

YMCA of McCook
Valmont Youth Soccer Rules
Updated 2026



YMCA GOAL

- The YMCA goal is to provide youth with the opportunity to play soccer. To teach the sport and to put positive principles into practice. Sportsmanship, teamwork, and fun are to be emphasized.

YMCA FACILITY POLICIES

- All YMCA facilities: game and practice locations included, are smoke, tobacco, and alcohol-free zones. All facilities and locations are pet/animal free zones for the direct safety of others.
- Please clean up your own and others trash when done.
- Soccer cleats are not allowed on the High School Track.
- Parking is not permitted in unmarked zones at the parking lot behind the Jr./Sr. High Schools.

YMCA PARTICIPANT AND SPECTATOR CONDUCT

- All coaches, players, spectators, and volunteers are expected to adhere to YMCA philosophies, guidelines, and codes of conduct and should hold themselves to the utmost integrity.
- Coaches are responsible for all team members before, during and after games and practices.
- YMCA referees, supervisors, and volunteers are to not tolerate unsportsmanlike conduct. In the incident of poor sportsmanship, the violator will be reminded on first offense, and ejected on any second offense. The following will not be tolerated: trash talk or taunting in the intent to embarrass, ridicule or demean others under any circumstance.
- Physical harm to others is unacceptable.

WARNINGS

- Players or coaches who consistently infringe upon the rules of the game; make disrespectful remarks or gestures towards others; or otherwise conduct themselves in an unsportsmanlike manner may be warned by the official. If a second warning is necessary; violent conduct or serious foul play continues; or foul or abusive language occurs, then the player or coach may be suspended from the game. The Sports Director shall review the severity of the act and determine further action and/or discipline.

EQUIPMENT

- Players will wear their provided YMCA team color shirt/jersey respective to their team & sport.
- Soccer cleats are recommended, but not required. Regular tennis shoes are fine. Baseball and football cleats should NOT have the toe cleat intact. Metal cleats are not allowed. – NO JEWELRY
- Shin-guards are REQUIRED for every player. Specifically, plastic shin-guards should be covered by long socks so they do not scratch other players. Referees will check shin-guards before every game.
- Coaches are provided and responsible for equipment bags that include balls and cones for each team. Coaches are responsible for ensuring everything in the bag is returned back to the YMCA at the end of the season.

PRACTICES

- Practices will be scheduled by the coach. It is recommended teams practice at least once per week before their first game this season. No more than two practices a week should be conducted. Practices should be no longer than approx. one hour in length.
- Practices at the Jr./Sr. High School fields may not begin before 6:30 PM. The fields are first come first serve, no practice reservations are allowed. Additional practice space can be found at Barnett Park and Elks Park.
- If a coach is unable to attend a practice or game, it is expected and required that the coach informs the team and asks for a team parent to fill in.

GAME RULES, PROCEDURES & GUIDELINES

LOCATION – Games will be played at the McCook Junior and Senior High fields.

GAME INFORMATION – All games will be played on Saturdays. Referees will be provided for 3rd-8th grade divisions. One coach from each team will be responsible for administrating the game in the P/K & 1st/2nd Divisions. Games will be played at the scheduled times unless coaches agree upon a revised game time/date and notify the YMCA Sports Director. In such instances referees may not be provided. Please have your teams ready to play their games at their scheduled start time.

Grade	On Field Players	Field Size	Goal Size	Game Length	Ball Size
P/K	4 vs. 4 (no goalie)	40 x 30	4' x 6'	Four 6 min. quarters	3
1/2	4 vs. 4 (no goalie)	40 x 30	4' x 6'	Four 8 min. quarters	3
3/4	7 vs. 7	60 x 40	6' 6" x 12'	Two 20 min. halves	4
5/6	7 vs. 7	60 x 40	6' 6" x 12'	Two 20 min. halves	4
7/8	3 vs. 3 (no goalie)	40 x 30	4' x 6'	Four 8 min. quarters	5
HS	3 vs. 3 (no goalie)	40 x 30	4' x 6'	Four 8 min. quarters	5

*No scores/standings will be kept.

- Number of on field players listed above is non-negotiable. Coaches will not be allowed to adjust format based on available players. The format as listed above is prescribed by USA Soccer and is being utilized to provide the best possible experience for youth participants.
- Teams will flip goals at half time. 5-minute halftimes in all divisions. 2-minute quarter breaks in divisions with quarters.
- Referees should stop the game in case of a serious injury.
- No heading the ball in any divisions K-6th grade. Heading is allowed starting for 7th graders and up.
- There will be no off-sides in the P/K, 1st/2nd, 7th/8th, or High School divisions. In the 3rd-6th grade divisions, off-sides will not be called in situations unless players are looking to take advantage of being in an offside position. Off-sides will result in an indirect free kick from where the offense occurred.

START OF GAME – Captains and refs will meet pre-game for coin flip to determine possession.

KICKOFFS – All possessions (start of game & after goals) will start with a kickoff at midfield. A player must pass the ball from the center of the mid-field line **BACKWARDS** to a teammate. Opposing players must be outside the center circle and on their defending half of the field to allow the possession to begin.

SUBSTITUTIONS – The YMCA encourages and emphasizes equal participation. Please allow players to play different positions and at least half of each game. **Substitutions may only be made during dead balls.** In grades with refs, players must wait for permission from referee.

OUT OF BOUNDS – The ball is out of bounds when the entire ball completely crosses the line. The ball is to be thrown in overhead on the sidelines, corner kick if the ball is last touched by the defense through the end line, or goal kick if the ball is last touched by the offense through the end line. In the 7th/8th and high school divisions, a kick-in on the sideline is regulation. A goal cannot be scored directly from a throw in. In the younger two divisions, opposing teams must return to the midfield line before kicking the ball on a goal kick.

PENALTY KICKS – In the P/K & 1/2 divisions, an indirect kick will be given to the offended team (player must pass the ball to a teammate) at the spot of the foul or violation. For the older divisions, a direct kick will be awarded to the offended player at the spot of the foul/violation and a goal may be directly scored. A handball will result in a direct kick. An indirect kick will be awarded for off-sides.

FOULS/VIOLATIONS – Kicking or tripping. Charging an opponent, with the intent to harm. Strikes or attempts to strike an opponent. Excessive pushing. Use of hands (slightly relaxed for younger ages).