

Grade	Ball Size	Goal Size	Field Size	Max Players on Field	Game Duration
PreK	4	4x6	90x75ft	5	10 min halves
Grade K/1	4	6x12	150x90ft	7	20 min halves
Grade 2-4	4	6x12	195x90ft	7	20 min halves

PreK Division will focus on structured instructions and drills. Small games will end each session to help showcase the skills learned throughout the sessions.

Grades K/1 & 2/3 will still have practices that focus on skill development, but will play games throughout the season.

Pre-K kids must turn 4 before 7/31/26.

5 Minute half time. (PreK Division will have 20-30 minutes of drills/instruction before playing)

All ages groups are coed unless enough boys/girls sign up to allow teams to be formed for each.

Rules for the YMCA Soccer League will follow FIFA-LAWS OF THE GAME (Latest Edition) and the following exceptions or additions:

1. Prior to the start of the game, the referee will inspect the player's equipment. In divisions where there are not referees, coaches shall inspect. Players shall meet the following requirements before being allowed to play:

- a. All players shall wear shin guards that are covered completely by the player's sock.
- b. Jewelry shall not be worn during the game.
- c. No metal or screw-in cleats are allowed. All cleats shall be soccer cleats.
- d. Due to the possibility of cold weather, sweat pants can be worn over the player's shin guards. Sweatshirts shall be worn under the player's jersey allowing the players number to be visible. Sock caps or ear wraps can be worn.
- e. Players shall not chew gum while playing on the field.

2. In divisions where there are not referees, one coach from each team shall be designated referees. Coach shall have a whistle and a stop watch.

3. All players shall play a minimum of 50% of the length of the game. Exception: players with health issues, players requiring discipline, players requesting not to play, or players that arrive late to the game.

4. A team shall forfeit the game if the minimum number of players cannot be fielded within 5 minutes of the scheduled start time. If both teams agree to continue playing, the opposing team shall only play 1 player above the "short" team.

5. Referees have the right to add on time due to delays for injuries, substitutions, wasting time, retrieving

the ball, or any other cause that may delay the game (Referee's discretion).

6. Due to dangerous weather conditions or extenuating circumstances, the game length may be shortened or cancelled by the referee. A game will be complete if a complete half (or 2 quarters) has been played at the time the game is cancelled.

7. Substitution: All divisions are allowed to substitute freely under these guidelines:

- a. After a goal has been scored and at the beginning of the second half.
- b. On throw-in's if you have possession of the ball or after the opposing team substitutes.
- c. On either team's goal kick.
- d. At the time of an injury, the injured player must be substituted. The injured player must be removed from the game until the next possible substitution. Player with a head injury shall not return to the game. The opposing team may also substitute one player at the time of the injury. Exception: Goalie only needs to be removed if the injury was a head injury.
- e. The referee must be notified if the goalkeeper is to be substituted. A goalkeeper may be replaced before a penalty kick by any player on the field at the time of the penalty. The goalkeeper can then only be replaced during the next possible substitution.
- f. No substitutions are permitted during the last 2 minutes of the game.

8. Coaches or Fans are not allowed to stand/sit between the corner flags directly behind the goal or at the goal line. All fans are required to be on the "fan side" of the field. Only coaches listed on the team roster, players, referees, or any other game officials or POSL board members are allowed on the "participant side" of the field.

9. The team kicking off at the start of the game shall be determined through a coin toss. Kickoffs shall be alternated between teams from half to half or quarter to quarter.

10. Teams can ONLY play those players that are listed on their roster. If a team is found to have played a player that is not on their roster this will result in an immediate forfeit and the opposing team will be awarded the win. This rule stands even if both coaches have agreed to it prior to the game.

11. A Coach or Fan who is disruptive may be ejected from the game by the referee or SGCCC Staff member, if there is not a referee). If the ejected coach or fan refuses to leave the game, the referee will terminate the game resulting in a loss for the team the coach or fan represents.

12. A referee has the option to terminate a game due to unruly fans, coaches, or players from both teams. It will then be left up to the YMCA Sports Director to decide the outcome of the game which may result in a forfeit by both teams.

13. Zero Tolerance Rule: All individuals responsible for a team and all spectators shall support the

referees, coaches, players and other spectators. Failure to do so has the potential of creating a hostile environment for all participants and spectators. YMCA reserves the right, in its sole discretion, to deal with infractions as it sees fit.

a. ABSOLUTELY no disputing calls during or after the game. NO YELLING at the referee, coach, or player EVER and no criticism, sarcasm, harassment, intimidation, or feedback of any kind during or after the game.

b. Violators may be ejected and are subject to disciplinary action by the POSL Soccer Board.

c. If coaches or spectators have questions regarding calls, rules, referees, other coaches, or wish to give feedback regarding a referee or coach they should contact the referee coordinator (information can be found on our website) or appropriate Division Coordinator.

14. YMCA has adopted a policy due to U.S. Soccer Concussion Guideline changes on heading a ball and The concern for the safety of the players in our league. There will be no heading a ball by the players in any divisions. Referees have been instructed that if a player deliberately heads a ball in a game, an indirect free kick will be awarded to the opposing team from the spot of the incident. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then the play shall continue. More information can be found here: <http://www.ussoccer.com/about/recognize-to-recover/concussion-guidelines>.

15. Slide tackling is not allowed in any division in the YMCA league.

16. At kickoff, the ball does not have to go forward.

17. Goalies: NO Goalies in ages PreK. K/1 & 2/3 goalies are allowed unlimited time to clear the ball.

18. Handballs: A handball should only be called when the referee is convinced that it is intentional.

19. Dangerous Play:

a. Raising the foot above the waist while in the immediate vicinity of an opposing player.

b. Playing the ball while lying/sitting on the ground WHILE in the immediate vicinity of an opposing player.

c. Continuing to kick a ball while a player is on the ground and in the immediate vicinity and the player on the ground is not playing the ball.

20. Throw-Ins: A spin on the ball does not make it illegal. The law states to use both hands from behind and over the head. It does not say it has to be equal force. All opponents must be at least 2 yards back from thrower. Throwers feet must remain on the ground and behind the line.

21. ALL decisions by the YMCA are final.

The following rules apply to PreK, Grades K/1 & 2/3

22. Offsides will not be called. Exception: "Cherry Picking" (Intentionally placing a player in an obvious offside position to gain advantage) is not allowed. The referee can stop play or deny a goal for "cherry picking". The penalty for "cherry picking" will be a free kick to the opposing team from the spot of the foul.

23. All free kicks are indirect (the ball must be touched a 2nd time by either team before going into the goal and outside of the box).

24. Second tries are permitted on throw-ins. If the throw-in is still not correct on the second try, the throw-in goes to the opposing team.

25. Coaches on the field should coach in the center of the field and not enter the Penalty Area/Goal Box of the field. Only one coach shall be on the field during play.

26. An assistant coach or parent shall always be on the sidelines watching substitutes.

27. PreK does not need

Division standings for grades K/1 & 2/3.

Team rankings at the end of the season will result in comparing the total amount of points the team acquired throughout the season.

Points will be given as follows: Win – 6 pts, Tie – 3 pts, Loss – 0 pts

Tiebreakers:

- a. Head-to-head play
- b. Games won (if teams played equal number of games)
- c. Least goals allowed
- d. Shut-outs
- e. Goal differential up to a maximum of three per game positive or negative
- f. Penalty kicks (Best of five penalty kicks by five players from each team. If still tied, alternate penalty kicks by the balance of each team until a decision is reached.)