

**MAQUOKETA AREA FAMILY YMCA & MAQUOKETA OPTIMIST CLUB SOCCER PROGRAM
GENERAL GUIDELINES AND RULES**

GENERAL GUIDELINES

PLAYER ELIGIBILITY	If a team is short of players, they may bring up a registered player from the league below.
MINIMUM NUMBER OF PLAYERS	Number of players to play an official game will be decided at the beginning of each season.
COACHES	Please show respect for the referees. Teach your players and parents respectful competition. Rule decisions may be discussed by the head coach if done in an appropriate manner and time. Bantering of the referees will not be allowed.
ASSISTANT COACHES	Teams may have an unlimited number of assistant coaches to help with any one team. PreSchool field may have coach by their team goal only, all other fields coach must be on sidelines.
EQUIPMENT	All players must wear shin guards and YMCA jersey. The Goalie must have distinguishing shirt; orange vests will be provided. (K-1) Ball Size: 3 (2-3) Ball Size: 4 (4-5) Ball Size: 5 (6-7) Ball Size: 5
LENGTH OF GAME	Preschool and (K-1) - (4) 8 minute quarters (2-3) - (4) 10 minutes quarters (4-5) - (4) 10 minute quarters (6-7-8) - (2) 30 minute halves
TIME OUTS	One time out per half may be taken by each team on a dead ball. Referee may call a time out for injuries, with a drop kick to restart the game from the site where the ball was at when the time out was called.
FOUL LANGUAGE	Foul language is not permitted by coaches, players or spectators. Coaches: First Offense - Warning; Second Offense - 1 point to opposing team Players: First Offense - Warning; Second Offense - removed from game Spectator: First Offense - Warning; Second Offense - removed from fields



We build strong kids, strong families, strong communities.

RULES

METHOD OF SCORING	When the entire ball crosses the goal line between the goal posts and under the cross bar; a goal is scored if the goalie carries the entire ball across the goal line between the goal posts.
GOALIE	May run the entire field. May only use hands on the ball when the ball is within the penalty box (large box). Must get rid within 6 seconds. Penalty - (PreSchool & K-1) Instruct only / (K - 1) One warning then opposing team gets corner kick.
BALL OUT OF PLAY	When entire ball crosses the boundary line.
DIRECT KICK	Goal may be scored from this kick with no one else touching the ball. Awarded for intentionally: kicking, tripping, jumping at, charging violently, pushing, striking, or holding onto an opposing player Awarded for intentional use of hands or forearms (accidental hands, play continues) Opposing players must be 10 yards away. Ball must travel circumference of ball before being in play, and must be touched by another player before kicker may touch a second time. Taken from the spot where the offense occurred.
INDIRECT KICK	Goal may not be scored from this kick unless touched by any other player first. Ball is in play once it travels the circumference of the ball. Defense must be 10 yards back at the time of the kick. Awarded for off-sides, and arguing with the referee

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PENALTY KICK	<p>Taken from "X" just inside the penalty box. Kick is between the kicker and the goalie; all other players must be outside the penalty box and 10 yards away from the ball. Goalie must be on goal line in between goal posts until ball is kicked. Goalie at time of penalty may not be replaced, unless injured in the play. Ball is live once it is kicked. Awarded for following penalties: Defending team's intentional use of hands or forearms inside the penalty box. Offensive team being awarded a direct kick anywhere inside the defending team's penalty box.</p>
CORNER KICK	<p>Direct kick - a goal may be scored. Awarded to attacking team when defensive team is the last to touch ball before it goes out of play over the goal line. Opposing players must be 10 yards away when ball is kicked. No off-sides on corner kicks. Kicking player may not touch the ball until touched by another player. Penalty: indirect kick for other team.</p>
GOALIE KICK	<p>Indirect kick Awarded to defensive team when attacking team is last to touch ball before it goes out of play over the goal line. Ball is kicked by defending team from the far corner of the goalie box (small box). No opposing player may be inside penalty box when kicked. Ball must clear the penalty box before being in play. Re-kick if necessary.</p>
PLAYER ON GROUND	<p>Player may not kick ball while sitting or laying on ground. Penalty: indirect kick for opposing team.</p>
DROP KICK	<p>Given for restart of game for any reason other than "rules of the game". Two opposing players kick ball that is dropped by referee with other players 10 yd away. Ball must hit ground before being kicked. Penalty: indirect kick for opposing team (if both violate, re-kick) Drop kick is a direct kick. If ball was within the penalty box, then kick will be performed as close as possible to this site outside the penalty box.</p>
KICK OFF	<p>Indirect kick Offensive team must stay on their side of half line until ball is kicked. Penalty: PreSchool and K-1 - instruct and re-kick All other Divisions - loss of ball to opposing team for kick off Ball must travel circumference of ball before being in play.</p>
THROW INS	<p>Awarded to team when opposing team is last to touch ball before it goes out of play on sidelines. Must be thrown two-handed over player's head with both feet on ground when ball is released. Back foot may be dragged. Penalty: PreSchool and K-1 - instruct and re-throw 2nd and 5th - one team warning with re-throw, then opposing team takes possession with throw in. 6th, 7th , 8th - opposing team takes possession with throw-in Ball is thrown in at site ball crosses out of bounds. Offensive player may throw in without referee touching ball. Opposing players may stand up to the line where throw in taken, but may not move. No goal may be scored unless touched by another player first.</p>
OFF SIDES	<p>Called when offensive player is nearer his opponent's goal than two of his opponents (this includes the goalie) and ball is not in front of him. If ball is between the player and the goal, then no off sides occurs. No off sides on a corner kick. Penalty: PreSchool and K-1 - Instruct only. All other Divisions - indirect kick by defensive team from the site where the ball was when penalty called.</p>
SLIDE KICKS	<p>Not allowed at any level of play. Punishable by an indirect kick.</p>

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