

Purpose of YMCA Sports

The sports program is designed to be an aid and tool in the development and growth of the participants. The YMCA is not a building, athletic fields or just sports. It is an association of people, a fellowship of people united by a common loyalty to Jesus Christ for the purpose of developing Christian personalities and building a Christian society. The YMCA is not just a sports association; however, the YMCA does use sports as one of its programs to foster physical, mental, and spiritual growth. The attainments of exceptional athletic skills and the winning of games, though important, are secondary- the molding of future men and women is the goal.

Purpose of YMCA Basketball

The activities around basketball are merely a vehicle by which we as concerned adults utilize Christian models to work with young people. The program purpose is:

1. Develop and build self-esteem;
2. Develop and teach physical skills, fitness, and health;
3. Develop social skills and relationships among participants;
4. Support and strengthen family life;
5. Develop responsibility, decision making, and leadership;
6. Create a unique and enjoyable leisure family activity.

Hobart Family YMCA Basketball Rules

The objectives of the YMCA Basketball Program is to develop character, good sportsmanship, physical skills and coordination. The program is devised in order to:

- Players – Make the game fun and develop basketball skills;
- Parents – Be convenient and minimize expense;
- Coaches – Be convenient and economize time commitment.

Protest: NO protests will be accepted. Any disagreement made during a game will be corrected on the spot. Please show respect for each other and let's make this a positive experience for the kids.

I. Rule Administration

- A. The YMCA Sports Coordinator will have jurisdiction over all rules and regulations to govern any youth basketball situation herein not covered. The decisions of the Sports Coordinator are final.
- B. Each team will have one volunteer head coach and may have two assistant coaches. All persons accepting responsibility in this program must accept and carry out the rules and regulations of the program strive to teach good sportsmanship, health, habits and citizenship. Exercise the type of personal behavior that will set a good example for children. Every safety precaution must be taken at all times. Abuse or embarrassment of any player or team will not be tolerated.

NOTE: Penalty for failure to abide by these standards may make it necessary that the person or persons involved be relieved of their responsibilities in the program and ejected from the facility.

II. Game Conduct

- A. Spectators at games must be respectful. Harassing of officials and/or players is unacceptable and will not be tolerated. The Sports Coordinator is responsible for the behavior of the spectators, coaches and players. The Sports Coordinator will give one verbal warning for inappropriate behavior, if the behavior continues, the violators will be ejected from the facility.

NOTE: Coaches who fail to abide by this shall be subjected to the same disciplinary action as those actually involved in the disruptive behavior.

- B. No smoking on YMCA property. Food and beverages are not allowed in gym, only where designated.
- C. All YMCA owned equipment and apparatus stored around the gym are off limits to participants, family, spectators and children. Parents are responsible for the behavior of their children while watching games and practices. Children must be under parental control at all times.
- D. If games are still in progress, bouncing balls or shooting at side baskets will not be allowed until the current game is over. In YMCA facilities, please go quickly and quietly to and from the gym area.
- E. Damages incurred to playing and practice facilities due to improper use will be the responsibility of the individual causing the damage.

III. Team Organization

- A. Registration – Each player must complete and turn in their registration by his/her parent or legal guardian to the YMCA prior to participation in any practice session or game.

IV. Coaching Information

- A. Game Schedules – All scheduling of league games is done by the Sports Coordinator. **No changes in dates or times shall be permitted.**
- B. Practices
1. Only YMCA Basketball players on teams assigned to practice during scheduled time slots are permitted to be in the gym. No younger siblings or non-registered participants will be allowed in the gyms! Observing parents must keep their non-participating children under their control, off and away from the court during the entire practice. This information is to be communicated to all parents by the Sports Coordinator and head coach.
 2. Coaches are responsible for their team and the gym during their scheduled practice including when coaches let players take a restroom or water break.
 3. No food, drinks, or gum are allowed in the gyms.
 4. Incoming teams to practice – Please do not enter the court until your designated time, do not dribble or shoot until you have the court. **DO NOT DRIBBLE BASKETBALLS ANYWHERE OUTSIDE OF THE GYM!**
 5. Outgoing teams from practice – Please exit the court before or exactly at your official quitting time. Do not take advantage by running “just one more play” or “just one more shot.”
 6. All gyms should be “picked up” and cleaned as you exit.

GAME RULES – ALL AGE DIVISIONS

The playing rules for the YMCA Basketball Program will be the National Federation of State High Schools Associations (NFHS.org). Only additions or modifications will be listed in the following rules section or designated by the YMCA.

I. The Uniform

- A. All YMCA players must wear the shirt/jersey provided by the YMCA. Undershirts, if worn, shall be of the same solid color front and back. The player's shirt shall be tucked inside the shorts and the shorts shall be above the hips and worn properly. A player not conforming to this uniform policy shall be directed to leave the game. Shorts must be worn.
- B. Only non-marking, non-cleated athletic shoes may be worn at practice and games.
- C. None of the following may be worn or displayed at games: any type of jewelry, watches, earrings, hair bows, clips or casts.
 - 1. No headgear of any kind, except plain colored headbands, may be worn during the warm up and game.
 - 2. Radios or any other noise making device which officials may deem as taunting or unsportsmanlike.

III. Starting the Game

- A. Coaches must have last names and jersey numbers of all players listed in the official scorebook by game time.
- B. Each team will be responsible for furnishing one parent volunteer to work.
- C. There must be five players on the court per team at game time in order to start the game, unless agrees upon by both coaches.

IV. Bench Personnel

Only the head coach, two assistant coaches and team players are allowed on the bench. All others must be seated in the stands. All teams must have a head coach approved by the YMCA Sports Coordinator. **Only one coach may be standing at any given time. All other coaches must remain seated on the bench.**

V. Participation and Substitutions

- A. **COACHES AND PLAYERS SHOULD ARRIVE AT THE FACILITY AT LEAST 15 MINUTES AHEAD OF SCHEDULED START TIME FOR WARM-UPS.** Every player that shows up for the game **on time** shall play a minimum of two quarters per game. Those players not playing in the 1st or 2nd quarter must play the 3rd and 4th. If a team has seven or more players, no player will be allowed to play four (4) quarters. If a team has only six players, everyone must play a minimum of three (3) quarters. Coaches should always have your players check in at the scorers' table prior to the beginning of every quarter played.

Hobart Family YMCA Division Rules (Age Divisions Subject to Change)

I. 3 & 4 year olds and 5 & 6 year olds (Half Court – Side to Side)

The 3&4 year old division will play on a goal height of 6' (note some gyms may be a few inches off). The 5&6 year old division will play on a goal height of 8' (note some gyms may be a few inches off). The game will begin with the visiting team inbounding for the first procession.

A. Score

1. No score will be displayed during the game.

B. Length of Quarters

1. Playing time for teams of 3 & 4 year olds shall be four quarters of six minutes each with intermission of one minute after the first and third quarters and five minutes between halves.
2. Playing time for teams of 5 & 6 year olds shall be four quarters of eight minutes each with intermission of one minute after the first and third quarters and five minutes between halves.

C. Time-out/Stopping Play

1. Time-out occurs and the clock, if running, shall be stopped when an official:
 - a) Stops play because of an injury.
 - b) For any other situation or any emergency.
 - c) Time-Outs
2. The clock shall run continuously in all other situations, out of bounds, violation, reporting of fouls, etc.

D. Time-outs

1. Two 30-second time-outs may be charged to each team during a regulation half. Unused time-outs will not accumulate and may not be used.
2. A time-out shall not be granted until after the ball has become live to start the game.

E. Time Violation

1. There will be no time violation of any kind.

F. Throw-Ins

1. Throw-in violations will not be enforced. Violators may be instructed and throw-in retaken.

G. Foul/Disqualified Player

1. A foul is an infraction of the rules which is charged and is penalized. A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.
2. A disqualified player is one barred from further participation in the game because of committed his/her fifth foul (personal and technical), two technical fouls or a flagrant foul.

H. Free Throws/Bonus

1. There will be no free throws or bonus situation.

I. Defense

1. "Man to man" defense is mandatory.

2. Teams will not be allowed to have all five players sag back into the lane. This could be viewed as a zone defense.
3. No defense in the back court. The defense must allow ball and player to cross mid court line before pressure is applied.
4. Defenders need to be in a vertical defensive position.
5. **Defense will not be allowed to steal the ball from the ball handler while he or she is dribbling or possessing the ball. Defense may block shots and steal passes.**

J. The Ball

- The 3&4 year old division will use a mini ball.
- The 5&6 year old division will use a junior ball (27.5).

II. 7 & 8 year olds (Small Court)

- **Game will be played using a goal height of 9' (note some gyms may be off by a few inches)**

A. Length of Quarters

Playing time shall be four quarters of eight minutes each with intermission of one minute after the first and third quarters and 3 minutes between halves. There shall be no overtime periods.

B. Time-out/Stopping Play

- **Time-out occurs and the clock, if running, shall be stopped when an official:**
 - a) Stops play because of an injury.
 - b) For any other situation or any emergency.
 - c) Time-Outs
- **The clock shall run continuously in all other situations, out of bounds, violation, reporting of fouls, free throws, etc.**

C. Time-outs

Two 30-second time-outs may be charged to each team during a regulation half. Unused time-outs will not accumulate and may not be used.

D. Time Violation

A player will violate time violation if they take longer than 5 seconds to throw the ball in and 10 seconds to get across mid-court. There will be no violation for time in the lane, the referee will instruct that they need to leave the lane.

E. Throw-Ins

Throw-in violations will not be enforced. Violators may be instructed and throw-in retaken.

F. Foul/Disqualified Player

1. A foul is an infraction of the rules which is charged and is penalized. A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.
2. A disqualified player is one barred from further participation in the game because of committed his/her fifth foul (personal and technical), two technical fouls or a flagrant foul.

G. Free Throws/Bonus

1. Free throw line will be two feet in front of the standard free throw line, approximately 13 feet.
2. The first marked lane space will not be used. Not more than one player may occupy any part of a marked lane space.
3. Marked lane spaces may be occupied by a maximum of four defensive and two offensive players.
4. Any player, other than the free thrower, who does not occupy a marked lane space, must be behind the free-throw line extended and behind the three-point line.
5. No bonus Free Throws

H. Defense

1. "Man to man" defense is mandatory. Man to man defense shall be identified by game officials as a defensive strategy which puts reasonable pressure on the ball, has at least one on one coverage of any player driving the lane or making a move to get open near the lane.
2. Zone defense is not permitted. **Defensive players must show obvious attention to one player.**
3. No defense in the back court. The defense may not start playing defense on any offensive player until the ball has half court. After the ball has crossed half court during a possession, defense may be applied anywhere in the front court.
4. Double-teaming will be permitted in the lane only.
5. **Defense will not be allowed to steal the ball from the ball handler while he or she is dribbling or possessing the ball. Defense may block shots and steal passes.**

I. Backcourt

- A. There shall be no back court violation enforced ('over and back'), however the referee will call the violation if the offense is using the back court as a 'retreat' on purpose so that the defense could not defend them.
- B. Teams will not be allowed to play defense in back court.

J. Ball Size

This division will use a 28.5 ball.

III. 9 & 10 year olds (Regulation Court)

Games will be played on regulation 10' goals. The game will start with a jump ball.

A. Length of Quarters

Playing time for teams of this division shall be four quarters of ten minutes each with intermission of one minute after the first and third quarters and five minutes between halves. There shall be no overtime periods for this division.

B. Time-out/Stopping Play

1. **Time-out occurs and the clock, if running, shall be stopped when an official:**
 - a) Stops play because of an injury.
 - b) For any other situation or any emergency.
 - c) Time-Outs

2. The clock shall run continuously in all other situations, out of bounds, violation, reporting of fouls, free throws, etc.
3. The last minute of the 4th quarter, the clock shall stop on every whistle unless one team is leading by more than 20 points.

C. Time-outs

1. Two 30-second time-outs may be charged to each team during a regulation half. Unused time-outs will not accumulate and may not be used.
2. A time-out shall not be granted until after the ball has become live to start the game.

D. Time violations

The violations for this division will be five-second lane violation. A player shall not remain in the "paint" for five seconds while the ball is in control by his/her team in the front court. Also, players have 10 seconds to advance the ball to the front court (over mid-court), and a player will have 5 seconds to throw the ball in.

E. Throw-Ins

The designated throw-in spot is defined as one step to either side of the player's position when the ball is received from the referee. Throw-in violations will be enforced.

NOTE: The thrower must keep one foot on or over the spot until the ball is released. Pivot-foot restrictions and the traveling rule are not in effect for a throw-in.

F. Foul/Disqualified Player

1. A foul is an infraction of the rules which is charged and is penalized. A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.
2. A disqualified player is one barred from further participation in the game because of committed his/her fifth foul (personal and technical), two technical fouls or a flagrant foul.

G. Free Throws/Bonus

1. Free throw line will be two feet in front of the standard free throw line, approximately 13 feet.
2. The first marked lane space will not be used. Not more than one player may occupy any part of a marked lane space.
3. Marked lane spaces may be occupied by a maximum of four defensive and two offensive players.
4. Any player, other than the free thrower, who does not occupy a marked lane space, must be behind the free-throw line extended and behind the three-point line.
5. No bonus free throw.

H. Defense

1. "Man to man" defense or zone defense is allowed.
2. No defense in the back court. The defense must allow ball and player to cross the mid court line before pressure is applied.
3. Double-teaming will be permitted in the lane only.

I. Back Court

1. Once the offense advances the ball in the front court, the player may not go back across the mid-court line, this is a back court violation.

2. Teams will not be allowed to play defense in back court, however the offense only has 10 seconds to advance to the front court or it is a time violation.

J. Ball Size

This division will use a 28.5 ball.

IV. 11 & 12 year olds (Regulation Court)

Game will be played on a 10' goal and it will begin with a jump ball.

A. Length of Quarters

Playing time for teams of this division shall be four quarters of eleven minutes each with intermission of one minute after the first and third quarters and five minutes between halves.

B. Extra Period

1. If the score is tied at the end of the fourth quarter, play shall continue without change of baskets for one or more extra period with a one-minute intermission before the start of the extra period.
2. The game ends at the end of the extra period if the score is no longer tied.
3. The length of the extra period shall be three minutes. Extra periods are an extension of the fourth quarter so time outs will carry over to the extra period. Each team will be granted one additional time out for the extra period.
4. If the score is tied at the end of the extra period, play shall continue without change of baskets for a sudden death period. The game ends the moment the score is not tied. No clock will be needed for the sudden death period.
5. All extra periods will be started by a jump ball.

C. Time-out/Stopping Play

1. **Time-out occurs and the clock, if running, shall be stopped when an official:**
 - a. Stops play because of an injury.
 - b. For any other situation or any emergency.
 - c. Grants a player/head coach's oral or visual request for a time-out, such request being granted only when:
 - i. The ball is in control or at the disposal of a player of his/her team.
 - ii. The ball is dead.
2. The clock shall run continuously in all other situations, out of bounds, violation, reporting of fouls, free throws, etc.
3. The last minute of the 4th quarter the clock shall stop on every whistle unless one team is leading by more than 20 points.

D. Time Violations

All time violations stated in the National Federation of the State High School Association Rule Book will be enforced.

E. Foul/Disqualified Player

1. A foul is an infraction of the rules which is charged and is penalized. A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.
2. A disqualified player is one barred from further participation in the game because of committed his/her fifth foul (personal and technical), two technical fouls or a flagrant foul.

F. Free Throws/Bonus

Free throw administration and bonus situation will be as stated in the National Federation of State High School Association Rule Book.

G. Defense

1. There are no defensive scheme restrictions for this age group.
2. Man-to-man or zone will be allowed. Full court press will not be permitted by teams.

H. The Ball

This division will use a regulation ball, gender specific.

V. 13-14 year olds (Regulation Court)

A. Length of Quarters

Playing time for teams of this division shall be four quarters of twelve minutes each with intermission of one minute after the first and third quarters and five minutes between halves.

B. Extra Period

1. If the score is tied at the end of the fourth quarter, play shall continue without change of baskets for one or more extra period with a one-minute intermission before the start of the extra period.
2. The game ends at the end of the extra period if the score is no longer tied.
3. The length of the extra period shall be three minutes. Extra periods are extension of the fourth quarter so time outs will carry over to the extra period. Each team will be granted one additional time out for the extra period.
4. If the score is tied at the end of the extra period, play shall continue without change of baskets for a sudden death period. The game ends the moment the score is not tied. No clock will be needed for the sudden death period.
5. All extra periods will be started by a jump ball.

C. Time-out/Stopping Play

1. **Time-out occurs and the clock, if running, shall be stopped when an official:**
 - a. Stops play because of an injury.
 - b. For any other situation or any emergency.
 - c. Grants a player/head coach's oral or visual request for a time-out, such request being granted only when:
 - i. The ball is in control or at the disposal of a player of his/her team.
 - ii. The ball is dead.
2. The clock shall run continuously in all other situations, out of bounds, violation, reporting of fouls, free throws, etc.
3. The last minute of the 4th quarter and the last minute of the extra period the clock shall stop on every whistle unless one team is leading by more than 20 points.

D. Time Violations

All time violations stated in the National Federation of the State High School Association Rule Book will be enforced.

E. Foul/Disqualified Player

1. A foul is an infraction of the rules which is charged and is penalized. A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.
2. A disqualified player is one barred from further participation in the game because of committed his/her fifth foul (personal and technical), two technical fouls or a flagrant foul.

F. Free Throws/Bonus

Free throw administration and bonus situation will be as stated in the National Federation of State High School Association Rule Book.

G. Defense

1. There are no defensive restrictions for this age group.
2. Man-to-man or zone full court press will be allowed.
3. There are no restrictions limiting a team's ability to play a full-court press defense.

Disciplinary Actions

The YMCA understands the necessity of a coach needing to discipline a player, typically by limiting playing time. The YMCA will allow this only in regards to disruptive behavior and practice absences. If the coach elects to utilize a disciplinary option as a teaching method, he/she must abide by the following procedures:

NOTE: This action is to deter a habitual action, not a single unavoidable circumstance.

1. Clearance with the Sports Coordinator at the YMCA;
2. Discuss the situation with the child's parents;
3. Notify the opposing coach prior to commencement of the game in question;
4. Clearance is for one game only. Each offense must be processed.

Any player arriving late for the game may lose their right to play two quarters. This is the coach's decision.

Suspension Policy

If a player, coach, or fan is ejected from a game, the violator will be placed on probation for the remainder of the season. If the same player, coach, or fan receives a second ejection during the season, he/she may face the possibility of being suspended for the remainder of the season, and being prohibited from entering the YMCA, depending on the nature of the offense. The Hobart YMCA will not issue refunds to any player, coach or fan ejected from a game, or anyone involved in a suspended game or season.

YMCA Youth Soccer Rules

Introduction

The YMCA Soccer League is a recreational program. Sportsmanship is the most important aspect of the game. Coaches should not only teach sportsmanship, but model it as well. The sports program emphasizes "child first, sport second". All athletes will be given the opportunity to play half of each game (equal playing time is required).

We will not keep score during the games and win/loss records will not be kept. Please make sure your parents are aware of this.

Soccer Term/Definitions

Free Kick – When a player is taking a free kick INSIDE HIS OWN PENALTY AREA, all of the opposing players shall remain OUTSIDE THE AREA and shall be approximately 20 feet from the ball while the kick is being taken. THE BALL SHALL NOT BE IN PLAY UNTIL IT HAS TRAVELED BEYOND THE PENALTY AREA. If the ball is not kicked beyond the penalty area, the kick shall be retaken. When a player is taking a direct or indirect free kick OUTSIDE HIS OWN PENALTY AREA, all of the opposing players shall be approximately 20 feet from the ball until it is in play. If the kick is awarded less than 20 feet from the opposing goal, the opposing players can be standing on their own goal line between the goal posts. The ball shall be in play when it has traveled it's own circumference.

Direct Free Kick – a goal can be scored directly against the offending side.

Indirect Free Kick – a goal cannot be scored unless the ball is touched or played by a player other than the kicker before passing through the goal.

Penalty Kick – If a direct kick foul is committed within the penalty area of the defending team, the ball is kicked from the penalty mark by the opponents. At the time of the kick, players from both teams, except the defending goal keeper, must stay behind the twenty foot radius

around the penalty mark. Any attacking player may kick the penalty kick and must kick the penalty forward or an indirect kick will be awarded to the opponent on the penalty spot. The goal keeper must stand, without moving his feet, on his own goal line between the two posts until the ball is kicked. If he/she moves before the ball is kicked and the goal is saved, the ball must be re-kicked. The penalty kicker must not kick the ball a second time before another player of either team has touched the ball or an indirect free kick will be awarded against his/her team.

Throw-In – A throw-in will be awarded to a team when the ball goes completely over the sideline, either in the air or on the ground. The player throwing the ball in must keep both feet on the ground and throw the ball in with both hands, starting with the ball over or behind the head. If this is not done properly, the opposing team will be awarded a throw-in from that spot. The player throwing the ball in cannot touch the ball until it is touched by another player from either team.

Goal Kick – When a player from the opposing team touches the ball last before it crosses the end line, the defensive team is awarded a goal kick from the corner of the goal box, on the side of the goal that the ball went out on. The team kicking the goal kick can have one player besides the kicker and the goalie to defend the goal. All other players from both teams must be completely outside the penalty box area until the ball clearly passes the penalty box line.

Corner Kick – If a member of the defending team was the last player to touch the ball before it crossed the goal line either on the ground or in the air, the attacking team shall be awarded a corner kick. The ball is placed on the corner circle on the same side where the ball crossed the goal line. A goal may be scored directly from a corner kick. The kicker cannot touch the ball a second time until it has been touched by another player on either team.

YMCA Youth Soccer Rules

PreSchool

Playing Requirements

1. Divisions and eligibility are based on grade level of the current year.
2. The game time is shown on your schedule. The clock will start at the scheduled time.
3. Each player shall play an equal amount of time (at least 2 quarters).

Practices

Each team will be allotted up to one hour per week.

Equipment

1. A #3 soccer ball is used for all games.
2. Shinguards are required for all games and practices.
3. Mouthguards are recommended.
4. Metal spikes are not permitted.
5. Every player must have the same color jersey with the YMCA logo.

Length of Game

The game will consist of 4 quarters – 7 minutes each quarter. There will be no overtime. The clock will not stop except for injury. In the event of an injury, all other players should sit down on the field until play resumes.

Game Procedures

1. FIFA guidelines will govern all play except where specified.
2. Start of game: Both teams will meet at mid-field. Game official will choose who kicks first. Players move into position (outside the center circle and in their own half of the field) and, at the referee's

whistle, the ball is kicked. The kicker may not touch the ball a second time until another player has touched it.

3. Team kicking off in the first quarter will kick-off in the 3rd quarter. The other team will kick-off in the 2nd and 4th quarters.
4. Half time will be 5 minutes.
5. Time Outs: Each team is allowed 2 two minute time outs each half. Time outs not used in the first half will not carry over to the second half. Any injury time out is an official time out and will not be charged to either team.
6. The officials' decisions on point of fact connected with the games shall be final. All rule infractions should be briefly explained to the offending player. If a decision should warrant further discussion, contact the Sports Coordinator or Director.
7. The ball is out of play if the entire ball crosses the goal line or touchline (on the ground or in the air) or when the referee stops play.
8. A goal cannot be scored directly from the kick-off. It must touch another player before it passes the goal line. This player can be the goalie.
9. Offsides will not be called in this division.
10. No direct kicks will be called in this division.
11. There are no goalies in this division.

YMCA Youth Soccer Rules

PreSchool

Substitutions/Playing Requirements

1. Each child must play a minimum of half of each game. If a player arrives late and the team is short a player on the field, you may immediately put him/her onto the field.
2. Substitution must take place on a dead ball and waved in by the official.

Fouls and Misconduct

1. Offenses will result in an indirect free kick by the opposing team. If a player commits an offense which the referee judges to be violent or intentional, the player will be given a warning and a yellow card. If the same player commits another such offense, he/she will be given a red card and ejected from the game.
2. If a fist fight occurs, the players directly involved will be ejected from the game.

Coach on Field

1. There may be 1 coach on the field for each team. The coach may go anywhere on the field, except in the goal box. The coach must not interfere with play.
2. Coaches must remain on the same side as their team.

If coaches interfere, the referee may remove coaches from the field and the goal area.

**Remember, we are all here for
the kids. Keep it FUN!**

YMCA Youth Soccer Rules

Division 1 & 2

Playing Requirements

1. The game time is shown on your schedule. The clock will start at the scheduled time.
2. Each player shall play an equal amount of time (at least 2 quarters).

Practices

Each team will be allotted up to one hour per week.

Equipment

1. A #4 ball is used for Sophomore Division.
2. Shinguards are required for all games and practices.
3. Mouthguards are recommended.
4. Metal spikes are not permitted.
5. Every player must have the same color jersey with the YMCA logo.
6. The goalie must wear a different colored jersey or shirt.

Length of Game

The game will consist of 4 quarters – 9 minutes each quarter. There will be no overtime. The clock will not stop except for injury. In the event of an injury, all other players should sit down on the field until play resumes.

Game Procedures

1. FIFA guidelines will govern all play except where specified.
2. Start of game: Both teams will meet at mid-field. Game official will choose who kicks first. Players move into position (outside the center circle and in their own half of the field) and, at the referee's

whistle, the ball is kicked. The kicker may not touch the ball a second time until another player has touched it.

3. Team kicking off in the first quarter will kick-off in the 3rd quarter. The other team will kick-off in the 2nd and 4th quarters.
4. Half time will be 5 minutes.
5. Time Outs: Each team is allowed 2 two minute time outs each half. Time outs not used in the first half will not carry over to the second half. Any injury time out is an official time out and will not be charged to either team.
6. The officials' decisions on point of fact connected with the games shall be final. All rule infractions should be briefly explained to the offending player. If a decision should warrant further discussion, contact the Sports Coordinator or Director.
7. The ball is out of play if the entire ball crosses the goal line or touchline (on the ground or in the air) or when the referee stops play.
8. A goal cannot be scored directly from the kick-off. It must touch another player before it passes the goal line. This player can be the goalie.
9. Offsides will not be called in this division.

Substitutions/Playing Requirements

1. Each child must play a minimum of half of each game. If a player arrives late and the team is short a player on the field, you may immediately put him/her onto the field.
2. Substitution must take place on a dead ball and waved in by the official.

YMCA Youth Soccer Rules

Division 1 & 2

**Remember, we are all here for
the kids. Keep it FUN!**

Fouls and Misconduct

1. The following offenses will result in a Direct Free Kick. First offense is a warning, second offense is a Yellow Card, at the referee's discretion.
 - Pushing an opponent
 - Holding an opponent
 - Striking or attempting to strike an opponent
 - Kicking or tripping an opponent
 - Charging an opponent in a violent or dangerous manner
2. Any other minor offenses will result in an indirect free kick by the opposing team. If a player has committed one of the above offenses, and the referee judges it to be violent or intentional, the player will be given a warning and a yellow card. If the same player commits another such offense, he/she will be given a red card and ejected from the game.
3. If a fight occurs, the players directly involved will be ejected from the game.

Coach on Field

1. There may be 1 coach on the field for each team. The coach may go anywhere on the field, except in the goal box. The coach must not interfere with play.
2. One coach will be permitted to assist the goalie; however, the coach may not come out onto the field or interfere with play. If coaches interfere, the referee may remove coaches from the field and the goal area.

YMCA Youth Soccer Rules

Division 3 & 4

Playing Requirements

1. Divisions and eligibility are based on age of the current season.
2. Number of players, for the divisions will be 6 including goalie.
3. The game time is shown on your schedule. The clock will start at the scheduled time.

Practices

Each team will be allotted up to one hour per week.

Equipment

1. A #5 ball is used for these divisions.
2. Shinguards are required for all games and practices.
3. Mouthguards are recommended.
4. Metal spikes are not permitted.
5. Every player must have the same color jersey with the YMCA logo.
6. The goalie must wear a different colored jersey or shirt.

Length of Game

The game will consist of 2 halves – 20 minutes each half. There will be no overtime. The clock will not stop except for injury. In the event of an injury, all other players should sit down on the field until play resumes.

Game Procedures

1. FIFA guidelines will govern all play except where specified.
2. Start of game: Both teams will meet at mid-field. Game official will determine who kicks first. Players move into position and at the referee's whistle, the ball is kicked. The kicker may not touch the ball a second time until another player has touched it.

3. Half-time will be 5 minutes.
4. Time Outs: Each team is allowed 2 two minute time outs each half. Time outs not used in the first half will not carry over to the second half. Any injury time out is an official time out and will not be charged to either team.
5. The officials' decisions on point of fact connected with the games shall be final. All rule infractions should be briefly explained to the offending player. If a decision should warrant further discussion, contact the Sports Coordinator or Director.
6. The ball is out of play if the entire ball crosses the goal line or touchline (on the ground or in the air) or when the referee stops play.
7. A goal cannot be scored directly from the kick-off. It must touch another player before it passes the goal line. This player can be the goalie.

Substitutions/Playing Requirements

1. Each child must play a minimum of half of each game. If a player arrives late and the team is short a player on the field, you may immediately put him/her onto the field.
2. Substitution must take place on a dead ball and waved in by the official.

YMCA Youth Soccer Rules

Division 3 & 4

Fouls and Misconduct

1. The following offenses will result in a Direct Free Kick. First offense is a warning, second offense is a Yellow Card, at the referee's discretion.
2. Pushing an opponent
Holding an opponent
Striking or attempting to strike an opponent
Kicking or tripping an opponent
Charging an opponent in a violent or dangerous manner
3. Any other minor offenses will result in an indirect free kick by the opposing team. If a player has committed one of the above offenses, and the referee judges it to be violent or intentional, the player will be given a warning and a yellow card. If the same player commits another such offense, he/she will be given a red card and ejected from the game.
4. If a fist fight occurs, the players directly involved will be ejected from the game and a penalty kick will be awarded to both teams.

Coach on Field

1. Coaches are not permitted on the field or behind/beside the goals.
2. Coaches told by the officials to remain on the sidelines, will get a warning for the first offense and a direct penalty kick for the second offense
3. Coaches must remain on the same side as their team.

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