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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 Soccer

The activities around soccer 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.

YMCA Pledge and Procedures

Teams may warm up prior to the start of the game. Before each game, the referee will blow the whistle signaling for the teams to line up at mid-field. Each team to line up shoulder-to-shoulder and will face the opposing team. The referee will then ask the teams to repeat the YMCA pledge after reciting one line at a time.

Coach	Win or lose, I pledge before God,
OOOOOOOOOO	To play the game as well as I know how,
Referee	To obey the rules,
XXXXXXXXXX	To be a good sport at all times,
Coach	And to improve myself
	In spirit, mind and body.

The referees will then thank the teams, give them any pre-game instructions, and are able to inform the coaches of any necessary information. When this is done, the teams may move to their bench area and take their position on the field.

Now You're a Coach

For your players, you, the coaches are the single most important adult leader. You will help the players have fun, learn skills, develop sportsmanship, and discuss values in a meaningful way.

You Will:

- Contact parents and players
 - Conduct parent/players meeting
 - Look at yourself and explore your own motivations, values and goals
 - Listen to and share with other adult leaders
 - Recruit players through your children to complete your roster, if needed
 - Set practice days with start and finish times, plus location
 - Explain your discipline procedures for behavior problems, missed practices, etc., (nothing too severe, unless cleared with Sports Director)
 - Stress parental and player conduct while at the field
 - Inform parents about soccer equipment: shin guards, water, ball, good fitting shoes. Players are responsible for their own equipment.
 - Require clean uniforms for every game
 - Stress the need for players to maintain good school grades
 - Get parents involved: at practice, linesperson, team mom, etc.
 - Verify your roster, making sure all player information is correct; pass on any corrections to the YMCA Sports Department
 - Question and answer period
- **Conduct Practice Sessions:**
- Get to know your players personally
 - Help them set goals and work towards them
 - Lead discussions by asking questions and introducing problems and situations for players to deal with
 - Teach soccer skills and physical fitness
 - Build teamwork
 - Enjoy yourself and let your players know it.
- **Game Responsibilities:**
- See that your players are present and ready to play
 - Pre-game warm ups
 - Introduce yourself to the game official and the opposing teams coach
 - Control yourself, players and parent behavior during and after the game.
 - Coach and encourage your team during the game. **DO NOT** try and officiate the game from the sideline!! If you would like to officiate, please call the Sports Department (817-801-1400).

YMCA of Arlington Coaching Philosophy

As the coach, forget the professional and college coach models and the win at all cost approach. Do not try to get your feeling of self-worth from your team's win-lost record. Coaching youth sports calls for teaching the fundamentals properly, developing the basic team concepts, working on fair play values and encouraging all players to participate and enjoy the sport. The most important element is the relationship between the coach and the team. The coach is a leader, role model, teacher and friend. This relationship is far more significant than runs scored or the games won. The quality of the coach-team relationship is the ultimate measure of success for youth sports coaches.

- Keep it simple: Most sports are relatively simple to play and can be enjoyed by all ages. Overcomplicated formations, plays and strategies tend to confuse and frustrate youth. By keeping it simple, it will build self-esteem and confidence.
- Work on basic skills: Younger teams especially should concentrate on fundamentals. Teach skills and concentrate on the basic. Help players become conscious of the importance of proper execution. Stop the action often to help individual players

improve, but don't interfere excessively.

- Work with every player on your team: The most highly skilled and least skilled players on your team should be given equal attention. Every player should be helped to improve in ability and to enjoy the game. It is important that every player participates and has fun, rather than just a few good players dominating the action.
- Teach 'Fair Play': Playing fair is an essential part of youth sports. Respect for oneself, teammates, the other team, the rules and the officials who uphold them.
- Help players set and evaluate individual goals: Competing against oneself is perhaps the best way to improve skills, help players measure their skills, set goals for the future and work to reach those goals. What is important is not so much how players measure up against each other, but how much each player learns and reaches new levels of skills and enjoyment.
- Keep winning in perspective: Winning games is only one of the many goals that are important in sports. Help players and their parents become aware of other important goals: learning skills, becoming better physically fit, being a good leader and a good follower, dealing with the emotions of sports and having fun.

Coaching Objectives

Players learn through playing the game. In all practice or learning situations, every player should be exposed to the demands made by the game. Every player should be confronted by enjoyable challenges he/she is able to cope with. They should experience success in coping with these challenges and only then should they be exposed to more challenging and more stressful situations. Everyone can play, but not everyone is talented enough to learn advanced techniques and skills. More naturally gifted players need to be exposed to more challenging situations than the less gifted players.

MIGHTY TOTS

1. This is a ball.
2. This is the goal.
3. Kick ball in goal.
4. Do not use your hands!

KINDERGARTEN

1. See Mighty Tots.
2. Learn "Basic" positions: goalie, defense, offense.
3. Instructing correct throw-ins.
4. Introduce dribbling, passing, shooting.
5. Learn the basic responsibilities of a Goal kick and Corner kick.
6. Goalies responsibilities.

FIRST GRADE

1. See Kindergarten.
2. Doing correct throw-ins.
3. Knowing and implementing a Goal kick.
4. Knowing and implementing a Corner kick.
5. Controlled dribbling – not just "kick and run."
6. Kickoffs – not just blasting the ball to the other team.
7. Teamwork – playing together with one common goal.
8. Start emphasizing playing positions.
9. Introduce goalie skills: punting, "controlling" the box.
10. Introduce trapping to control the ball.

SECOND GRADE

1. See First Grade.
2. Playing positions! Not "Pack" Ball.
3. Teamwork – playing together.
4. Ball control – dribbling, trapping and passing.
5. Introduce new passing skills: give and go, one touch, cross.
6. Promote the use of both feet.
7. Kicking techniques – No toe.
8. Work on controlled defense – not "just boot it!"
9. Working better goalie skills.

THIRD/FOURTH GRADE

1. See Second Grade.
2. Throw-ins / Position playing / Teamwork – a must at this age.

3. Trapping / dribbling / passing / shooting – should be done with solid consistency.
4. Ball control – use of the whole field – crossing pass, pass back.
5. The use of both feet in pass and shooting is a necessity.
6. Defending goal kicks and direct kicks.
7. Scoring off goal kicks and direct kicks.

FIFTH—EIGHTH GRADE

1. See all of the above!

Disciplinary Actions

The YMCA understands the necessity of a coach being permitted to discipline a player. The YMCA will allow this in regards to disruptive behavior at practice or games and practice absences. If the coach elects to utilize this disciplinary option as a teaching method, he/she must abide by the following procedures:

1. Clearance with the Sports Director at the YMCA.
2. Discuss the situation with the parents.
3. Notify the opposing coach prior to the start of the game.

Clearance is for one game only; each offense must be processed.

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

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

Ejected

If a player, coach, or fan is ejected from a game, the head coach must notify the Sports Director within 48 hours. Failure to report an ejection may result in further action taken against the head coach. The player, coach, or fan will be placed on probation for the remainder of the season and will receive a one game suspension to be served at the next game. If the same player, coach, or fan endures a second ejection during the season he/she could face the possibility of being suspended for the remainder of the season depending on the nature of the offense. The YMCA of Arlington Sports Department will not issue refunds to any player, coach, or fan ejected from a game or any one involved in a suspended game or season.

Rainout Policy

Saturdays

If it is raining on game day, no decision will be made prior to 8:00am. At that time, the decision for all morning games will be made. Every effort will be made to play the games as scheduled. Please call the YMCA of Arlington Sports Department Rainout Line (817-459-8614) for the status of your game. At 12:00 (noon), a decision will be made for the remainder of the day. Please call the YMCA of Arlington Sports Department Rainout Line (817-459-8614) for the status of your game.

Sundays

The decision for Sunday afternoon games will be made at 11:00am. Every effort will be made to play the games as scheduled. Please call the YMCA of Arlington Sports Department Rainout Line (817-459-8614) for the status of your game. The Sports Department is closed on Sundays.

Weeknights

The decision for weeknight games will be made at 4:00pm. Every effort will be made to play the games as scheduled. Please call the YMCA of Arlington Sports Department Rainout Line (817-459-8614) for the status of your game.

Rescheduling Rainout Games

Coaches, please contact the YMCA Sports Department (817.801.1400) or visit our website at www.ymca-arlington.org after 2 business days of your rainout to receive your rescheduled game; **the Sports Department will not contact you for games that have been rescheduled due to a rainout.**

Once the game has started, the official or site supervisor will be in charge of canceling the game. At least half of the game must be played in order to be considered a complete game. The YMCA will reschedule all games that are cancelled due to rainouts. Coaches, please instruct your parents about this policy. Utilize a phone bank upon notification of your game.

Position Descriptions

FORWARDS: The forwards (strikers) are primarily offensive positions; main purpose is to score goals.

MIDFIELDERS: The midfielders (halfback) are the links between the offense and defense. Midfielders defend their own goal, but also attack the opposing team and keep the ball in play by passing to the forwards. They will also try to score goals.

DEFENDERS: The defenders try to protect their goal from the opposing team. This player must be aggressive, take charge and not be timid. They must stay alert because the game at times will be on the other end of the field.

GOALKEEPER: This is a very tough position; it requires different skills and temperament from the other soccer positions. You probably won't have everybody on your team play keeper, but do try and have a few different players try this position.

YMCA of Arlington Youth Soccer Rules

GENERAL RULES FOR ALL DIVISIONS:

1. Each player who shows up for the start of the game must play a minimum of two quarters, or half of the game. Any player arriving late for the game may lose their right to play two quarters. This is the coach's decision.
2. Goalies are required to wear a shirt different from either team. Each team will provide their own.
3. Teams will switch ends of the field at half-time.
4. Metal cleats are not allowed.
5. No protest will be accepted. Any disagreement made during a game must be corrected on the spot. Show respect for each other, and let's make this a positive experience for the kids.
6. Each team shall provide a line official. Line officials must be at least 14 years of age and should restrain from coaching either team. A training session will be provided for parent line officials if needed.
7. All parents will be required to sit or stand in a designated area approximately five feet off the sideline and within ten yards either side of the center line.
8. No coaches or parents will be allowed along the end line.
9. Coaches will not be allowed on the playing field during the game. Exceptions: Might Tot coaches will be allowed on the field the entire season.
10. Teams warming up prior to their game shall not interfere with on going games.
11. Advantage Rule will be used in cases where the referee feels that by stopping play for a foul would give the defensive team a chance to gain an advantage.

During the game, each team shall try to provide the given number of players for that age group. If at the start of a game either team is unable to field a complete team, the game will be played if at all possible. Both teams should make every effort to play the game. There will be no forfeits. At no time should you as head coach allow a player to compete in any game who has not properly registered with the YMCA of Arlington Sports Department. A team that can feature a complete team may, but is not required, to reduce its number of players on the field.

DIVISION RULES

MIGHTY TOTS:

1. Ball size #3
2. Length of games: 4 seven minute quarters, 2 minutes between quarters, 5 minute halftime.
3. Number of players per team: 7 on the field; 10 on the roster.
4. Field size: 50x25 yards (approx.).
5. Goal size: 10x6 feet (approx.).
6. Goalkeeper will be instructed to take no longer than 6 seconds after gaining control of the ball.
7. Each quarter will start with a kickoff with the opposite team kicking off each quarter.
8. Offsides will not be enforced. Coaches should be aware of this rule and follow its intent.
9. Penalty kicks will not be taken.
10. Line officials should help with throw-ins and corner kicks.
11. Substitutions should be made only at the quarters.

Coaches will be allowed on the field the entire season (one per team).

KINDERGARTEN:

1. Ball size #3
2. Length of game: 4 eight minute quarters, 1 minute between quarters, 5 minute halftime.
3. Number of players per team: 7 on the field; 10 on the roster.
4. Field size: 50x25 yards (approx.).
5. Goal size: 10x6 (approx.).
6. Goalkeeper will be instructed to take no longer than six seconds to release the ball into play after gaining control of the ball.
7. Each quarter will start with a kickoff, with the opposite team kicking off each quarter.
8. Offsides will not be enforced. Coaches should be aware of this rule and follow its intent. If offsides persists the coach will be warned.
9. Penalty kicks will not be taken. All penalties will result in either a direct or indirect free kick.

FIRST GRADE:

1. Ball size #4
2. Length of game: 4 nine minute quarters; 1 minute between quarters; 5 minute halftime.
3. Number of players per team: 9 on the field; 12 on the roster.
4. Field size: 60x30 yards (approx.).
5. Goal size: 12x7 feet (approx.).
6. Goalkeeper will be instructed to take no longer than six seconds to release the ball into play after gaining control of the ball. Violation will result in a redo.
7. Each quarter will start with a kickoff with the opposite team kicking off each quarter.
8. Offsides: play will be stopped, players and coaches instructed. No goal will be allowed if scored by an offsides player.
9. Improper throw-ins will result in a redo. If violation persists, possession of the ball may be lost.
10. Penalty kicks will be awarded only on flagrant fouls.
11. Line officials should help with throw-ins and corner kicks.
12. Substitutions made only at the quarters.
13. No coaching may be done from the end line.

SECOND GRADE:

1. Ball size #4
2. Length of game: 4 ten-minute quarters; 1 minute between quarters; 5 minute halftime.
3. Number of players per team: 9 on the field; 12 on the roster.
4. Field size: 80x40 yards (approx.).
5. Goal size: 18x6 feet (approx.).
6. Goalkeeper will be instructed to take no longer than six seconds to replay the ball after gaining control of the ball. Violation will result in a redo. If violation persists, an indirect free kick will be awarded.
7. Each quarter will start with a kickoff with the opposite team kicking off each quarter.
8. Improper throw-ins will result in a redo. If violation persists, possession will be lost.
9. Substitutions made only at the quarters.
10. Line officials should help with throw-ins and corner kicks.
11. No coaching may be done from the end line.

THIRD AND FOURTH GRADE:

1. Ball size #4
2. Length of game: 2 twenty-five minute halves, 5 minute halftime.
3. Number of players per team: 11 on the field; 14 on the roster.
4. Field size: 100x50 yards (approx.).
5. Goal size: 19x7 feet (approx.).
6. Substitutions: See Rule 3, Section 3 and 4.
7. Coaches must stay in the designated area along the sideline approximately 10 yards either side of the centerline.
8. Line officials shall be an impartial parent and should restrain from coaching either team.
9. No coaching may be done from the end line.
10. 17 “Rules of Soccer”

FIFTH THRU EIGHTH GRADE:

1. Ball size #5
2. Length of game: 2 thirty-minute halves, 5 minute halftime.
3. Number of players per team: 11 on the field; 14 on the roster.
4. Field size: 100x50 yards (approx.).
5. Goal size: 19x7 feet (approx.).
6. Substitutions: See Rule 3, Section 3 and 4.
7. Coaches must stay in the designated area along the sideline, approximately 10 yards either side of the centerline.
8. Line officials shall be an impartial parent and should restrain from coaching either team.
9. No coaching may be done from the end line.
10. 17 “Rules of Soccer”

17 “RULES OF SOCCER”

RULE 1: THE FIELD OF PLAY

SECTION 1: SIZE OF THE FIELD

ART 1... The field of play shall be rectangle and sized according to the grade division.

SECTION 2: MARKINGS

ART 1...The field of play shall be marked with a noncaustic material, in accordance with the diagram.

ART 2...Boundary lines are a part of the field of play. The longer boundary lines are the touchlines, and the shorter boundary lines are the goal lines.

SECTION 3: CORNER FLAGS

ART 1...A flag on a post not less than 5 feet high and having a non-pointed top shall be placed at each corner of the field of play. The flag shall be of a bright color.

ART 2...The corner flag shall not be removed for any purpose during the game.

SECTION 4: GOALS

ART 1...The goals shall be placed on the goal line. They shall consist of 2 uprights, 4 inches but not more than 5 inches. Post placed an equal distance from the corner flags. Soccer goals shall be white.

ART 2...Nets shall be attached to the posts and crossbar and be firmly fastened to the ground behind the goals.

SECTION 5: TEAM AREAS

ART 1...The team areas shall extend from 10 yards on each side of the halfway line for a distance of 20 yards, and each area shall be marked by a solid line. Coaches, bench personnel and team members shall be restricted to the team area.

SECTION 6: SPECTATORS AREA

ART 1...Spectators shall be confined to areas at least 10 feet from the touchline. No one shall be permitted directly behind either goal unless seated in bleachers.

RULE 2: THE BALL

SECTION 1: SUPPLY

ART 1...It is the responsibility of the home team to provide the official game ball. If the home team cannot provide a game ball, the referee shall choose a game ball from those offered by the visiting team.

SECTION 2: SPECIFICATION

ART 1...The outer casting of the ball shall be leather or other similar material that is weather resistant.

ART 2...The ball shall be inflated to the manufacturer's recommended pressure.

ART 3...If the ball becomes deflated during play, it is declared dead where it was last played and the game is resumed by a drop ball between any 2 opposing players at the spot where it was last played.

RULE 3: THE PLAYERS AND SUBSTITUTIONS

SECTION 1: NUMBER OF PLAYERS

ART 1...The game shall be played by 2 teams, each consisting of not more than 11 players, one of whom shall be the goalkeeper. Each team shall designate a team captain on the field who:

- a. is the team's representative;
- b. may address an official on matters of interpretation;
- c. may address an official to obtain essential information.

SECTION 2: POSITION OF PLAYERS

ART 1...The team winning the coin toss shall have the option of:

- a. choosing which end of the field to defend, or;
- b. taking the kickoff.

ART 2...Teams shall exchange goal lines after each half and each overtime period.

SECTION 3: SUBSTITUTION

ART 1...Either team may sub an unlimited number of players during these times:

- a. between periods;
- b. on a goal kick;
- c. when a goal is scored;
- d. when an injured player or players are attended to on the field;
- e. when a player is cautioned;
- f. when a player is disqualified.

EXCEPTION: During a penalty kick situation, the only substitution permitted is for the player that has been injured or cautioned. A substitute entering at this time shall not take the penalty kick.

ART 2 ...A team must substitute:

- a. when a injured player is attended to on the field. In such a case, the injured player must be replaced until the next legal opportunity for substitution.
- b. When a player is bleeding, or has an open wound, or an excessive amount of blood on the uniform. Such a player shall leave the game. The player may return at the next legal substitution opportunity.

ART 3... A team shall not substitute for a player who is disqualified during any period of play.

ART 4 ...The team in possession of the ball for a throw-in may substitute. If the team chooses to substitute the opposing team may substitute as well.

ART 5...Only the team in possession of the ball may substitute on a corner kick.

SECTION 4: GOALKEEPER CHANGE WITH FIELD PLAYER

ART 1...The goalkeeper may change places with a player on the field at any time a substitution is allowed, provided the uniform is legal. Any time the goalkeeper is changed, an official shall be notified.

RULE 4 PLAYER EQUIPMENT

SECTION 1: REQUIRED EQUIPMENT

ART 1...The required player equipment includes a jersey, shorts, stockings, suitable shoes and shin guards which are commercially manufactured for that purpose and worn under the stockings. It is also recommended that male players wear a supporter and protective cup. It is required that uniform jerseys and stockings of opposing teams shall be of contrasting colors and except for the uniforms of the goalkeeper, jerseys, shorts and stocking of teammates shall be of the same color, design and pattern. The jersey of the goalkeeper shall be distinctly from that of any official, teammate or opponent, except the other goalkeeper.

SECTION 2: ILLEGAL EQUIPMENT

ART 1... Illegal equipment shall not be worn by any player. This applies to any equipment that, in the opinion of the referee is dangerous or confusing. Types of equipment that are illegal include the following:

- a. projecting metal or other hard plates, of projections on clothing or persons;
- b. casts, splints or body braces made of a hard substance in its final form such as leather, rubber, plastic, plaster or fiberglass unless covered on all exterior surfaces. A medical release for the injured player signed by a licensed medical physician shall be available at the game site;
- c. shin guards which have exposed sharp edges;
- d. face or spectacle guards;
- e. helmets, hats, caps or visors.

NOTE: The wearing of illegal uniforms or equipment is prohibited even though the coaches of both teams approve it.

ART 2...Hair control may be worn if made of soft material and not adornment.

ART 3...Sweatbands may be worn on the head or wrist and made of soft material.

ART 4...Players shall not wear jewelry with the exception of medical bracelets or medical medals. Medical medals must be taped to the body.

SECTION 3: COACHES' RESPONSIBILITIES

ART 1...Each coach shall be responsible for insuring that each of his/her players is properly equipped.

RULE 5 THE OFFICIALS

SECTION 1: GENERAL

ART 1...The officials shall be a head referee and two parent line judges.

ART 2...The jurisdiction of the officials begins when they enter the field of play. The officials' jurisdiction ends when they leave the field at the conclusion of the game. They shall enforce the rules, and their decisions points of fact are final. The officials can only correct a decision as long as the game has not been restarted. The officials shall not use video replays to assist in any decision. The officials shall not use any tobacco products during this period.

ART 3...The official shall be dressed in the uniform specified by their association:

- a. a vertically striped black and white shirt, a solid black shirt, or a shirt of another color approved by the association;
- b. black shorts, long trousers;
- c. black shoes and black stockings with tops of stripes;
- d. two whistles, yellow card, red card, stop watch, flipping coin, pencil and scorecard.

SECTION 2: PREGAME RESPONSIBILITIES

ART 1...Officials shall be in uniform at the site of the game no less than 15 minutes before the scheduled starting time.

ART 2...The head referee shall:

- a. inspect and approve the game ball, field of play and nets;
- b. verify the lines judges;
- c. inquire of each coach whether each of his/her players is properly equipped. Examine the uniform and equipment of each player to see that it complies with the rules.
- d. Conduct a pre-game conference with the team captains to review pertinent rules. Conduct a coin toss at least 5 minutes before the scheduled starting time of the game. The visiting team captain shall call the coin while in the air. The winner of the toss shall choose a goal to defend or to kick off. The loser of the toss shall be given the remaining choice.

SECTION 3: DURING THE GAME

ART 1...The official shall:

- a. sound the whistle to stop, start or re-start as necessary;
- b. when signaling, the National Federation officials signals shall be used;
- c. sound the whistle when the entire ball crosses a touchline or goal line, unless it is obvious the ball is out of play;
- d. call out "play on" and with an under swing of both arms, indicate a foul which was observed but shall go unpenalized because penalizing the offending team would give an advantage to the offending team;
- e. hold a yellow card with arm fully extended above the official's head and indicate the player or coach cautioned and notify the coach;
- f. hold a red card with arm fully extended above the official's head and indicate the player or coach disqualified and notify both coaches;
- g. stop or suspend the game for any infringement of the rules;
- h. stop or suspend play whenever the elements require;
- i. have the power to make decisions on any point not specifically covered in the rules;
- j. confirm or overrule the line judges signal.

RULE 6 BALL HOLDERS, TIMER AND SCORER

These are all handled by the Head Referee

RULE 7 DURATION OF THE GAME AND LENGTH OF PERIODS

SECTION 1: LENGTH OF PERIODS

ART 1...Length of periods for each division will be as follows:

- a. Mighty Tots: 4 seven minute quarters
- b. Kindergarten: 4 eight minute quarters
- c. First Grade: 4 nine minute quarters
- d. Second Grade: 4 ten minute quarters
- e. 3rd/4th Grade: 2 twenty-five minute halves

- f. 5th/6th Grade: 2 thirty minute halves
- g. 7th/8th Grade: 2 thirty minute halves

ART 2...Periods may be shortened by associations adoptions, or if mutually agreed upon or in any emergency, by agreement of coaches or ordered by the head referee, provided it is determined to shorten the periods before the game or before the second half begins and all remaining periods are the same length.

ART 3...In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it an official game if one complete half of the game has been played. If less than one half of the game has been played, the game may be rescheduled from the start.

ART 4 ...A period shall end at the expiration of time and the ball declared dead.

EXCEPTION: Play shall be extended beyond the expiration of a period, in regulation time and overtime, to permit a penalty kick to be completed.

SECTION 2: INTERVALS BETWEEN PERIODS

ART 1...The halftime interval shall be 5 minutes.

ART 2 ...The interval between the first and second and the third and fourth periods shall be a maximum of 2 minutes.

ART 3...Between each period teams shall alternate the kickoff. Between each half, teams shall exchange ends.

SECTION 3: DELAY

ART 1...If a team refuses to play after being instructed to do so, the game is terminated.

RULE 8 THE START OF PLAY

SECTION 1: KICKOFF

ART 1...When the referee signals with a whistle and an arm circle, a kickoff shall initiate play at the start of each period and after goals.

ART 2...At the moment of the kickoff, all players shall be in their team's half of the field. Players opposing the kicker shall be at least 10 yards from the ball until it is kicked.

ART 3...The ball shall be kicked while it is stationary on the ground in the center of the field of play. A goal may be scored directly from the kickoff. The ball is in play when it moves forward.

ART 4 ...After the kickoff, the ball may be played by any player except the one who kicked off. The kicker may not play the ball until it has been played by another player on either team.

PENALTY: Indirect free kick awarded to the opponent at the spot of the foul.

RULE 9 BALL IN AND OUT OF PLAY

SECTION 1: BALL IN AND OUT OF PLAY

ART 1...The ball is out of play when it has completely crossed a goal line or touchline, whether on the ground or in the air.

ART 2...The ball is in play at all other times, including:

- a. when it rebounds from a goalpost, crossbar or corner flag post;
- b. when it touches an official or line judge in the field of play;
- c. until an official sounds the whistle;
- d. when a drop ball touches ground;
- e. a player may be out of bounds and legally play a ball which is on the field of play.

ART 3...The referee shall sound the whistle when needed to indicate the ball is out of play for a foul. As soon as the ball is in position to be played, it may be played without a second whistle. A second whistle is required to restart play for the taking of a penalty kick, after a substitution is made, after a caution, disqualification or injury.

SECTION 2: DROP BALL

ART 1 ...A drop ball occurs:

- a. when the ball is caused to go out-of-bounds by 2 opponents simultaneously;
- b. when the ball becomes deflated;
- c. following a temporary suspension of play for an injury or unusual situation and no team has clear possession of the ball;
- d. when a simultaneous foul of the same degree occurs by opponents.

ART 2...The spot of the drop ball is where the ball becomes dead unless this is within the goal area, which in case, it shall be dropped

on that part of the goal area line which runs parallel to the goal line nearest to where the ball was when play was stopped.

ART 3...The ball is dropped by an official from waist level to the ground between 2 opposing players. Other players may be positioned anywhere on the field of play provided they do not interfere with the drop ball procedure.

ART 4...The ball shall touch the ground before it is played.

PENALTY: If the ball is played before it touches the ground, an official shall drop the ball again. A second violation by the same player on the same drop ball situation may result in a caution to the offending player. Play shall be restarted by a drop ball.

SECTION 3: TEMPORARY SUSPENSION

ART 1...In case of a temporary suspension due to an injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession of the ball at the point where the ball was when play was suspended. Should there not be clear possession at the time play is suspended due to an injury or any unusual situation, there will be a drop ball at the spot where the ball was declared dead.

RULE 10 SCORING

SECTION 1: GOALS

ART 1...A goal is one point.

ART 2...A goal is scored when the entire ball passes legally beyond the goal line, between the goalposts and under the cross bar provided it has not been intentionally thrown, carried or propelled by the hand or arm of a player of the attacking team. A ball on the goal line is not considered to have crossed the goal line.

ART 3...A goal MAY be scored during play directly from a:

- a. kickoff;
- b. direct free kick;
- c. goal kick;
- d. penalty kick;
- e. corner kick;
- f. drop ball;
- g. goal keeper's throw, punt or drop-kick.

ART 4 ...A goal MAY NOT be scored during play directly from a:

- a. indirect free kick;
- b. throw-in;
- c. free kick into a team's own goal.

RULE 11 OFFSIDE

SECTION 1: OFFSIDE

ART 1...A player is in an offside position if that player is nearer to an opponent's goal line than the ball, unless:

- a. the player is in his/her own half of the field of play; or
- b. the player is not nearer to the opponents goal line than at least two of the opponents.

ART 2 ...A player shall not be penalized for being in an offside position if the ball is received directly from a goal kick, corner kick or a throw-in.

ART 3...It is not an offense in itself to be in an offside position. A player shall only be penalized for being in an offside position if, at the moment the ball touches or is played by a teammate, that player is involved in active play by:

- a. interfering with play or with an opponent; or
- b. gaining an advantage by being in that position.

PENALTY: Indirect free kick at the spot of infraction.

RULE 12 FOULS AND MISCONDUCT

SECTION 1: FOULS AND MISCONDUCT

ART 1...A player shall not spit, kick, strike, attempt to kick or strike or jump at an opponent.

ART 2 ...A player shall not trip, or attempt to trip an opponent. This includes tripping or attempting to trip an opponent by use of the legs, or by stooping in front or behind an opponent in such a manner as to cause a fall or loss of balance.

ART 3 ...A goalkeeper shall not strike or attempt to strike an opponent by throwing or kicking the ball at an opponent or by pushing an opponent with the ball while holding it.

PENALTY: Direct free kick.

SECTION 2: HANDLING

ART 1...A player shall be penalized for deliberately handling, carrying, striking or propelling the ball with a hand or arm.

EXCEPTION: Goalkeeper within his/her own penalty area.

PENALTY: Direct free kick.

SECTION 3: HOLDING, PUSHING

ART 1... A player shall not hold or push an opponent with the hand(s) or arm(s) extended from body.

PENALTY: Direct free kick.

SECTION 4: CHARGING

ART 1... A player shall be penalized for charging an opponent in a dangerous or reckless manner, or using excessive force. An allowable fair charge is where players make shoulder-to-shoulder contact in an upright position, within playing distance of the ball, have at least one foot on the ground and their arms held close to their body.

ART 2... A player shall not, in any manner, charge into the goalkeeper in the penalty area unless the goalkeeper is obstructing the player or dribbling the ball with the feet.

- a. An official shall disqualify, without caution, any player who flagrantly fouls the goalkeeper in possession of the ball. Possession or control of the ball includes when the goalkeeper has the ball trapped by either or both hands or when bouncing it to the ground or when releasing the ball into play.
- b. Outside the penalty area, the goalkeeper has no more privileges than any other player.

PENALTY: Direct free kick.

NOTE: When the goalkeepers put the ball on the ground, they relinquish their rights as goalkeeper.

ART 3 ...The goalkeeper in possession of the ball shall not be interfered with or impeded in any manner by an opponent. This includes the act of bouncing the ball or dropping the ball for a kick or attempting to throw the ball or tossing the ball in the air to recatch.

PENALTY: Indirect free kick.

ART 4 ...A player shall not charge into an opponent when neither player is within playing distance of the ball.

PENALTY: Indirect free kick.

SECTION 5: OBSTRUCTION

ART 1...Obstruction is the deliberate act by a player, not in possession of the ball and/or not attempting to play the ball, of running between an opponent and the ball or using the body as an obstacle.

PENALTY: Indirect free kick.

ART 2...A player not attempting to play the ball, but remaining between the ball and an opponent, may be legally challenged from behind provided the challenge is not violent or dangerous and the ball is within playing distance.

SECTION 6: DANGEROUS PLAY

ART 1...A player shall not participate in dangerous play, which is an act an official considers likely to cause injury to any player. This includes playing in such a manner which could cause injury to self or another player (opponent or teammate).

SECTION 7: RESTRICTIONS ON THE GOALKEEPER

ART 1...From the moment the goalkeeper takes control of the ball with the hands when playing as a goalkeeper within his/her own penalty area, the goalkeeper is to be penalized if he/she takes longer than six seconds while holding, bouncing or throwing the ball in the air and catching it again, without releasing it into play, or, having released it into play before, during or after the six seconds, he/she touches it again with the hands before it has been played or touched by another player of the same team outside of the penalty area, or by a player of the opposing team either inside or outside of the penalty area.

ART 2...A goalkeeper shall not deliberately parry the ball and then touch it again with his/her hands before it has been played or touched by another player of the same team outside of the penalty area, or by a player of the opposing team either inside or outside of the penalty area.

ART 3...On any occasion when a player deliberately kicks the ball to his/her own goalkeeper, the goalkeeper is not permitted to touch

it with his/her hands.

ART 4...A goalkeeper shall not touch the ball with his/her hands when receiving it directly from a throw-in by a teammate.

PENALTY: Indirect free kick awarded to the opponent at the spot of the violation, unless in the goal area.

SECTION 8: MISCONDUCT

ART 1...A player, coach or bench personnel shall be cautioned (yellow card) for:

- a. entering or leaving the field of play (except through the normal course of play) without the permission of an official;
- b. persistent infringement of any of the rules of the game;
- c. objecting by word of mouth or action to any decision given by an official (dissent);
- d. any incidental use of vulgar or profane language.

NOTE: A coach may engage in verbal communications with his or her own team during play.

- e. unsportsmanlike conduct
 1. coaching outside team area
 2. unnecessary delay
 3. holding a shirt, short, etc
 4. deliberate verbal tactics
 5. encroachment
 6. deliberate handball to stop an attack
 7. deliberate tactical foul
 8. faking an injury
 9. simulating a foul
- f. use of any tobacco products at the game site during the period of the jurisdiction of the officials.

PENALTY: A cautioned player shall leave the field and may be replaced. Should the team with the cautioned player elect to play shorthanded; the cautioned player may not re-enter nor be replaced until the next legal substitution opportunity. An indirect free kick shall be awarded to the non-offending team from the spot of the ball.

ART 2...A player, coach or bench personnel shall be disqualified (yellow and red card) and the number of players on the field shall not be reduced for:

- a. taunting;
- b. a subsequent caution.

PENALTY: An indirect free kick shall be awarded to the non-offending team from the spot of the ball.

ART 3...A player, coach or bench personnel shall be disqualified (red card) for:

- a. exhibiting violent conduct;
- b. committing serious foul play;
- c. using insulting, offensive or abusive language;
- d. leaving the team area to enter the field where a fight or altercation is taking place unless summoned by an official.

PENALTY: Direct free kick from the spot of the ball.

ART 4...A coach who is disqualified shall leave the vicinity of the playing area immediately and is prohibited from any further contact, direct or indirect, with the team during the remainder of the game. Failure to comply shall result in termination of the game.

ART 5...A disqualified player cannot be replaced. A disqualified player shall be barred from participating in the next contest(s).

RULE 13 FREE KICK

SECTION 1: DESCRIPTION OF A FREE KICK

ART 1...Free kick shall be classified “direct” from which goal may be scored against the offending team or “indirect” from which a goal may not be scored unless the ball is touched or played by another player of either team.

ART 2...All free kicks, with the exception of kickoffs and penalty kicks, may be taken in any direction. Free kicks are taken from the spot of the foul except certain temporary suspensions of play.

ART 3...Any free kick awarded to the defending team within its own goal area may be taken from any point within the goal area.

ART 4 ... Any indirect free kick awarded to the attacking team within its opponent’s goal area shall be taken from the part of the goal-area line which runs parallel to the goal line at the point nearest to where the offense was committed.

ART 5... Any player of the offended team may take a free kick.

SECTION 2: WHEN AWARDED

ART 1...Direct free kicks are awarded:

- a. if a player spits at, kicks, strikes, attempts to kick or strike, or jumps at an opponent;
- b. if a player trips or attempts to trip an opponent;

- c. if a goalkeeper attempts to strike, strikes or pushes an opponent with the ball;
- d. if a player, other than the goalkeeper in his/her own penalty area deliberately handles the ball;
- e. if a player pushes an opponent with the hand(s) or arm(s) extended from the body
- f. if a player holds an opponent or places a hand(s) on an opponent in an effort to reach the ball;
- g. if a player charges an opponent in a violent or dangerous manner;
- h. if a player charges into an opponent while the opponent, in the act of playing the ball, has both feet off the ground;
- i. if a player charges into the goalkeeper.

ART 2...Indirect free kicks are awarded and taken from the point of the infraction:

- a. if the ball is played next by the kicker following a kickoff, free kick, penalty kick, a goal kick, or by the thrower following a throw-in;
- b. if a player is penalized for being offside;
- c. if a player fairly charges into an opponent when neither is within playing distance of the ball;
- d. if a player who is not in possession of the ball obstructs an opponent who is attempting to play the ball;
- e. if a player kicks or attempts to kick the ball while it is in the possession of the goalkeeper;
- f. for dangerous play;
- g. if the goalkeeper takes more than six seconds before releasing the ball for play;
- h. if the goalkeeper illegally handles the ball while in his/her own penalty area after once relinquishing possession of the ball;
- i. if the goalkeeper delays in relinquishing possession of the ball;
- j. if the game is stopped for misconduct of a player and no other restart takes precedence;
- k. for temporary suspension of play for an injury or unusual situation and one team has clear possession of the ball.

SECTION 3: HOW TAKEN

ART 1...Players opposing the kicker shall be at least 10 yards from the ball until it is kicked, unless they are standing on their own goal line between the goalposts. If the free kick is awarded to the defending team in its penalty area, players opposing the kicker shall be outside the penalty area in addition to being 10 yards from the ball and must remain there until the ball clears the penalty area.

PENALTY: An official shall caution a player who fails to move the required distance away from the ball or engages in time wasting tactics such as kicking or carrying the ball away after a free kick has been awarded to the opponent's team.

ART 2...The ball shall be kicked while it is stationary on the ground at the spot specified by the official. To be in play, the ball shall be moved in any direction. If the free kick is awarded to the defending team in its penalty area, the ball is not in play until it is beyond the penalty area and into the field of play. Failure to kick the ball as specified shall result in a rekick.

ART 3...After the free kick, the ball may be played by any player except the one who executed the free kick. The kicker may not play the ball until it has been touched or played by another player.

PENALTY: Indirect free kick awarded to the opponent from the spot of the foul.

RULE 14 PENALTY KICK

SECTION 1: PENALTY KICK

ART 1...A penalty kick shall be awarded when a foul, which ordinarily results in the awarding of a direct free kick, occurs within the offending team's penalty area.

ART 2 ...All players except the kicker and the opposing goalkeeper shall be within the field of play but outside the penalty area and at least 10 yards from and behind the penalty-mark until the ball is kicked.

ART 3...The opposing goalkeeper shall stand on the goal line, between the goal posts, until the ball is kicked. Lateral movement is allowed, but the goalkeeper is not permitted to come off the line by stepping or lunging forward until the ball is in play.

PENALTY: (Articles 2 and 3): Encroachment by the defending team is not penalized if the goal is scored. If a goal is not scored on the penalty kick, it is retaken. If there is an infringement by the attacking team and the ball enters the goal, the goal does not count and the kick shall be retaken. If there is an infringement by the attacking team and the ball does not go into the goal, there is no rekick. If the ball rebounds into play, the game shall be stopped and restarted with an indirect free kick for the defending team at the spot of the foul. If the ball is saved and held by the goalkeeper, play shall continue. In cases where players from both teams are guilty of infringements, the kick shall be retaken regardless of the outcome of the kick.

ART 4...The ball shall be kicked while it is stationary on the ground from the spot or any place on the penalty kick mark. To be in play, the ball shall be moved at least its full circumference forward. Once the kicker starts his/her approach toward the ball, he/she may not interrupt his/her movement. Failure to kick the ball as specified shall result in a rekick.

ART 5...After the penalty kick is properly taken; the ball may be played by any player except the one who executed the penalty kick. The kicker may not play the ball until it has been touched or played by another player on either team.

PENALTY: Indirect free kick awarded to the opponents from the spot of the foul.

ART 6...If the ball touches the goalkeeper before passing between the goalposts, when a penalty kick is taken at or after the expiration of time, it does not nullify any goal. If necessary, play may be extended so that the penalty kick may be taken. If a penalty kick is taken after the expiration of time, only the kicker may play the ball (once) with the goalkeeper in place.

RULE 15 THROW-IN

SECTION 1: THROW-IN FROM THE TOUCHLINE

ART 1...A throw-in shall be awarded a team when the opposing team last touches or plays the ball before the entire ball passes beyond the touchline either in the air or on the ground.

ART 2...The ball shall be thrown in any direction from the point where it crossed the touchline by a player who is facing the field of play and has both feet on the ground on or behind the touchline. The thrower shall use both hands with equal force and shall deliver the ball from behind and over the head in one continuous movement.

ART 3...An opponent shall not interfere with nor in any way impede the action of the thrower while the throw-in is being taken.

PENALTY: An official shall administer a caution for unsportsmanlike conduct.

ART 4...On a throw-in, the ball is playable when it has left the hands of the thrower and any part of it breaks the plane of the touchline. After the throw-in, the ball may be played by either team. The thrower may not play the ball until it has been touched or played by another player, if the ball fails to enter the field of play, the ball is awarded to the opponent at the spot of the infraction.

PENALTY: Indirect free kick awarded to the opponents from the spot of the infraction.

RULE 16 GOAL KICK

SECTION 1: GOAL KICK

ART 1...A goal kick shall be awarded to the defending team when the entire ball crosses the goal line, excluding that portion between the goal post and under the crossbar, either in the air or on the ground, having last been touched or played by the attacking team.

ART 2...Players opposing the kicker shall remain outside the penalty area until the ball has cleared the penalty area.

ART 3...Once spotted, the ball shall be kicked from the ground from any point within the goal area by a player of the defending team. A goal kicked shall clear the penalty area and enter the field of play. If the ball is not kicked beyond the penalty area, the goal kick shall be repeated.

ART 4...After the goal kick leaves the penalty area, the ball may be played by any player except the one who executed the goal kick. The kicker may not play the ball until it has been touched by another player.

PENALTY: Indirect free kick awarded to the opponents from the spot of the foul.

ART 5...The goalkeeper shall not pick up the ball and play it.

RULE 17 CORNER KICK

SECTION 1: CORNER KICK

ART 1...A corner kick shall be awarded to the attacking team when the entire ball passes over the goal line, excluding that portion between the goal posts and under the crossbar, either in the air or on the ground, having last been touched or played by the defending team. A goal may be scored directly from a corner kick, but only against the opposing team.

ART 2...Players of the defending team shall be at least 10 yards from the ball until it has been kicked.

ART 3...The ball shall be kicked from the ground within the quarter circle, including on the lines, nearest where the ball left the field of play. The ball is in play when it is kicked and moves. Failure to kick the ball as specified shall result in a rekick.

ART 4...An offensive player who is not offside during the corner kick may be put in an offside position during a subsequent play.

ART 5...After the corner kick, the ball may be played by any player except the one who executed the corner kick. The kicker may not play the ball until it has been touched or played by another player.

PENALTY: Indirect free kick awarded to the opponent from the spot of the foul.

First Aid

1. Coaches and parents are responsible for providing first aid to their own team and child.
2. Cover open sores/lesions prior to game.
3. A team member who has an open wound is prohibited from participating further in the game until appropriate treatment has been administered.
4. If medical care or treatment can be administered in a reasonable amount of time, the individual would not have to leave the game. The length of time that is considered reasonable is judged by the official.
5. Suggested guidelines for providing first aid:
 - a. Wear gloves when contact with blood or other body fluid is anticipated.
 - b. Immediately wash hands and other skin surfaces with soap and water if in contact with blood or body fluids.

- c. The bloodied portion of the uniform must be properly disinfected or the uniform changed before the individual may participate.
- d. Clean all blood contaminated surfaces and equipment with a solution of 1:10 bleach water or other disinfectant.
- e. Articles contaminated with blood or body fluids should be properly disinfected or disposed as soon as possible

Disposed means place the contaminated material in a plastic bag, seal the bag, then dispose of the material properly.