



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING SKILLS DEVELOPING CHARACTER

Officials SOCCER RULEBOOK
PK-6TH GRADE

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Welcome to YMCA Youth Sports

YMCA MISSION

“To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.”

THE YMCA PHILOSOPHY OF YOUTH SPORTS

YMCA Youth Sports is not just another sports program. We have a mission, and that mission is stated in our Seven Pillars of YMCA Sports.

Pillar One-Everyone Plays. We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and equal playing time.

Pillar Two-Safety First. Although kids may get hurt playing sports, we do all we can to prevent injuries. We have modified each sport to make it safer and more enjoyable to play. Coaches make sure the equipment and facilities are safe, and constantly supervise their players and stop any unsafe activities.

Pillar Three-Fair Play. Fair play is about playing by the rules-and more. It is about coaches and players showing respect for all involved in YMCA Youth Sports. It is about coaches being role models of good sporting behavior and guiding their players to do the same.

Pillar Four-Positive Competition. We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective is when adults make decisions that put the best interests of the players before winning the contest. Learning to compete is important for youngsters and learning to cooperate in a competitive world is an essential lesson of life.

Pillar Five-Family Involvement. YMCA Youth Sports encourages parents to be involved appropriately in their child's participation in our sports programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

Pillar Six-Sport for All. YMCA Youth Sports is an “inclusive” sports program. We offer programs to all youngsters regardless of their race, gender, religious creed, or ability. We ask our adult leaders to encourage and appreciate the diversity of children in our society and to encourage the kids and their parents to do the same.

Pillar Seven-Sport for Fun. Sports are naturally fun for most kids. Sometimes when adults become involved in children's sorting activities they over organize and dominate the activities to the point that it destroys kids' enjoyment of them. If we take the fun out of sports for young athletes, we are in danger of the young athletes taking themselves out of sports.

ALL DIVISIONS

GENERAL RULES

Sportsmanship/Officials:

- ❖ The Salina Family YMCA Youth Sports Program is not only dedicated to teaching sports fundamentals but also good sportsmanship. The most important way we teach is by being a good role model.

Team/Fans Location:

1. Home (wearing BLACK) Players will be located on the West-side half behind the orange line.
2. Away (wearing WHITE) Players will be located on the East-side half behind the orange line.
3. ALL Fans will be sitting BEHIND the orange line on the OPPOSITE side of the field from the players.

Equipment:

1. All players are required to wear the YMCA reversible jersey for games. No Jersey, No PLAY!
2. Players should wear shorts, socks, and running shoes or soccer cleats.
 - a. No metal or screw in cleats allowed. NO toe cleats or steel cleats allowed!
3. Shin guards are REQUIRED for all ages and must be completely covered by socks.
4. NO Jewelry is allowed. Players should remove all jewelry (earrings, necklaces, bracelets, etc.) before warming up or playing. This is for the child's safety and the safety of other players.
5. The YMCA will provide practice/game balls and cones for practices and game held at the YMCA fields.

Kick-Off:

1. Start of play will begin with a kick-off.
 - a. Kick-Off Procedure:
 - i. Each player will lineup to check equipment prior to kick-off. (Cleats, Jewelry)
 - ii. Each team will then lineup on the half field line prior to the start of the game to recite the YMCA pledge and discuss any game day updates.
 - iii. All players must be in their own half of the field.
 - iv. Opponents must be 5 yards from the center mark at the kick-off.
 - v. Only 2 kicking team players are allowed in the circle at the time of the kick-off.
 - vi. Kick-Off may be passed forwards or backwards to a teammate.
 - vii. The kicker cannot touch the ball a 2nd time until the ball is touched by another player. If a player touches the ball a 2nd time an indirect free kick is awarded where the infringement occurred. For any other infringement, the kick-off is attempted again.
 - b. 1st Grade and above divisions will change directions and attack opposite goals at half time.
 - c. Kick-Off Order:
 - i. 1st Quarter – Black
 - ii. 2nd Quarter – White
 - iii. 3rd Quarter – Black
 - iv. 4th Quarter – White

Out-of-Bounds:

1. Ball In/Out of Play:
 - a. When the entire ball goes over the entire boundary line, the ball is out of play.

Clock:

1. The clock will run continuously except for injury.
2. No timeouts for any division.

Scoring:

1. A goal is scored when the entire ball crosses over the entire goal line.

Substitutions:

1. Allowed at any time the ball is out of play. It is recommended that substitutions be made at the half-way point in a quarter and at the end of the quarter to help keep the game moving.
2. A substitution can be made for an injured player.
3. Coaches should do their best to provide equal playing time for all players as much as possible.
4. Each player should play at least half of each game and start at least half of the games.

Fouls and Misconduct:

1. Fouls can and will occur even at this level. All fouls shall result in an indirect free kick with opponents at least 5 yards away.

List of Fouls:

1. Heading - NO HEADING THE BALL- an indirect free kick from the spot of the foul.
2. Kicking or attempting to kick an opponent.
3. Tripping or attempting to trip an opponent.
4. Jumping at an opponent.
5. Charging an opponent.
6. Striking or attempting to strike an opponent.
7. NO slide tackling or sliding into a player or near a player.
8. Holding an opponent.
9. Spitting at an opponent.
10. Handling the ball deliberately. (Handball) Grades PK-2nd will result in automatic turnover.
11. Playing in a dangerous manner.
12. Impeding the progress of an opponent.

Throw-Ins:

1. PRESCHOOL-KINDERGARTEN:
 - a. Will do throw-ins.
 - b. The throw must be 2-handed and overhead but will allow the throw even if both feet are not in contact with the ground.
2. 1ST GRADE – 6TH GRADE:
 - a. Both feet must be in contact with the ground. The throw must be a 2-handed, over the head throw.
3. If a throw-in violation occurs:
 - a. PRESCHOOL-KINDERGARTEN: one re-throw will be awarded.
 - b. 1ST-6TH GRADE: the other team will be awarded a throw-in.

Free Kicks:

1. All free kicks will be indirect, meaning a goal may not be scored until the ball has been played or touched by a second player.
2. Opposing players must be 5 yards away.
3. Free kicks that are awarded in the penalty box for all divisions will be taken from outside the penalty box for safety.

Goal Kicks:

1. If the team attempting to score a goal kicks the ball over the goal line outside of the goal posts, the opposing team will put the ball back into play with a goal kick.
2. The ball will be placed on the horizontal goal box line.
3. All players except the goalkeeper and the player taking the goal kick must remain outside the penalty box during the goal kick.
4. The ball must leave the penalty box before being played.

Corner Kicks:

1. If the team defending the goal kicks the ball over the goal line outside of the goal posts, the opposing team will put the ball back into play with a corner kick.
2. A goal may be scored directly from a corner kick, but only against the opposing team.

Blood Rule:

1. A player may not continue until inspected by YMCA staff.
2. A player may not return to play if there is visible blood on any clothing item. The clothing item must be replaced before he/she can return to play.

Miscellaneous:

1. Players and coaches will sit on the opposite side of the field as fans.
2. No one is allowed to stand or sit behind the goal unless behind the orange lines.

PRESCHOOL-KINDERGARTEN

Equipment:

1. Ball Size: Size 3.
2. Goal Size: 12 feet x 6.5 feet.

Game Length:

1. (4) x 6-minute quarters. (Running Clock)
2. 2-minute breaks in between quarters.

Officials:

1. YMCA Staff/Official.

Gameplay:

1. Players on Field:
 - a. 6 v 6 (Goalkeepers Included) -- may be adjusted based on team player numbers
 - b. All division player amounts can be adjusted based on enrollment by the Sports Staff.
2. Kick-Off Order:
 - a. 1st Quarter – Black
 - b. 2nd Quarter – White
 - c. 3rd Quarter – Black
 - d. 4th Quarter – White
2. Substitutions:
 - a. Allowed at any time the ball is out of play. It is recommended that substitutions be made at the halfway point in a quarter and at the end of the quarter to help keep the game moving.
3. Throw-Ins:
 - a. Will do throw-ins.
 - b. The throw must be 2-handed and overhead but will allow the throw even if both feet are not in contact with the ground.
 - c. One re-throw will be awarded.
4. No Penalty Kicks.
5. Two Coaches may be on the field at a time.

1st GRADE

Equipment:

1. Ball Size: Size 3.
2. Goal Size: 20-22 feet x 6.5 feet.

Game-Length:

1. (4) x 8-minute quarters. (Running Clock)
2. 2-minute breaks in between quarters.

Officials:

1. YMCA Staff/Official.

Gameplay:

1. Players on Field:
 - a. 7 v 7 (Goalkeepers Included) – may be adjusted based on team player numbers
 - b. All division player amounts can be adjusted based on enrollment by the Sports Staff.
2. Kick-Off Order:
 - a. 1st Quarter – Black
 - b. 2nd Quarter – White
 - c. 3rd Quarter – Black
 - d. 4th Quarter – White
3. Substitutions:
 - a. Allowed at any time the ball is out of play. It is recommended that substitutions be made at the halfway point in a quarter and at the end of the quarter to help keep the game moving.
4. Throw-Ins:
 - a. Both feet must be in contact with the ground. The throw must be a 2-handed, over the head throw.
 - b. If a throw in violation occurs, the other team will be awarded a throw-in.
5. No Penalty Kicks.
6. One Coach may be on the field at a time.

2nd AND 3rd GRADE

Equipment:

1. Ball Size: Size 3.
2. Goal Size:: 22 feet x 7 feet.

Game Length:

1. (4) x 8-minute quarters. (Running Clock)
2. 2-minute breaks in between quarters.

Officials:

1. YMCA Staff/Official.

Gameplay:

1. Players on Field:
 - a. 7v7 (Goalkeepers Included) -- may be adjusted based on team player numbers
 - i. 6 players are needed to start the game.
 - b. All division player amounts can be adjusted based on enrollment by the Sports Staff.
2. Kick-Off Order:
 - a. 1st Quarter – Black
 - b. 2nd Quarter – White
 - c. 3rd Quarter – Black
 - d. 4th Quarter – White
3. Substitutions:
 - a. Allowed at any time the ball is out of play. It is recommended that substitutions be made at the halfway point in a quarter and at the end of the quarter to help keep the game moving.
4. Penalty Box:
 - a. The goalkeeper may use their hands inside the box. Use of hands by the goalkeeper outside the penalty box will result in an indirect free kick from the spot of the foul.
 - b. Players must retreat from this area when the opposing goalkeeper is attempting to clear the ball using a throw.
 - c. It is also recommended that opposing players back-off when the goalkeeper is securing/has secured a ball for safety of the goalkeeper.
5. Throw-Ins:
 - a. Both feet must be in contact with the ground. The throw must be a 2-handed, over the head throw.
 - b. If a throw in violation occurs, the other team will be awarded a throw-in.
6. No Penalty Kicks.
7. No Coaches may be on the field.

4TH-6TH GRADE

Equipment:

1. Ball Size: Size 4.
2. Goal Size: 22 feet x 7 feet.

Game Length:

1. (4) x 10-minute quarters. (Running Clock)
2. 2-minutes in between quarters.

Officials:

1. YMCA Staff/Official.

Gameplay:

1. Players on Field:
 - a. 7v7 (Goalkeepers Included) -- may be adjusted based on team player numbers
 - i. 6 players are needed to start the game.
 - b. All division player amounts can be adjusted based on enrollment by the Sports Staff.
 - c. It is recommended that coaches teach proper positioning of players during a game.
 - i. Typical Position Options: Goalkeeper, Defenders, Mid-Fielders, Forwards.
2. Kick-Off Order:
 - a. 1st Quarter – Black
 - b. 2nd Quarter – White
 - c. 3rd Quarter – Black
 - d. 4th Quarter – White
3. Substitutions:
 - a. Throw-Ins/Corner-Kicks
 - i. Only if your team has possession of the ball.
 - b. Kick-Offs/Goal-Kicks
 - i. Both Teams.
 - c. No substitutions on free kicks.
 - d. Subs need to be standing at midfield to be subbed into the game by the official.
 - e. The team that has position initiates the substitution. Example: Team A has the throw-in and chooses to sub, Team B may also sub. If Team A does not sub, Team B may not sub.
4. Throw-Ins:
 - a. Both feet must be in contact with the ground. The throw must be a 2-handed, over the head throw.
 - b. If a throw in violation occurs, the other team will be awarded a throw-in.
5. Penalty Kicks/Box:
 - a. All fouls committed in the penalty box will result in an indirect Free-Kick outside of the penalty box.
 - b. The goalkeeper may use their hands inside the box. Use of hands by the goalkeeper outside the penalty box will result in an indirect free kick from the spot of the foul.
 - c. Players must retreat from this area when the opposing goalkeeper is attempting to clear the ball using a throw. It is also recommended that opposing players back-off when the goalkeeper is securing/has secured a ball for safety of the goalkeeper.

SCORING

2nd – 6th Grade ONLY

Score will ONLY be kept starting in the 2nd grade division and above.

Officials will report the score to the YMCA department who will keep a general win-loss record.

Youth sports are powerful teaching moments. Parents and coaches now have the opportunity to model how to handle victory with humility, defeat with grace, and leadership with responsibility.