

YMCA Soccer Game Format/Rules for Pre K – K division

Game Format:

- 5 players on the field at a time.
- No goalies; defensive players must stay outside of the arc.
- Four 8-minute quarters on fields 1 or 2
- Size 3 ball will be used.

Enforcement of General Rules:

- Whenever a ball goes OUT OF PLAY or a GOAL IS SCORED, a coach announces "New Ball!" and rolls another ball into play.
- No kick-offs after a goal.
- No throw-ins or kick-ins.
- No goal kicks.
- No corner kicks.
- No free kicks.
- No referee; coaches are responsible for controlling the game.

Handball Rule:

- Handball is not allowed.

Illegal Physical Contact:

- Tripping, pushing, etc., are not permitted.

Sportsmanship:

- Demonstrate good sportsmanship at all times.

Target Skills:

- Instep passing.
- Shooting.

Equipment Rules:

- All players must wear shin guards.
- Players must wear socks over shin guards unless they have elastic sleeve-style guards.

YMCA Soccer Game Format/Rules for 1st – 2nd division

Game Format

- 6-7 field players and a goalie on the field at a time
- Play two 20-minute halves on field 3
- Size 3 Ball will be used

Enforcement of General Rules

- Handball rule
- Illegal throw in
- Illegal physical contact (tripping, pushing, etc.)
- Offsides (begin teaching the concept)
- Demonstrate good sportsmanship

Target Skills

- Instep passing
- Correct throw in form
- Correct shooting form (no toe balls)
- Trapping
- Player positioning (begin teaching concept)

Equipment Rules

- All players must wear shin guards
- Must wear socks over shin guards (unless elastic sleeve style)

YMCA Soccer Game Format/Rules for 3rd – 4th division

Game Format

- 7-8 players and a goalie on the field at a time
- Play two 20-minute halves on field 4
- Size 4 Ball will be used

Enforcement of General Rules

- Handball rule
- Illegal throw in
- Illegal physical contact (tripping, pushing, etc.)
- Offsides
- Demonstrate good sportsmanship

Target Skills

- Instep passing
- Correct throw in form
- Correct shooting form (no toe balls)
- Trapping
- Goalie skills (punting and throwing)
- Player positioning

Equipment Rules

- All players must wear shin guards
- Must wear socks over shin guards (unless elastic sleeve style)

YMCA Soccer Game Format/Rules for 5th – 8th division

Game Format

- 8-10 field players and a goalie on the field at a time
- Play two 25-minute halves on field 5
- Size 5 Ball will be used

Enforcement of General Rules

- Handball rule
- Illegal throw in
- Illegal physical contact (tripping, pushing, etc.)
- Offsides (begin teaching the concept)
- Demonstrate good sportsmanship

Target Skills

- Instep passing
- Correct throw in form
- Correct shooting form (no toe balls)
- Trapping
- Player positioning
- Goalie skills (punting and throwing)

Equipment Rules

- All players must wear shin guards
- Must wear socks over shin guards (unless elastic sleeve style)