

PARK CITIES YMCA

YSOCCER™

We build strong kids, strong families, strong communities.



2009-2010 RULE BOOK

Revised 5-21-09

Park Cities YMCA

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YMCA Mission Statement:

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

YMCA Philosophy:

YMCA youth sports are based on the concept that fair play is the very essence of competition. Everybody should have an equal opportunity to compete and a fair chance to participate.

Fair play implies respect for oneself, one's opponent, and others involved in conducting the competition. Players, coaches, officials, and spectators share a responsibility for fair play. Fair play sets the child above the game. The YMCA believes that its youth sports programs provide an excellent environment for developing sound spirit, mind, and body. As these virtues grow, they will influence behavior in everyday life.

The YMCA also believes that its youth sports program will help families and individuals to grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills, and have fun. It is for the development of such virtues that the YMCA promotes its youth sports programs. At the YMCA, "Everyone is a Winner."

YMCA Coaches' Code of Conduct:

The YMCA believes that sports should offer competitive fun in a learning and healthy environment. All coaches should read and abide by this Code of Conduct. Following the Code of Conduct will make the games more enjoyable for all and help teach children that competition can take place in a friendly and fun atmosphere.

- 1. I will remember that I am a youth sports coach and that the youth sports experience should be enjoyable for the players and their families, spectators, officials, and all others concerned.**
- 2. I will place the emotional and physical well being of my players ahead of a personal desire to win.**
- 3. I will not engage in negative discussions with any game official, player, parent, coach, spectator, committee member or YMCA employee.**
- 4. I will do my best to teach the six pillars of character values (trustworthiness, respect, responsibility, caring, fairness & citizenship) to my players, with my words and my actions.**
- 5. I will be knowledgeable of the rules and the fundamentals of the game and do my best to teach them to my players.**
- 6. I will abide by all the rules and regulations of the YMCA.**

YMCA Coaches' Code of Conduct Continued:

- 7. I will assure that my players and I recite the sports pledge before each game and shake hands with the opposing team after each game.**
- 8. I will see that any disputes are handled calmly and by the proper procedures and proper authorities.**
- 9. I will not allow my team's parents to act in a way that demonstrates disrespect for the game officials or any member of the opposing team's players, coaches, parents, or spectators.**
 - ❖ At no time shall the following be used as a form of discipline by coaches, staff, or other volunteers in youth sports programs:**
 - Restriction of water.**
 - Restriction of use of bathroom.**
 - Physical exercise.**
 - Harsh demeaning or negative yelling, or Physical force (including shaking or striking).**

Character Warnings and Character Penalties:

"YMCA sports programs teach values and character building that can become the very foundation of a person's life". In an attempt to be consistent with the mission of the Park Cities YMCA, "Character Penalties" will be given for unsportsmanlike behavior exhibited at YMCA games. When possible, a Character Warning will precede a Character Penalty. At that time, it would be explained to the player or coach involved that they are receiving a Character Warning and that the next transgression would result in a Character Penalty with immediate expulsion from the game. However, due to the severity of the behavior or circumstances involved, it might be necessary to proceed straight to a Character Penalty without first issuing a Character Warning.

A player receiving a Character Penalty should be ejected from that game and suspended for the next game. If it happens in the last game of the season, then that player would not be able to play in the first game of the next season. A second Character Penalty in a season would result in ejection from that game and the suspension of the player for the next 5 games. Again, this 5 game suspension could spill over into the next season depending on when the suspension occurred. A third Character Penalty received in any 12 month period would require review by the Park Cities YMCA Sports Committee (with the authority to suspend the player for a 12 month period of time).

A coach receiving a Character Penalty would be ejected from that game and suspended for the next game. If it happens in the last game of the season, then that coach would not be able to coach in the first game of the following season. A coach receiving a second Character Penalty in a 12 month period would require review by the Park Cities YMCA Sports Committee (with the authority to suspend the coach for a 12 month period of time).

It is a shame that we have to include this section in the Park Cities YMCA Rule Book. Everyone involved (Y staff, Sports Committee members, parents, coaches, and players) must take this seriously and handle it with wisdom and grace.

Boys and Girls Sports Committees:

1. The Boys and Girls Sports Committees (the “Committee”) oversee the boys & girls sports programs for the Park Cities YMCA (“PCYMCA”). Duties of the Committee include:
 - (a) Set rules for each sport.
 - (b) Scout and evaluate teams for placement in appropriate divisions.
 - (c) Monitor conduct of coaches, players, parents, fans and game officials during practices and games.
 - (d) Listen to and act on any concerns or complaints expressed to the PCYMCA Sports Department.
 - (e) Attend monthly meetings.
 - (f) Intervene at games if issues arise.
 - (g) Attend team formations.
 - (h) Communicate with school coordinators (where applicable).
 - (i) Nominate and approve new committee members.
 - (j) Serve on subcommittees.

2. The Committee shall be made up of the following:
 - (a) Chairman
 - (b) Vice-chairman
 - (c) School representatives
 - (d) At-large members

3. Requirements to become a Committee member include:
 - (a) Complete a volunteer application.
 - (b) Submit to an annual background check.
 - (c) Serve a one-year term.
 - (d) Never been removed as a coach or volunteer in any YMCA program.
 - (e) Work on our Annual Partners Campaign
 - (f) Work special events for the Park Cities YMCA (i.e. track meet, scouting for football & basketball)
 - (g) Attendance to meetings is required

YMCA PLEDGE:

**WIN OR LOSE,
I PLEDGE BEFORE GOD,
TO PLAY THE GAME AS WELL AS I KNOW HOW,
TO OBEY THE RULES,
TO BE A GOOD SPORT AT ALL TIMES,
AND TO IMPROVE MYSELF
IN SPIRIT, MIND AND BODY.**

PLAYER REGISTRATION:

- (a) A player must be a program or family member in good standing of the PC YMCA, must be registered on a YMCA Sports Registration Card (parent signature required) and must have paid the registration fee prior to any participation in practices or games.
- (b) LATE REGISTRATION – If a player registers after the registration deadline, the player will be placed on a waiting list and you are not guaranteed to be on any team. If you are taken off the waiting list, the registration fee plus a nonrefundable late fee of \$50.00 must be paid in order for the child to play.
- (c) Coaches may not recruit or promise players a specific team assignment. Team assignment is solely the responsibility of the Committee. Coaches who allow players to play on their teams who were not placed on the team through the team formation process and/or who are not registered at the PC YMCA will be suspended.

SPECIAL REQUESTS - All special requests must be submitted in writing at the PC YMCA front desk. The Committee reviews special requests at periodic meetings. The Committee's decision will be communicated to the requester as timely as possible. The Committee's decision is final. Special request forms are available at the PC YMCA front desk. **NOTE:** the PC YMCA Sports Department staff may not grant any special requests.

NOTE: Anyone involved in the PC YMCA Sports program (e.g., coach, referee, parent, player, spectator, Committee member, or Sports Department staff) may file a complaint. All complaints must be in writing and submitted to the PC YMCA Sports Department. If a complaint is submitted to the Sports Department, it will be reported immediately to the Committee Chairman. These situations will be handled case by case, depending on the circumstances of the incident. The Committee will resolve all complaints and the Committee's decision is final

RULES FOR TEAMS & PLAYERS:

1. Each player must be a member in good standing of the YMCA, must be registered on a YMCA Sports Registration Card (parent signature required), and must have paid the sports fee.
2. Each player must attend a scheduled weekly practice in order to be eligible to play the required amount in that week's game, or have an approved absence. If a coach intends to not allow a player to participate in a game or to limit the players' participation, due to a failure to attend practice the coach must notify both the YMCA Sports Staff, along with the players' parents in advance prior to the start of the next game. Absences must be communicated with the **coach** and must involve circumstances wherein the conflict with practice could not have been avoided. During weeks when multiple practices are allowed, players may not miss more than one practice without an approved absence.
3. Every player must play in the grade in which he or she is enrolled in school.

RULES FOR COACHES:

1. Each team will have at least one adult coach who will be responsible for the team at games. If the head coach is absent it is his/her responsibility to provide a replacement (Asst) to carry out the duties of head coach.
 - ❖ To help the games be more manageable we would like all players and coaches on one touchline and the parents, fans & spectators on the opposite touchline (when available). This should help keep parents and spectators out of the coaches' path when they move up and down the line coaching/instructing their players (**Added on 5-21-09**)

2. The YMCA prohibits the hiring of coaches. Coaching in the YMCA Sports Program is strictly a volunteer position designed to give parents or other interested parties the opportunity to serve the children of our community. **However, if a coach/team desires a skills coach for instruction, the following rules apply:**

Practices:

Pre-K through 4th Grade: A team can **ONLY** use a skills coach **2 times** before the **1st regular season game.**

5th through 6th Grade: A team can use a skills coach for **ALL** practices **both before and during the season.**

Games:

No skills coaches are allowed to coach, instruct, or help the team's coaches or players at any games. IT IS ADVISED THAT THEY NOT COME TO ANY GAMES IN ORDER TO AVOID ANY CONFLICTS. However, if a skills coach wants to come just to encourage the team, he/she must remain removed from the players and coaches and assume the role of a fan **ONLY!**

Compensation:

No coach or parent may pressure or force any other parent or family to participate in the compensation of a skills coach. This must be communicated as a voluntary contribution that in no way affects the players' status, playing time, or participation on the team. If a coach really wants a skills coach for his team, he must assume the responsibility for the compensation and must do so willingly, without any conflict with other parents or players on the team.

3. Coaches are required to distribute a copy of this rulebook to all team parents. **COACHES ARE RESPONSIBLE FOR THE BEHAVIOR OF THE PLAYERS, PARENTS, AND FANS OF THEIR TEAM!**
4. Coaches are recommended to have a parents' meeting prior to beginning practices. During this meeting the following information should be conveyed:
 - The YMCA Coaches' Code of Conduct also applies to parents and players.
 - No alcoholic beverages or illegal drugs will be allowed at any team practice, game, meeting or other function.
 - Parents are expected to conduct themselves in an adult manner at all times and to set an example of good citizenship and sportsmanship.
 - Game and practice information.
 - Explain team discipline (e.g., if a player is late for or misses a practice or game). Discipline must be consistent for every team member.
 - Describe any rules of play that are unique to the PCYMCA.
 - Make sure parents know their views are welcome after a game or practice.

All coaches are required to fill out and turn in the YMCA Coaches Application packet, which will include a background check, BEFORE he/she coaches a practice or game.

EQUIPMENT:

1. Shin guards must be worn by all players on the field **underneath the socks.**
2. YMCA soccer jersey with appropriate PC YMCA Logo & a number on the back. **For the safety of the children, please do not put names on the jerseys or shorts. Please refer to the chart below for appropriate jersey color.**

SCHOOL & JERSEY COLORS:

<u>ARMSTRONG</u>	GOLD & KELLY GREEN
<u>BRADFIELD</u>	ROYAL BLUE & GOLD
HYER	WHITE & GOLD
UNIVERSITY PARK (UP)	MAROON & GOLD
ESD	RED & WHITE
CHRIST THE KING	RED & GOLD
PROVIDENCE	SILVER & NAVY
COVENANT	BLACK & RED
ALL OTHER PRIVATE SCHOOLS/MIXED TEAMS	PURPLE & WHITE

THESE COLORS WILL APPLY TO GRADES PRE-K THROUGH 4TH FOR BOTH BOYS & GIRLS

GRADES 5th & 6th IS OPEN TO ANY STYLE/COLOR

EQUIPMENT CONTINUED:

3. The goalkeeper must wear a jersey of a color distinctly different from that of any teammate or opponent.
4. **Players may not wear or have affixed a rigid splint and/or solid cast, regardless of composition.**
5. No metal cleats/football cleats or athletic shoes with toe cleats are allowed.

NO JEWELRY OF ANY KIND WILL BE ALLOWED, such as earrings, necklaces, watches, bracelets, rings, etc.

GENERAL GUIDELINES:

SUBSTITUTION (GRADES PK-3RD ONLY):

The starting players on both teams shall remain in the game for the entire first quarter. No substitution will be permitted during this time except in the case of injury. At the start of the second quarter all substitutes must enter the game and remain in the game until half-time. Coaches may substitute during the second quarter at any dead ball situation, but only for those players who played the first quarter. Coaches are not allowed to substitute for non-starters except in the case of injury. The second half will be played in the same manner, but coaches may start the second half with a new set of starting players. **Every player must play at least one complete quarter in both halves.** Fourth through sixth grade substitution rules are explained under the specific rules for 4th—6th grades.

THE GAME:

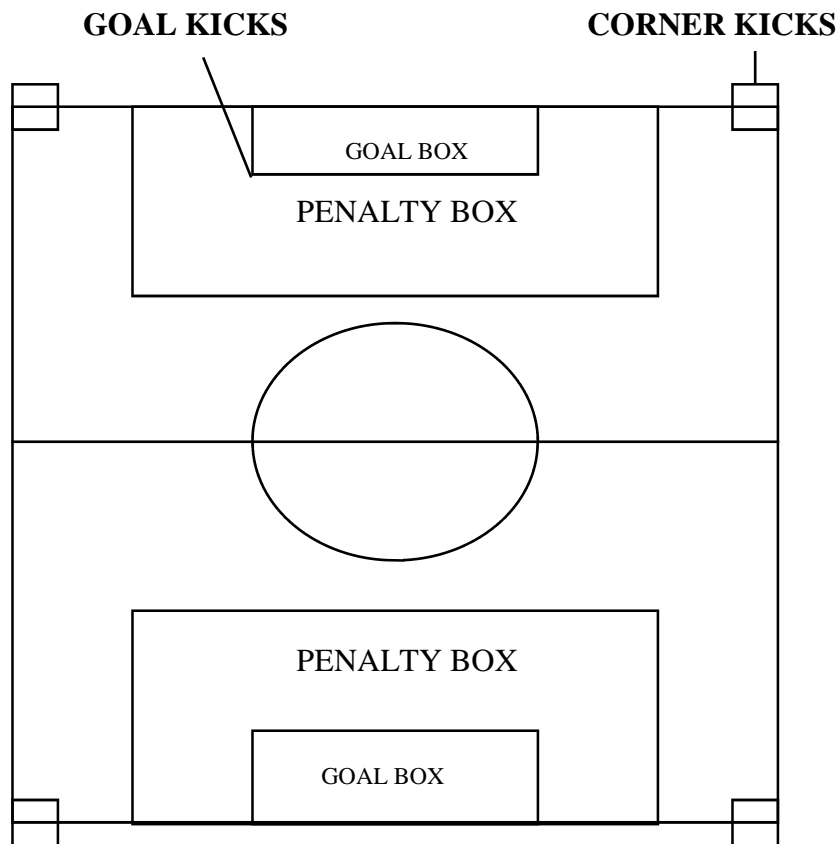
After the YMCA pledge, the referee calls the captains to the center of the field for the coin toss. The winner of the toss chooses either to kick or the goal to defend for the first half. The game begins at mid-field when the referee blows his whistle, the ball must be kicked by the offensive team in such a way that it rolls at least the distance of its circumference and passes entirely forward of the centerline. Otherwise the kick must be retaken. The kicker may not play or touch the ball a second time until another player of either team has played or touched it. The defensive team must be the required distance from the ball listed in the grade specific rules. At half time the teams change goals and reverse the opening kickoff. During the game, all coaches, parents and fans need to stay on the sidelines. **For PRE-K through 3rd grade only**, all quarters will be restarted at the center of field. All teams alternate kick offs every quarter.

❖ **No one is allowed to stand behind or near the goals.**

SCORING:

A goal is scored when the **ENTIRE** ball has passed over the goal line between the goal posts and under the cross bar. After a goal is scored, the team that was scored upon restarts the game at mid-field. If the goalkeeper is forced to hold or bring the entire ball behind the goal line, a goal is charged against that team. **No scoring directly off kick offs. All kickoffs take place at the start of a quarter or a half. Please remember that all kick offs are indirect.**

GENERAL RULES OF THE GAME (FIELD DIAGRAM):



1. CORNER KICKS: If the defending team was the last to play or touch the ball that crossed the goal line on the ground or in the air, other than a score, the attacking team is awarded a corner kick. The ball is placed on the corner mark nearest where the ball crossed the goal line. A goal may be scored directly from a corner kick. The opposing players must be the minimum required distance from the ball on the corner kick spot. The kicker must not play or touch the ball a second time before another player from either team has played or touched it, otherwise the opponents will be awarded an indirect free kick. This also holds true if the ball bounces off a corner flag, goal post or referee.

2. DIRECT FREE KICKS: For intentionally handling the ball, pushing, striking, holding, kicking, tripping, jumping at the ball or another player, charging in the back, charging in a dangerous way, a direct free kick is awarded to the opponents at the spot where the foul was committed. Players of the defending team must remain the required distance for the ball. The kicker must not play or touch the ball a second time before another player from either team has played or touched it, otherwise the opponents will be awarded an indirect free kick. This also holds true if the ball bounces off a corner flag, goal post or referee. The ball may be kicked in any direction and a goal may be scored directly from a direct kick.

3. INDIRECT FREE KICKS: For dangerous play, for playing the ball a second time before it is played by another player from either side from a kick off, throw in, indirect free kick or corner kick; for interfering with play, for obstructing an opponent, for unsportsmanlike conduct, for deliberately stalling for time, or for stopping the game to caution a player or coach about their conduct, an indirect kick is awarded to the opponents at the spot at which the foul was committed. Players of the defending team must remain the required minimum distance from the ball. The kicker must not play or touch the ball a second time before another player from either team has played or touched it, otherwise the opponents will be awarded an indirect free kick. This also holds true if the ball bounces off a corner flag, goal post or referee. The ball

may be kicked in any direction. **A goal may be scored from an indirect kick only if the ball is touched by a second player from either team** No indirect kicks shall be taken by the attacking team within the

GENERAL RULES OF THE GAME CONTINUED:

defending team's goal-area. It is not an intentional hand ball for any player to protect vital areas of his or her body (chest, crotch, face) with their hands or arms to prevent being struck by the ball.

4. DROPPED BALL: If the referee is in doubt as to which side fouled, kicked the ball out of play, for an injury or other emergency, the referee will drop the ball between two players, one from each side, at the spot where the stoppage took place. The ball must touch the ground before either player makes contact with the ball.

5. GOAL KICKS: If the attacking team was the last to play or touch the ball that crossed the goal line on the ground or in the air, other than a score, the defending team will kick the ball from the goal kick mark nearest the point where the ball crossed the goal line. The opposing players must be the required distance from the ball listed below. The kicker must not play or touch the ball a second time before another player from either team has played or touched it. The goal kick must pass outside the penalty area or be re-kicked. A goal kick cannot score directly into either goal. If kicked into the kicker's goal a corner kick is awarded to the opponents. Players of the attacking team may not enter the penalty area until the ball has traveled out.

6. THROW INS: When the whole of the ball passes over a sideline, whether on the ground or in the air, an opponent will throw the ball in from the spot where the ball crossed the line. At the time of the throw in, the thrower must be facing the field and have at least part of both feet on the ground behind the line. He must have both hands on the ball, and the ball must be thrown from behind the head. Incorrect throw ins will result in a throw in for the other team. The thrower may not touch the ball a second time before another player from either team has touched it, otherwise the opponents will be awarded an indirect free kick. This also holds true if the ball bounces off a corner flag, goal post or referee. A goal may not be scored directly from a throw in.

7. PENALTY KICKS: If a direct kick foul is committed within the penalty area of a defending team, they will be penalized by a penalty-kick. The ball is kicked from the penalty spot by the opponents. At the time of the kick, players of both teams except the defending goalkeeper and the player taking the kick must be outside the penalty area. Any attacking player may take the penalty and must kick the ball forward. The goalkeeper must stand on the goal line between the goal posts without moving his feet until the ball is kicked. The kicker must not play or touch the ball a second time before another player from either team has played or touched it, otherwise the opponents will be awarded an indirect free kick. This also holds true if the ball bounces off a corner flag, goal post or referee.

8. ADVANTAGE RULE: The referee shall not stop play to penalize any infraction or foul if such a stoppage of play would cause the offended team to lose any advantage it had gained on the play.

Example: A-1 trips B-1, but as he/she does so, the ball rolls ahead to B-2 who is in alone on the keeper. For the referee to stop play in order to penalize A-1 would deprive team B of an excellent scoring opportunity, and allow team A to regroup on defense.

GENERAL GUIDELINES CONTINUED:

POST-SEASON:

GRADES 3 through 6:

Grades 3rd through 4th: will play a single-elimination post-season tournament in the **Spring** season **ONLY**. All regular season rules will apply. In the **FALL**, your last scheduled game is the last game of the season; referees will bring participation awards to the field.

Grades 5th through 6th: will play in a single-elimination post-season tournament in the **Fall & Spring** season. All regular season rules will apply. After the conclusion of the tournament the referees will bring participation awards to the field.

❖ **In the event of a tie at the end of a tournament game, there will be a five-player shoot-out.**

PROCEDURE:

Referee chooses which goal both teams will kick from. A coin toss determines which team goes first.

Each team will take 5 alternating penalty kicks. The referee records the result of each kick.

If, the score is tied after 5 kicks, the kicks continue in the same order until one team has scored one goal more than the other team after each team has had an equal number of kicks.

If a goalkeeper is injured while kicks are being taken and is unable to continue, he/she may be replaced.

Each kick is taken by a different player and all eligible players must take a kick before any player can kick Again. All players, except the player taking the kick and the two goalkeepers, must remain in the center circle.

SPECIFIC RULES FOR EACH GRADE LEVEL:

• PRE-K, KINDERGARTEN & FIRST GRADE:

Number of players on the field at a time: PK & K = 7 1st grade = 8

The official size of ball: PK & K - Boys = 3 1st grade Boys = 4
PK, K & 1st grade Girls = 3

Official game time = FOUR 10 min. quarters - one minute between quarters and a two minute half-time.

In all kicking situations, the defense must be a minimum of 5 yards from the ball.

COACHES: PK & K -ONE coach will be allowed on the field for ALL PK & Kindergarten games.
1st grade - ONE coach will be allowed on the field for practice games ONLY.

GOALKEEPERS RULES:

PK & Kindergarten –There are NO GOALKEEPERS. No players may use their hands.

***NEW FOR GRADES PRE-K & K: EVERY PLAYER WILL BE GIVEN 3 ATTEMPTS PER PLAY TO COMPLETE A PROPER THROW IN. AFTER THE 3RD UNSUCCESSFUL THROW-IN, THE OTHER TEAM WILL THEN GET THE BALL.*Revised on 2-26-08**

First grade - A goal keeper is required and may use their hands, when the goalkeeper has taken possession of the ball, he/she has up to the penalty line to distribute the ball. Violating the rule will result in an indirect kick for the opposing team. Charging the keeper in the penalty area is a foul. The referee will call time out to warn the guilty player concerning the foul and then allow the keeper to put the ball back in play as if the foul had not occurred and time not been taken.

• SECOND GRADE:

Number of players on the field at a time = 8 The official size of ball = 4

Official game time = FOUR 12 min. quarters - one minute between quarters and a two minute half-time.

**In all kicking situations, the defense must be a minimum of 7 yards from the ball.
NO penalty kicks for grades PK - 2. All penalties will result in an indirect kick.**

GOALKEEPERS RULES: When the goalkeeper has taken possession of the ball, he must remain within in the penalty area to distribute the ball. Violating this rule will result in an indirect kick for the opposing team. Charging the keeper in the penalty area is a foul. The referee will call time out to warn the guilty player concerning the foul and then allow the keeper to put the ball back in play as if the foul had not occurred and time not been taken.

SPECIFIC RULES FOR EACH GRADE LEVEL CONTINUED:

• THIRD GRADE:

Number of players on the field at a time = 8

The official size of ball = 4

Official game time = FOUR 12 min. quarters - one minute between quarters and a two minute half-time.

In all kicking situations, the defense must be a minimum of 7 yards from the ball.

GOALKEEPERS RULES: Same as 2nd grade with an exception for direct kicks. If a goalkeeper touches the ball outside of the penalty box it will result in a direct kick.

• FOURTH—SIXTH GRADE:

Number of players on the field at a time = 9

The official size of ball: 4th graders - 4
5th/6th grades – 5

Official game time = TWO 25 min. halves - two minute half-time.

❖ **There will be no limit to the number of substitutions allowed in a game.**

However, coaches are reminded that they are responsible for each child playing at least half of the game.

Substitution Rule:

- Before a throw-in by team in possession only
- Either team, at a goal kick
- Either team, after a goal is scored
- Immediately following an issued yellow card

In all kicking situations, the defense must be a minimum of 10 yards from the ball.

OFF-SIDES RULES for 4-6 grades only):

- A player is in an off-side position if he is nearer to his opponents' goal line than the ball or two opposing team members (goalkeeper can be one of them), unless:
 - He/she is on his own half of the field of play, or
 - He/she is not nearer to his opponents' goal line than at least two of his opponents.
- A player shall only be declared off-side and penalized for being in an offside position, if, at any moment the ball touches, or is played by, one of his/her teammates, he/she is, in the opinion of the referee:
 - interfering with play or with an opponent, or
 - seeking to gain an advantage by being in that position.
- A player shall not be declared offside by the referee
 - merely because of his being in an off-side position, or
 - if he/she receives the ball direct from a goal-kick, a corner-kick or a throw in.
- If a player is declared offside, the referee shall award an indirect free-kick, which shall be taken by a player of the opposing team from where the infringement occurred, unless the offense is committed by a player in his opponents' goal area, in which case the free-kick shall be taken from any point within the goal area.

SPECIFIC RULES FOR EACH GRADE LEVEL CONTIUNED:

GOALKEEPERS RULES: When the goalkeeper has taken possession of the ball, he must remain within the penalty area to distribute the ball. Violating this rule will result in a direct kick for the opposing team. Charging the keeper in the penalty area is a foul. The referee will call time out to warn the guilty player concerning the foul and then allow the keeper to put the ball back in play as if the foul had not occurred and time not been taken.

FOR 5th & 6th GRADES ONLY-INDIRECT KICKS: An indirect kick is awarded to the opposing team if a goalkeeper, inside his/her penalty area, commits any of the following four offenses:

- Touches the ball with his hands after it has been deliberately kicked to him/her by a team-mate
- Touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate

Revised on 2-26-08