

# 2022 Youth Soccer League

## Rule Modifications



These are the basic rule modifications for our League.

Issues should be addressed to the Director of the Athletics:  
Lee Spooner, [lee.spooner@ymcasenc.org](mailto:lee.spooner@ymcasenc.org) (910)251-9622 ext.232

We are here to have fun and is the #1 objective of our program! The only talent scouts at our fields are you. 70% of children will drop out of sports by the age of 13. The #1 reason kids stop playing sports is that becomes no longer fun for them. "Winning" is ranked around 48th in why kids enjoy playing soccer.

Our league uses the US Youth Soccer Association age determination standard.  
Players may play up one year to play with friends or teammates. They may not play down a division.  
Players must be 4 years old to play in our league.

Our referees are trained to give a brief explanation of infringements and share basic rules of the game.

Coaches may agree on team size before the game if each team has the same number of players. If a team is short players, coaches should even out team rosters. The goal is getting kids playing.

Most of our referees are USSF licensed referees or in the progress of earning one. Showing any dissent is a violation of the laws of the game and will be treated as such. Please do not show dissent to our referees and make sure your team understands this expectation. HINT: Your player is more likely to get a warning from the referee vs. a card if the coach is already addressing the issue.

When a team is up by 5 goals, the opposing team may add a player to the field and is not removed until the team that was up by 5 gets to only being up by 1. If the score is 10 up the opposing team will add an additional player. (If the opposing team does not have subs the other team will remove a player instead.) Referee, in their discretion, may bring opposing team to halfway line for goal kicks to help balance games.

Under no circumstances should coaches, players and/or spectators (parents) vocally criticize any player, coach, official or other spectator. Issues should be addressed to the Director of the program. Remember, this is recreational soccer and we are here to make sure the kids have fun!

Players are not allowed to wear jewelry. Those with new ear piercings will need to tape the ear. Shin guards are required for U8 and up, shin guards must be worn under the socks.

Every player in our recreational league, regardless of skill level or ability, will play a minimum of half of every game. The only Exception is due to player injury, behavior or an agreed discussion with coach.

Everyone on our fields (home or away) are expected to follow the YMCA's Code of Conduct at all times.

 **7** out of **10**  
players **QUIT** organized sports by the age of 13

**#1 reason kids quit....**  
**...it becomes no longer**  
**fun for them.**



NO GOALIE COACHING FROM BEHIND THE TOUCH LINE  
(Spectators are included in this rule and cannot stand behind the goal line.)

NO HEADING FOR U12 AND BELOW IN PRACTICES OR GAMES

NO SLIDING OR SLIDING TACKLES IN ANY DIVISION



#### **U5 & U6: Ages 4 & 5**

- Field Size 20 x 30 Goals 4'x6'
- Roster Maximum 8
- One coach allowed on field with team.
- Ball is put back into play by using "new ball" method by coach.
- Games will be played with four 8-minute quarters. Quarter breaks are 2 minutes each.
- No referees. We expect coaches to modify the game so kids have fun.
- Size 3 Ball
- Play 4v4 (No Goalie)

#### **U7 & U8: Ages 6 & 7**

- Field Size 30 x 40 Goals 6'x12'
- Roster Maximum 10
- One coach allowed on field with team, during the first 2 games of the season or if allowed by referee.
- Ball is put back into play by using a throw in. (One retake per team.)
- No Penalty kicks. Violations inside the penalty area will be moved to the penalty area line.
- On Goal Kicks the opposing team will be moved back to the half line.
- Games will be played with four 10-minute quarters. Quarter breaks are 2 minutes each.
- One referee. Offside's will not be called.
- Size 3 Ball
- Play 6v6 (Includes Goalie)

#### **U9 & U10 - Ages 8 & 9**

- Field Size 35 x 55 Goals 6'x18'
- Roster Maximum 12
- Ball is put back into play by using a throw in. (No retakes.)
- Games will be played with two 25-minute halves. Halftime break is 5 minutes.
- One referee. Offside's will not be called.
- Size 4 Ball
- Play 7v7 (Includes Goalie)

#### **U12 - Ages 10 & 11**

- Field Size 50x80 Goal 8'x24'
- Roster Maximum 14
- Ball is put back into play by using a throw in. (No retakes.)
- Games will be played with two 30-minute halves. Halftime break is 5 minutes.
- Three referee system. Offside's will be called.
- If a yellow card is issued, the player must be benched for the rest of the game, this is to prevent a red.
- Size 4 Ball
- Play 9v9 (Includes Goalie)

#### **Middle School - Ages 11 to 14**

- Field Size 50x90 Goals 7'x21'
- Roster Maximum 16
- Ball is put back into play by using a throw in. (No retakes.)
- Games will be played with two 30-minute halves. Halftime break is 5 minutes.
- Three referee system. Offside's will be called.
- If a yellow card is issued, the player must be benched for the rest of the game, this is to prevent a red.
- Size 5 Ball
- Play 11v11 (Includes Goalie)

#### **High School - Ages 14 to 18**

- Field Size 50x90 Goals 7'x21'
- Roster Maximum 16
- Ball is put back into play by using a throw in. (No retakes.)
- Games will be played with two 30-minute halves. Halftime break is 10 minutes.
- Three referee system. Offside's will be called.
- If a yellow card is issued, the player must be benched for the rest of the game, this is to prevent a red.
- Size 5 Ball
- Play 11v11 (Includes Goalie)

Field and goal sizes are averages, in some cases we may need to adjust due to space.

Practice space is at least space equal to half your game field.

League Jerseys are required for teams that play in the league.

## YMCA Sportsmanship Policy

- Be Nice, we are all here to have fun. (Simply, don't be a jerk.)
- NO PLAYER, PARENT, SPECTATOR, COACH OR TEAM OFFICIAL SHALL:
- Refuse to abide by a game official's decision.
  - Show dissent towards an official's decision.
  - Lay a hand on, push, shove, strike, or threaten anyone.
  - Throw any item.
  - Be guilty of a physical attack as an aggressor upon anyone.
  - Be guilty of personal verbal abuse upon anyone for any reason.
  - Other than the coach or team captain, discuss with an official in any manner, the decision reached by the official.
  - Be guilty of using unnecessary rough tactics against the body and person of an opposing player in the play of the game.
  - Using foul language or profanity of any kind.
  - Failure to following instructions/request from YMCA Staff.



## LEAGUE GUIDELINES

Please remember we are here to have fun. We do not record scores and do we keep stats, we play soccer. These guidelines below come from the US Youth Soccer Association, who is working hard on the overall player experience. 7 out of 10 kids quit sports by the age of 13 and the number one reason is "It's no longer fun". The verbs from those other than the coach have been proven to do more harm to a players development than good, I know it's hard so please just try to at least use half of what you usually use.

A few parents "Don'ts" from the US Youth Soccer Association:

- Don't criticize coaches, referees, players or volunteers.
- Don't use verbs during a game.

\*Example of verbs we hear from other than the coach: kick-it, attack, run, dribble, defend, fight, pressure, pass, think, talk.

- Don't complain about coaches in public.
- Don't yell at the referees. (U8 and below these are our very newest referees, be gentle.)
- Don't coach the kids (verbs), allow the coaches to communicate with the players.
- Don't concern yourself with the score.
- Don't critique your child's effort immediately after the game. (Wait at least 30 minutes.)

We are a tobacco free campus (including vapor) and pets are NOT allowed at sites used by the YMCA program.

## Issues and/or Concerns:

We will address all concerns and issues, **please email them to us**. Most concerns should not be addressed on game day, email us, we will address and correct before next game weekend. Our coaches are 100% volunteer, we are a non-profit recreational soccer league. With over 1,800 kids in our programs, issues will present themselves. Our number one rule is do not argue in front of the children. As with any competitive sport, emotions get involved. We will address all issues and concerns, there are 1,000 of you and a couple of us, give us time to address (sometimes things need to cool down before we can talk with you). Our league has enough teams that you more than likely will not play the same team twice this season, so please keep that in mind. If there is an unsafe condition, please see your coach first and they will let the correct staff know.

## Age Determination:

For Fall 2021 and Spring 2022 age will be based on a child's age as of 12/31/2021.

Effective August 2017 U.S. Soccer will use calendar birth years for player placement.

## Play with your friends:

We allow players to play up one division so that they can play with their friends. Players can play up one division, however players cannot play down a division or more than two up.

## Roster Sizes:

As we are a recreational league and do not have tryouts or evaluations. We do not make exceptions to our roster maximums to ensure equal playing time and balanced games. Returning players from the previous season have until the on-time deadline for the next season to be placed on the same roster. Spots are held until this date, after the deadline spots will become open to others.

## ISSUES SHOULD BE EMAILED TO:

YMCA Director of Athletics:

Lee.Spooner@ymcasenc.org

YMCA Assistant Director of Athletics:

Jon.Newsome@ymcasenc.org