

Youth Recreational Soccer League

Rule Modifications



These are the basic rule modifications for our League.

Issues should be addressed to the Director of the program:
Lee Spooner, Lee.Spooner@ymcasenc.org

We are here to have **fun and is the #1 goal** of our program! The only talent scouts at our games and practices are you. Remember that #1 reason kids stop playing is because it no longer is fun.

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 losing team does not have subs the winning team will remove a player instead.)

No head balls from 11U and below. Head balls are not to be used in practices or games. The use of a head ball in 11U games and below will be handled in line with USSF & USYS recommendations/rules.

The majority of our referees are USSF licensed referees or in the process 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 officials 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.

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 to get kids playing.

If teams have similar colors a coin toss will decide which team will wear pennies. We do not allow sliding tackles at any age division due to the safety of our players. Our referees are trained to give a brief explanation of infringements.

Under no circumstances should coaches, players and/or parents vocally criticize any player, coach or officials. Issues should be addressed to the Director of the program. Remember we are here to have fun! The #1 reason kids stop playing is because it no longer is fun.

Players are not allowed to wear jewelry of any kind, except for medical alerts. Those with new ear piercings will need to tape the ear. Shin guards are required for all 5U 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 or behavior.

Everyone on our fields (home or away) is 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....no longer of fun.

How to keep it fun, yet competitive.



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



5U & 6U - Ages 4 & 5 Pre-k and Kindergarten

- Field Size 20 x 30 Goals 4'x6'
- Roster Size 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)

7U & 8U - Ages 6 & 7 1st and 2nd graders

- Field Size 30 x 40 yards Goals 6'x12'
- Roster Size 10
- One coach allowed on field with team for the first two games of the season or if allowed by referee.
- Ball is put back into play by using a throw in. (One retake per player.)
- 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)

9U & 10U - Ages 8 & 9 3rd and 4th graders

- Field Size 35 x 55 yards Goals 6'x18'
- Roster Size 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)

11U - Age 10 5th graders.

- Field Size 50x80 Goal Goals 7'x21'
- Roster Size 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.
- Size 4 Ball
- Play 9v9 (Includes Goalie)

Middle School - Ages 11 to 14

- Field Size 50x90 Goals 8'x24'
- Roster Size 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 8'x24'
- Roster Size 17
- 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)

YMCA Sportsmanship Policy

- Be Nice, we are all here to have fun.
- NO PLAYER, PARENT, 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 follow instructions/request from YMCA Staff.



League Guidelines

Please remember we are here to have fun. We do not record scores, nor 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 player's development than good. We know it's hard so please just try to use at least 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.
*Examples 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. (U7 and U8 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 smoke free program (including vapor) and pets are NOT allowed at any site used by the YMCA program. These are agreed upon during registration of every player. You are responsible for informing your guest.

Issues and/or Concerns:

We will address all concerns and issues; these need to be emailed to us. Our coaches are 100% volunteer; we are a non-profit recreational soccer league. With over 3,400 kids in our program, issues will present themselves. Our number one rule.... "Do not argue or fight in front of the children". As with any competitive sport, emotions get involved. Remember, it is youth soccer at the YMCA. We will address all issues and concerns, give us time to address (sometimes things need to cool down before we can talk to 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, can you please see your coach first and they will let the correct staff know.

Age Determination:

For Fall 2026 and Spring 2027 age will be based on a child's age as of 8/1/2026. Players must be 4 on 8/1/2026 to play in our league.

Goals

For our 8U goals and above, please ask staff if you would like to reposition goals at your practice. This is for the safety of coaches, parents and players. This is also to protect damage to goals.

Play with your friends:

We allow players to play up one age year so that they can play with their friends for our 6U through 11U Divisions. Players can play up one year, however players cannot play down a year or more than two years up. After 11U Divisions we move into Middle School and High School Divisions, players cannot play up into these divisions.

Roster Sizes:

As we are a recreational league and do not have tryouts or evaluations, we do not make exceptions to our roster sizes rule. Returning players from previous season have until the On-time deadline to get a spot on the same roster. Coaches have final say on their rostered players, as long as player registered on-time.