



We build strong kids, strong families, strong communities.

2008 FALL YOUTH SOCCER RULES

U-6

- ✓ Play 4 on 4 with no goalie
- ✓ Practice once a week for one hour
- ✓ Practice on Monday, Tuesday, or Thursday nights @ 6:00pm
- ✓ Games on Friday night or Saturday morning
- ✓ Play four 9 minute quarters subbing every 4 1/2 min.
- ✓ Throw-ins when ball goes out.
- ✓ Coaches are referees and keep track of sub times.

U-8

- ✓ Play 5 on 5 including a goalie
- ✓ Practice once a week for one hour
- ✓ Practice on Monday or Tuesday nights
- ✓ Games on Thursday nights at the YMCA @ 6:00pm or 7:00pm.
- ✓ Play four 10 minute quarters subbing every 5 min.
- ✓ Throw-ins when ball goes out.
- ✓ Coaches are referees and keep track of sub times.

U-10

- ✓ Play 8 on 8 including a goalie
- ✓ Practice once a week for 1 hour on Monday, Tuesday or Thursday nights @ 6:00pm or 7:00pm
- ✓ Games on Friday nights at YMCA
- ✓ Play two 25 min. halves subbing at the middle of each half and at half time.
- ✓ YMCA provides referees.

YMCA Mission:

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