



Adult Sports Captains Packet

Idaho Falls Family YMCA

Rev. 8/2011

If you are interested in forming a team, please do the following:

1. Read through pgs. 2-3. These policies will affect team registrations.
2. Fill out the team form (pgs. 5-6) and return to the YMCA before registration deadline.
3. Turn in forms or have individual players turn in forms
4. Attend the captain's meeting. We will contact you as to when and where that is.

A captain is required for each team. The captain must be 18yrs or older. The captain can be a player or can be a parent.

- All registrations are taken at the YMCA front desk at 155 N. Corner. NO ROSTERS OR FEES CAN BE ACCEPTED AT THE INDOOR SOCCER ARENA.
- **Photo ID's**
All players playing in the High School League, Adult Coed, or Mens league are required to show ID to the YMCA supervisor at EACH game.
 - Any official picture ID with the players name is allowed as proof of ID (school ID, drivers license, passport, players card)
 - If a team has players that do not have any other proof of ID, please see the sports director for a players card.
 - Any team found allowing players to play that are not on the YMCA official roster risk forfeiting the rest of the season.
- **Late Registrations:**
 - Late registrations are accepted a week after the registration deadline and will be assessed a \$5 late fee. After the late registration deadline, registrations are only accepted if space allows and are subject to a \$15 late fee.
 - Late registrations risk not having their shirt by the first game. Shirts are required in order to play.
- **Games**
Teams generally play once a week. Depending on the number of teams, there can be bye weeks or double headers.
- **How are teams organized?**
We take both individual registrations and team registrations to help accommodate all types of players. We have team registrations that come in and individual players are added to teams that need players or we will organize teams of individual registrations.
- **I have a team registration. What do I need to do?**
You can turn your team's money and registrations in all at the same time and this is the method the YMCA prefers. However, we are happy to take the registrations individually as well. If you want to make sure all of your players are on your team, please do the following:
 1. Teams are required to have 9 - 11 players. Make sure you have the minimum amount of players.
 2. A roster given to the YMCA does not guarantee who is on your team. It is helpful to know who is on the team. However, in order to guarantee who is on your team, all of your players must register by the first deadline and have marked their requested team.
 3. All registrations must have the team request filled out **BEFORE** the registration deadline.

4. At the registration deadline, we will begin to fill the teams that are not full. If you want to guarantee who is on your team, you **MUST** have all of your players registered by the **FIRST** registration deadline.
5. The YMCA does not turn any players away from playing. If all players come in as teams with 9 players, and we have individual players that still need a team, the YMCA will add these players to the teams. As much as possible we will do our best to avoid doing this and create teams of individual players. However, if there are not enough individual players to create a team, they will be added to the other teams.

A player will not be considered on the roster until the YMCA has received a registration form and full payment. **We will not hold spots for players after the registration deadline.**

After the registration deadline, we will accept team registrations (at least 9 players) without charging the late fee. This requires having **ALL** of the registration forms and payments turned in all at once at the YMCA.

If a player wants to be moved after the registration deadline, they will have to pay \$10 for a new shirt for the new team they want to move to. We will only move players if space allows.

- **Schedule Requests:**
Schedule requests will be accepted, but are not GUARENTEED!!! With so many schedule requests, we cannot meet every single request. We will do our best to meet as many requests for the majority of the games that we can.
- **How old do players have to be to play in adult coed?**
Players must be 16+ years old in order to play in adult coed.
- **When does the season start?**
The season starts the week of October 31st – Jan. 7th and tournament runs from January 9th – 21st.
- **Where can I get a schedule?**
Schedules are generally ready 1 to 2 weeks before the season starts and are available online or at the YMCA.
- **Where are the games at?**
All games are held at the indoor soccer arena at 3500 S. Ammon Rd.
- **Shirts**
 - All players in are required to wear their YMCA jersey in order to step on the field.
 - Extra shirts can be ordered at the YMCA for \$10.00 each. Extra shirts will not be ordered until the payment is made at the YMCA. Lost or stolen shirts are not replaced by the YMCA.
- **What is your refund policy?**

A joint commitment is made when you register for a YMCA program. We commit to provide the program so that you may participate. If the YMCA is providing the program, refunds are not available. If there is a need, we can offer a credit on the account or a refund.

Refunds are available as follows:

- One week before start of the season, 100% of the registration fee minus a \$5 processing fee and the cost of the jersey.
- One week until the season starts and one week into the season, a 75% of the registration fee minus a \$5 fee and the cost of the jersey.
- After one week of the season and until half the season 50% of the registration fee minus a \$5 fee and the cost of the jersey
- After half of the season, refunds are no longer available.

- **QUESTIONS???**

General questions can be answered by the YMCA front desk staff at 523-0600. If you have additional questions or comments, you can ask for Megan Zollinger, the sports director, or email her at mzollinger@ifymca.org (I can respond to emails much quicker than phone calls).

Team Roster

!!! Please refer to pgs. 2-4 on team registration policies !!!

	Player's Name	Form Included	Money Included
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____
11.	_____	_____	_____
12.	_____	_____	_____
13.	_____	_____	_____
14.	_____	_____	_____
15.	_____	_____	_____



Indoor Soccer Rules

Idaho Falls Family YMCA

Rev. 4/2010

Goal

Our goal is to teach every child the game of soccer through maximum participation and to have fun during the season. Each child shall play at least 50% of each game.

Philosophy

Our philosophy is to put winning and competition into perspective. We support kids first, winning second while teaching sportsmanship, values – caring, honest, respect and responsibility, and to have fun.

RULES – All Divisions

1 – The Field

1. The penalty area on the field is the area enclosed by the two blue lines that are perpendicular to the wall that is parallel to the goal line. The two lines are connected by a 180 degree blue arc. The goalkeeper may handle the ball in any part of the penalty area including the arced area. The line that is square to the two perpendicular lines is insignificant and has no purpose in the game.

2 – The Ball

1. The YMCA will provide the game ball. No other balls will be used. All games will be played with a size 4 ball. U8 or grades 1 -2 will play with a size 3 ball.

3 – Number of Players

1. Two teams shall play the game.

OLDER DIVISIONS:

Divisions by Grades 7-12, including a High School (HS), or U14-U19, Adult Coed and Adult Men or Women:

- Each team on the field will consist of not more than 6 players, one of whom shall be the goalkeeper.

YOUNGER DIVISIONS

Divisions by Grades 1-6 or U8-U12:

- Each team will consist of not more than 7 players one of whom shall be the goalkeeper.
- A game shall not commence or continue if either team has less than 3 players for older divisions or 4 players for younger divisions.

Co-ed Divisions:

- U8 – U10 and adult coed shall be coed divisions. All other divisions are separated by gender.
- For divisions designated as co-ed, there must be two female players on the field at all times. If a female is absent or unable to play, a male cannot fill in for her. The team must play short a player.

2. Teams may dress a maximum of 11 players for all older divisions (U14 – Over 35) and 13 for all younger divisions (U6 – U12). Teams may have registered non-playing personnel on their players' bench such as a Coach and Trainer. No spectators on the players' benches.
3. The YMCA has the right to determine and finalize who is on the official roster.
4. Any player found to be playing with any team who is not registered with that team or has not paid the YMCA will no longer be allowed to participate in any YMCA programs until further approval by the YMCA. In the event that a player is found playing for a team that is not registered with the YMCA, the YMCA has the right to expel that team from the league or other penalty as determined by the YMCA.
5. Substitutions may be made at any time on an unlimited basis during the run of the game. For all divisions except U8 or 1st and 2nd grade, players leaving the field must be inside the arc in front of the team bench before the substitute may come onto the field or may be punished as per section 3-6. The only exception to this rule would be prior to a kick off; the teams may substitute freely without respecting the yellow arc in front of the team bench. It is the responsibility of the referee to not allow play to start/restart if too many players are on one team or the other.
6. All persons dressed to play shall be subject to the authority and jurisdiction of the referee.
7. Any of the other players may change places with the goalkeeper, provided that the referee is informed before the change is made, and provided also, that **the change is made during a stoppage of the game.**
8. For improper substitutions, change of goalies or too many players on the field, the offending team's coach shall designate a player from the field of play to serve a 2-minute penalty. If the referee stopped the game because of the infringement, the game shall be restarted with a direct free-kick **BY THE NON-OFFENDING TEAM** from the place where the ball was when the offense occurred.
9. When any team is winning by 3 points the losing team may add a player, winning by 6 points the losing team may add another player. And so on...
10. A player, who is bleeding or has blood on them, must leave play until the bleeding stops or blood is removed from them or their uniform.

4 – Players Equipment

1. Only Indoor soccer shoes, shoes designed for artificial turf, or other rubber, flat-soled shoes (tennis shoes) shall be allowed.
2. Goalkeepers are permitted to wear tracksuit type pants as well as players that are grade 1-6. Grade 7-12 field players shall wear shorts.
3. **No** jewelry is to be worn; this includes watches, rings, necklaces, bracelets, earrings, metal hair clips, etc, with the exception of medical alert bracelets and/or necklaces.
4. Protective shin guards must be worn. For grades 7-12 and adult, socks must cover shin guards.
5. **For High School Leagues and older:** all players are required to present a physical, photo ID and current YMCA jersey in order to play or to be on the field at each game.

5 – Referee

1. A center referee will be the sole official required.
2. The referee will keep track of time, and score.

3. The referee will refrain from penalizing in cases where by doing so, an advantage would be given to the offending team.
4. The referee shall have the discretionary power to stop the game for any infringement of the playing rules and to suspend or terminate the game whenever, by reason of the elements, interference by spectators, or other cause, such stoppage is deemed necessary. In such a case the referee shall submit a detailed report to the YMCA Youth Sports Director.
5. The referee will stop the game when, of their opinion, a player has been injured. Emphasis is on protecting an injured player.

6 – Duration of Game

1. **Grades 1–6** – The duration of the game shall be 3 equal periods of 15 minutes with a 2-minute break between each period. For grades 1-6 each team is allowed a one-minute “time-out” each period. The clock is not to stop during any “time-out” period.
2. **Grades 7–12 and Adult** – The duration of the game shall be two equal periods of 24 minutes with a 2-minute break at half time.
3. For all ages there is a period of warm-up allowed prior to the game not to exceed 5 minutes. If previous game ended exceptionally late, warm-up will not be allowed.
4. If a team does not have the minimum number of players required (3 players for grades 7-12 and adult, 4 players for grades older divisions) 7 minutes after the scheduled start, they will forfeit the game. The winning team can decide if they want to play for fun and “loan” some of their players to the team that is short players. All of the rules herein will apply to the game. At any time there is a forfeit, the referee will step off the field and the game will become a “pick up” game.
5. Periods will be shortened accordingly for late starts.
6. **TIE GAMES:** If a game ends in a tie, play will resume for an additional 3 minutes with the first team to score being the winner, provided there is sufficient time remaining in the hour. If after 3 minutes the game is still tied, the game will end in a tie.

7 – Start of Play

The winner of a coin toss shall choose the direction of the attack; the looser shall kick off. The ball is deemed in play once it has been kicked in any direction. Kicker shall not touch ball before some other player touches it or a direct free kick is awarded. Ensuing kick-offs are taken after goals scored and at the start of each period. **A goal may be scored from a kick off.** Grades 3-12 and adult teams will switch sides after each period; the team that kicks off to start the game will start the second period on defense and alternate again at the beginning of the next period. When restarting the game after a stoppage of play for any cause not mentioned elsewhere in these playing rules, the referee shall drop the ball at the place where it was when play was stopped, unless it was within the penalty area at that time; in which case it shall be dropped on the penalty-area line at least one yard from the goal-line, nearest to where the ball was when play was stopped.

The ball shall be deemed in play when it has touched the ground; if, however, it goes across the goal line after the referee has dropped it, but before a player has touched it, the referee shall drop the ball again. A player shall not play the ball until it has touched the ground.

8 – Ball in and Out of Play

1. The ball is out of play:

- a. When it touches the side nets (for grades 3-12 and adult only, for grades 1-2 the nets are part of the field.)
- b. When it has made contact with any part of the above the playing area (for grades 3-12 and adult only, for grades 1- the nets are part of the field.)
- c. When it has left the playing area through an opening in the wall or net. (For grades 1-2 restart for ball leaving the playing area through an opening in the wall or net is a "drop" ball)
- d. When the referee has stopped the game.
- e. For grades 1-2, when the ball has crossed the red touchline or the goal line from the big field. The restart for this instance is a throw-in.

9 – Method of Scoring

When the whole of the ball has passed over the goal line and into the goal. A goal may be scored from a kick-off (except by illegal means). Goals are not recorded for grades 1-2. For grades 1-2 when the projection of the whole of the ball has hit the wall between the two blue goal lines painted on the wall.

10 – Fouls and Misconduct

Free Kick at the spot of the foul is awarded when a player deliberately commits any of the following offenses (penalty shoot-out awarded when infringement takes place in the penalty area):

- Kicking or attempting to kick an opponent
- Tripping or attempting to trip an opponent
- Jumping at an opponent
- Charging an opponent in a violent or dangerous manner
- Charging an opponent from behind
- Striking, attempting to strike, or spitting at an opponent
- Holding an opponent
- Pushing an opponent
- Sliding at an opponent (i.e., sliding tackle)
- Handling the ball (except the goalkeeper within their own penalty area)

Free Kick at the spot of the foul is awarded when a player deliberately commits any of the following offenses (**no penalty shoot-out if infringement is in the penalty area, however, if the foul is in the penalty, the free kick will be taken at the Dot at the top of the Penalty Arc, a wall by the defense is allowed**)

- Dangerous play (e.g. attempting to kick ball held by goalkeeper, sliding that does not involve an opponent.)
- Impeding an opponent
- Charging the goalkeeper in the penalty area (i.e., goalkeeper charge.)
- Goalkeeper picks up or touches with his hands a back pass (not applicable for grades 1-6)
- Goalkeeper picks up or touches with his hands a kick-in from a teammate (not applicable for grades 1-6)
- Goalkeeper controls the ball with any part of his body for more than 5 or 6 seconds (not applicable for grades 1-2)

Players may be formally penalized (**i.e., shown blue card, 2-minute penalty**) when:

- Boarding – charging an opponent into the walls surrounding the field.
- Encroaching – standing closer than 10ft on a free kick
- Too many players on the field

Players may be **cautioned (i.e., shown yellow card, 5 minute penalty, for grades 1-6 this shall only be a 2-minute penalty)** when:

- A substituting player enters the field from an incorrect position or before the player he is substituting has entirely left the pitch (not applicable for grades 1-2)
- They persistently infringe on the Laws of the Game
- They show dissent with any decision of the referee
- They delay the game (i.e. Kicking the ball away)(not applicable for grades 1-2)
- They fail to respect the required distance at restarts (not applicable for grades 1-2)
- They are guilty of unsporting behavior

Players may be **sent off (i.e., shown the red card)** for:

- (a) Serious foul play
- (b) Violent conduct
- (c) Abusive, offensive, or insulting language or gestures
- (d) Second instance of cautionable offense (i.e., second yellow card)
- (e) Intentionally preventing a clear goal opportunity (e.g. through a “professional foul”)
- (f) Intentionally preventing a clear goal opportunity by handling the ball (not applicable for grades 1-2)

Referees will support a referee report to the YMCA Sports Director in the event of a red card. The YMCA may require further game suspension on review of the report.

Rules of Expulsion:

- The player sent off is out for the rest of the game and is not even permitted to sit on the reserves’ bench.
- The YMCA may require further game suspension on review of the referee’s game report.
- The team of the player sent off shall not be allowed to substitute for the player. (The team will play with fewer player on the field)

COACH or SPECTATOR EXPULSION: A coach or spectator will be expelled from the game, without warming & MUST immediately leave the arena for the remainder of the game for:

- Persistently infringing on the rules
- Unsportsmanlike behavior
- Dissent with any decision of the referee
- Encouraging violent conduct by his players
- Foul or abusive language
- The YMCA may require further game suspension on review of the referee’s game report if a coach or spectator from a team is expelled, the game will not be started again until that person(s) has left the arena. If that person refuses to leave the arena, the game will be over. If the person still doesn’t leave the arena, that team will forfeit their next game.

The referee or any YMCA Employee has the discretion to expel any player, spectator or coach at any time.

11 –Time Penalties

A player committing any foul may be given, at the discretion of the referee, a 2-minute time penalty.

1. A player who is cautioned shall serve a 5-minute time penalty (2-minutes for grades 1-6)
2. Time penalties shall commence when the game is restarted.
3. The referee shall be the sole determination of time expired for checking the 2-minute and 5-minute punishment.
4. The substitute, for the time penalty must play short (except for grades 1-6), one player for each time penalty.
5. Time penalties occurring near the end of a period shall extend to the next period if necessary.

12 – Free Kick

1. Free kicks are all direct (with the exception of a kick-in), and must be taken within 5 seconds of the ball being placed AND the defending team being 10ft away. If the kick is not taken within 5 seconds, the other team takes the kick.
2. Defending player must be 10ft. from the point at which the free kick is to be taken or on the goal line if 10 feet cannot be achieved.
3. Once a free kick has been taken, the player taking the free kick may not touch the ball again until another player has played it. This does not apply to Rule 13.

13 – Penalty Kick/Shootout

- To be taken from the red line (for grades 3-4 the penalty is taken from the “yellow dot”, for grades 5-6 and above the penalty is taken from the “red dot”)
- No penalty kicks for grades 1-2
- Once the signal to start is given by the referee the designated kicker may put the ball in play and all players are free to move.
- All players except the goalie and the kicker must stand at mid-field.
- The penalty shootout allows for the kicker/shooter to dribble. If the kicker/shooter actually shot the ball he or she is allowed to follow up and take a second shot and not be in violation of the two-touch rule as per section 12.3 above.

14 – Kick in (not applicable for grades 1-2)

1. When the ball touches the side netting, the ball shall be kicked-in by a member of the team opposing that of the player who last touched it. The kick shall be taken from the floor and within 1-yard dotted line, at the point nearest to where the ball went out of play.
2. If the ball makes contact with the top netting between the red line and the end of the field having been last touched by an attacking player, then the restart may be kick-in as per section 13 from anywhere between the red line and the end of the field OR a goal clearance as per section 14. The idea here is to get the play restarted in as quick and simple a means as possible.

3. If the ball makes contact with the top netting between the red line and the end of the field having been last touched by a defending player, the restart will be a kick-in on the red line from the point nearest to where the ball hit the top netting. A goal may not be scored directly from a kick-in; a kick-in is an indirect free kick. The referee will signal this with an arm pointed up until a player touches the ball after it is put in play.
4. The ball must be put into play within 5 seconds of being placed; otherwise the kick goes to the other team.
5. The kicker cannot play the ball a second time until it has played by another player; infringement of this rule entails a free kick to the opposing from the point of infringement.
6. Players on the opposing team must be 10 feet away.

15 – Goal Clearance (not applicable for grades 1-2)

1. When the offensive team last touches the ball and it hits the net behind the goal they are attacking between the two red banners then the restart will be with a "goal throw", to be taken in place of goal kick.
2. From inside the penalty area, the goalkeeper throws the ball into play
3. The ball is not in play until it has passed outside of the penalty area. If the goal clearance is received inside of the penalty area, the goal clearance shall be taken over.
4. A goal may not be scored directly on a goal clearance.

16 – Corner Kick (not applicable for grades 1-2)

1. When the defensive team last touches the ball and it hits the net above their own goal between the two red banners, then the ball is placed on the corner "dot" and the offensive team will restart with a kick. If ball is misplaced, the corner kick is taken over.
2. Must be taken within 5 seconds. Failure to do so entails direct free kick to the opposing team from the corner mark.
3. The kicker cannot play the ball a second time until another player has played it; infringement of this rule entail a direct free kick to the opposing from the point of infringement.
4. Players on opposing team must be at least 10 ft. away from point of corner kick.
5. **Can score goal directly from a corner kick.**

17 – Three Line Violation

1. A player who plays the ball directly across the Three Line Zone in the air without touching another player, sideboards, shall be deemed to have infringed on this rule. For this infringement, a Direct Free-kick shall be awarded to the opposing team, to be taken from the point where the ball crossed the first line.