



# YMCA Spring Soccer 2024

## Season Schedule

**Practice:** 4 sessions: March 19<sup>th</sup> & March 21<sup>st</sup>, April 9<sup>th</sup> & April 11<sup>th</sup>  
(Tuesdays and Thursdays)

**Games:** 8 sessions: March 26<sup>th</sup>- April 4<sup>th</sup>, April 16<sup>th</sup>- April 25<sup>th</sup> (Tuesdays and Thursdays)

**Make Up Games (if needed):** 2 sessions: April 30<sup>th</sup> & May 2<sup>nd</sup>

## Washed-Out Games

- If games are cancelled due to inclement weather, someone will be at the YMCA front desk at least 60 minutes before the first scheduled game with the necessary information.
- A decision will be made 60 minutes before your scheduled game. Each coach to play at that time will be contacted via email with the update.
- All parents will be contacted via email with the update.
  - If you are in doubt of whether your game is cancelled, please contact the YMCA front desk to obtain information.
  - Because it is raining at your location does not necessarily mean it is raining at the YMCA, so please call.
- In the case of bad weather breaking out within 60 minutes of your game or during a game, the Sports Director holds the right to cancel the games. If this happens, the games will be rescheduled on another date by the Sports Director, unless the first half is already completed. If the first half is completed, the game will stand as final.

The current YMCA policy is to schedule 8 games during a season. We will try our best at rescheduling games unless time/weather restrains us from doing so. We guarantee at least 6 games.



# FOOTHILLS AREA YMCA SOCCER RULES

**YMCA mission statement:** The FOOTHILLS AREA YMCA is a nonprofit organization whose mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## Youth Sports Philosophy

- Every child plays equally
- Promote the benefits of fitness and healthy lifestyles
- Develop sports skills
- Promote teamwork
- Values education
- Encourage family involvement
- Provide a safe environment
- Improve self-esteem and social development
- Promote character development: Caring, Respect, Honesty, and Responsibility.

## The Ball

- All divisions will use a size 4 ball

## Equipment

- Tennis shoes or soft studded turf shoes recommended.
- Shin guards are required for all divisions.
- Illegal or dangerous apparel:
  - Metal cleats of any type
  - Sharp or badly worn cleats
  - Jewelry, hard hairpieces, exposed buttons, zippers, other hard objects
- Splints or plaster casts are allowed at the discretion of the referee if sufficiently padded
- No pants with exposed buttons or zippers.
- Protective padding: only goalkeepers may wear knee pads and elbow pads in addition to regular uniforms. If a player injury demands support or protection, only properly designed support bandages may be used. No form of padding designed for any other type of support may be worn on the field.
- No hard bill hats.

## Starting of the Game

- All players will meet with the referee. The referees have a player pick b/w 1 & 2 to determine which side will kick-off first. A different player each week will be designated as captain to act as captain. The defensive team must be outside the center circle on the kick-off.
  - **Being Short on Players:** If one team shows up at a game with less players than the normal starting number of players (ex. 9-12's should start with 9 players), the opposing team will either play down by at most two players or



share players on to the other team. (Example of playing down: if it should be 9v9 and the other team shows up with only 6 players, you would only have to play down to 7 players, making it 6v7, or share players to make it 8v8 or 9v9). In the spirit of the Y, we want to make sure all players involved still have a great experience.

- **The opening kick may be played forward or backwards.**

### **Pass back to Goalkeeper (9+)**

- When a teammate intentionally passes the ball to the goalkeeper, the goalkeeper may not touch the ball with their hands. If the goalkeeper does touch the ball with their hands, it will result in an indirect free kick at the spot the goalkeeper touched it.

### **Field Sizes**

- Soccer fields may be slightly different in sizes.
- 4-5s will play on approximately 80 ft (length) by 60 ft (width) field.
- 6-7s will play on approximately a 100 ft (length) by 75 ft (width) field
- 8-9s will play on approximately a 180 ft (length) by 120 ft (width) field
- 10-12s will play on approximately a 270 ft (length) by 150 ft (width) field

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- A decision will be made 60 minutes before your scheduled game. Each coach to play at that time will be contacted via email with the update.
  - If you are in doubt of whether your game is cancelled, please contact the YMCA to obtain information.
  - Because it is raining at your location does not necessarily mean it is raining at the YMCA, so please call.
  - In the case of bad weather breaking out within 60 minutes of your game or during a game, the Sports Director holds the right to cancel the games. If this happens, the games will be rescheduled on another date by the Sports Director, unless the first half is already completed. If the first half is completed, the game will stand as final.
    - **Games will be rescheduled at the end of the season, if possible.**
    - the current YMCA policy is to schedule 8 games during a season. We will try our best at rescheduling games unless time/weather restrains us from doing so. We guarantee at least 6 games.

### **Abandoned Games**

- The referee reserves the right at any time to abandon a game (call stoppage of play and leave the field) under the following conditions:
  - A failure by a coach, spectator, or player to heed the warnings given by the referee regarding improper conduct.



- Extreme climatic conditions in which the playing conditions have become unsuitable, or the possibility of danger exists to players, coaches, spectators, etc.
- If a game is abandoned after the first half is completed, the game will be considered final.
- If a game is abandoned due to climatic conditions before the first half is completed, the game will be rescheduled.

### **Improper Conduct**

- A player or coach may be found guilty of improper conduct. If a referee determines improper conduct by either a player or a coach, he/she will be given one warning via a yellow card.
- The yellow card, to be recorded by the referee, will include the player's or coach's name and the team name. Two such yellow cards in one game will call for suspension for the rest of the game. Two game suspensions will suspend the player or coach for the remainder of the season.

### **Spectator Conduct:**

- **All spectators** must remain on the opposite side of their respective teams. Spectators are not permitted behind a goal. "Team Parents" who are assisting the coach with drinks and snacks may sit on the team bench with the coach's approval.
- Positive team support is encouraged. **Offensive language or behavior will not be tolerated.** This includes making comments to the officials, players, or coaches.
- Each coach is responsible for the conduct of all persons on his/her team or supporting his/her team.
- A spectator may be yellow carded by the referee at which time the official will also notify the coach that a warning has been given to one of their team's supporters. Further disruptive behavior improper conduct after a second warning will result in a red card (spectator ejection from game) and possible abandonment of the game by the referee.

### **Entering Field of Play**

- No member of the coaching staff may enter the playing area once play is underway, unless invited by the referee... The only exception to this rule will be in an emergency created by player injury.
- **4-5 Year old teams may have one coach on the field during the games.**

### **Possession by a Goalkeeper**

- A player shall not charge into the goalkeeper in the penalty area unless the goalkeeper is obstructing the player. Possession or control of the ball includes when the goalkeeper has the ball trapped by either or both hands. Outside the penalty area, the goalkeeper has no more privileges than the other players.
- Goalie Protection Clarification
  - The goalie has possession of the ball whenever he/she catches the ball or holds the ball to the ground with any part of his/her body.



- Once the goalie gains possession of the ball, no player will be allowed to charge him/her or otherwise obstruct him while he or she is in the process of clearing out the ball.

### **Fouls & Misconducts**

- All fouls outside of the penalty box will result in an **indirect free** kick from the spot of the foul.
- **Ages 9 and older:** Fouls, which occur within the penalty box, will result in a penalty kick taken from the penalty spot within the penalty box.
  - The goalie must remain on the goal line until the ball has been struck (the goalie can move side to side not forwards or backwards)
  - Only the goalie, the player taking the penalty shot, and the referee are allowed within the penalty box until the ball has been struck.
  - Once the ball is struck, all players may resume play within the box.

### **RULE MODIFICATIONS**

All age groups:

- All major fouls will result in a stoppage of play, brief instruction or correction, and rapid commencement of play by the offended team.

Play Time: Each player must play a minimum of 2 full quarters per game. The rotation rule does not apply to ages 8-12. However, please try to allow players to experience multiple positions if they would like to. This is a developmental league.

Ages 4-5

- Goalies WILL NOT be used
- Games will be played 3 v 3 (3 players for each team on the field at a time without goalies)
- Game duration: Four, 6-8 min quarters (as determined by coaches, 4 min breaks in between each quarter)
- All out-of-bounds calls will be restarted with a throw-in. Coaches should
- Encourage "two hands over the head, feet down, don't cross the line."
- Players may be substituted only on the quarter, half, or for an injury
- No referees will be needed for this age group as coaches will lead the games.

Ages 6-8

- Goalies WILL be used
- Games will be played 5 v 5 (5 players for each team on the field including the goalie)
- There will be referees for these games
- Game duration: Four, 8-10 min quarters (as determined by referees, 4 min breaks in between)
- Players may be substituted only on the quarter, half, or for an injury
- Will use throw-ins, corner kicks, and goal kicks accordingly.
- No player shall play a forward line position or goalie for more than 1 half or 2 quarters per game. No player may play the same position for more than 1 half or



2 quarters in a row. It is the responsibility of the coach to make sure positions are being rotated. Each player must play a minimum of 2 full quarters per game.

#### Ages 9-12

- Goalies WILL be used
- Games will be played 6 v 6 (6 players for each team on the field including the goalie)
- Game duration: Two, 20 min halves with one 10 min rest in between halves
- Subs can be made on own team's throw-in, own goal kick, after a goal has been scored, at half, or for an injured player. The opposing teams will be allowed to sub at the same time.
- Will use throw-ins, corner kicks, and goal kicks accordingly.

#### **HEAD INJURY INFORMATION**

The USSF has issued a policy removing heading the ball in youth soccer leagues, to help avoid concussion injuries and brain trauma. The Foothills Area YMCA will adopt this policy and eliminate heading in both practices and games for players under the age of 12. A headed ball in a game will result in an indirect free kick for the opposing team at the spot of the foul. A headed ball in the penalty box will NOT result in a penalty kick, but the ball will be placed just outside the penalty box and result in an indirect free kick.

