



Dallas YMCA Soccer Playing Rules, Policies and Procedures

Grade	Rookie	Pre – K	Kinder	1st Grade	2nd Grade	3rd Grade	4th Grade	5th and 6th (Grades NOT combined if possible)
	5v5	5v5	5v5	7v7	7v7	8v8	9v9	9v9
Number of Players on Field	5	5	5	7	7	8	9	9
Minimum players to start game*	3	4	4*	5*	5*	6*	7*	7*
Game time	<input type="checkbox"/> 8 minute quarters <input type="checkbox"/> 2 min between quarters <input type="checkbox"/> 5 min halftime	<input type="checkbox"/> 8 minute quarters <input type="checkbox"/> 2 min between quarters <input type="checkbox"/> 5 min halftime	<input type="checkbox"/> 10 minute quarters <input type="checkbox"/> 2 min between quarters <input type="checkbox"/> 2 min halftime	<input type="checkbox"/> 10 minute quarters <input type="checkbox"/> 2 minute halftime	<input type="checkbox"/> 25 minute halves <input type="checkbox"/> 2 minute halftime	<input type="checkbox"/> 25 minute halves <input type="checkbox"/> 2 minute halftime	<input type="checkbox"/> 25 minute halves <input type="checkbox"/> 2 minute halftime	<input type="checkbox"/> 30 minute halves <input type="checkbox"/> 2 minute halftime
Player Substitution	<input type="checkbox"/> Quarters <input type="checkbox"/> Injury	<input type="checkbox"/> Quarters <input type="checkbox"/> Injury	<input type="checkbox"/> Quarters <input type="checkbox"/> Injury	<input type="checkbox"/> Halftime <input type="checkbox"/> Any team's throw in <input type="checkbox"/> Any goal kick <input type="checkbox"/> After any goal	<input type="checkbox"/> Halftime <input type="checkbox"/> Any team's throw in <input type="checkbox"/> Any goal kick <input type="checkbox"/> After any goal	<input type="checkbox"/> Halftime <input type="checkbox"/> Any team's throw in <input type="checkbox"/> Any goal kick <input type="checkbox"/> After any goal	<input type="checkbox"/> Halftime <input type="checkbox"/> Any team's throw in <input type="checkbox"/> Any goal kick <input type="checkbox"/> After any goal	<input type="checkbox"/> Halftime <input type="checkbox"/> Any team's throw in <input type="checkbox"/> Any goal kick <input type="checkbox"/> After any goal
Field Size (in approx. yards)	15 x 20	25 X 30	25 X 30	30 X 50	30 x 50	50 X 80	50 x 80	75 x 110 (if applicable)
Goal Size	3x5	3x5	3X5	6.5" high x 18.5' wide	6.5" high x 18.5' wide	6.5" high x 18.5' wide	6.5" high x 18.5' wide	8' high x 24' wide
Goalie	No	No	No	Yes	Yes	Yes	Yes	Yes
Offside Rule Enforced?	No	No	No	No	Yes	Yes	Yes	Yes
Out of bounds restart	Kick in	Kick in	Throw in or throw in	Throw in	Throw in	Throw in	Throw in	Throw in
Penalty Kicks	No	No	No	Yes	Yes	Yes	Yes	Yes
Direct/Indirect kicks	Indirect only	Indirect only	Indirect only	Both	Both	Both	Both	Both
Slide Tackles	No	No	No	No	Yes	Yes	Yes	Yes
Referees	Coach Referee	Coach Referee	Center Referee	Center Referee	Center Referee and 1 Linesmen	Center Referee and 1 Linesmen	Center Referee and 1 Linesmen	Center Referee and 1 Linesmen
Ball Size	3	3	3	3	4	4	4	4
Max. Roster Size	10	10	10	14	14	16	18	18

***Loan a player rule (1st Grade and Above): If a team does not have the minimum players to start a game, they may borrow a player from the opposing team. The game will be counted as a forfeit for the team that borrowed a player.**

General Information:

- Each child will need an age appropriate soccer ball and shin guards. Soccer cleats are optional, no baseball/football shoes with cleats on the front tip. Metal cleats **are not** allowed.
- Ball sizes are as follows:
PreK – 1st grade: size 3.
2nd – 6th grade: size 4.
- For your child's safety, players cannot wear jewelry during games except for medical or religious purposes-in this case it must be taped to the body. Earrings, necklaces and bracelets must be removed. Band-Aids/tape must be placed over newly pierced ears during games.
- Hard casts and finger splints must be covered with suitable padding. If at any point during the game the referee determines an item to be dangerous, the player may be asked to sit out the remainder of the game.
- Score is not kept for Pre-K and Kinder as these are developmental leagues. There are no winners and losers. All kids are winners.
- Games scores are kept for 1st – 6th but will record as a 1-0 or 0-0. Only 1 goal scored per team will be recorded regardless of how many are scored. Shut-outs, ties or forfeits will record appropriately.
- Tie Breakers (if necessary):
 - Wins/Loses
 - Head to Head
 - Common Opponents
- Inclement Weather: rainout information will be posted/sent-out as soon as information is available. If a game has been played more than 50% that game is considered final. If an entire game is canceled, we try to reschedule the game one time for a future weekend or weeknight. Rescheduled games that are rain-out will not be rescheduled.

Game Day Rules:

- (A) Players should show up ready to play: Uniform on. Shin guards on. Shoes on. Bring water.
- (B) Be ready for inspection. The ref will ask the team to line up so he can inspect equipment. Jerseys with player number must be tucked in, socks must be over shin guards, cleats must be on, laces tied, and all jewelry must be removed.
- (C) ALL PLAYERS AND COACHES WILL RECITE THE YMCA PLEDGE.
- (D) The away team will receive the first half/quarter kick-off. The home team will kick off the second half/quarter.
- (E) Spectators must sit on opposite sides of the field as teams (players and coaches) and remain 5 feet away from the sideline so the linesman can have access to the entire sideline and are able to do their job without obstruction.
- (F) Players, coaches and spectators cannot enter the field during play for any reason without permission or invitation from the referee. In the case of an injured player, all players must take a knee and coaches remain on the sideline until the referee stops play. The referee will call the injured players coach to the field, if necessary. This is not a time to coach players. Entering without permission is an offence - see rules.
- (G) Home team is required to change jerseys or wear pinnies in case of color conflict. If needed, field directors or YMCA staff will have extra pinnies available on loan.
- (H) For safety purposes, no one is permitted to stand behind the goal.
- (I) Coaches are allowed to assist players on the field in Pre-K and Kindergarten games. Maximum of **1 coach** per team allowed on field.
- (J) Substitutions (1st -6th grade): Before a substitution can be made at any of the authorized points, the player must stand at the halfway line and have the permission of the referee before entering the field. This includes changing the goalkeeper.
- (K) Each game, quarter or half begins with a kick-off. There is also a kick-off after a goal by the team not scoring. The team that is not kicking-off must remain outside the center circle. The kicker must move the ball (even slightly), and then may not touch the ball again until someone else has touched it. A goal cannot be scored directly from a kick-off.
- (L) EVERY PLAYER MUST PLAY A MINIMUM OF 50% OF EACH GAME. Equal playing time for all is our goal.
- (M) ONLY rostered and registered players are allowed on the playing field. If an illegal player is found on the field, the game is forfeited and the coach suspended for 1 game.
- (N) **-DO NOT RUN UP THE SCORE** – if you find that your team is winning too easily (by more than 5 points), make adjustments to your line-up through substitutions, moving players to different positions, only allowing certain players to shoot, requiring a certain # of consecutive

passes before a shot is allowed, allowing opposing team to add an extra player, etc. No one benefits from or enjoys a game where scoring is out of control.

- (O) Excessive fouling and/or aggression will lead to "benching" or possible ejection of a player **(at the referee's discretion)**.
- (P) The referee will be in charge of the game and will have the authority to remove, at their discretion, participants or spectators who exhibit poor sportsmanship. Abuse, verbal or physical, of an official will not be tolerated and may lead to ejection from a game and/or permanent ejection for the season. Coaches are responsible for the behavior of parents/fans of their team.
- (Q) Players and coaches line up after the end of the game and shake hands with the opposing team and the officials.
- (R) SNACK TIME!
- (S) Coaches are not allowed to conference/discuss game calls with the referees after the game. Rule interpretations and game feedback should be brought to the field director or YMCA staff.

Rules of the game:

Throw-Ins: K-6th only

When one team kicks the ball over a sideline and out of bounds, the other team gets a throw-in. The throw-in takes place where the ball went out of bounds. The player must stand behind the line and keep both feet on the ground until the ball leaves the players hands. Both hands must be on the ball and the ball must be thrown from behind the head. An incorrect throw-in results in a loss of possession*. The thrower cannot play the ball until another player on either team touches the ball. If done incorrectly the opponent will be awarded an indirect free kick. A goal may not be scored directly from a throw-in.

*1st-3rd grade are allowed a do over if a player raises their foot, throws from the side or in front of their head, or touches the ball before a second player has played the ball.

*Kick-Ins only for Pre-K/ Kindergarten optional. All kick-ins shall be indirect kicks. Do overs are allowed if done incorrectly.

HEADING POLICY

Deliberate heading of the ball will not be allowed for **6th grade and below**. When a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offence. If the deliberate header occurs within the penalty area, the indirect free kick should be taken from the spot of the infraction; unless the infraction was within 10 yards of goal, in which case the indirect kick should

be taken from the penalty spot. The team that committed the infraction may still setup a wall 10-yds away. If a player does not deliberately head the ball, then play should continue.

Direct and Indirect Free Kicks and Penalty Kicks

After any foul the team that was fouled is awarded a direct free kick from the spot where the foul was committed. You can score off a direct kick by kicking the ball directly into the goal; you cannot score off an indirect kick. An indirect kick must touch another player – on either team – before it can go into the net, or it does not count as a goal and the defensive team gets a goal kick. That is why a team with an indirect kick near the opposing team’s goal may have one player tap the ball so a second player can shoot – once the second player has touched the ball, it will be a goal if it goes directly into the other team’s goal.

Physical fouls and handballs result in a direct kick. Corner kicks are direct kicks. Offside and obstruction fouls result in an indirect kick. After a player takes a free kick, including kick-offs, goal kicks, and corner kicks, he cannot touch the ball again until another player touches the ball.

-Direct Free Kick

A direct free kick is awarded to the opposing team if a player commits any of the following seven offences in a manner considered by the referee to be careless, reckless or using excessive force:

- Kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following three offences:

- holds an opponent
- spits at an opponent
- handles the ball deliberately (except for the goalkeeper within his own penalty area)

A direct free kick is taken from the place where the offence occurred and players of the defending team must remain 10 yards from the penalty mark until the ball is kicked. A goal can be scored from a direct free kick. Anyone on the team may take the kick.

-Penalty Kick: 1st -6th only

A penalty kick is awarded if any of the above ten offences is committed by a player inside his own penalty area (goal box), irrespective of the position of the ball, provided it is in play. Position: the ball is kicked from the penalty spot and all players except the kicker (who does not have to be the fouled player) and the goalkeeper must remain outside the penalty area and at least 10 yards from the penalty spot (outside the penalty kick arc). The goalkeeper must remain on the goal line, can move side to side but not forward. If the ball hits the goalie and stays in the field, it is a live ball and any player can then play it. If the ball hits the post or crossbar, any player – except the one who kicked it – can play it.

-Indirect Free Kick

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offences:

- Controls the ball with his hands for more than six seconds before releasing it from his possession
- Touches the ball again with his hands after he has released it from his possession and before it has touched another player
- Touches the ball with his hands after it has been deliberately kicked to him by a team-mate
- Touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate

An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:

- Dangerous Play: a player does something to endanger himself or others. Most common are high kicks or low headers.
- Impeding the progress of an opponent when not within playing distance of the ball (Obstruction)
- Obstructing the Goalkeeper.

The following apply to the goalkeeper in his or her penalty area:

- Handling a throw-in or kick from a teammate (hands)
- Dropping the ball and picking it up again.

The indirect free kick is taken from the place where the offence occurred. A goal can be scored from an indirect kick only if another player from either team touches the ball.

Cautionable Offenses (Yellow Card)

- Unsporting behavior
- Dissent by word or action
- Persistent infringement of the Laws of the Game
- Delaying the restart of play
- Failure to respect the required distance when play is restarted with a corner kick, free kick or throw-in.
- Entering or re-entering the field of play without the referee's permissions
- Deliberately leaving the field of play without the referee's permissions

Sending Off Offenses (Red Card)

- Serious foul play
- Violent conduct
- Spitting at an opponent or any other person
- Denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
- Denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- Using offensive, insulting or abusive language and/or gestures

- Receiving a second caution in the same match.
- Any player, coach or spectator who has been red carded must leave the game. The game will not be continued until the offender has left the vicinity.

Corner Kicks & Goal Kicks

If the ball goes over one of the endlines, it is either a goal kick or a corner kick depending on which team kicked it out of bounds. If the defensive team kicks it out, it's a corner kick. If the offensive team kicks it out, it's a goal kick.

-Goal Kick:

The ball is placed on or inside the goal box (the smaller box in front of the goal) and must be kicked outside the penalty area (the larger box outside the goal) to be in play. If the ball is touched before leaving the penalty box, the kick is retaken.

-Corner Kick:

The ball is kicked within the small, one-yard arc in the corner of the field by the corner flag nearest where the ball crossed the goal line. The opposing players must stay the minimum required distance from the ball on the corner kick spot. After kicking, the player cannot play the ball before another player from either team has touched it, otherwise the opponents will be awarded an indirect free kick. This also holds true if the ball bounces off a goal post or referee. A goal may be scored directly from a corner kick

*Pre-K through 1st is allowed a do over if the kicker plays the ball before another player.

Offside rule: 2nd -6th only

- Offside refers to an attacking player being in an offside position and is ***actively*** involved in play when the ball is played ahead.
- A player is in an offside position when there are less than 2 players between that player and the goal (one is usually the opposing goalkeeper) when the ball is passed ahead to that player.
- Offside can only occur in the attacking half of the field.
- No player can be offside when even with, or behind the ball.
- No player can be offside when first playing a throw in, goal kick, or corner kick.
- A player not in the play of the game is offside any moment he touches the ball, is interfering with play or is seeking to gain an advantage by being in that position.
- A player shall not be declared offside by the referee if the player is NOT involved in the play, merely offside in location.

If a player is declared offside, the referee awards an indirect free-kick, which is taken by a player of the opposing team from where the infringement occurred, unless the offense is committed by a player in his opponents' goal area, in which case the free-kick shall be taken from any point within the goal area.

Goalies

-Goalies can touch the ball with their hands as long as they are within the penalty area, which is the big box that surrounds the goal. Once the goalie leaves the penalty area, he must play the ball like any other player, which means he cannot touch the ball with his hands or arms. The smaller box in front of the goal is the goal box; its only purpose serves as a place to put the ball for goal kicks.

-Goalkeepers cannot pick-up a pass from a teammate. If a player passes to his goalkeeper, the goalie must play the ball with his feet or the other team will get an indirect kick from the spot where the pass was picked up. Goalies cannot be substituted in an indirect or direct (PK) kick.

-Pre-K and Kinder teams do not use the goalie position; All players on the field are field players. A player is not to consistently remain inside of their own goal box. The purpose of this rule is to encourage all players to play the complete field and not to be designated as a defender that in effect acts as a goalie. The purpose of this rule in small sided games is to encourage coaches to give every player the opportunity to see and play the game from every aspect and position on the field.

Advantage Rule

The referee, in his discretion, may decide to not stop play due to a foul if it would be an "advantage" to the fouled team to not stop play. The concept is that the team that was fouled should not be punished by having an attack stopped which might result in a goal and, conversely, that the team which committed the foul should not gain an advantage as a result of the foul.

Kinder Substitution Exception Rule:

If a team has less than 6 or more than 8 (pre K) or less than 8 or more than 10 (K) players, the coach has the **option** to use the substitution *exception rule**. When utilizing the *exception** the coach must inform the referee prior to the start of the game, and the referee will then communicate that to the opposing team.

1st and 3rd Quarters: starters play the entire quarter. No substitutions except for injury.

2nd and 4th Quarters: all non-starters (those who did not play in the 1st or 3rd quarter) play the entire quarter, no substitutions except for injury. Optional substitutions in the 2nd and 4th quarter at the 3 minute (pre-k) or 4 minute (kinder) mark for **only** those players who played in the previous quarter. **Every player must play at least one complete quarter in both halves.**

Team Formation:

- Team Formation: Teams are formed based on grade, closest school, player and coach request. All requests are honored when possible. Placement is based on availability. We cannot guarantee placement on a team by location or school, but we try our best.
- Existing teams new to the YMCA can join without releases.
- Returning teams: Players are guaranteed spots on their previous team only if registered on time. Roster spots will be filled after the registration deadline.
- Returning players can play on the same team or request a new team.
- Players can "play-up" a league. Players can never play down.
- Players can join YMCA soccer from any city within the Dallas area.

YMCA Sports Rules

Sports Communications-

Staff will send all communications through our sports management site. All updates to schedules and events will be posted to your team page.

**Notifications from semonessports@ymcadallas.org will be sent to the email address that you provided at registration. Please add [semonessports@ymcadalls.org](mailto:semonessports@ymcadallas.org) to your safe sender list to ensure that you receive all notifications. If you have concerns about the email address that you provided at registration, contact your YMCA youth sports director.*

The Child First- The Sport Second!

It is our hope that participants, coaches, officials, parents, and spectators will assist us in keeping YMCA sports fun and safe for all. Behavior which does not align with the mission, spirit, values, or rules of the YMCA will be addressed per the YMCA's behavior policy

Zero Tolerance Policy:

The YMCA requires coaches, parents and spectators to abide by our **Zero Tolerance Policy**. Actions that will not be tolerated before, during or after practices or games are: verbal/physical abuse of referees, players, coaches or spectators; charging onto the field; arguing with referees, coaches or spectators; profanity or derogatory names or comments; any comments (other than encouraging or complimentary) or taunting directed at opposing players, coaches or fans. If a coach, parent or spectator does not abide by this policy a referee may give a warning, eject the offending person or penalize the team. If at any point the referee feels threatened, he/she may "abandon the game." If this occurs, the offender's team will suffer a loss by forfeit of the game.

YMCA Behavior Policy

The YMCA reserves the right to warn, suspend, expel, terminate any member, guest, or program participant in the following situations:

- Failure to follow YMCA behavior standards or from violation of any other posted, published or communicated rules or policies at a YMCA branch or program/event.
- If a person has been convicted of any crime involving sexual abuse, is or has been a registered sex offender, has been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics, or intoxicating beverages.
- If a person requires an inordinate amount of attention from the staff thereby causing inadequate levels of supervision for the remainder of the participants or members.
- If a person's behavior is determined to be inappropriate within the scope and spirit of the YMCA values.
- For any reason within the discretion of YMCA management.

Conflict Resolution Policy:

We strongly recommend that everyone abide by the 48 hour rule:

Unless it is an urgent matter of safety; parents, guardians and/or coaches who are upset regarding a situation or circumstance during a game or practice must wait 48 hours after the incident occurred before approaching the head coach, field director or sports director. Give time for emotions to subside, then define the issues thoughtfully and suggest solutions. All discussions and interactions that occur after the 48 hour period must be conducted in a mature, polite, civil, and non-intimidating manner. This includes all forms of communication (face-to-face discussions, emails, etc). If a resolution is not satisfactory, then the incident will be turned over to the sports committee for further review.

However, if you feel immediate attention needs to be called to your field during a game, find a field director or YMCA staff and proceed in a calm and respectful manner.

Referees:

-PLEASE RESPECT THE REFEREES - Referees have the ultimate authority during a game. If you feel attention needs to be called to your field during a game, send someone to find a field director or YMCA staff. If a coach or spectator is offensive in any way to a referee they will be ejected and suspended for a time to be determined by Sports Director. *Abuse of a referee will not be tolerated! The referee has been trained to be in position to observe the play both on and off the ball. The ref is often in the optimal position to see what is going on and frequently sees things that spectators or even players do not see. Give the referee the benefit of the doubt.* Yelling at a referee will not change the call. Screaming or going after a referee in front of the players shows disrespect for authority.

Coaches are not allowed to conference/discuss game calls with the referees after the game. Rule interpretations and game feedback should be brought to the field director or YMCA staff.

Volunteer Coaches: All Volunteer coaches will need to complete all three steps

Team Formation

- Teams are formed based on grade, closest school, player and coach request. All requests are honored when possible. Placements based on availability. We cannot guarantee placement on a team by location or school, but we try our best.
- Existing teams new to the YMCA can join as full teams or a partial team.
- Returning teams: Players are guaranteed spots on their previous team only if registered on time. Roster spots will be filled after the registration deadline.
- Returning players can play on the same team or request a new team.
- Players can “play-up” a league. Players can never play down.

When Registering: Please be sure that contact info is accurate and that an email and phone number are provided. When registering in person, please write legibly so we can be sure you are contacted appropriately and in a timely manner.

Players on pre-formed teams: If you are on a pre-formed team, your coach will be in contact with you about practice times, uniforms and the season.

Players (in need of a team): If you are in need of a team...players will first be placed on existing teams that need players. Placement will be based on grade, age, address, school and gender. Once existing teams’ rosters are full, new teams will be formed. New teams will need new volunteer coaches.

General Makeup of a Successful team:

Head Coach- *Game day/season leader*

Assistant Coach- *Aide the head coach with practices and games*

Assistant Coach- *Aide the head coach with practices and games*

Team Parent- *Responsible for most communication aide between the head coach and the team, communication between the head coach and the YMCA. Communication of snack schedules, team emails, team texts, team uniforms, game times and practice times.*

Schedule Conflicts:

Once the schedule is live on, no changes will be made and other requests for days off, will not be honored.

- **The YMCA of Dallas is committed to providing a safe and enjoyable experience for all participants.**
- **Team will only be granted one schedule change request**
- **Schedule change request will not be accepted within 7 days of game**

Communication:

It is imperative to provide good contact information when one registers for the league as a player or a coach. The YMCA needs a good email for the participant/coach as well as a good phone number.

INCLIMATE WEATHER

Weather can be very unpredictable (i.e., ice, snow). If there is severe weather, please continue with CAUTION. We are more concerned with safety of all participants than completing a game. Discuss concerns with other coaches/site supervisors/officials

- Cancellations will be made as soon as possible. All cancellation notice will be posted and an email will be mailed out. Typical weekend cancellations will be made by 7:30 am / weeknight cancellations will be made at 5:00 pm
- It is not a policy to cancel games because of a little rain, a little cold, or a little snow. Furthermore, parents are encouraged to make individual decisions for their own child when outdoor weather elements become a concern, as to whether to attend any particular game/practice even if the game/practice is not officially canceled.

THUNDER / LIGHTNING POLICY

- The YMCA observes the 30 SECOND - 30 MINUTE lightning safety rule for all outdoor programs and activities.
- Seek safe shelter if, the flash to bang count reaches 30 seconds.
- Stay indoors for 30 minutes after hearing the last clap of thunder.

Coach's Shirts

All volunteers must be in a YMCA coach shirt in order to be on the field or team sideline area during games (this includes all assistant coaches). The parent's sidelines will be on the opposite side of the field/court of the player's bench.

Refund Policy

- Refund request must be made in person at the YMCA front desk
- \$20 processing fee / \$20 uniform fee
- No refunds after first game

Coach's Code of Conduct-Youth Sports

The YMCA believes that youth sports should offer competitive fun in a values-oriented, healthy and fair play environment. All YMCA volunteer and contracted representatives are expected to follow this code of conduct and ensure that behavior is always consistent with the YMCA mission and values.

I WILL:

- Provide a playing environment for my players that is safe from physical and emotional harm
- Do my best to be knowledgeable of the rules and fundamentals of the game and teach them to my players
- Complete required child abuse prevention training and attend a YMCA Coaches meeting to familiarize myself with YMCA policies, procedures and emergency response plans
- Treat each player as an individual, keeping in mind the wide range of physical and emotional development within the same age group
- Treat all children equally without respect to gender, race, religion, culture, or ability
- Be a positive role model by maintaining an attitude of respect, loyalty, patience, courtesy, tact, and maturity
- Place the emotional and physical well-being of my players ahead of any personal or parental desires to win

- Lead by example, demonstrating fair play and sportsmanship in my on- and off- field actions
- Help reinforce the mission and core values of the YMCA (caring, honesty, respect and responsibility) through my coaching and interactions with others
- Ensure my team recites the Sports Pledge before each game and shake hands with the opposing team after each game.
- Use coaching techniques that are appropriate for all the ages and skill levels present
- Seek and encourage parental participation at practices, games, and any other activities
- Respectfully control the behavior of players and parents by asking them to leave the field or sidelines should they become unruly or create an atmosphere that is not appropriate for the development of good sportsmanship
- Ensure that behavior issues and/or disputes are handled calmly
- I will encourage the use of and honor the 48 hour calming down period and I will engage YMCA staff to resolve any behavior issues with other coaches, parents, participants, officials or spectators in accordance with the YMCA's disciplinary policies and procedures.
- Refrain from the use of tobacco, alcohol, and drugs at all youth sports practices, games, and other events and I will remind others to do the same
- As a coach, know, abide share and monitor others for compliance of the following YMCA's Child Abuse Prevention standards.
- Utilize positive guidance techniques
- Refrain from profanity, inappropriate jokes, and sharing of intimate details of my personnel life

I WILL NOT:

- Subject any child to neglect or to mental, verbal, physical, or sexual abuse
- Leave any child unsupervised
- Be alone with any child where we cannot be observed by others
- Transport any children in my vehicle (unless my own child is involved in a neighborhood carpool)
- Attempt to contact or foster a relationship outside of the YMCA program with any child
- Give any child gifts or special favors
- Hold extra or special practices that are not sanctioned by the YMCA.

The above code of conduct has been established for the safety and wellbeing of each participant. Failure to adhere to this code of conduct could result in termination of program privileges at all branches.