



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**THE SALINA FAMILY YMCA
SOCCER
June 17, 2020**

OUR MISSION – to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

OUR VALUES – In our youth sports programs, please keep in mind that the YMCA is all about values and character development for our children. Caring, Respect, Honesty and Responsibility are the four core values of the YMCA.

SPORTSMANSHIP – The Salina Family YMCA Youth Sports Program is not only dedicated to teaching sports fundamentals, but also good sportsmanship. Everyone involved in the sports program has a role to play in teaching youth good sportsmanship. Good sportsmanship is synonymous with respect. The most important way we teach others is by being a good role model.

Coaches are encouraged to enforce discipline. Teach your players to honor the officials call. Coaches are expected to serve as an example for their players and maintain the goals and high standards of the YMCA. Coaches are responsible for team members and spectators supporting their team, before, during, and after the game.

The referee will call the game as he/she sees it and according to their best judgement; his/her decision is final. The referee will warn any coach or player displaying unsportsmanlike conduct. Any abusive language or inappropriate behavior by a player, coach, or spectator will result in the disqualification of a player, coach, or team. The Salina Family YMCA Sports Staff will be notified of any disqualifications and a conference with the Sports Staff will be held before further participation.

TEAM ASSIGNMENT POLICIES:

Teams–The Sports Staff will form all team rosters. No player shall switch teams without the approval of the YMCA Sports Staff and affected coaches.

Coaches–All Coaches must complete the online application, background check documentation, and sign the Coaches Agreement/Practice Request Form before they may receive a team roster. Coaches will receive a YMCA Coach shirt which must be worn at the games. Only a documented coach wearing a YMCA Coach shirt may be allowed to coach at the games. Coaches should contact the YMCA Sports Staff if they need another parent to substitute for them in order for our staff to make the necessary accommodations.

PRACTICES – There may be one scheduled practice each week per team. Parents are encouraged to notify their child’s coach prior to being absent from games and practices. Coaches should keep parents updated on practice times, days, and any cancellations. Parents are encouraged to attend practices and help the coach when needed. Coaches, please let the Sports Staff know of any cancellations you may have.



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SALINA FAMILY YMCA

Soccer Rules

PK-5th Grades Coed

June 17, 2020

Players on the Field (including the goalkeeper)

Pre School	6 v 6
Kindergarten	7 v 7
1 st - 2 nd Grade	8 v 8
3 rd - 5 th Grade	8 v 8

Typical Position Options: Goalkeeper, Forwards, Mid-Fielders, Defenders.

All division player amounts can be adjusted based on enrollment by the Sports Staff.

One coach may be on the field and one by the goal for PK-2nd grade only.

Equipment

- The YMCA will furnish team t-shirts to be worn as the manufacturers intended.
- Tennis shoes or soccer shoes with rubber cleats. **NO** toe cleats or steel cleats allowed!
- **Shin guards are required to be worn by all players during practices and games!**
- Shoelaces should be double-knotted.
- The YMCA will furnish practice and game balls for practices and games held at the YMCA fields.
- **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 the other players.

DIVISIONS & SPECIFICATIONS

PK & K Grade	Size 3 Ball	12' X 6.5' Goal	40yd X 25yd Field	(4) 8-minute quarters
1 st - 2 nd Grade	Size 3 Ball	20'-22' X 6.5' Goal	50yd X 25yd Field	(4) 10-minute quarters
3 rd - 5 th Grade	Size 4 Ball	22' X 7' Goal	60yd X 30yd Field	(4) 10-minute quarters

- Half time will be 4 minutes in length.
- Games will have a running clock and will only stop for an injury.
- There are no time outs.

SUBSTITUTIONS

Coaches can substitute freely during the game on a dead ball situation and/or after a goal is scored. A substitution can be made for an injured player. Coaches should do their best to provide **equal playing time for all players** as much as possible. Each player should **play at least half of each game and start at least half of the games.**

PRACTICES

There should be one practice scheduled per week for each team. Players are encouraged to notify their coaches prior to being absent from games and practices. Coaches should keep parents updated on practice times, date, location and any cancellations.

SOCCER GAME RULES

Referees

- There will be one or two referees per field. In case that there is not a referee, coaches should step in and perform the duties of the referee.
- All rule infractions should be briefly explained to the offending player.
- There are no linesmen referees for these leagues.

Start of Play

- Opponents must start outside the center circle while the kick-off is in progress. All players must remain behind the centerline until the ball is kicked. A kick-off takes place to start the game, at half time and after a goal is scored. The kick-off can be made in any direction.
- A goal may not be scored directly from a kick-off. If the ball goes directly into the goal without touching another player on a kick-off, the defending team will play the ball in off a goal kick.
- A coin flip will determine which team will kick off. Possession of the ball and teams will alternate at the half. The kickoff must be forward and passed to a teammate.
- In case of an injury, the game restarts with a drop ball. One player from each team stands opposite the other. The referee drops the ball between the two players, who try to win possession for his or her team.

Out of Bounds

- The whole ball must cross the whole line in order to be out of bounds. If any part of the ball is touching the line, it is still in play.

Fouls and Misconduct

- All fouls result in a direct/indirect free kick with the opponents at least eight yards away.
- Referees should explain all infractions and fouls to the players.
- In the case of serious fouls (i.e. purposely hitting/kicking another player, etc.) the offending player should be sent to his or her own sideline. They will be able to reenter the game.
- No slide tackling is allowed at any time for any Division. Players should try to play on feet at all times.

Method of Scoring

- The whole ball must cross the whole goal line to count as a goal.
- NO scores will be kept. NO league standings will be kept.

Free Kicks

- There will be both direct and indirect free kicks awarded and are taken from the place where the offense occurred.
- All defenders lining up to stop direct kicks must be at least 5 yards off the ball.

Direct Free Kick

A direct free kick is awarded to the opposing team if a player commits any of the following offenses in a manner considered by the referee to be careless, reckless or using excessive force:

- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- jumps at an opponent
- charges an opponent
- strikes or attempts to strike an opponent
- pushes an opponent
- tackles an opponent
- holds an opponent
- handles the ball deliberately (except for the goalkeeper within his own penalty area).

Indirect Free Kick – The ball is placed at the point of violation

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offenses:

- controls the ball with his hands for more than six seconds before releasing it from his possession
- touches the ball again with his hands after he has released it from his possession and before it has touched another player
- touches the ball with his hands after it has been deliberately kicked to him 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

An indirect free kick is awarded to the opposing team if a player commits any of the following offenses:

- plays in a dangerous manner
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from his hands
- commits any other offense, not previously mentioned, for which play is stopped to caution or send off a player

Throw-Ins

- For a legal throw-in, both feet should remain on the ground and the ball should be brought behind the head and thrown forward with both hands.
- Referees should explain throw-in infractions to the player and the player should be given a second chance to do the throw correctly. After the second chance if a foul throw-in occurs the opposing team is awarded the throw-in.

Goal Kicks/Goalkeepers

- A goal kick is taken from inside the goal box. All players must be outside the goal area. The ball must go completely outside of the goal area before it is touched by any player.
- Charging the goalkeeper is NOT allowed while the goalkeeper has control of the ball in the goalkeeper box. For the purpose of youth development and safety, the goalkeeper is in control of the ball when touching the ball with any part of his/her arm or hands. Once the goalkeeper has rolled or dropped the ball deliberately to play with the feet, then the goalkeeper may be "charged" as any field player.

Corner Kicks

- A corner kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the defending team, and a goal is not scored.
- A goal may be scored directly from a corner kick, but only against the opposing team.

Most Misunderstood Rule of Soccer

HAND-BALL

"Hand-Ball" or as it is officially known as **Handling** is deliberately playing the ball with one's hand or arm. The hand or arm must move toward the ball or the hand or arm must be carried in an unnatural position before an infraction of the rule can be charged.

- Handling includes not only the hand but also the arm or the area between the shoulders and the fingertips, thus, moving the upper arm, elbow or lower arm to play the ball is considered handling.
- The act of handling must be deliberate. There has to be intent to play the ball unless the hand or arm is carried in an unnatural position. Thus, if a player is holding his/her hand or arms in a natural position and there is not intent to play the ball, even if the ball touches the hands or arms of a player and deflects to a position that is advantageous to the player or his/her team, **no** handling has occurred.
- The term was coined by officials like this to remember this rule:
"Call Hand to Ball; not Ball to Hand"

MOST IMPORTANTLY: BE SAFE AND HAVE FUN!