



Shawnee Family YMCA Rules and Sports Information

Age Division	# of players on the field	Goalie	Game Length	Ball Size
Tiny Tots/ 4u	4v4 / 5v5	No	4 x 6min periods	3
5-6 years	6v6	Yes	4 x 8min periods	3
7-8 years	7v7	Yes	2 x 18min halves	4
9-14 year olds	7v7	Yes	2 x 18min halves	5

**** Field size will vary on division**

What your child will need for the season:

- Shin guards (***child will not be allowed to play without shin guards***)
- Cleats (not mandatory but suggested for the kids)
- Water bottle for games/practices

UNIFORM

Each player must have on their YMCA issued uniform and shin guards underneath their socks. Cleats are not mandatory to play soccer. ***YMCA will provide goalie throw jersey if needed.***

GENERAL RULES

The kick-off is performed at the mid-field line by one of the offensive players. The ball will be considered in play when it has been kicked and is moving in any direction. The defensive team must line up outside of the circle and cannot touch the ball until it is in play. Both teams must be in their respective halves of the field at the kick-off. **The player kicking off cannot touch the ball a second time until it has touched another player.**

Coin flip at the beginning will determine who has the ball first.

1. **SCORING** A ball that is kicked between, but not over the goalposts at the opponent's goal line, is considered a score. The ball must be completely over the entire goal line to be considered a goal. The ball does not have to touch the net to be considered a goal.

2. **PLAYER PRIVILEGES** All players may play the ball with their feet, head, knees, chest, or shoulders. Only the goalie may touch the ball with upper arms, forearms, or hands as long as they remain in the penalty area. The goalie must put the ball in play and may carry the ball no more than five (5) seconds in preparation to throw or kick the ball into play. If the goalie is going to kick the ball after a goal kick has been determined, then no other player can be inside the penalty box.

3. **HEADING & SLIDE TACKLING** is allowed (just have them be aware of their surroundings when doing so).

FOULS AND PENALTIES

1. DIRECT FREE KICK

A direct free kick is awarded to the team fouled by a member of the opposing team after the fouls listed below occur outside the penalty area by either team. A direct free kick is awarded to the opponents at the spot of the foul. The ball is placed on the ground and may be kicked in any direction. The defending team may block the ball but must be standing at least ten (10) yards from the ball when it is kicked. A direct free kick can score a goal if it passes through the goal. It does not need to touch another player to be a good goal.

Foul(s) made:

- Handball (except for the goalie). Cannot touch with upper arm, forearm, or hand.
- Carrying or handling the ball outside the penalty area (goalie).

2. FOULS THAT MAY WARRANT EJECTION FROM A GAME

- Any bodily harm or unsportsmanlike conduct towards an opponent.

3. INDIRECT FREE KICK

An indirect free kick is awarded to the team fouled by a member of the opposing team if any of the below occurs. **The indirect free kick cannot score a goal until another player other than the kicker has touched the ball.** Regardless of if the foul occurred inside or outside the penalty area, the indirect free kick is awarded to the opponents at the point of the foul.

Foul(s) made:

- If the goalie carries the ball more than five (5) seconds. Won't be too strict on this rule unless made clear to be.
- Charging the goalie or any player when he does not have the ball.
- Playing or attempting to play a ball held by the goalie, or interfering with the goalie as he attempts to clear the ball.
- If the kicker or thrower plays the ball before a second player touches it on a throw-in, free kick, corner kick, or penalty kick.

- If the ball is not kicked forward on a penalty kick.
- Any obstruction other than holding.

PENALTY KICK

1. A penalty kick is awarded as punishment for any infringement of the rules which ordinarily requires the awarding of a direct free kick if the foul is committed by a defending player within the penalty area.
2. The foul must be deliberate. A defensive player should never make a penalty kick. When awarded, the penalty kick will be made from the penalty spot.
3. All players, except for the players taking the kick and defending the goalkeeper, must be outside of the penalty area. The ball must be kicked forward. If a foul is committed by the attacking team inside the opposing team's penalty area, the defending team will be awarded a direct free-kick from the point of the foul.

CAUTIONS

Not all fouls warrant a caution. A player may be cautioned if, in the opinion of the referee, the player has acted carelessly, recklessly, or with excessive force, or is playing dangerously. A player may also be cautioned and sent off the field if, in the opinion of the referee, the player continues to infringe on the laws of the game, receives their second caution, is acting inappropriately, or is playing dangerously.

Parents, coaches, and spectators may also be cautioned and sent off the field. In this case, the person ejected must leave the premises for the game to resume. We hope to never have to enforce this.

REFEREES

- The referee shall be the sole judge on the field of play.
- The referee can ask coaches, parents, players, and spectators to leave the field of play or the facilities to maintain a pleasant atmosphere, and control of the game.
- If a coach, player, or spectator, is ejected from a game, that person(s) is automatically removed from the next game and will be reviewed by the YMCA. Should another incident occur within the same season, the coach, spectator, or player may be ejected from the league permanently.
- The referee may stop, suspend, or terminate the game because of the elements of interference.

COACHES

- Ages 3-4 there may be up to TWO coaches on the field.
- Ages 5-6 there may be only ONE coach on the field.
- Ages 8 and up, coaches are to remain in their team sitting area.

SUBSTITUTIONS

The goal of the YMCA is to provide all children with equal playing time. All players must play a minimum of 50% of the game. If a player is sick or injured, the referee must be notified before the start of the game. If a player ends up becoming ill or injured during a game, he or she can be substituted out.

1. Free Substitutions in these situations: (Goalie's may play the entire half)

- On a throw in. If your team is subbing, the opposing team may sub as well.
- On a goal kick
- After someone scores a goal
- At a quarter or halftime

Shawnee Family YMCA Parents Code of Ethics

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.

I will place the emotional and physical well-being of each child ahead of a personal desire to win.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will support the implementation of the YMCA's four character development values-caring, honesty, respect and responsibility.

I will attend all practices and games for my child, or make appropriate arrangements for an adult to be present.

I will demand a sports environment for my child that is free of drugs, tobacco (all forms) and alcohol, and will refrain from their use at all YMCA youth sports events.

I will remember the game is for youths – not for adults.

I will do my very best to make the youth sports experience for my child.

I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching or character development or providing transportation.

I will treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.