



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SOCCER RULES & REGULATIONS

YMCA of the Sandhills
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ymcaofthesandhills.org

Important Notes: Parents

- **April 7th** and **April 14th** are considered "Pre-Season" Clinic Days. Players will be shown basic skills and techniques. The times are: **9:00 AM** (7-8 yr. olds) **10:00 AM** (5-6 yr. olds) **11:00 AM** (3-4 yr. olds).
- The "official" season starts the week of **April 2nd** with the first games taking place on **April 21st**.
- Cheryl Thomas from the Trophy House will be on site to take your orders for the trophies on **April 7th**.

Thanks for your participation. We look forward to serving you and your child in our Youth Sports program. If you have any comments or questions, please call me at 910.426.9622 x111.

Sincerely,

Ivan Bullard

910.426.9622 x111

ivan.bullard@ymcaofthesandhills.org

ABOUT THE YMCA

YMCA of the Sandhills Mission Statement:

The YMCA of the Sandhills is an inclusive charitable Association, founded on Christian principles and dedicated to building strong kids, strong families and strong communities through programs that develop a healthy spirit, mind and body for all.

Four Core Values of Character Development:

- ◆ Caring
- ◆ Honesty
- ◆ Respect
- ◆ Responsibility

YMCA Sports: 7 Pillars

1. **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 plays at least half of every game.
2. **Safety first.** Although some children may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. We ask you to take time to check that the equipment and facilities are safe and to teach the sport as we've prescribed, so that the skills taught are appropriate for children's developmental level. We also ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.
3. **Fair play.** Fair play is about more than playing by the rules. It's about you and your players showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.
4. **Positive competition.** We believe competition is a positive process when the pursuit of victory is kept in the right perspective. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. The "right perspective" means adults make decisions that put the best interests of the children above winning the contest. These are the lessons we want to teach through YMCA Youth Sports.

5. **Family involvement.** YMCA Youth Sports encourages parents to be involved appropriately along with their child participating in our sport 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.

6. **Sport for all.** YMCA Youth Sports is an inclusive sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical abilities by matching them with children of similar abilities and modifying their sport. We offer programs to all children regardless of race, gender, religion or ability. We ask our adult leaders to support and appreciate the diversity of children in our society and to encourage the children and their parents to do the same. We do not forfeit games; instead, we share players and proceed with planned games.

7. **Sport for fun.** Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, playing with their friends, and competing with their peers. Sometimes when adults become involved in children's sport, they over-organize and dominate the activity to the point of spoiling children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember, that these sports are for the kids; make sure the kids are having fun.



RULES OF PLAY - SOCCER

Division I (3-4)

General

1. No official score will be kept in Division I.
2. Each game will begin with both teams and all coaches gathered at center court to review rules and to determine which team gets the ball, with Rock, Paper, Scissor.
3. Games will be played 6-on-6 or even sided.
4. At beginning of each quarter the players will be lined up across from each other to designate whom they will guard for that quarter.
5. No metal jewelry, hairclips, earrings will be allowed while playing for the children's safety.
6. Four periods of six (6) minutes will be played with a running clock. There will be two (2) minutes between periods. Players must play a minimum of 2 qtrs.
7. Size 3 balls are used.
8. Players **MUST** wear shin guards. Black socks are preferred, but not required.
9. There is **NO** goalie.
10. One coach per team will be on the field to help players.
11. Off-sides will not be called.
12. **NO SLIDE TACKLING. NO KICKING WHILE PLAYER IS ON THE GROUND.**
13. Goal Kick: Will be a free kick executed by placing the ball three (3) paces from the end line.
14. Players will be given second chances on throw-ins, corner kicks and goal kicks all season.
15. No penalty kicks.

Rules are subject to change

Division II and III (5-8 yr. olds)

General

1. No official score will be kept in Division II or III
2. No player/league standings or player/league records will be kept.
3. Games must be played 6-on-6 (or even-sided) plus one player who is a goalie.
5. At beginning of each quarter the players will be lined up across from each other to designate whom they will guard for that quarter.
6. Each game will begin with both teams and all coaches gathered at center court to review rules and to determine which team gets the ball, with Rock, Paper, Scissor.
2. No metal jewelry, hairclips, earrings will be allowed while playing for the children's safety.
3. Four periods of seven (7) minutes for Division II and eight (8) minutes for Division III will be played with a running clock. There will be two (2) minutes between periods. Players must play a minimum of 2 qtrs.
4. Size 4 balls are used.
5. Players MUST wear shin guards. Black socks are preferred, but not required
6. Throw-in/Kick-in: player may either throw or kick ball into play. Kick-in is indirect kick with opponent five (5) yards away from the ball.
7. Goal kick may be taken anywhere within the goal box. Opponents must be five (5) yards away from the ball.
8. Corner Kick: opponents must be five (5) yards away from the ball.
9. No penalty kicks.
10. Players will be given second chances on throw-ins, corner kicks and goal kicks the first half of the season.
11. NO Slide Tackling. No kicking while player is on the ground.

Rules are subject to change

Y Sports Policies

24 Hour Policy:

- The Y Sports department does NOT permit any individual to confront a referee or Y Sports official at any time. If a situation arises in which a referees actions create a problem, give the situation 24 hours to cool down.
- After the 24 hours have passed, if you still feel strongly that something should be done, please contact the Sports Director.

Coaches: Things to Remember

Sick: If you are sick get another parent to coach for that day and please email the director. If no parent is willing to coach then cancel practice. Call ALL parents, please.

Parent Meeting: I would suggest having an early season parents' meeting before your first practice so you can discuss snack schedule, see if any parents are willing to be an Assistant coach, inform them of when practices are, exchange contact information etc.

Players not able to make your team scheduled practice times: We understand not all parents are able to make your scheduled practice so if you have any parents that are unable to make the practice time please have that parent call the YMCA and we will switch them to another team that has an opening and a practice that works with their schedule.

Ask your players parents for help: To make your job easier as a coach try to get a team parent at the beginning of the season.

End of Season Party: The end of season party is voluntary, is up to you to have. But, if you decide to have an end of season party try to plan it ahead of time. I am happy to assist in securing one of the studios at the Fayetteville Branch to use.

Weather Information/Cancellations

Games are played rain or shine. The only exemption is thunder storms. If this occurs, YMCA Staff will make every effort to contact all parents and coaches in advance.

Practice cancellation is up to the coach. If the coach cancels, the coach will call all parents.

Practice

- Division II and III teams will have two practices prior to their first game.
- Practices are once a week, for 30 minutes to an hour. (3-4 yr. olds practice 30 minutes prior to the start of games)
- Coaches will choose practice day and time, based on availability from the coach.

- Contact the Sports Director or your coach for more information.
- Parents need to check their child in with the coach at each practice. Please do not just drop your child (ren) off.

Practices are ONLY cancelled if:

- ◆ The coach cancels practice (the coach will inform you of this decision).
- ◆ Thunder/ Lighting

Games

- Games will be held at **Algier B Wilkins**. Please try to arrive to games 30 minutes early, so that we can keep our game schedule running on time.
- The game schedule for each division will be available both electronically and via hardcopy.
- For information on cancellation/postponement of games, please refer to the Weather/Cancellation Policy.

The number of players on each team is ideally proportional to the number of players on the field for any given division. This number can ONLY be modified by the coach or Sports Director.

YMCA COACHES CODE OF CONDUCT

Preamble

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and the Four YMCA core values: Honest, Respect, Caring, and Responsibility.

I therefore agree:

1. I will remember that children participate to have fun and that the game is for youth, not adults.
2. I will learn the rules of the game and the policies of the league.
3. I will be a positive role model and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
4. I will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
5. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
6. I will teach my players to play by the rules and to resolve conflicts without resorting to hostility or violence.
7. I will demand that my players treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
8. I will teach my players that doing one's best is more important than winning, so that my players will never feel defeated by the outcome of a game or his/her performance.
9. I will praise my players for competing fairly and trying hard, and make my players feel like a winner every time.
10. I will never ridicule or yell at my players or other participant for making a mistake or losing a competition.
11. I will emphasize skill development and practices and how they benefit my players over

winning. I will also deemphasize games and competition in the lower age groups.

12. I will promote the emotional and physical well being of the athletes ahead of any personal desire I may have for my team to win.

13. I will respect the officials and their authority during games and if I have a question, will not confront them during game play, rather I will wait till a timeout.

14. I will play all my players equally no matter the child's skill level.

15. I will work hard every practice to improve my player's skills.

16. If I cannot make a practice or game I will let the Sports Director know in advance.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- o Verbal warning by official, and/or head of league organization
- o Written warning

Coach _____

HEALTHY KIDS

Hints for keeping happy, healthy, HOT kids hydrated!

As the kids explode out of doors and indoors, make sure they are prepared. Drink WATER! Water is a vital ingredient for keeping body temperature in check. Water lost as sweat needs to be replaced to avoid dehydration. Thirst doesn't kick in until approximately 2% of body weight is lost as sweat, so make sure that kids are drinking BEFORE they get thirsty! Dehydration, left untreated, can lead to heat cramps, heat exhaustion and very serious heat stroke. Closely watch kids for signs of dehydration - including fatigue; dry lips and tongue; low energy; grayish skin; and lack of tears. Since children's body temperature rises faster than adults, it is essential that kids get plenty of fluids to keep them cool—especially when it's hot and humid!

What you can do to keep kids hydrated

Make sure that kids drink fluids at every meal and snack time throughout the day, and during every period of physical activity. During physical activity (and especially on hot days), make sure that kids drink frequently, even if they are not thirsty. Every 20 minutes, give younger kids 5 ounces of cold water (about the size of a small juice box—or 10 gulps), and give teens about 9 ounces. Offer cold water – it's absorbed faster! Avoid sugar-sweetened drinks – these are absorbed more slowly.

Snack Sense Tips

Create snacks that include choices from each of the following groups:

Fruits and Vegetables: frozen grapes, berries, or melon chunks; precut orange wedges; apples; pears; bananas; applesauce; pepper strips; carrot sticks or baby carrots; sliced cucumbers or squash; pea pods; green beans or jicama sticks. A quick ranch dressing or plain yogurt and honey dipping sauce make it fun!

Proteins: Peanut or other nut butters; hummus or chick peas; cheese; yogurt; hard boiled eggs; tuna fish (the new pouch preparation is great!); a handful of unsalted nuts (peanuts, cashews, walnuts or almonds); soybeans (edamame) with or without the pods (find them in the frozen foods aisle; simply defrost and eat!).

Whole Grains: whole wheat pita or flatbread; whole wheat or graham crackers; RyVita crisps; whole wheat

toaster waffles; trail mix or granola; oat bran mini muffins; fig bars; or dry whole-grain cereal.

A note about trans fats: Many snack foods tend to be high in unhealthy trans fats, especially crackers and grain-based products. Purchase products that have no “partially hydrogenated oils” or “shortening” present in the ingredient listing. Products labeled “Zero Trans Fats” may have up to .5 g of trans fats per serving, so a quick label check helps to avoid these unhealthy fats.

Information Provided by the Prevention Research Center at Harvard School of Public Health

SNACK SCHEDULE

Please ask if any children have any allergies before choosing your snack choices.

Game 1 _____

Game 2 _____

Game 3 _____

Game 4 _____

Game 5 _____

Game 6 _____

Please have each parent sign-up for a game or practice. The kids LOVE snack time!

The YMCA encourages all parents/coaches to make healthy snack choices for the children. Some recommended items include:

- | | |
|---------------------------|-----------------|
| Pretzels | Water |
| Fruits/ Veggies | Sunflower seeds |
| Fruit bars / granola bars | Light popcorn |
| Trail mix | Carrot Sticks |
| Raisins | Nuts |

