



## 4U Indoor Soccer Rules

Idaho Falls Family YMCA

### Goal:

Our goal is to teach every child the game of soccer through maximum participation and to have fun during the season. Each child shall play at least 50% of each game.

### Player Uniform/Equipment:

- Tennis shoes – No cleats are allowed
- Shin guards are required
- YMCA jersey must be worn at all games
- No jewelry
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### Rules:

<b>Players</b>	5v5, no designated goalies
<b>Field</b>	Half Field
<b>Ball Size</b>	Size 3
<b>Game Length</b>	First 15 minutes, practice. Last 30 minutes, official game– 3 eight minute halves, with 2 minute break between each half
<b>Substitutions</b>	Freely
<b>Referee</b>	Coaches ref on the field. A staff member will manage the field and time clock.
<b>Restart after goal</b>	None
<b>Out of bounds</b>	Behind goals, any netting above wall, and space in the goals on the ends of the fields
<b>Throw ins</b>	Anytime the ball crosses the yellow boundary line

