

# **YMCA Rules of the Game**

<b>RESPECT</b>	<b>RESPONSIBILITY</b>	<b>HONESTY</b>	<b>CARING</b>
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**YMCA mission statement:** The YMCA of Greater Spartanburg, following the example of Christ, promotes 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:**

- Will be an indoor soccer ball

**Equipment:**

- Tennis shoes
- Shin guards are required for all divisions.
- Players are not allowed to bring their own ball for indoor league.
- 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. In the event that 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

**Number of Players on the Field:**

Age Group	# on Field
3-4 Year Olds	4
5-6 Year Olds	6
7-8 Year Olds	9
9-10 Year Olds	9

### **Substitutions:**

- 3/4 & 5/6 Yr. Olds: Players may be substituted only on the quarter, half, or for an injured player.
- 7+ Yr. Olds: Sub on own team's throw-in, own goal kick, after a goal has been scored, at half, or for an injured player. Teams are allowed to sub at the same time.
  - **Play Time:** Each player must play a minimum of 2 full quarters per game. 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.

### **Referees:**

- 3/4 Yr. Olds will NOT have ref's. Coaches will make calls.
- The referees will enforce the rules and provide a brief explanation of rule infraction, provide encouragement, and control the flow of the game. If you have a dispute, please bring this to the referee's attention between quarters and away from the players. The referee's decision is final.
  - **Failure to Show:** In the event that an assigned referee fails to appear, the coaches and Sports Director must agree upon a referee or referees. Games played under these conditions are considered valid.

### **Duration of Game:**

- 3/4 Year Old Teams.....4 – 6 minute quarters
- 5/6 Year Old Teams.....4 – 8 minute quarters
- 7/8 & 9/10 Year Old Teams.....2 – 20 minute halves
  - Quarter breaks will be 2 minutes long
  - Half-time breaks will be 5 minutes long
  - There are no overtimes or tie-breakers

**Starting of the Game:** All players will meet with the coach/referee for prayer. If the player chooses not to pray, we ask that they please respect those that do. 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.

**Off-side (9/12 Year Olds):** Offside will not be called for the 3/4, 5/6, 7/8 year old teams. Offside will be called for 9/10 year olds. Offside will not be called when a player is in the offside position, but not having any direct affect on the play.

- **Off-side Rule Explanation:**
  - An offensive player is considered off-sides when there is only one defensive player (goalie) between them and the goal when the ball is passed to them or played in front of them.
  - Off-sides is not called when the offensive player gains no advantage from being off-sides. (i.e., the player is nowhere near the advancing offensive attack)
  - There are no off-sides on a throw-in or corner kick.

- An offensive player cannot be off-sides while on their “defending-half” of the field.
- The referee’s decision as to whether or not a player is off-sides will be based upon the player’s position at the time the ball was struck. A player who advances past the last defender after the ball has been struck is not considered off-sides.

### **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: (7+ divisions)** A player or coach may be found guilty of improper conduct. In the event that 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.
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- 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 or 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 situation created by player injury.

**\*\*\* 3/4, 5/6 Year old teams may have one coach on the field at all times.**

### **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 will be considered to be in 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 7 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 major fouls will result in a stoppage of play, brief instruction or correction, and rapid commencement of play by the offended team.
- **3/4, 5/6 Year Olds:** 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."
- **7+ Year Olds:** Will use throw-ins, corner kicks, and goal kicks accordingly.
- **3-6 Year Olds:** If a bad throw in is made, play will continue. Verbal instruction and correction is the goal at this age.
- **No Goalies will be used in the 3/4 age division.**