



Jefferson City Area YMCA Summer 2025 Outdoor Youth Soccer Rules



The Jefferson City YMCA youth soccer offers everyone a chance to play regardless of race, gender, religious affiliation, financial resources or athletic talent. The program seeks to offer each player an appropriate level of competition so that physical, social and spiritual skills may be developed to their utmost. Player assignment is by grade level and grade level, but the YMCA may make exceptions. If a situation is not covered by these abbreviated rules, USSF rules shall apply.

- **PreK/Kindergarten age**
These matches will be played on the upper end normally reserved for this age group.
Coaches will provide instruction and order during the matches. Referees will not be assigned to these matches.
These matches will incorporate normal recreational style 5v5 rules.
No Keeper, throw-ins, substitutions on the fly 4-10min quarters, size 3 ball.
Home team will wear white and will kick off to start the match to be consistent and start on time.
 - **1st Grade age Coed**
These matches will be played on the lower end normally reserved for this age group. Field 1, 2, 3
A referee will be assigned to these matches or two if mentoring is needed.
These matches will incorporate normal recreational style 6v6 rules. All restarts are In-direct.
Keeper, throw-ins, substitutions on the fly, 4-12min quarters, size 4 ball, no buildout line, no offside, no headers, no punts.
Home team will wear white and coin toss will decide possession and direction.
 - **2nd/3rd Grade age**
These matches will be played on the upper end normally reserved for this age group. Fields 7, 8 & 9
One referee will be assigned but a dual system is preferred if referees are available.
These matches will incorporate normal recreational style 7v7 rules. All restarts are In-direct.
Keeper, throw-ins, substitutions on the fly, 4-12min quarters, size 4 ball, no buildout line, offside, no headers, no punts.
Offside violations will be at the discretion of the referee, some space allowance may be given.
Home team will wear white and coin toss will decide possession and direction.
 - **4th/5th Grade age**
These matches will be played on the lower end with modified fields. Fields 4 & 9
A dual system referee crew is preferred if available for these matches.
These matches will incorporate normal recreational style 7v7 rules. All restarts are In-direct.
Keeper, throw-ins, substitutions on the fly, 4-12min quarters, size 4 ball, offside, no buildout line, no headers, may punt.
Offside violations will be at the discretion of the referee, some space allowance may be given.
Home team will wear white and coin toss will decide possession and direction.
 - **6-8th Grade age**
These matches will be played on the upper end normally reserved for 6-8th Grade age group. Fields 5 & 6
A dual system referee crew is preferred if available for these matches.
These matches will incorporate normal recreational style 7v7 rules. Restarts may be Direct or In-direct based on the foul.
Keeper, throw-ins, substitutions on the fly, 4-12min quarters, size 4 ball, offside, headers allowed, may punt.
Offside violations will be at the discretion of the referee, some space allowance may be given.
Home team will wear white and coin toss will decide possession and direction.
1. **Officials:** A referee crew will be assigned for all matches except for PreK/Kindergarten age group. The older age groups should have a two-man line. Officials may provide technical assistance to players on the pitch, but will not supersede the coach's instructions.
 2. **Equipment:** All players must wear shin guards; dangerous clothing or equipment may not be worn, includes jewelry and hard casts or hard splints (unless approved by the YMCA). Religious or medical medals may be taped inside the uniforms. The goalkeeper's jersey should contrast with those of both teams. Soccer cleats are encouraged (no metal or sandals).

3. **Substitutions:** Substitutions shall be made on the fly with the ball in play or at a stoppage. Players do not need to come off before the substitution comes on, but both players shall not attempt to be involved with play at the same time. The referee shall be notified when the goalkeeper is changed. A player with blood on the uniform shall exit the pitch and may not enter until the blood is removed (athletic or duct tape may be used to temporarily cover the blood as long as there can be no transfer).
4. **Coin Toss:** Visiting team will call the toss, winner will decide ball possession or direction.
5. **Kick Offs:** Kicks from the Center Mark may travel any direction and the striker may be across the Half-line.
6. **Clock:** Time will not be stopped so matches should start and end on time, unless approval is given due to player injuries. The horn will sound for dangerous weather; all will vacate the area and go to their vehicle until the weather clears or matches cancelled. Half played matches are complete.
7. **Scoring:** Referees will signal when goals are scored, but they will not be tallied. A winner will not be determined. Matches will end at the conclusion of the allotted time. A goal can be scored if the ball was kicked or touched by a player in the attacking half.
8. **Offside:** Pre-K through 1st grade will not have offside violations called. All other matches the referee will signal when a flagrant offside violation occurs. A player in an offside position receiving the ball from an opponent's deliberate play is not offside. Calls are made at the ability and discretion of the referee.
9. **Free Kicks:** Direct Kicks are allowed only in 6-8th grade matches. There will be no Penalty Kicks. On an Indirect Kick the ball must be kicked and clearly moved and touched by a second player before a goal shall be counted. A touch and ball movement are all that is needed. Players should be at least 5yds away from the ball.
10. **Fouls:** There will be no slide tackling at any age level or slides near a player. More severe fouls will be dealt with by showing a yellow/red cards and/or time outs or ejections. A yellow card will require a 1 minute rest on the bench.
11. **Spectators:** Fans and families are encouraged to sit away from the team bench and cheer on the players and teams.
12. **Coaches:** The team coach and assistant coaches should remain near the team designated area to provide strategic instruction to the players on the pitch. This helps to alleviate confusion from where instructions are coming from.
13. **Headers:** Players from 1st through 5th grade are not allowed to intentionally head the ball. Intentional head contact with the ball will be a violation with the opposite team receiving an Indirect Kick. This is to reduce possible concussions. Play shall be stopped if appropriate when the ball strikes a player's head to ensure that no injury has occurred.
14. **Sportsmanship:** Use of profanity and other unsporting conduct shall not be tolerated by player, coach or fan. There shall be an appropriate response: Card for a player, warning for coach, request to cease for fan and incident report to the YMCA. Continued unsporting conduct by the coaches and spectators shall be reported immediately to the YMCA supervisor.

Summary of Playing Conditions

Grade	# of Players	GK	Match Length	Ball Size	Headers	Keeper Punts	Fields	Offside
PreK/K	5 vs 5	No	4 – 10 min qtrs	3	No	N/A	K fields	No
1	6 vs 6	Yes	4 – 12 min qtrs	4	No	No	1	No
2-3	7 vs 7	Yes	4 – 12 min qtrs	4	No	No	7, 8, 9	Yes
4-5	7 vs 7	Yes	4 – 12 min qtrs	4	No	Yes	4, 9	Yes
6-8	7 vs 7	Yes	4 – 12 min qtrs	5	Yes	Yes	5, 6	Yes