



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Northwest North Carolina

Soccer

3-4 & 4-5 yr. old Rules

Number of Players: Four players per team on the field (Three in the field and one goalkeeper)

Ball Size: Size 3

Length of Game: Four quarters. Each quarter is six minutes.

Officials: One official

Playing Time: Players shall play a minimum of 50% of game. No player shall play more than 75% of total playing time unless all other players present have played at least 75% of total playing time. Substitutions can be made at any dead ball during the game. Players are encouraged to play different positions.

Score: Not kept for this division

Fouls/Penalties/Free Kicks

- Goal Kicks – Ball is placed on the goal line in front of the goal. Any eligible player can take the goal kick. Ball must leave the penalty box area to be considered a live ball. The other team must go back to midfield during a goal kick.
- Corner Kicks – Opponents remain at least four yards from the ball until it is in play.
- Throw-Ins – Both feet must stay on the ground until ball is completely out of hands
- Fouls – All fouls shall result in a direct free kick. The referee and/or coach will explain all infringements to the offending player. No cards shown for misconduct. Fouls are trips (intentional or unintentional) and hand balls (Below the shoulder)
- Free Kicks – All kicks are direct and all opponents are at least 4 yards from the ball
- Offside – No penalty for offside in this division
- Penalty Kicks – No penalty kicks in this division
- Heading – No heading allowed in this division

Coaches

- One coach is permitted to be on the field at a time. Coach must stay out of the way of play or referee may ask coach to stay on sidelines for the remainder of the game.
- Coaches will be responsible for the behavior of their teams and parents.

Spectators

- Fans are encouraged to cheer and support both teams. All are expected to be courteous and be positive role models for players. Spectators will respect coaches, players, game officials and other spectators at YMCA events.

YMCA OF NORTHWEST NORTH CAROLINA

301 N Main Street, Winston-Salem NC 27101

P 336 777 8055 F 336 777 6345 www.ymcanwnc.org

Our Mission: "Helping all people reach their God-given potential in spirit, mind and body."



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YMCA of Northwest North Carolina
Soccer
5-6, 6-7 & 6-8 yr. old Rules

Number of Players: Six players per team on the field (Five in the field and one goalkeeper)

Ball Size: Size 3

Length of Game: Four quarters. Each quarter is ten minutes.

Officials: One official

Playing Time: Players shall play a minimum of 50% of game. No player shall play more than 75% of total playing time unless all other players present have played at least 75% of total playing time. Substitutions can be made at any dead ball during the game. Players are encouraged to play different positions.

Score: Not kept for this division

Fouls/Penalties/Free Kicks

- Goal Kicks – Ball is placed on the goal line in front of the goal. Any eligible player can take the goal kick. Ball must leave the penalty box area to be considered a live ball. The other team must go back to midfield during a goal kick.
- Corner Kicks – Opponents remain at least four yards from the ball until it is in play.
- Throw-Ins – Both feet must stay on the ground until ball is completely out of hands
- Fouls – All fouls shall result in a direct free kick. The referee and/or coach will explain all infringements to the offending player. No cards shown for misconduct. Fouls are trips (intentional or unintentional) and hand balls (Below the shoulder)
- Free Kicks – All kicks are direct and all opponents are at least 4 yards from the ball
- Offside – No penalty for offside in this division
- Penalty Kicks – No penalty kicks in this division
- Heading – No heading allowed in this division

Coaches

- One coach is permitted to be on the field at a time. Coach must stay out of the way of play or referee may ask coach to stay on sidelines for the remainder of the game.
- Coaches will be responsible for the behavior of their teams and parents.

Spectators

- Fans are encouraged to cheer and support both teams. All are expected to be courteous and be positive role models for players. Spectators will respect coaches, players, game officials and other spectators at YMCA events.

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YMCA of Northwest North Carolina
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8-9, 8-10 yr. old Rules

Number of Players: Seven players per team on the field (Six in the field and one goalkeeper)

Ball Size: Size 4

Length of Game: Two halves. Each half is 20 minutes.

Officials: One official

Playing Time: Players shall play a minimum of 50% of game. No player shall play more than 75% of total playing time unless all other players present have played at least 75% of total playing time. Substitutions can be made at any dead ball during the game. Players are encouraged to play different positions.

Score: Not kept for this old division

Fouls/Penalties/Free Kicks

- Goal Kicks - Ball is placed on the goal line in front of the goal. Any eligible player can take the goal kick. Ball must leave the penalty box area to be considered a live ball.
- Corner Kicks - Opponents remain at least eight yards from the ball until it is in play.
- Throw-Ins - Both feet must stay on the ground until ball is completely out of hands
- Fouls - All fouls shall result in a direct free kick. The referee and/or coach will explain all infringements to the offending player. No cards shown for misconduct. Fouls are trips (intentional or unintentional) and hand balls (Below the shoulder)
- Free Kicks - All kicks are direct and all opponents are at least 8 yards from the ball
- Offside - No penalty for offside for this division
- Penalty Kicks - Regulation penalty kicks for this division
- Heading - No heading allowed for this division

Coaches

- All coaches will remain at the team bench area on the sideline and are not permitted on the field unless there is an injury timeout. Coaches may not coach from behind the goal or end line.
- Coaches will be responsible for the behavior of their teams and parents

Spectators

- Fans are encouraged to cheer and support both teams. All are expected to be courteous and be positive role models for players. Spectators will respect coaches, players, game officials and other spectators at YMCA events. Spectators must sit on the sideline, not behind the goal or end line.

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YMCA of Northwest North Carolina
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9-11 yr. old Rules

Number of Players: Seven players per team on the field (Six in the field and one goalkeeper)

Ball Size: Size 4

Length of Game: Two halves. Each half is 25 minutes.

Officials: Two officials

Playing Time: Players shall play a minimum of 50% of game. No player shall play more than 75% of total playing time unless all other players present have played at least 75% of total playing time. Substitutions can be made at any dead ball during the game. Players are encouraged to play different positions.

Score: Will be kept for this division

Fouls/Penalties/Free Kicks

- Goal Kicks - Ball is placed on the goal line in front of the goal. Any eligible player can take the goal kick. Ball must leave the penalty box area to be considered a live ball.
- Corner Kicks - Opponents remain at least eight yards from the ball until it is in play.
- Throw-Ins - Both feet must stay on the ground until ball is completely out of hands
- Fouls - All fouls shall result in a direct free kick. The referee and/or coach will explain all infringements to the offending player. No cards shown for misconduct. Fouls are trips (intentional or unintentional) and hand balls (Below the shoulder)
- Free Kicks - All kicks are direct and all opponents are at least 8 yards from the ball
- Offside - Regulation offside rules for this division will be enforced
- Penalty Kicks - Regulation penalty kicks for this division will be enforced
- Heading - No heading allowed for this division

Coaches

- All coaches will remain at the team bench area on the sideline and are not permitted on the field unless there is an injury timeout. Coaches may not coach from behind the goal or end line.
- Coaches will be responsible for the behavior of their teams and parents

Spectators

- Fans are encouraged to cheer and support both teams. All are expected to be courteous and be positive role models for players. Spectators will respect coaches, players, game officials and other spectators at YMCA events. Spectators must sit on the sideline, not behind the goal or end line.

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YMCA of Northwest North Carolina
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10-11 yr. old Rules

Number of Players: Eight players per team on the field (Seven in the field and one goalkeeper)

Ball Size: Size 4

Length of Game: Two halves. Each half is 25 minutes.

Officials: Two officials

Playing Time: Players shall play a minimum of 50% of game. No player shall play more than 75% of total playing time unless all other players present have played at least 75% of total playing time. Substitutions can be made at any dead ball during the game. Players are encouraged to play different positions.

Score: Will be kept for this division

Fouls/Penalties/Free Kicks

- Goal Kicks - Ball is placed on the goal line in front of the goal. Any eligible player can take the goal kick. Ball must leave the penalty box area to be considered a live ball.
- Corner Kicks - Opponents remain at least eight yards from the ball until it is in play.
- Throw-Ins - Both feet must stay on the ground until ball is completely out of hands
- Fouls - All fouls shall result in a direct free kick. The referee and/or coach will explain all infringements to the offending player. No cards shown for misconduct. Fouls are trips (intentional or unintentional) and hand balls (Below the shoulder)
- Free Kicks - All kicks are direct and all opponents are at least 8 yards from the ball
- Offside - Regulation offside rules for this division will be enforced
- Penalty Kicks - Regulation penalty kicks for this division will be enforced
- Heading - No heading allowed for this division

Coaches

- All coaches will remain at the team bench area on the sideline and are not permitted on the field unless there is an injury timeout. Coaches may not coach from behind the goal or end line.
- Coaches will be responsible for the behavior of their teams and parents

Spectators

- Fans are encouraged to cheer and support both teams. All are expected to be courteous and be positive role models for players. Spectators will respect coaches, players, game officials and other spectators at YMCA events. Spectators must sit on the sideline, not behind the goal or end line.

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YMCA of Northwest North Carolina
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12-14 yr. old Rules

Number of Players: Nine players per team on the field (Eight in the field and one goalkeeper)

Ball Size: Size 5

Length of Game: Two halves. Each half is 25 minutes.

Officials: Two officials

Playing Time: Players shall play a minimum of 50% of game. No player shall play more than 75% of total playing time unless all other players present have played at least 75% of total playing time. Substitutions can be made at any dead ball during the game. Players are encouraged to play different positions.

Score: Will be kept for this division

Fouls/Penalties/Free Kicks

- Goal Kicks - Ball is placed on the goal line in front of the goal. Any eligible player can take the goal kick. Ball must leave the penalty box area to be considered a live ball.
- Corner Kicks - Opponents remain at least eight yards from the ball until it is in play.
- Throw-Ins - Both feet must stay on the ground until ball is completely out of hands
- Fouls - All fouls shall result in a direct free kick. The referee and/or coach will explain all infringements to the offending player. No cards shown for misconduct. Fouls are trips (intentional or unintentional) and hand balls (Below the shoulder)
- Free Kicks - All kicks are direct and all opponents are at least 8 yards from the ball
- Offside - Regulation offside rules for this division will be enforced
- Penalty Kicks - Regulation penalty kicks for this division will be enforced
- Heading - Allowed for this division

Coaches

- All coaches will remain at the team bench area on the sideline and are not permitted on the field unless there is an injury timeout. Coaches may not coach from behind the goal or end line.
- Coaches will be responsible for the behavior of their teams and parents

Spectators

- Fans are encouraged to cheer and support both teams. All are expected to be courteous and be positive role models for players. Spectators will respect coaches, players, game officials and other spectators at YMCA events. Spectators must sit on the sideline, not behind the goal or end line.

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