=30x40, grade K=20x30, Mighty Kickers=15x20. Fields size may be altered slightly for space and safety issues.

BALL SIZE

Grades MK-2 use #3 ball, grades 3-6 use #4 ball, grades 7-8 & HS use #5. YMCA furnishes game equipment. Officials will be assigned to games in grades 1-HS.

GOALS

MK: Pop-up Goals K= 4' X 6' 1st= 7' X 10' 2nd=7'x12' 3rd & 4th= 6' X 18' 5th-8th = 8' X 18' HS=7'x12'

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

REFEREE

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. **Kindergarten coaches will act as referees for their games.**

2. 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!
3. The referee can stop the game for an infringement of the rules (by blowing the whistle).
4. The referee can suspend or terminate the game whenever he/she deems necessary, for example: severe weather or interference by coaches or spectators.
5. 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.
6. The referee acts as a timekeeper and keeps a record of the game.
7. The referee shall call both teams to the center of the field to conduct the Youth Sports Pledge, before the game starts.
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. After half time, the ends shall be changed and the kickoff shall be taken by the team opposite from the team that took the kickoff at the beginning of the game (grades 5-8 & HS). Grades K-2 will alternate kickoffs at each start of the quarter.

LINESMAN

1. Two volunteer parents will act as linesman, one from each team, to assist the referee, one on each side of the field.
2. The duties of the linesmen are to signal by use of the linesmen's flag when the ball is out of play.
3. The referee always makes the final decision of the action taken, even if the linesmen's signal is to the contrary. Only the referee can stop the game.

TIME-PERIOD

- MK= 8 minute halves, substitutions at 4 minutes – 4 minute half
 K = 6 minute quarters, **substitutions at quarters only** – 5 minute half
 1-2 = 8 minute quarters, **substitutions at quarters only** – 5 minute half
 3-8 = 25 minute halves, **open substitution** – 5 minute half
 HS = 20 minute halves, substitutions made on own – 5 minute half

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

NUMBER of PLAYERS

MK	3v3	No Goalie	4	7v7	Includes Goalie
K	4v4	No Goalie	5/6	9v9	Includes Goalie
1	6v6	Includes Goalie	7/8	9v9	Includes Goalie
2	6v6	Includes Goalie	HS	4v4	Includes Goalie
3	7v7	Includes Goalie			

****EACH PLAYER SHOULD PLAY HALF OF EVERY GAME****

No player should play more than the other players consistently. Allowances can be made by the coach based on attendance, enthusiasm, sportsmanship and interest displayed at practices and games. (Minimum of one quarter)

The goalie shall wear a shirt different from the other players. The YMCA will provide a shirt. Teams may also use a shirt of their own choosing provided it doesn't match any other shirt on the field.

SUBSTITUTIONS

Grades K-2 = Substitutions will be made the end of each quarter, unless there is an injury. An ejected player may not be replaced and may not play in the next game their team has.

Grades 3-8 & HS = Substitutions can be made at kickoffs, goal kicks, and throw-ins for the team in possession of the ball. An ejected player may not be replaced and may not play in their next game.

KICKOFFS

The start of play, at the beginning of each half and after a goal is scored shall proceed with a kickoff. On the kickoff, the ball must travel forward and may not be played backward on the kick. As long as the ball has momentum forward, the ball does not have to go completely into the opponents half of the field. The ball may not be played a second time before being kicked by another player. The kickoff is a direct free kick, and a goal can be scored directly from a kickoff. All players must be in their own half of the field and all players on the opposing team shall be 10 yards from the ball.

SCORING A GOAL

A goal is scored when the ball, (in its entirety), goes across the goal line, under the crossbar and between the uprights. If a defending player deflects the ball with their hand or arm and the ball goes into the goal, it counts as a goal for the attacking team.

OUT OF BOUNDS

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.

THROW-IN

Part of each foot shall be either on the touchline or on the ground outside the touchline. The ball must be thrown with both hands and must be delivered from behind and over the head. The thrower shall not again play the ball until it has been touched or played by another player. A goal cannot be scored from a throw-in. Throw-ins will happen in grades MK-8th.

FOULS

Fouls and misconduct are penalized by awarding free kicks to the opponent. 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

A direct free kick is a place kick on which a goal can be scored directly. Direct free kicks are awarded if a player intentionally:

1. Kicks or attempts to kick an opponent
2. Trips or attempts to trip an opponent.
3. Jumps at an opponent.
4. Charges an opponent.
5. Strikes or attempts to strike an opponent.
6. Pushes an opponent
7. Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
8. Holds an opponent.
9. Spits at an opponent.
10. 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 (see penalty kick); otherwise it is a direct free kick taken by the opposing team from the place the offense occurred. On a free kick the ball may be kicked in any direction. 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. The kicker may not play the ball until another player touches it.

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 grades K-2.**

PENALTY KICK

A penalty kick is taken from the penalty spot, (12 yds. from goal line). Only the goalie may defend against the penalty kick. 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. The goalie may not move his feet from the goal line until the ball is kicked. 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. If a kicker violates the rule, an indirect free kick is awarded the defending team. 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.

INDIRECT FREE KICKS

An indirect kick is a place kick of which a goal cannot be scored directly. It cannot be replayed by the kicker until another player has touched the ball. Indirect kicks are awarded the opposing team if a player:

1. Is playing in a dangerous manner, i.e. high kicks.
2. 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.
3. Prevents the goalkeeper from releasing the ball from his hands.
4. Commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player.

Goalie infractions:

1. The goalkeeper takes more than 6 seconds while controlling the ball with his hands before releasing it from his possession.
2. Touches the ball again with his hands after it has been released from his possession and has not touched any other player.
3. Touches the ball with his hands after it has been deliberately kicked to him by a team-mate.
4. Touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate.
5. Indulges in tactics, which, in the opinion of the referee was designed to hold up the game, waste time and give an unfair advantage to his team.

Indirect kicks may be taken in any direction. Indirect kicks are taken from the spot of the infraction. Indirect kicks are awarded for:

1. The kicker playing the ball a second time before it is touched by another player
2. The ball not going forward on a penalty kick
3. Dissent by word or action for a referee's decision
4. Interference with the goalie when the latter has possession of the ball
5. Too many players are on the field.

The ball must be stationary and on the ground. The ball is in play once it has been touched and the kicker may not play the ball a second time.

OFFSIDES GR K-2

Although offsides are not called on players at this grade level in the normal flow of action, abuse of this rule will not be allowed. If a player is consistently stationed in an offsides position as a tactical maneuver, the player will be called for offsides.

OFFSIDES GR 3-4

1. A player is offside position when he/she is ahead of the ball at the moment the ball is played, (played means passed or shot, not dribbled) unless:
 - a. The player is in his/her half of the field.
 - b. Two opponents are nearer their goal than he/she is.
 - c. The ball is touched or was last played by the opponent.
 - d. The ball is received from a corner kick, goal kick, drop ball or throw-in.
2. 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.
3. For an infraction of the offside rule, an indirect kick is awarded the defending team at the point of infraction.

GOAL KICKS Goal kicks are awarded the defending team when the attacking team kicks or propels the ball in its entirety over the goal line outside the goal posts. Indirect kicks from penalty kicks apply, (see indirect kicks) and the ball can be placed anywhere within goal area. **In Kindergarten teams will kick the ball in from the end line and the ball will be placed within 10 feet of the corner of the field.**

CORNER KICKS

A corner kick is awarded the attacking team, if the ball passes completely over the goal line, outside the goal posts after last being played or touched by the defending team. The corner kick is taken within the quarter circle at the corner flag. The flag must not be removed when taking the corner kick. A goal can be scored directly on a corner kick since the corner kick is a direct free kick. There can be no offsides on a corner kick. **(In the Mighty program and in kindergarten, a corner kick will not be awarded. The Defensive team will take a goal kick.)**

DROP BALL 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). A goal can be scored directly from a dropped ball. 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.

FAN CONDUCT AND SPORTSMANSHIP

All coaches, parents and spectators shall remain at least three yards outside the touchline. Coaches will be allowed on the field in the kindergarten league only. **Only coaches in the MK-1st Grade leagues may stand behind or near the goals during play. Coaches or parents in other leagues will be given a warning for a first time offense and play will be stopped until the individual returns to the sidelines.**

Fans need to remember only positive comments are appropriate in a youth sport setting. Fans need also remember that vocal instructions during a game can be confusing to young athletes; please let the coach handle this. Many times you may see calls the officials make that are different than what you would make. The officials are in charge of the game and we ask the decisions be left to their judgment. Any concerns about officiating can be discussed after the game. Coaches are responsible for their fans' behavior. Know the YMCA's rules and policies. Be courteous to opposing players, coaches and fans. Enjoy the game! That's what our league is about.

1. Any player participating in a fight will be ejected from the game and banned permanently from participation in any further games and leagues at any YMCA of Greater Omaha. You will also be banned from becoming a spectator during any youth sport game at any of our locations.
2. Any coach participating in a fight will be ejected from the game and relieved of his/her coaching duties for the remainder of the season. You will not be allowed to coach a team in any YMCA of Greater Omaha youth league from this point on.
3. Any player receiving a red card for unsportsmanlike conduct must sit out the remainder of the game and the next scheduled game. A coach receiving 1 red card in one game will be ejected from the game; asked to leave, and will not be allowed to coach or attend the next scheduled game. If a coach receives two red cards within the season, the coach will not be allowed to coach the rest of the season.

PRACTICES Once the coaches meeting has taken place a coach can schedule two practices per week before the season begins. Once the season begins only one practice per week is allowed.

CANCELLATIONS

The YMCA will not reschedule games cancelled by coaches. In case of rain or bad weather, please contact our cancellation hotline at 402-536-6101 for games played in Omaha or 402-556-6104 for games played in Council Bluffs or Mills County. Note cancellation information will be updated at 7:30 am on Saturdays and for weekday games at 4:30 pm.

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.

Fans need to remember only positive comments are appropriate a youth sport setting. Fans need also remember that vocal instructions during a game can be confusing to young athletes; please let the coach handle this. Many times you may see calls the officials make that are different than what you would make. The officials are in charge of the game and we ask the decisions be left to their judgement. Any concerns about officiating can be discussed after the game. Coaches are responsible for their fans' behavior. Know the YMCA's rules and policies. Be courteous to opposing players, coaches and fans. Enjoy the game! That's what our league is about.



YMCA

We build strong kids,
strong families, strong communities.