

NORFOLK FAMILY YMCA

Fall Soccer Rules

Important Information & Terms

- Equipment:**
- * **SHIN GUARDS ARE MANDATORY!**
 - * TENNIS SHOES OR CLEATS (NO METAL)
 - * YMCA REVERSIBLE JERSEY
 - * NO EXPOSED JEWELRY MAY BE WORN DURING PLAY
- Ball Usage:** Balls will be on the soccer fields to use for both practices and games. You will need to share the soccer balls if two teams are practicing on the same field at once. **Please do not take the balls with you when you leave.** YMCA staff will pick them up at the end of the day.
- Timeliness:** It is the responsibility of the coaches to start their games **ON TIME**. Tardiness will result in lost game time. **Game time is not warm up time.** Games are not allowed to go past their designated time slot with the exception of Picture Day.
- Game Times:**
- Ages 3-6:** Practices and games will be the same day. There will be a 20-minute practice, followed by a 20-minute game. Games will be played with four 5-minute quarters with drink breaks in-between.
- Grades 1st-6th:** Games will be played with four 8-minute quarters with drink breaks in-between
- Participation:** **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. If a player is not showing up or responding to the coach, that player may be removed from the team and subject to not participating.
- Communication:** Coaches will be responsible for contacting and keeping all participants on their roster updated about practices, game times, cancellations, etc. If problems, questions, or conflicts arise, contact Nick.
- Sportsmanship:** Good sportsmanship is to prevail at all times. Coaches will be held responsible for the conduct of themselves and their players.

- Game Start:** The home team (blue jerseys) will receive possession of the ball first.
- Substitutions:** There will be unlimited substituting. Subs can come in ONLY during kick-offs, goal kicks, and kick-ins. Coaches must signal the referee that a substitute is coming in. **Reminder: Each player shall play a minimum of 50% of the total playing time.**
- Time-outs/Overtime:** There will be no time outs and no overtime.
- Off-sides:** There are no off-sides in 3 on 3 or 4 on 4 soccer.
- Handball:** Deliberate handling of the ball that denies the opposing team a goal or an obvious goal scoring opportunity will result in a Direct Free Kick. A handball foul should not be called if: (1) a player is instinctively trying to protect himself/herself from injury or, (2) the player did not deliberately touch the ball, but the ball hit his/her arm & he/she did not move the arm toward the ball.
- Slide Tackling:** **Slide Tackling is NOT allowed!** A slide tackle is when a defender slides on the ground and attempts to kick the ball away from the ball handler while making contact with the opposing player. Players may slide to stop/intercept a ball; however, NO CONTACT can be made with opposing players.
- Scoring:** A goal may only be scored from a touch (offensive or defensive) within a team's offensive half on the field. In other words, the ball must be completely on the offensive half of the field when kicked to score.
- Goal Box:** The Goal Box is the small box in front of the goal. **In 3 on 3 players may move through the goal box but may NOT touch the ball within the box.** If the ball comes to a complete stop within the goal box, then a goal kick will be awarded to the defensive team.
- Goalkeepers:** **There is no goalie in 3 on 3 or 4 on 4 Soccer.** Additionally, **there should NOT be a defensive player who hangs back by the goal;** however, there may be defenders that are played back by mid field.
- Kick Ins:** When a ball goes out of bounds, the ball will be kicked in. Kick ins are indirect. The ball must be touched by another player before scoring.