

YMCA Game Guidelines

Spring 2024

<https://learning.usoccer.com/coach/classroom/1546/candidate/details>

	U-6 BOYS	U-6 GIRLS	U-8 BOYS	U-8 GIRLS	U-10 BOYS	U-10 GIRLS	U-14 BOYS	U-14 GIRLS	U-18 CO ED
Max Roster Size	13	13	13	13	14	14	16	16	12
# on field	7	7	8	8	9	9	11	11	6
# to start game	4	4	4	4	6	6	7	7	4
Goalkeeper	YES	YES	YES	YES	YES	YES	YES	YES	YES
Ball Size	3	3	3	3	4	4	5	5	5
Field Size	Yellow GB	Yellow GB	Yellow Half	Yellow Half	Yellow	Yellow	Full Sized	Full Sized	Yellow
Goal Size	4x6	4x6	6x12	6x12	7x18	7x18	7x18	7x18	7x18
Game Time	4x 8 min.	4x 8 min.	2x 25 min	2x 25 min	2x 25 min	2x 25 min	2x 25 min	2x 25 min	2x 25 min
Substitutions	Dead Ball	Dead Ball	Dead Ball	Dead Ball	Dead Ball	Dead Ball	Dead Ball	Dead Ball	Dead Ball
Breaks	2 min. w/ 5 min. half	2 min. w/ 5 min. half	1 min. w/ 5 min. half	1 min. w/ 5 min. half	5 min. half	5 min. half	5 min. half	5 min. half	5 min. half
Officials	One	One	One	One	One	One	Two	Two	Two
Offside/Heading	No	No	No	No	No	No	Yes	Yes	Yes
Free Kicks	Indirect Only	Indirect Only	Indirect Only	Indirect Only	Indirect Only	Indirect Only	Direct & Indirect	Direct & Indirect	Direct & Indirect

<https://www.ncsoccer.org/programs/recreation-coaches-resources/>