



Youth Sports Coaches Packet

Idaho Falls Family YMCA

Rev. 8/2011

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

1. Read through pgs. 2-4. These policies will affect team registrations. There is also specific information to the league you are coaching in.
2. Read the 7 Pillars for YMCA Youth Sports (pg. 5) and make sure you agree to these.
3. Read, fill out and sign the Volunteer Personal Information, Code of Contact and Coaches Contract (pgs. 6-10) and return to the YMCA before the registration deadline.
4. Fill out the team form (pgs. 11-12) and return to the YMCA before registration deadline.
5. Turn in forms or have individual players turn in forms
6. Attend the coaches meeting – see pg. 3 for when and where

THANK YOU for stepping in to coach!!!
Without volunteer coaches, kids in our community
wouldn't have the opportunity to play.

- **What is the philosophy of YMCA sports?**

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.

- **What is the goal of YMCA sports?**

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.

- **What do I have to do as a coach?**

Pass a background check by turning in a volunteer packet, contact parents as soon as the roster is available to you, contact the YMCA with any players you could not get a hold of, set up practices and conduct practices, show up to every game or find a parent to help fill in when you cannot be to a game, give out jerseys to the players, set up a treat schedule (as appropriate by age), remind parents of picture day (as applicable), communicate any issues or concerns with the YMCA, and most importantly enjoy what you're doing and help the kids to have fun!

- **Volunteer Packet**

Please fill out the volunteer packet and make a copy of your photo ID as soon as possible. Preferably, we would like you to do this at the time of your child's registration, or at least before the coaches meeting. You can return that to the front desk, mail it in, fax in (523-8217) or email to mzollinger@ifymca.org

- **What is the general time commitment?**

Generally, 2 – 4 hours per week. Each game will be one hour a week and practices will also be one hour a week. For older leagues and depending on what you would like to do as the coach, you may have two practices a week. Depending on the number of participants some weeks you may also have two games.

- **Can I get a copy of the rules?**

See pgs. 13-19 for a copy of the rules. These are subject to change. We will notify you if you are coaching if and when they change.

- **I have specific players that have spoken to me and want to be on my team. Can I make sure they are on my team and how?**

Yes. To do so, make sure the team and/or coach request is filled out on the player's form. If that player has already registered and you determine they want to be on your team, please call the YMCA before the registration deadline and we can make sure they are on your team.

- **When is latest I can add players to my team?**

To guarantee players are on your team, have them register by the registration deadline. However, after the registration deadline we have a week of late registrations. We begin to

organize teams then. If it's possible to add them to your team, we can do so then. This will be dependent on numbers of players on teams and shirt orders.

- **I have an entire team that I want to coach. How do we register?**

- A registration is not complete and considered on a team (including requested teams) until both the form, signed by parent/guardian, and money for each individual player is received by the YMCA.
- We would prefer that if you have a team, to bring in the team form completed, with each individual form signed by a parent/guardian and money for each player. However, individual registrations are sometimes easier for you as the coach, so we will also accept individual registrations.
- At the registration deadline, we begin to organize teams to make sure each team has a certain amount of players and begin to order shirts. Because this process must start as soon as possible in order to get teams started as quickly as we can, late registrations risk not being on teams that they request. However, we will do our best to accommodate these requests.
- Each team is required to have a minimum amount of players. If your team comes in with the minimum amount of players, we will do our best not to add players. However, we cannot turn anyone away who wants to play. If after all registrations are in and we have two or three players that need a team, we will evenly distribute them among the teams.
 - U6 – U12 leagues
 - Minimum: 10
 - Maximum: 13
 - U14 – High School
 - Minimum: 9
 - Maximum: 11
- If you do not have enough players, we will add to your team what you need based off which school the players go to.
- If your team is registering individually at the YMCA or online, the form must have the team and/or coach request filled out. If at registration deadline, one of your players is registered but the team and/or coach request is not filled out or the sports director does not know of the request, the player will most likely not be able to be on the requested team. We cannot fulfill a request we do not know about. Moving players after the registration deadline generally is not available as we are already organizing teams and ordering shirts.

- **When is the coaches meeting? What if I cannot make it to the meeting?**

- What we cover at the meeting: We will give out final schedules, rosters, talk about practices and practice times (if at our facilities), give out picture packets and discuss and/or give out jerseys. If you cannot make it to the meeting, please set up a time with the sports director to make sure you can get everything you need for the season.
- When: October 13th @
- Where: Idaho Falls Family YMCA Gym – 155 N. Corner

- **I need to set up practice times at one of your facilities? How can I do that and when?**
 - Generally, we cannot set up guaranteed times until the coaches meeting when every coach has the opportunity to request time and when our schedules are finalized to know available times. However, if you already have your team organized, you can start practices whenever you want at your own field or facility.
 - You can put in your requested times for practices before the coaches meeting, but we will not guarantee your time and officially set up your time until a day or two after the coaches meeting.

- **How often should I practice?**

We want you to practice once a week. This gives the kids the opportunity to learn something in practice and then to apply it during the games. For the older leagues, 2 practices are fine. Our leagues are about having fun and learning and we don't encourage more than 2 practices a week.

- **If I want an assistant coach, how can I get one?**

We highly encourage you to have an assistant coach. This helps to keep both yourself and the kids safe. We do not officially assign assistant coaches, but we will let you know which parents are willing to help so that you can set one up if you want to. Feel free to also use other family members or friends to help assist your team as well. Most parents are willing to help out part time and organize teams. Don't hesitate to ask them for help.

- **What equipment does the YMCA provide?**

The YMCA provides game equipment. Depending on the sport, we generally do not provide practice equipment. As you contact your players on your team, encourage them to bring needed equipment to practices.

- **Does the YMCA provide trophies or medals?**

Our philosophy is that we want to reward players with medals and trophies for a specific job well done. We will provide medals for the winning teams in our leagues that we have tournaments or play-offs in. We will provide participation certificates and awards for all participants.

- **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).



7 Pillars for YMCA Youth Sports

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.

Safety First

Although 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. Our coaches teach the sport as we've prescribed so the skills appropriate for children's developmental level.

Character Development

The YMCAs core values of Honesty, Respect, Responsibility, Caring and Faith are about playing by the rules and more. It's about the coach and players showing respect for all that are involved in YMCA Youth Sports. It's about the coach being a role model of sporting behavior and guiding the players to do the same. At the YMCA, we're more interested in developing children's character through sports than in developing a few highly skilled players.

Positive Competition

We believe competition is a positive process when the pursuit of victory remains in the right perspective. The right perspective is when adults make decisions that put the best interests of the children before winning the contest. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. Through YMCA Youth Sports, we want to help children learn these lessons.

Family Involvement

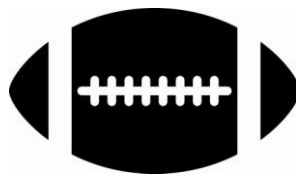
YMCA Youth Sports encourages parents to be involved appropriately in their child's participation in our sports programs. In addition to parents helping as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

Sport for All

YMCA Youth Sports is an inclusive sport program. That means that children who differ in various characteristics are included rather than excluded from participation. We offer sports programs for children who differ in physical abilities by matching them with children of similar abilities and modifying the sport. We offer programs to all children regardless of their race, gender, religious creed, or ability. We ask our adult leaders to encourage and appreciate the diversity of children in our society and to encourage the children and their parents to do the same.

Sport for Fun

Sports are naturally fun for children. They love the challenge of mastering the skills of the game, playing with their friends, and competing with their peers. Our focus is on the fun of the sport.





Volunteer Personal Information

Return pgs. 6-10 to the YMCA.

1. Copy of Photo ID (Please make a copy at the YMCA or bring in a copy)

2. Name _____

Address _____ City _____ Zip _____

Phone _____ Cell _____

E-mail _____

3. Emergency Contact

Name _____ Phone _____

4. Sport _____ Age Group _____

Team Name (if any) _____

5. The Idaho Falls Family YMCA requests the following information so that we may
conduct a background check with the local police department.

Birth Date: _____

All personal information will be kept confidential.

Idaho Falls Family YMCA

Coaching Code of Conduct

1. In order to protect YMCA staff, volunteers and program participants at no time during a YMCA program may a staff person be alone with a single child where they cannot be observed by others. As staff supervises children, they should space themselves in a way that other staff can see them.
2. Volunteer staff shall never leave a child unsupervised.
3. Volunteer staff will make sure the restroom is not occupied by suspicious or unknown individuals before allowing children to use the facilities. Volunteer staff will stand in the doorway while children are using the restroom. This policy allows privacy for the children and protection for the staff (not being alone with a child). If volunteer staff is assisting younger children, doors to the facility must remain open. No child regardless of age should ever enter a restroom alone on a field trip. Always send children in pairs, and whenever possible, with staff.
4. Volunteer staff shall not abuse children including:
 - Physical abuse-strike, spank, shake, slap
 - Verbal abuse- humiliate, degrade, threaten
 - Sexual abuse-inappropriate touch or verbal exchange
 - Mental abuse-shaming, withholding love, cruelty
 - Neglect-withholding food, water, basic care, etc.Any type of abuse will not be tolerated and may be cause for immediate dismissal.
5. Volunteer staff must use positive techniques of guidance, including redirection, positive reinforcement and encouragement rather than competition, comparison and criticism. Volunteer staff will have age appropriate expectations and set up guidelines and environments that minimize the need for discipline. Physical restraint is used only in predetermined situations (necessary to protect the child or other children from harm), is only administered in a prescribed manner and must be documented in writing.
6. Volunteer staff will respond to children with respect and consideration and will treat all children equally regardless of sex, race, religion, or culture.
7. Volunteer staff will refrain from intimate displays of affection toward others in the presence of child, parents, and staff.

8. While the YMCA does not discriminate against an individual's lifestyle, it does require that in the performance of their job they will abide by the standards of conduct set forth by the YMCA.
9. Volunteer staff must appear clean, neat, and appropriately attired.
10. Using, possessing, or being under the influence of alcohol or illegal drugs while in the presence of children for any YMCA events.
11. Smoking or use of tobacco in the presence of children or parents during while in the presence of children for any YMCA events.
12. Profanity, inappropriate jokes, sharing intimate details of ones personal life, and any kind of harassment in the presence of children or parents is prohibited.
13. Staff must be free of physical and psychological conditions that might adversely affect children's physical or mental health. If in doubt, an expert should be consulted.
14. Volunteer staff will portray a positive role model for youth by maintaining an attitude of respect, loyalty, patience, courtesy, tact and maturity.
15. Volunteer staff are not to transport children in their own vehicles.
16. Volunteer staff may not date program participants under the age of 18 years of age.
17. Under no circumstances should volunteer staff release children to anyone other than the authorized parent, guardian, or other adult authorized by the parent or guardian.
18. Volunteer staff are required to read and sign all policies related to identifying, documenting, and reporting child abuse and attending training on the subject, as instructed by a supervisor.
19. Volunteer staff will act in a caring, honest, respectful, and a responsible manner.

I understand that any violation of this Code of Conduct may result in dismissal.

Signature

Date



Idaho Falls Family YMCA Coaching Contract

I understand that my responsibilities as a youth coach are of great importance and that my actions have the potential to significantly influence the young athletes I coach. Therefore, I promise to uphold the following rights of young athletes to the best of my ability.

- I. Right to participate in sports
- II. Right to participate at a level commensurate with each child's maturity and ability
- III. Right to have qualified adult leadership
- IV. Right to play as a child and not as an adult
- V. Right of children to share in the leadership and decision-making of their sport participation
- VI. Right to participate in safe and healthy environments
- VII. Right to proper preparation for participation in sports
- VIII. Right to an equal opportunity to strive for success
- IX. Right to be treated with dignity
- X. Right to have fun in sports

I also promise to conduct myself in accordance with the Code of Ethics for Coaches as given next.

1. I will treat each athlete, opposing coach, official, parent, and administrator with dignity, based on the four values of caring, honesty, respect, and responsibility.
2. I will do my best to learn the fundamental skills, teaching and evaluation techniques, and strategies of my sport.
3. I will become thoroughly familiar with the rules of my sport.
4. I will become familiar with the objectives of the YMCA Youth Super Sports program with which I am affiliated. I will strive to achieve these objectives and communicate them to my athletes and their parents (see The 7 Pillars of YMCA Sports).
5. I will uphold the authority of officials who are assigned to the contests in which I coach, and I will assist them in every way to conduct fair and impartial competitive contests.

6. I will learn the strengths and weaknesses of my athletes so that I might place them in situations where they have a maximum opportunity to achieve success.
7. I will conduct my practices and contests so that all athletes have an opportunity to improve their skill level through active participation.
8. I will communicate to my athletes and their parents the rights and responsibilities of individuals on our team.
9. I will cooperate with the administrator of our organization in the enforcement of rules and regulations and in the evaluation process for coaches, and I will report any irregularities that violate sound competitive practices.
10. I will protect the health and safety of my athletes by insisting that all of the activities under my control are conducted for their psychological and physiological welfare, rather than for the vicarious interests of adults.

With my signature, which I voluntarily affix to this contract, I acknowledge that I have read, understood, and will do my best to fulfill the promises made herein.

Signature: _____ Date: _____

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 her 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.