



YMCA OLD TIMER'S SOCCER LEAGUE RULES

The League is for players who wish to play coordinated competitive games for the enjoyment and improvement of their game. Players who continue unnecessary and excessive and/or verbal aggression as determined by the YMCA Supervisor will be asked to remove themselves from the game and/or from the league. The rules are designed for quick and continuous play. There will not be a designated referee assigned to the match.

RULES/GUIDELINES:

- TIME LIMIT – two 22 minute halves, 5 minute halftime.
- GOALS – are counted if the last touch was in the attacking half.
- SHINGUARDS, SHOES, SHIRTS – should be worn at all times, no cleats or turf shoes. Soft running shoes work best.
- NO JEWELRY – should be removed.
- SUBSTITUTIONS – may be made “on the fly”.
- KICKOFFS – Kick is from the center mark. Kick does not have to go forward.
- OPPONENT DISTANCE – 3yds for all free kicks, kick-ins and restarts.
- NO SLIDES– if the violation is serious enough or warning is not followed, the player may be removed.
- FOULS – always results in an indirect kick. Restart is outside the goal area.
- GOAL KICKS – ball placed on the end line and passed in.
- NO THROW-INS – ball placed on the touchline, stationary and kicked to a teammate.
- CORNER KICKS – indirect.
- NO GOALKEEPER PUNTS or LONG THROWS – must roll or pass the ball to a teammate. Free kick for the opponent will occur if a throw lands past the half line.
- OFFSIDE – There is no offside violation.
- CAUTIONS, EJECTIONS – players may be asked to sit out if the supervisor observes unwanted aggressive play, unsporting behavior or serious foul play.
- GOALKEEPER CHANGES – Identity of the goalkeeper should be made known to all players.
- SPORTSMANSHIP – Shall be shown at all times.

Cole Berhorst
Sports Director

Jay Rodieck
Referee Assignor