



Soccer Tournament Playing Rules and Policies

Grade	1 st Grade	2 nd Grade	3 rd Grade	4 th Grade	5 th and 6 th Grade	7 th /8 th
	5v5	7v7	7v7	8v8	11v11	11v11
Number of Players on Field	5	7	7	8	11	11
Minimum players to start*	4*	5*	5*	6*	9*	9*
Game Time	8 min quarters 2 min between quarters 5 min halftime	20 min halves 5 min halftime	20 min halves 5 min halftime	20 min halves 5 min halftime	20 min halves 5 min halftime	20 min halves 5 min halftime
Player Substitution	Quarters Halftime Injury	Halftime Your throw in Any goal kick After any goal				
Field Size (in yards) Richardson	25x40	30 X 50	40x60	50x80	75x110	75x110
Goal Size- Richardson	5x10	6" x 12'	6" x 12'	6" x 18'	8' x 24'	8' x 24'
Goalie	Yes	Yes	Yes	Yes	Yes	Yes
Offside Rule?	No	No	Yes	Yes	Yes	Yes
Out of bounds restart	Kick in or Throw in	Throw in	Throw in	Throw in	Throw in	Throw in
Penalty Kicks	No	Yes	Yes	Yes	Yes	Yes
Direct/Indirect kicks	Indirect only	Both	Both	Both	Both	Both
Slide Tackles	No	No	No	No	Yes	Yes
Headers	No	No	No	No	No-5th/ Yes-6 th	Yes
Referees	Center Referee	Center Referee	Center Referee and 2 Linesmen			
Ball Size	3	4	4	4	4	5
Max. Roster Size- Richardson	10	14	14	16	18	18

Scoring:

Single elimination. Games will be recorded as either a win or a lose. The team that wins advances.

In the event that a game ends in a tie, the game will go into overtime which consists of 1 (one) 5-minute quarter. 1st team that scores win. If at the end of overtime, the game is still tied a "Shoot Out" or penalty kicks will determine the final score.

General and Tournament Formation Information:

- Rainout information will be posted on the YMCA website and [Teamsideline](#) as soon as information is available. If there is a rainout on the original scheduled date, teams must still field a team on make-up date or forfeit the registration fee.
- Teams cannot play down and must register in the appropriate league. Example: If a 5th grade team has two 6th graders on the roster that team must play in the 6th grade league.
- For your child's safety, players cannot wear jewelry during games except for medical or religious purposes-in this case it must be taped to the body. Earrings, necklaces and bracelets must be removed. Band-Aids/tape must be placed over newly pierced ears during games.
- Hard casts and finger splints must be covered with suitable padding. If at any point during the game the referee determines an item to be dangerous, the player may be asked to sit out the remainder of the game.
- Teams will play in grade pure leagues for all age groups if there are enough teams registered. If there are not enough teams leagues may be merged into even numbered age groups.
- We reserve the right to combine age groups and/or skill divisions if necessary.
- An age group will not be combined with any age group other than the one immediately younger or older. For example, 5th grade could be combined with 6th but not 7th.
- Registering on time does not guarantee team placement in the tournament. All entries are subject to time and field availability of spots in age groups and/or appropriate skill divisions, even if your team registers prior to the deadline. If after registration closes there are an odd number of teams for your age group, we may not be able to field your team in the tournament. If so, coach will be contacted and receive a full refund.
- The Richardson YMCA tournament committee reserves the right to decide on all matters pertaining to this tournament.

Game Day Rules:

- (A) Players should show up ready to play: Uniform on, jerseys tucked in. Shin guards on, underneath socks. Soccer cleats on, no metal cleats, laces tied. All jewelry must be removed. Team jerseys or t-shirts must have the "Y" logo and player jersey number. Referee's will inspect equipment before games begin.
- (B) Teams (minimum roster and registered coach) must be on the field within 5 minutes of the official start of the game. After 5 minutes the game is a forfeit.
- (C) All players and coaches will recite the YMCA please prior to the game.
- (D) Coaches must give a copy of their official roster to the referee to validate players if requested.**
- (E) Teams (players, coaches and spectators) **must sit on opposite sides of the field and remain 5 feet away from the sideline** so the linesman can have access to the entire sideline. Players, coaches and spectators cannot enter the field during play for any reason without permission or invitation from the referee- example; for the purpose of assisting an injured player. Entering without permission is an offence – see rules.
- (F) Home team is required to change jerseys or wear pinnies in case of color conflict. If needed, field directors or YMCA staff will have extra pinnies available on loan.
- (G) Before a substitution can be made at any of the authorized points, the player must stand at the halfway line and have the permission of the referee before entering the field. This includes changing the goalkeeper.
- (H) For your safety, no one is allowed to stand behind the goal.
- (I) EVERY PLAYER MUST PLAY A MINIMUM OF 50% OF EACH GAME. Equal playing time for all is our goal. (forfeit for non-compliance)
- (J) Season roster players and/or registered guest players are allowed on the playing field. If an illegal player is found on the field, including pre-game pledge, the game is forfeited.
- (K) Players and coaches line up after the end of the game and shake hands with the opposing team and the officials.
- (L) Spectator/Team Seating: PREK-1st: Teams (players, coaches and spectators) must sit on opposite sides of the field 2nd and up: Spectators must sit on the opposite side of the field from the teams. Home team on the left and away team on the right of the field. Spectators and teams must remain 5 feet away from the sideline so the linesman can have access to the entire sideline and are able to do their job without obstruction.
- (M) 2nd-8th grade; players who are being taken off and replaced must now leave the pitch by the nearest point on the touchline and must have the permission of the center referee before entering the field. This includes changing the goalkeeper.

Rules of the Game:

Start of Play:

Each game, quarter or half begins with a kick-off. There is also a kick-off after a goal by the team not scoring. The team that is not kicking-off must remain outside the center circle. The kicker must clearly move the ball in any direction, and then not touch the ball again until someone else has touched it. A goal can be scored direct from a kick-off.

Throw-Ins:

When one team kicks the ball over a sideline and out of bounds, the other team gets a throw-in. The throw-in takes place where the ball goes out of bounds. The player must stand behind the line and keep both feet on the ground until the ball leaves the players hands. Both hands must be on the ball and the ball must be thrown from behind the head. An incorrect throw-in results in a loss of possession. The thrower cannot play the ball until another player on either team touches the ball. If done incorrectly the opponent will be awarded an indirect free kick. A goal may not be scored directly from a throw-in. Any delay of game on a throw in as determined by the official will be a yellow card.

Direct and Indirect Free Kicks and Penalty Kicks:

After any foul the team that was fouled is awarded a free kick from the spot where the foul was committed. The free kick is either a direct free kick or an indirect free kick. You can score off a direct kick by kicking the ball directly into the goal; you cannot score off an indirect kick. An indirect kick must touch another player – on either team – before it can go into the net, or it does not count as a goal and the defensive team gets a goal kick. That is why a team with an indirect kick near the opposing team's goal may have one player tap the ball so a second player can shoot – once the second player has touched the ball, it will be a goal if it goes directly into the other team's goal. Physical fouls and handballs inside or outside the penalty area result in a direct kick. Corner and penalty kicks are direct. Offside and obstruction fouls result in an indirect kick. After a player takes a free kick, including kick-offs, goal kicks, and corner kicks, he cannot touch the ball again until another player touches the ball.

-Direct Free Kick

A direct free kick is awarded to the opposing team if a player commits any of the following seven offences in a manner considered by the referee to be careless, reckless or using excessive force:

- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- jumps at an opponent
- charges an opponent
- strikes or attempts to strike an opponent
- pushes an opponent
- tackles an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following three offences:

- holds an opponent
- spits at an opponent

- handles the ball deliberately (except for the goalkeeper within his own penalty area)

A direct free kick is taken from the place where the offence occurred, and players of the defending team must remain 10 yards from the penalty mark until the ball is kicked. A goal can be scored from a direct free kick. Anyone on the team may take the kick.

-Penalty Kick: 2nd and up

A penalty kick is awarded if any of the above ten offences is committed by a player inside his own penalty area (goal box), irrespective of the position of the ball, provided it is in play. Position: the ball is kicked from the penalty spot and all players except the kicker (who does not have to be the fouled player) and the goalkeeper must remain outside the penalty area and at least 10 yards from the penalty spot (outside the penalty kick arc). The keeper must remain on the goal line, can move side to side but not forward. If the ball hits the goalie and stays in the field, it is a live ball, and any player can then play it. If the ball hits the post or crossbar, any player – except the one who kicked it – can play it. In a “shoot out” only the players on the field when overtime ends can take a penalty kick.

Modified Penalty Rule: The defending goalkeeper must remain on the goal line, facing the kicker, between the goalpost, without touching either goal posts, crossbar, or goal net, until the ball has been kicked; Goalkeeper must not be moving. When the ball is kicked, the defending goalkeeper must have at least part of one-foot touching, or in line with, the goal line.

-Indirect Free Kick

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offences:

- Controls the ball with his hands for more than six seconds before releasing it from his possession
- Touches the ball again with his hands after he has released it from his possession and before it has touched another player
- Touches the ball with his hands after it has been deliberately kicked to him by a team-mate
- Touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate

An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:

- Dangerous Play: a player does something to endanger himself or others. Most common are high kicks or low headers.
- Impeding the progress of an opponent when not within playing distance of the ball (Obstruction)
- Obstructing the Goalkeeper.

The following apply to the goalkeeper when in his or her penalty area:

- Handling a throw-in or kick from a teammate (hands)
- Dropping the ball and picking it up again.

The indirect free kick is taken from the place where the offence occurred. A goal can be scored from an indirect kick only if another player from either team touches the ball.

Free Kick Rule Change: When there is a wall of three or more players attackers are not allowed within one meter of it. Any attacking player found to be less than one meter from the wall will be penalized and the other team will receive an indirect free kick.

Heading: US Soccer has taken a serious step toward dealing with the dangers of possible head injuries in soccer, particularly players 10 and under (5th grade and below) and has issued a ban on heading in either in practices or games. Players 11 and 12 (5th and 6th) will limit heading training to a maximum of 30 minutes per week with no more than 15-20 headers per player, per week. Players 13 years and up are allowed to engage in heading. In adherence to these new recommendations, referees have been instructed by US Soccer of the following rule addition: *When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. 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.*

Corner Kicks & Goal Kicks

If the ball goes over one of the end lines, it is either a goal kick or a corner kick depending on which team kicked it out of bounds. If the defensive team kicks it out, it's a corner kick. If the offensive team kicks it out, it's a goal kick.

Goal Kick Rule Change: All opponents must be outside the penalty area until the goal kick is taken and if an opponent remains inside or enters the penalty area before the kick is taken and plays, challenges or touches the ball, the goal kick is retaken.

-Corner Kick:

The ball is kicked within the small, one-yard arc in the corner of the field by the corner flag nearest where the ball crossed the goal line. The opposing players must stay the minimum required distance from the ball on the corner kick spot. After kicking, the player cannot play the ball before another player from either team has touched it, otherwise the opponents will be awarded an indirect free kick. This also holds true if the ball bounces off a goal post or referee. A goal may be scored directly from a corner kick.

-Advantage Rule

The referee, in his discretion, may decide to not stop play due to a foul if it would be an "advantage" to the fouled team to not stop play. The concept is that the team that was fouled should not be punished by having an attack stopped which might result in a goal and, conversely, that the team which committed the foul should not gain an advantage as a result of the foul.

Offside rule: 3rd and up

- Offside refers to an attacking player being in an offside position and is **actively** involved in play when the ball is played ahead.
- A player is in an offside position when there are less than 2 players between that player and the goal (one is usually the opposing goalkeeper) when the ball is passed ahead to that player.
- Offside can only occur in the attacking half of the field.
- No player can be offside when even with, or behind the ball.
- No player can be offside when first playing a throw in, goal kick, or corner kick.

- A player not in the play of the game is offside any moment he touches the ball, is interfering with play or is seeking to gain an advantage by being in that position.
- A player shall not be declared offside by the referee if the player is NOT involved in the play, merely offside in location.

If a player is declared offside, the referee awards an indirect free-kick, which is taken by a player of the opposing team from where the infringement occurred, unless the offense is committed by a player in his opponents' goal area, in which case the free-kick shall be taken from any point within the goal area.

-Goalies can.... touch the ball as long as they are within the penalty area, which is the big box that surrounds the goal. Once the goalie leaves the penalty area, he must play the ball like any other player, which means he cannot touch the ball with his hands or arms. The smaller box in front of the goal is the goal box; its only purpose serves as a place to put the ball for goal kicks. If the goalie does pick up the ball or steps outside the penalty area it will result as a direct free kick.

-Goalkeepers cannot.... pick up a pass from a teammate. If a player passes to his goalkeeper, the goalie must play the ball with his feet, or the other team will get an indirect kick from the spot where the goalie picked up the pass. Goalies cannot be substituted in an indirect or direct (PK) kick.

Cautionable Offences (Yellow Card)

- unsporting behavior
- dissent by word or action
- persistent infringement of the Laws of the Game
- delaying the restart of play
- failure to respect the required distance when play is restarted with a corner kick, free kick or throw-in.
- entering or re-entering the field of play without the referee's permissions
- deliberately leaving the field of play without the referee's permissions
- Delaying the restart

Sending Off Offenses (Red Card)

- serious foul play
- violent conduct
- spitting at an opponent or any other person
- denying the opposing team, a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
- denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- using offensive, insulting or abusive language and/or gestures
- receiving a second caution in the same match

A player, parent or coach who has been sent off must leave the vicinity of the field of play and game for the remainder of the tournament.

Rule Changes:

Substitutions: Players who are being taken off and replaced must now leave the pitch by the nearest point on the touchline.

Handball: Deliberate handball remains an offense. There will be no goal in cases where the ball accidentally strikes a player's hand before crossing over the line. Similarly, if a player has accidentally handled the ball and created an advantage or scores, they will be penalized with a free kick.

The following "Handball" situations, even if accidental, will be a free kick:

- The ball goes into the goal after touching an attacking player's hand/arm.
- A player gains control/possession of the ball after it has contacted the hand/arm and then scores or creates a goal scoring opportunity.
- The ball contacts a player's hand/arm which has made their body unnaturally bigger, or the ball touches the player arm/hand when it is above the shoulder.

The following will not usually be a free kick, unless they are one of the above situations:

- The ball touches a player's hand/arm which is close to their body and has not made their body unnaturally bigger.
- If a player is falling and the ball touches their hand/arm when it is between their body and the ground support the body.
- If the goalkeeper attempts to clear the ball, a throw-in or deliberate kick from a team-mate but the clearance fails, the goalkeeper can then handle the ball.

Drop ball: If the play is stopped inside the penalty area the ball will simply be dropped for the goalkeeper.

If it is stopped outside the penalty area the ball will be dropped by a player from the team that last touched the ball. In all cases, players will have to be four meters away.

Guest Players: Registered guest players (3max) are allowed under the following rules:

- Coaches must first invite all players on their team and a guest players team cannot be playing in the tournament.
- Guest players must be added to your team roster by your YMCA Sports Director.
- Guest players must be a registered player on a YMCA team this year.
- Guest players must wear a team jersey/t-shirt with jersey number.
- Players registered as academy only (must also be currently registered on a YMCA team) are NOT allowed to guest play on a YMCA recreational team in the tournament.
- NO competitive players are currently under team contract.
- A team cannot exceed the maximum roster by adding guest players. For example: if a 1st grade team has 8 regular season players available for the entire tournament, only 2 guest players are allowed as maximum roster is 10 players. Guest player numbers are based on the highest number of regular season players available for the entire tournament, not per game.

Referees:

-PLEASE RESPECT THE REFEREES - Referees have the ultimate authority during a game. Please discuss any concerns AFTER the game AWAY from the field in a respectful manner. If you feel attention needs to be called to your field during a game, send someone to find a field director or YMCA staff. **If a coach or spectator is offensive in any way to a referee they will be ejected and suspended for a period of time to be determined by the sports committee. Abuse of a referee will not be tolerated!** *The ref has been trained to be in position to observe the play both on and off the ball. The ref is often in the optimal position to see what is going on and frequently sees things that spectators or even players do*

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not see. Give the referee the benefit of the doubt. Yelling at a referee will not change the call. The ref is always right! Screaming or going after a referee in front of the players shows disrespect for authority and is that what we want to teach our kids?

Zero Tolerance Policy:

"The YMCA requires coaches, parents and spectators to abide by our **Zero Tolerance Policy**. Actions that will not be tolerated before, during or after practices or games are: verbal/physical abuse of referees, players, coaches or spectators; charging onto the field; arguing with referees, coaches or spectators; profanity or derogatory names or comments; and any comments (other than encouraging or complimentary) or taunting directed at opposing players, coaches or fans. If a coach, parent or spectator does not abide by this policy a referee may give a warning, eject the offending person or penalize the team. If at any point the referee feels threatened, he/she may "abandon the game." If this occurs, the offender's team will suffer a loss by forfeiting the game."