



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Greater Charlotte U-8 SOCCER LEAGUE RULES (ages 6-7)

Ball: Size 3

Players Equipment: Shin-guards are mandatory, cleats are recommended

Team Size: 4 field players and 1 goalie (5 v 5) Minimum of 4 players on team to play

Game Time: 4, ten-minute quarters (Halftime will be 2 minutes)

Referees: 1 referee will be present

In the spirit of the YMCA, each player is expected to play an equal amount of time during each game and must play in both halves. Unless a team only has 5 or fewer players, NO player can play the entire game.

1. Goalkeeper
 - a. Each team's goalkeeper must be changed at the end of each quarter.
 - b. Coaches must remain off of the field of play
2. Defenders
 - a. Defending team must be back at their mid line for all goal kicks.
3. Coach(s) positioning
 - a. Each team's coach(s) must remain on sideline and on their half of the field
4. Substitutions and Rotations
 - a. Will be made in between quarter unless an injury is present.
5. Start and Re-Start of play:
 - a. Over the sideline with a throw-in.
 - i. Ball must go back directly overhead with both hands, and both feet must remain in contact with the ground.
 - ii. Throw-ins will be taken until player gets "it right" **This is a teaching moment.**
 - b. Over the goal line:
 - i. Last touched by attacking team: will result with a goal kick.
 1. Goal kicks may be taken from anywhere inside the goal box (smaller box next to the goal).
 2. The goal kick must clear the penalty box (larger box surrounding goal box) before it may touch any player; any infraction will result in a "redo" of the goal kick.
(Teachable Moment)
 - ii. Last touched by defending team: will result with a corner kick
 - iii. In this age group, corner kicks must touch another player before a goal can be scored.
 - c. After a goal is scored/beginning of new quarter:
 - i. Re-start of play begins at midfield.
6. Goals
 - a. Goals may be scored from anywhere on the field except on kick-offs, corner kicks (this age group) and throw-ins.
7. Off-sides
 - a. Off-sides will NOT be called in this age group.
8. Free Kicks
 - a. All free kicks are indirect in this age group.
 - b. Tripping, pushing, hand balls, etc... will result with an **indirect kick** (ball must be touched by another player before a goal can be scored).
9. Penalty Kicks
 - a. No penalty kicks in this age group.
10. Hand Ball Rule
 - a. Hand to ball, not ball to hand; must be intentional. Will result in an **indirect kick** (ball must be touched by another player before a goal can be scored) **(Teachable Moment)**
11. Slide tackling is not allowed.
12. Teams WILL NOT switch sides at half-time in this age group.
13. Teams and spectators will sit on opposite sides of the field.
14. For the safety of the players, absolutely no jewelry or gum allowed.