

# Ages 7/8 Soccer Rules



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Tuckahoe YMCA  
(804) 740-9622  
www.tuckahoeymca.org

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## YMCA Soccer

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### 6v6

#### ***GAME RULES:***

- 1. Games players and participation:** Each team must field 6 players(including goalkeeper). Play may begin with only 4 players or a player may be borrowed from the other team. Each player should be afforded equal playing time unless injured. While it may not be possible to give each player the same amount of time on the field each game, over the course of the season an effort should be made to play each player the same percentage of field time.
- 2. Player time:** Four 10-minute periods, with a 5-minute break between the 2<sup>nd</sup> and 3<sup>rd</sup> periods.
- 3. Equipment:** Ages 7&8 will use a size 4 ball. All players must wear shin guards. Molded cleats are optional. All jewelry, watches, necklaces, earrings, etc. must be removed before the start of play.
- 4. Field size:** Tuckahoe Family YMCA lower field, 45 x 30 yards, with two goal areas marked eight yards from each end line.
- 5. Positions:** While all players are free to move about over the entire field, it is suggested that some awareness of position and space be taught. Remember, playing a set position is not critical to team success or player enjoyment.  
**7&8 will use goalkeepers.** The GK may handle the ball only in the goal area. GK may take an unlimited number of steps within the goal area and the GK has 10 seconds to play the ball. GK is considered to have possession of the ball when any part of his/her hand touches the ball. GK must wear a contrasting T-shirt or jersey. Because GK is a vulnerable player, great care must be taken by referees and coaches to control play when GK has possession or when he/she is on the ground.
- 6. Start of play:** To start a game, a quarter, and after a goal, the ball will be placed in the center of the field. Players on each team will start from their own 6 yard line.
- 7. Referee:** The YMCA will provide a referee for each game
- 8. Restart:** When the ball goes out of play, the game is restated by one of the following:
  - a. Over the sidelines, a throw-in
  - b. Over the end line,
    1. It is a goal kick if the attacking team last touched the ball. Ball is placed anywhere within the goal area.
    2. A corner kick if the defending team last touched the ball.
- 9. Substitutions:** Substitutions may be made whenever play must be restarted.  
Ex. throw-in, corner, or goal kick.
- 10. Kicks:** All opposing players must be at least five yards from the ball on all free kicks, goal kicks, and corner kicks.

- 11. Fouls and Misconduct:** All fouls (tripping, pushing, handling the ball, etc.) result in an indirect free kick taken from the point of the foul. If the foul occurs within 5 yards of the goal, then the ball is moved to the 6 yard line, straight out from the point of the foul. For all indirect free kicks, a goal cannot be scored unless the ball has been touched by another player.
  - 12. Heading** of the ball is prohibited and will result in an indirect free kick from spot of infraction.
  - 13. Slide Tackles** are strictly prohibited and will result in an indirect kick from spot of infraction.
  - 14. Throw-ins:** If a foul throw-in occurs, the coach explains the correct method and allows the throw-in to be retaken.
  - 15. Scoring:** Goals may be scored from anywhere. Goals may not be scored directly from a goal kick, free kick, or throw-in.
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### ***FIELD/SITE RULES:***

- No Dogs/pets allowed on the fields
- Please clean up all drinks and snack wrappers after each game
- Spectators are to remain on the sidelines at all times
- Use of abusive or inappropriate language is prohibited and will result in immediate dismissal out of site/field
- All spectator children are to be supervised by an adult of at-least 18 years-old.