



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Rancho Family YMCA

### U6 and Youth Soccer Rules 2014

Pages 4-11

#### Players and Coaches

1. Rosters are encouraged to have 10 players per team.
2. Each team on the field will consist of the following number of players based on age division
  - a. 4-5 years: minimum of 4 players
  - b. 6-8 years: minimum of 7 players
  - c. 9-11 years: minimum of 6 players
3. All players must play equal minutes, mandatory obligation for coaches.
4. All referee calls are final. There will be ONE conversation regarding rule interpretation per half, per team, requested by the head coach only. Coaches will have an opportunity to ask for clarification at halftime or the end of the game.

#### I. Game

1. At the start of the game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball.
2. The winner of the coin toss gets to decide taking possession or defense.

#### II. Terminology

- **Attacker**- the player with possession of the ball
- **Advantage**- law permitting a referee to recognize a foul but not call it and allow the game to continue if s/he feel it is in the best interest of the player who was fouled.
- **Chop or cut**- a deliberate change of direction with the ball.
- **Challenge**- when a defender tries to steal the ball from the attacker.
- **Chip**- when a ball is kicked using a stabbing motion which lofts the ball over the opponents head.
- **Collecting**- the technique of receiving a ball from the air or the ground and then bring it under control to put the ball back into play.
- **Corner Kick**- A direct free kick taken from the corner. It happen when the ball goes across the goal line and was last touched by a defender.
- **Cross**- when a ball comes across the field from a sideline towards the goal.
- **Direct Free Kick**- A free kick that can be shot on goal without the ball being touched by another player.
- **Dribbling**- using touches with your feet to control the ball.
- **Far Post**- the goal post furthest from the ball.
- **Goal Kick**- A goal kick is taken by the defending team when the ball goes over the goal line and was last touched by an offensive player.
- **Goal Line/End Line**- The boundary line at each end of the field where the goals are.
- **Hand Ball**- The INTENTIONAL use of the hands by a field player. The result is a direct free kick.
- **Indirect Free Kick**- A free kick that cannot score without first being touched by another player.
- **Juggling**- the skill of keeping the ball in the air your feet and other various parts of the body.
- **Marking**- the defensive concept of guarding another player
- **Midline**- the halfway line drawn across the center of the field



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## **VI. SCORING –**

1. A point is awarded for a goal only when the ball completely crosses the goal line.

## **VII. Coaches**

1. All coaches must complete and sign all volunteer paperwork and go through background check and child abuse prevention training.
2. Only one coach is allowed on the field to direct players for the pee wee division (ages 4-5). Coaches of all other age divisions will be required to remain on the sideline.
3. Coaches are expected to adhere to the YMCA philosophies, coaching guidelines, and code of conduct.

## **VII. Laws of the Game**

Law 1. Field Dimensions. Modified for youth to promote lots of touches.

Law 2. Balls size. A #3 is used for players U6 to U9. A #4 for players U10 to U12.

Law 3. Number of players. Modified from 4 players to 8

Law 4. Player's equipment. Shin guards are required. No jewelry and no baseball cleats.

Law 5. Referees. Modified. The referee's main concern is the safety of the players. The referee enforces all the rules of the game.

Law 6. Assistant referee. Not Needed.

Law 7. Duration of the game. Modified. Two (2) twelve minute halves for the 4-5 division. Two (2) fifteen minute halves ages 6-11

Law 8. Start of play. The kick off is taken at the center spot and is determined by the referee. The ball has to move forward to start the half. Each player must be in his or her half of the field and at least ten yards away from the ball.

Law 9. Ball in and out of play. The ball is out of play when it COMPLETELY goes over the goal line or touch-line. It doesn't matter whether it's in the air or on the ground.

Law 10. Method of scoring. The ball must COMPLETELY go across the line into the goal.

Law 11. Off sides. One of the most complicated laws of the game. The basic concept is that a player must have at least one defender (not including the goalkeeper) between him and the goal when the ball is played to him. Also to be offside the player must be in the opponents side and looking to gain an advantage.

Law 12. Fouls and Misconduct- At the youth level most fouls are due to pushing, holding or tripping and result in a free kick. Other ones are handballs and charging.

Law 13. Free kicks. There are two types. A direct and indirect. At the youth level most free kicks are classified as indirect. This means a goal may not be scored until the ball has been played or touched by a second player of either team.



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An unsportsmanlike act includes, but is not limited to:

1. Refusing to shake hands.
2. Spitting on their hands before shaking hands.
3. Spitting on the opposing team/officials.
4. Intentionally bumping players of the opposing team/officials.
5. Taunting, baiting, or confronting their opponent, officials, coaches, or fans.
6. Showboating, swearing, or using inappropriate gestures at their opponent, officials, coaches, or fans.
7. Taking a swing at an opponent/official or fighting.