



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING SKILLS DEVELOPING CHARACTER

YOUTH SOCCER RULEBOOK
PK-6TH GRADE

UPDATED 3.30.2026

Jessica Biegert, Sports Director

jbiegert@salinaymca.org

785.404.4029

Sierra Kelley, Sports Coordinator

skelley@salinaymca.org

785.404.4035



Table of Content

Welcome to YMCA Youth Sports.....3

YMCA Character Development.....4

Connecting With Parents.....5

Policies and Procedures.....6

Parent Code of Conduct.....7

Important Information.....8

All Divisions. General Rules.....9-11

PreK-K Division Rules.....12

1st Grade Division Rules.....13

2-3rd Grade Division Rules.....14

4-6th Grade Division Rules.....15

YMCA STAFF

YMCA personnel shall be present and visible at all games. If you encounter any problems or have suggestions, please contact the Sports Director or Site Supervisor. They can be found wearing a Blue or Red Sports Supervisor shirt. If you have a question or suggestion concerning the game or league, please present it before or after the game, not during the game. Sports Director or Site Supervisors have the final decision at all sites.

Welcome to YMCA Youth Sports

YMCA MISSION

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

THE YMCA PHILOSOPHY OF YOUTH SPORTS

YMCA Youth Sports is not just another sports program. We have a mission, and that mission is stated in our Seven Pillars of YMCA Sports.

Pillar One-Everyone Plays. We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and equal playing time.

Pillar Two-Safety First. Although kids may get hurt playing sports, we do all we can to prevent injuries. We have modified each sport to make it safer and more enjoyable to play. Coaches make sure the equipment and facilities are safe, and constantly supervise their players and stop any unsafe activities.

Pillar Three-Fair Play. Fair play is about playing by the rules-and more. It is about coaches and players showing respect for all involved in YMCA Youth Sports. It is about coaches being role models of good sporting behavior and guiding their players to do the same.

Pillar Four-Positive Competition. We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective is when adults make decisions that put the best interests of the players before winning the contest. Learning to compete is important for youngsters and learning to cooperate in a competitive world is an essential lesson of life.

Pillar Five-Family Involvement. YMCA Youth Sports encourages parents to be involved appropriately in their child’s participation in our sports programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child’s participation.

Pillar Six-Sport for All. YMCA Youth Sports is an “inclusive” sports program. We offer programs to all youngsters regardless of their race, gender, religious creed, or ability. We ask our adult leaders to encourage and appreciate the diversity of children in our society and to encourage the kids and their parents to do the same.

Pillar Seven-Sport for Fun. Sports are naturally fun for most kids. Sometimes when adults become involved in children’s sporting activities they over organize and dominate the activities to the point that it destroys kids’ enjoyment of them. If we take the fun out of sports for young athletes, we are in danger of the young athletes taking themselves out of sports.

YMCA CHARACTER DEVELOPMENT

The YMCA believes that character development, focusing on the values of caring, honesty, respect, and responsibility is an essential element of all its programs.

CARING

Demonstrate a sincere concern for all others, for their needs and wellbeing.

HONESTY

Have integrity, make sure that one's actions match one's values through participation in sports.

RESPECT

Treat others as I would want them to treat me, value the worth of every person, including oneself, one's teammates, opponents, coaches, and officials.

RESPONSIBILITY

Do what is right, be accountable for my choices of behavior and obligations.

OUR COMMITMENT TO SAFETY

All Coaches are required to:

1. Apply through our YMCA coaching link that will:
2. Complete a full background check.
3. Complete the Coaches' Agreement and Code of Conduct Form
4. Complete Child Abuse and Prevention training.
5. Attend the Coaches Meeting held in the YMCA Meeting Room each season.
6. Report suspected abuse of any form (new federal law that makes our sports volunteers mandated reporters) anonymous reporting can be sent to 800.743.6354

In addition, the Salina Family YMCA:

1. Screens all coaches and volunteers and our database for registered sex offenders.
2. Observes practices and games.
3. Responds quickly to any potential concerns regarding coaches and team volunteer.
4. Has Child Abuse and Prevention Policies and Procedures in Place for all Coaches.
5. Coaches are not permitted to:
 - a. Be one on one with a child (unless it is their own). Please stay and observe practices and games.
 - b. Provide rides to children that are not their own**
 - c. Have any social media contact with children. This includes texting or calling. All communication should be done with the parent.

Connecting With Parents

FIRST CONTACT WITH TEAM PARENTS

This is a very important interaction because it will set the tone for the entire season. **Make sure your contact is reciprocated!** Make sure they have your name, team name and grade, and your contact information! What follows are most of the points that you will want to make in the first call to the parents:

1. Introduce yourself as the child's volunteer coach from the YMCA. Welcome the player and family to be on your team. Give them your contact information.
 - a. Coach's First and Last Name
 - b. Phone Number
 - c. Division
2. Verify the parents' names, the player's name, and contact information.
3. Tell them when and where the first Parent & Coach meeting will take place (usually after the first practice).
4. Inform them about scheduling and how you prefer to communicate.
5. If you must leave a message, be sure to give them your name and contact information and ask them to call you back to verify that they received your message!
6. If you do not receive a call back within 48 hours, please call our Sports department so that we can check the contact information right away!

PARENT & COACH MEETING

It is important that you set up a Parent & Coach Meeting before you begin your practices. You can set your meeting for the same day, time, and location where you will be having your practices. Make sure you cover all the following information and any additional information that you want to cover to begin your season:

- 1) Welcome and Introductions!
- 2) Invite parents to come to every practice and help with supervision, organizing the players, setting up and helping with drills, etc.
- 3) Timeline for Season (practice schedules, first game, etc.)
- 4) YMCA Mission, The YMCA Philosophy of Youth Sports, & YMCA Character Development
- 5) Communication from the Sports Department:
 - a. Email is where Weather Information/Cancellations will be communicated.
 - b. We will also utilize Playerspace communications.
- 6) Tobacco Free Campus (this includes E-Cigarettes)
- 7) Only Labeled Service Dogs are allowed on our Campus.
- 8) Our Commitment to Safety
- 9) Parent Information (Code of Conduct, Rules, Snack and Drink Sign Up, etc.)
- 10) Uniforms (All players are required to purchase a YMCA reversible jersey from the Front Desk.)
- 11) Team Photographs – Not Provided by the YMCA

Policies and Procedures

The YMCA is committed to providing a safe and welcoming environment for all. To promote safety and comfort, the YMCA asks all persons to behave responsibly and to respect the rights and dignity of others at all times when in our facilities, on our property or participating in our programs.

The actions listed below, which are not intended to be an all-inclusive list of behaviors, are considered inappropriate and are prohibited in our facilities or on the property:

- Using or possessing alcohol or illegal drugs, or under the influence of drugs or alcohol on YMCA property, in YMCA vehicles or facilities, or at YMCA sponsored programs.
- Smoking tobacco on YMCA property – All of our YMCA buildings and grounds are smoke-free and tobacco-free environments; this includes e-cigarettes.
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior
- Physical contact with another person in an angry, aggressive, or threatening way.
- Verbally abusive behavior, including profanity, angry language, swearing, name-calling, or shouting
- Sexually explicit conversation or behavior; any sexual contact with another person.
- Inappropriate, immodest, or sexually revealing attire.
- Theft or behavior that results in the destruction or loss of property.
- Loitering within facilities or on the grounds of the YMCA after being requested to depart the YMCA's property
- Use of cameras or other picture taking or recording devices is not permitted in the locker rooms.

Anyone who feels that this Code of Conduct is being violated should immediately report the behavior to a staff person on duty.

Suspension or termination of YMCA membership may result from a violation of this Code of Conduct or other YMCA policies. While an incident is being investigated, the membership of the person(s) accused of violating this Code of Conduct may be temporarily suspended pending a final decision. All decisions are reviewed by the President/CEO and are final.

Parent Code of Conduct

1. I hereby pledge to provide positive support, care and encouragement for my child participating in YMCA Youth Sports.
2. I will encourage good sportsmanship by demonstrating positive support for all players, instructors, coaches and officials at every game, practice, or other youth sports event.
3. I will support the Sports Staff, coaches, instructors, and officials working with my child, to encourage a positive and enjoyable experience for all.
4. I understand the Salina Family YMCA campus is a drug, tobacco, and alcohol-free environment for my child and I will refrain from there use at all YMCA Youth Sports events.
5. I will ask my child to treat players, coaches, officials, and fans with respect.
6. I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectable fan or assisting the coach.
7. I will strive to fulfill the mission of the YMCA and demonstrate and adhere to the YMCA Youth Sports philosophy.

Important Information:

RULES, SCHEDULES, AND NOTIFICATIONS

All rules and schedules will be sent by the sports department to each team's head coach. Parents may have access to this information as well upon request.

All-important updates, changes, and notifications from the YMCA Sports Staff will be sent out through playerspace and email.

WEATHER UPDATES, GAME & PRACTICE CANCELLATIONS

In case of severe weather conditions cancellations will be made through Email communication and playerspace.

- 1) It is the responsibility of the coach to notify the Sports Department and all their team families if they cancel a practice. Please do so by email or playerspace!
- 2) Cancelled practices may be made up at another time if the practice schedule allows. If making up a cancelled practice Coaches must contact the Youth Sports Department first to see what is available.
- 3) Games will only be cancelled by the YMCA staff for inclement weather or extenuating circumstances. To best serve most of our participants please adhere to our Saturday game schedule.

2025 SPRING SEASON TIMELINE

COACHES MEETING:

All Coaches are required to attend the Coaches Meeting held in the YMCA Meeting Room. Those who cannot attend this meeting are required to meet with the Sports Staff 1:1 prior to receiving any season information such as Rosters, Practice Times etc.

SOCCKER COACHES MEETING: March 11th at 6:30 pm.

FIRST PARENT CONTACT MUST BE COMPLETE BY: March 23rd

FIRST WEEK OF PRACTICES: March 30th

GAME SCHEDULES WILL BE SENT BY:

March 30th

FIRST SATURDAY GAME DAY: April 11th

LAST SATURDAY GAME DAY: May 16th

ALL DIVISIONS

GENERAL RULES

Sportsmanship/Officials:

- ❖ The Salina Family YMCA Youth Sports Program is not only dedicated to teaching sports fundamentals but also good sportsmanship. The most important way we teach is by being a good role model.

Team/Fans Location:

1. Home (wearing WHITE) Players will be located on the West-side half behind the orange line.
2. Away (wearing BLACK) Players will be located on the East-side half behind the orange line.
3. ALL Fans will be sitting BEHIND the orange line on the OPPOSITE side of the field from the players.

Equipment:

1. All players are required to wear the YMCA reversible jersey for games. No Jersey, No PLAY!
2. Players should wear shorts, socks, and running shoes or soccer cleats.
 - a. No metal or screw in cleats allowed. NO toe cleats or steel cleats allowed!
3. Shin guards are REQUIRED for all ages and must be completely covered by socks.
4. NO Jewelry is allowed. Players should remove all jewelry (earrings, necklaces, bracelets, etc.) before warming up or playing. This is for the child's safety and the safety of other players.
5. The YMCA will provide practice/game balls and cones for practices and game held at the YMCA fields.

Kick-Off:

1. Start of play will begin with a kick-off.
 - a. Kick-Off Procedure:
 - i. Each player will lineup to check equipment prior to kick-off. (Cleats, Jewelry)
 - ii. Each team will then lineup on the midfield circle prior to the start of the game to recite the YMCA pledge and discuss any game day updates.
 - iii. All players must be in their own half of the field.
 - iv. Opponents must be 5 yards from the center mark at the kick-off.
 - v. Only 2 kicking team players are allowed in the circle at the time of the kick-off.
 - vi. Kick-Off may be passed forwards or backwards to a teammate.
 - vii. The kicker cannot touch the ball a 2nd time until the ball is touched by another player. If a player touches the ball a 2nd time an indirect free kick is awarded where the infringement occurred. For any other infringement, the kick-off is attempted again.
 - b. 1st Grade and above divisions will change directions and attack opposite goals at half time.
 - c. **Kick-Off Order:**
 - i. 1st Quarter – Black
 - ii. 2nd Quarter – White
 - iii. 3rd Quarter – Black
 - iv. 4th Quarter – White

Out-of-Bounds:

1. Ball In/Out of Play:
 - a. When the entire ball goes over the entire boundary line, the ball is out of play.

Clock:

1. The clock will run continuously except for injury.
2. No timeouts for any division.

Scoring:

1. A goal is scored when the entire ball crosses over the entire goal line.
2. Scores will be kept. Wins/Loses will be recorded.

Substitutions:

1. Allowed at any time the ball is out of play. It is recommended that substitutions be made at the half-way point in a quarter and at the end of the quarter to help keep the game moving.
2. A substitution can be made for an injured player.
3. Coaches should do their best to provide equal playing time for all players as much as possible.
4. Each player should play at least half of each game and start at least half of the games.

Fouls and Misconduct:

1. Fouls can and will occur even at this level. For grades **PK–1st grade**, all fouls will result in a turnover, and opposing team will inbound the ball back into play. For grades **2nd–6th**, all fouls will result in an indirect free kick, with opponents positioned at least **5 yards** away.

List of Fouls:

1. Heading - NO HEADING THE BALL- an indirect free kick from the spot of the foul.
2. Attempting to kick an opponent.
3. Tripping or attempting to trip an opponent.
4. Jumping at an opponent.
5. Striking/Charging or attempting to strike an opponent.
6. NO slide tackling or sliding into a player or near a player.
7. Holding an opponent.
8. Spitting at an opponent.
9. Handling the ball deliberately. Grades PK-3rd will result in automatic turnover.
10. Playing in a dangerous manner.
11. Impeding the progress of an opponent.

Throw-Ins:

1. PRESCHOOL-1st grade:
 - a. Will do throw-ins.
 - b. The throw must be 2-handed and overhead but will allow the throw even if both feet are not in contact with the ground. If a throw violation occurs: one re-throw will be awarded.
2. 2nd GRADE – 6TH GRADE:
 - a. Both feet must be in contact with the ground. The throw must be a 2-handed, over the head throw. If a throw violation occurs: the other team will be awarded a throw-in

Free Kicks:

1. All free kicks will be indirect, meaning a goal may not be scored until the ball has been played or touched by a second player.
2. Opposing players must be 5 yards away.
3. Free kicks that are awarded in the penalty box for **4th-6th divisions** will be taken from outside the penalty box for safety.

Goal Kicks:

1. If the team attempting to score a goal kicks the ball over the goal line outside of the goal posts, the opposing team will put the ball back into play with a goal kick.
2. The ball will be placed on the horizontal goal box line.
3. All players except the goalkeeper and the player taking the goal kick must remain outside the penalty box during the goal kick.
4. The ball must leave the penalty box before being played.

Corner Kicks:

1. If the team defending the goal kicks the ball over the goal line outside of the goal posts, the opposing team will put the ball back into play with a corner kick.
2. A goal may be scored directly from a corner kick.

Blood Rule:

1. A player may not continue until inspected by YMCA staff.
2. A player may not return to play if there is visible blood on any clothing item. The clothing item must be replaced before he/she can return to play.

Miscellaneous:

1. Players and coaches will sit on the opposite side of the field as fans.
2. No one is allowed to stand or sit behind the goal unless behind the orange lines.

PRESCHOOL-KINDERGARTEN

Equipment:

1. Ball Size: Size 3.
2. Goal Size: 12 feet x 6.5 feet.

Game Length:

1. (4) x 8 minute quarters. (Running Clock)
2. 2-minute breaks in between quarters.

Officials:

1. YMCA Staff/Official.

Gameplay:

1. Players on Field:
 - a. 6 v 6 (Goalkeepers Included) -- may be adjusted based on team player numbers
 - b. All division player amounts can be adjusted based on enrollment by the Sports Staff.
1. Substitutions:
 - a. Allowed at any time the ball is out of play. It is recommended that substitutions be made at the halfway point in a quarter and at the end of the quarter to help keep the game moving.
2. Throw-Ins:
 - a. Will do throw-ins.
 - b. The throw must be 2-handed and overhead but will allow the throw even if both feet are not in contact with the ground.
 - c. One re-throw will be awarded.
3. **No penalty kicks.** When a foul is committed, there will be no penalty kicks and no indirect free kicks. Instead, the opposing team will inbound the ball to restart play from the closest sideline or endline.
4. Two Coaches may be on the field at a time.

1st GRADE

Equipment:

1. Ball Size: Size 3.
2. Goal Size: 20-22 feet x 6.5 feet.

Game-Length:

1. (4) x 8-minute quarters. (Running Clock)
2. 2-minute breaks in between quarters.

Officials:

1. YMCA Staff/Official.

Gameplay:

1. Players on Field:
 - a. 7 v 7 (Goalkeepers Included) – may be adjusted based on team player numbers
 - b. All division player amounts can be adjusted based on enrollment by the Sports Staff.
2. Substitutions:
 - a. Allowed at any time the ball is out of play. It is recommended that substitutions be made at the halfway point in a quarter and at the end of the quarter to help keep the game moving.
1. Throw-Ins:
 - a. Will do throw-ins.
 - b. The throw must be 2-handed and overhead but will allow the throw even if both feet are not in contact with the ground.
 - c. One re-throw will be awarded.
2. **No penalty kicks.** When a foul is committed, there will be no penalty kicks and no indirect free kicks. Instead, the opposing team will inbound the ball to restart play from the closest sideline or endline.
3. **One Coach may be on the field at a time.**

2nd AND 3rd GRADE

Equipment:

1. Ball Size: Size 3.
2. Goal Size:: 22 feet x 7 feet.

Game Length:

1. (4) x 8-minute quarters. (Running Clock)
2. 2-minute breaks in between quarters.

Officials:

1. YMCA Staff/Official.

Gameplay:

1. Players on Field:
 - a. 7v7 (Goalkeepers Included) -- may be adjusted based on team player numbers
 - b. All division player amounts can be adjusted based on enrollment by the Sports Staff.
2. Substitutions:
 - a. Allowed at any time the ball is out of play. It is recommended that substitutions be made at the halfway point in a quarter and at the end of the quarter to help keep the game moving.
3. Penalty Box:
 - a. The goalkeeper may use their hands inside the box. Use of hands by the goalkeeper outside the penalty box will result in an indirect free kick from the spot of the foul.
 - b. Players must retreat from this area when the opposing goalkeeper is attempting to clear the ball using a throw.
 - c. It is also recommended that opposing players back-off when the goalkeeper is securing/has secured a ball for safety of the goalkeeper.
4. Throw-Ins:
 - a. Both feet must be in contact with the ground. The throw must be a 2-handed, over the head throw.
 - b. If a throw in violation occurs, the other team will be awarded a throw-in.

5. **There will be penalty kicks.** All fouls committed will result in an indirect free kick.

6. No Coaches may be on the field.

4TH-6TH GRADE

Equipment:

1. Ball Size: Size 4.
2. Goal Size: 22 feet x 7 feet.

Game Length:

1. (4) x 10-minute quarters. (Running Clock)
2. 2-minutes in between quarters.

Officials:

1. YMCA Staff/Official.

Gameplay:

1. Players on Field:
 - a. 7v7 (Goalkeepers Included) -- may be adjusted based on team player numbers
 - b. All division player amounts can be adjusted based on enrollment by the Sports Staff.
 - c. It is recommended that coaches teach proper positioning of players during a game.
 - i. Typical Position Options: Goalkeeper, Defenders, Mid-Fielders, Forwards.
2. Substitutions:
 - a. Throw-Ins/Corner-Kicks
 - i. Only if your team has possession of the ball.
 - b. Kick-Offs/Goal-Kicks
 - i. Both Teams.
 - c. No substitutions on free kicks.
 - d. Subs need to be standing at midfield to be subbed into the game by the official.
 - e. The team that has position initiates the substitution. Example: Team A has the throw-in and chooses to sub, Team B may also sub. If Team A does not sub, Team B may not sub.
3. Throw-Ins:
 - a. Both feet must be in contact with the ground. The throw must be a 2-handed, over the head throw.
 - b. If a throw in violation occurs, the other team will be awarded a throw-in.
4. Penalty Kicks/Box:
 - a. All fouls committed in the penalty box will result in an indirect Free-Kick outside of the penalty box.
 - b. The goalkeeper may use their hands inside the box. Use of hands by the goalkeeper outside the penalty box will result in an indirect free kick from the spot of the foul.
 - c. Players must retreat from this area when the opposing goalkeeper is attempting to clear the ball using a throw. It is also recommended that opposing players back-off when the goalkeeper is securing/has secured a ball for safety of the goalkeeper.
5. No Coaches may be on the field.