

# NORFOLK FAMILY YMCA

## Spring Soccer Rules

<u>League</u>	<u>Format</u>	<u>Ball Size</u>
Ages 3-6	4 on 4	3
1st-2nd Grade	6 on 6	4
3rd-4th Grade Girls	5 on 5	4
3rd-4th Grade Boys	7 on 7	4
5th-6th Grade	5 on 5	5

### Important Information & Terms

<b>Sportsmanship:</b>	Good sportsmanship is to prevail at all times. Coaches will be held responsible for the conduct of themselves and their players.
<b>Equipment:</b>	<ul style="list-style-type: none"> <li>● SHIN GUARDS ARE MANDATORY!</li> <li>● Tennis shoes or cleats (No metal)</li> <li>● YMCA Reversible Jersey</li> <li>● No exposed jewelry may be worn during play</li> </ul>
<b>Soccer Balls:</b>	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.
<b>Timeliness:</b>	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 20 minutes before their games starts. Game time is not warm up time.
<b>Practice Time:</b>	<ul style="list-style-type: none"> <li>● Ages 3-6: One day a week with a 20-minute practice, followed by the game. Time listed on the schedule is the start of practice</li> <li>● 1st-6<sup>th</sup> Grade: Practices will be 45-minutes on Tuesday evenings. (Exception: the first week will be practice on Tuesday and Thursday)</li> </ul>
<b>Game Time:</b>	<ul style="list-style-type: none"> <li>● 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.</li> <li>● 1st-6<sup>th</sup> Grade: Games will be played with four 8-minute quarters with a 3-minute break between quarters</li> </ul>
<b>Participation:</b>	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.
<b>Communication:</b>	Coaches will be responsible for contacting and keeping all participants on their roster updated about practices, game times, cancellations, etc.
<b>Number of Players:</b>	<ul style="list-style-type: none"> <li>● 4 vs 4 (Ages 3-6): There will be no goalkeeper</li> <li>● 5 vs 5 and above (1st-6<sup>th</sup> Grade): One goalkeeper and remaining players</li> </ul>
<b>Referees:</b>	There will be a referee provided for each age division. The referee has jurisdiction from 10-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.
<b>Linesman:</b>	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.
<b>Game Start:</b>	Home team (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 referees 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/overtime. There will be a running clock, except for injuries.
Out of Bounds:	<ul style="list-style-type: none"> <li>● Ages 3–6: Ball will be kicked in from the sideline</li> <li>● 1st–6<sup>th</sup> Grade: Ball will be thrown in from the sideline and kicked in from corners</li> </ul>
Offsides:	There will be no offsides for any of our leagues.
Handball:	<p>Deliberate handling of the ball (ball handling that could be 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:</p> <ul style="list-style-type: none"> <li>● a player is instinctively trying to protect himself/herself from injury</li> <li>● the player did not deliberately touch the ball but the ball hit his/her arm &amp; 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.</li> </ul>
Slide Tackling:	SLIDE TACKLING IS NOT ALLOWED! A slide tackling 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 the ball; however, NO CONTACT can be made with opposing players.
Score:	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 is awarded to the offensive team. If an offensive player touches the ball in the goal box, a goal kick is awarded to the defensive team. If the ball comes to a complete stop within the goal box, a goal kick is 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:	<ul style="list-style-type: none"> <li>● 4 on 4 or below (Ages 3–6): There is NO goalie. No players should be by the goal, however, there may be defenders that are played back by mid-field.</li> <li>● 5 on 5 and above (1st–6<sup>th</sup> Grade): There is a goalie. 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 from field positions, and to learn the skills required.</li> </ul>
Goalkeeper Rules:	<ol style="list-style-type: none"> <li>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 are not protected by goalkeeper rules</li> <li>2. The goalie 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.</li> <li>3. While in possession of the ball, the goalie cannot be interfered with by an opponent. If an opponent moves to block the goalie an indirect kick will be awarded to the goalie's team.</li> </ol>
Punting:	NO PUNTING IS ALLOWED FOR ALL AGE DIVISIONS. Punting is when a goalie dropkicks the soccer ball. Goalkeepers can overhead throw with two hands on the ball, kick the ball on the ground, or roll the ball to a teammate. If punting occurs a direct goal kick will be awarded to the opposing team.