



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



YMCA YOUTH SPORTS Rule Book

Waxahachie Family YMCA
Soccer



**Win or Lose, I pledge before God,
To play the game as well as I know how,
To obey the rules, to be a good sport at all times,
And improve myself in spirit, mind and body.**

Over the past few years, the YMCA has noticed some alarming trends in youth sports programs: the pressure for more rigorous competition and higher achievement. These trends come from adult-oriented attitudes and the misconception that youth sports programs are scaled-down versions of professional sports. This is not only false, but also dangerous.

The YMCA stresses child-oriented attitudes by keeping winning in perspective, having fun, improving physical fitness, and working with the whole child.

The YMCA wants the quality of play to improve in order to meet the needs of all participants whatever their ability and skills. The YMCA accomplishes this by training adult volunteers in clinics and workshops.

The YMCA believes that the child is first and winning is second. The YMCA does not encourage the elimination of competition or winning. Winning is essential to enjoyable competition. However, it is the “striving to win” that yields the joy of sports. The key for parents and coaches is to keep winning in perspective. It is this key that holds the YMCA Youth Sports program together. Competition will happen in youth sports without any external pressures.

It is important to keep competition at a level appropriate for the athlete.

The YMCA would not be whole without its commitment to a Christian emphasis. The goal of the Youth Sports program is to help the child grow to his/her fullest potential in mind, body, and spirit: activity helps the body grow; thinking advances the mind; and belief makes our spirit grow.

YMCA Philosophy:

YMCA youth sports are based on the concept that fair play is the very essence of competition. Everybody should have an equal opportunity to compete and fair chance to participate.

Fair play implies respect for oneself, one’s opponent, and others involved in conducting the competition. Players, coaches, officials, and spectators share the responsibility for fair play. Fair Play sets the child above the game. The YMCA believes that its youth sports programs provide an excellent environment for developing sound spirit, mind and body. As these virtues grow, they will influence behavior in everyday life.

The YMCA also believes that its youth sports programs will help families and individuals to grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills, and have **FUN**.

YMCA Parents Code of Conduct:

- 1) Do not force an unwilling child to participate in sports.**
- 2) Remember children are involved in organized sports for their enjoyment not yours.**
- 3) Encourage your child to always play by the rules.**
- 4) Teach your child that honest effort is as important as victory so that the result of each game is accepted without undue disappointment.**
- 5) Turn defeat into victory by helping your child work toward skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing a game.**

- 6) Remember that children learn best by example. Applaud good plays by your team and by members of the opposing team.
- 7) Do not publicly question the official's judgment and never their honesty.
- 8) Support all efforts to remove verbal and physical abuse from children's sporting activities.
- 9) Recognize the value and importance of volunteer coaches. They give their time and resources to provide recreational activities for your child.

YMCA Coaches Code of Conduct:

The YMCA believes that sports should offer competitive fun in a learning and healthy environment. All coaches should read and abide by this code of conduct. Following the Code of Conduct will make the games more enjoyable for all and help teach children that competition can take place in a friendly and fun atmosphere.

- 1) I will remember that I am a youth sports coach and that the youth sports experience should be enjoyable for the players and their families, spectators, officials, and all others concerned.
- 2) I will place the emotional and physical well being of my players ahead of personal desire to win.
- 3) I will not engage in negative discussions with any game official, player, parent, coach, spectator, or YMCA employee.
- 4) I will do my best to teach the six pillars of character values (trustworthiness, respect, responsibility, caring, fairness, & citizenship) to my players, with my words and my actions.
- 5) I will be knowledgeable of the rules and the fundamentals of the game and do my best to teach them to my players.
- 6) I will abide by all the rules and regulations of the YMCA.
- 7) I will assure that my players and I recite the sports pledge before each game and shake hands with the opposing team after each game.
- 8) I will see that any disputes are handled calmly and by the proper procedures and officials.
- 9) I will not allow my team's parents to act in a way that demonstrates disrespect for the game officials or any member of the opposing team's players, coaches, parents, or spectators.

At no time shall the following be used as a form of discipline by coaches, staff, or other volunteers in youth sports programs:

- A) Restriction of Water
- B) Restriction of use of bathroom
- C) Physical exercise
- D) Harsh, demeaning or negative yelling
- E) Physical force

YMCA Players Code of Conduct

- 1) I will not argue calls with officials, my coach, or parents during the game
- 2) I will listen and show respect to what my coach asks of me
- 3) I will respect my teammates as well as my opponents
- 4) I will not trash talk- including making fun of opponents
- 5) I will respect officials at all times
- 6) I will have a positive attitude at all times

MISSION STATEMENT

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Disciplinary Actions

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

- 1) 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.
- 2) 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.
- 3) 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.
- 4) If a person's behavior is determined to be inappropriate within the scope and spirit of the YMCA values.
- 5) For any reason within the discretion of YMCA management.

Prohibited actions specifically include but are not limited to:

- 1) Unlawful, abusive, derogatory, harassing, unwelcome and/or obscene language or behavior.
- 2) Threats of harm, verbal abuse, physical aggression, or violent acts. Physical Assault of an official, player, coach, or spectator.
- 3) Behavior which poses a direct threat to themselves or others.
- 4) Actions based on an individual's sex, race, ethnicity, age, religion, disability, sexual orientation, or any other legally protected status.
- 5) Openly carrying or concealing of any weapons, devices or objects which may be used as a weapon at a YMCA location or at a YMCA sponsored event or activity. All YMCA facilities have §30.06 and §30.07, Texas Penal Code signage posted.
- 6) Smoking, the use of tobacco, or the use of products intended to mimic smoking or tobacco products while in, on, or around YMCA property, program, or events.
- 7) Using or possessing alcohol or illegal chemicals on YMCA property, in YMCA vehicles, or at YMCA-sponsored programs/ events.
- 8) Theft or behavior that results in the destruction or loss of property.
- 9) Harassment/intimidation by words, gestures, body language, or menacing behavior.
- 10) Sexually explicit conversation or behavior.
- 11) Unsafe, inappropriate, immodest, or sexually revealing attire.
- 12) Loitering within or on the grounds of the YMCA.
- 13) Accessing or permitting access to the YMCA facility without signing-in.
- 14) Using equipment for other than its intended purposes or not following safety instructions. Equipment orientations are available to all members; YMCA staff members are eager to be of assistance.

Procedures

- 1) If there is an incident during any game the official and/or field supervisor shall report the incident at the earliest possible time to the Sports Director.
- 2) The Sports Director shall review and investigate the report(s) as submitted, and upon proper investigation shall determine the seriousness of the alleged incident in a timely manner.
- 3) While an incident is being reviewed, involved parties may be temporarily suspended to allow all parties to cool off and ensure adequate time to reach a decision.
- 4) The nature, degree and circumstances of the behavior will be considered on a case-by-case basis.

- 5) The Sports Director has the right to warn, suspend, expel, restrict or terminate a person's involvement with the YMCA.
- 6) If one branch suspends/terminates a volunteer/contractor, the decision shall apply to all YMCA of Metropolitan Dallas locations. For this reason, volunteers or contracted officials who are suspended/ terminated will have a flag (DNR) placed on their volunteer/contractor file so other YMCA branches do not utilize that volunteer/contractor. Sport Director will contact Risk Management. to place the DNR on the volunteer/contractor file.
- 7) If a parent or spectator is suspended/ terminated they will receive a written notice, referencing the YMCA Behavior Policy which will detail any restrictions to the person's involvement with the YMCA and/or program.

Appeals

Any person who has been suspended and/or terminated may submit an appeal to the YMCA Sports Director within two weeks of the decision. Appeals should be delivered to the Sports Director via email and will be reviewed by the Sports POD to determine if an appeal will be granted. If an appeal is granted, the appeal will be heard by the Association Sports POD, which may include the Branch Executive and other YMCA leadership.

Player Eligibility

1. If a team is found to have an ineligible player on their team, the following actions will take place:
 - a. The team will forfeit all games played with the illegal player on their team.
 - b. The coach will be suspended 2 games for the first offence. On the second offence, the coach will be suspended the remainder of the season, including the tournament.
 - c. The ineligible player will be suspended from the league for the remainder of the season.

YMCA Pledge

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

Rules for Coaches & Players

- 1) Every player must play 50% of the game.
- 2) Coaches are responsible for the conduct of the players, parents and other spectators of their team.
- 3) Soccer Rules apply for all levels.
- 4) Coaches are allowed on the field for Pre-K. They are not allowed on the fields for K – 7th Grade.
- 5) No parent or coaches may stand behind the goalkeeper for all ages.
- 6) No jewelry will be allowed at any time during practices or games.
- 7) No metal cleats will be allowed.
- 8) Goalkeeper Jerseys will be supplied by the YMCA. They will be signed out by the coaches and returned to the YMCA.
- 9) The Sports Director will be notified when, where practices are being held. They will also be notified when practices are canceled.

YOUTH SOCCER LEAGUE BYLAWS



Sports Complex Rainout Hotline: 972-938-5719

Waxahachie YMCA Website: www.waxahachieymca.org

Game Field Locations: Waxahachie Sports Complex
720 Broadhead Road, Waxahachie TX 75165

Playing Rules

Grade	PreK	Kinder	1 st /2 nd	3 rd /4 th
Number of Players on the Field	4 v 4	5 v 5	7 v 7 (This includes a goalie)	8 v 8 (This includes a goalie)
Minimum Amount of Players to Start a Game	3	4	6	7
Game Time	6 Minute Quarters 2 min between quarters 5 min halftime	8 Minute Quarters 2 min between quarters 5 min halftime	20 Minute Halves 5 min halftime	25 min halves 5 min halftime
Player Substitution	Quarters & Injuries Only	Quarters & Injuries Only	Half Time Any Teams Throw In Any Goal Kick After Any Goal	Half Time Any Teams Throw In Any Goal Kick After Any Goal
Goalie	NO	NO	YES	YES
Offside	NO	NO	NO	NO
Out of Bounds Restart	Kick In	Kick In or Throw In	Throw In	Throw In
Penalty Kicks	NO	NO	YES	Yes
Direct/Indirect Free Kicks	Indirect Only	Indirect Only	Both	Both
Slide Tackles	NO	NO	NO	NO
Referee	One	One	Two	Minimum Two
Ball Size	3	3	4	4
Max on a Roster	8	10	14	16

Field Dimensions (in yards)

- Pre-k - 75' Wide x 90' Long
- Kinder – 75' Wide x 90' Long
- 1st/2nd - 90' Wide x 150' Long
- 3rd/4th - 100' Wide x 180' Long

Protests

1. All protest involving staff/referee judgement will be null & void.
2. If there is a rule interpretation that is not being applied appropriately, head coaches can protest these during the game. Once concluded you cannot protest rule interpretation applications. You must call a time out & indicate to the referee, "I want to protest the rule application". If overturned, you will not be charged a time out. If not overturned, you will be charged a time out. If you are out of time outs you cannot protest rule interpretation applications.
3. Player eligible is the only item that can be protested before, during, or at the conclusion of a game. To overturn a game the player eligibility protest must be submitted by the head coach AND emailed with 24 hours of the scheduled game. If overturned the offended team will lose all points for that game played with the ineligible player.

Governing Bodies

1. National Federation of High School rules will be applied when not noted with the YMCA bylaws.
2. Any & all disputes will be resolved by the YMCA Sports Department and will be final!

Equipment

1. All Players must wear our YMCA uniforms to participate. Teams who do not wear YMCA jerseys will not be allowed to participate unless authorized by the Sports Director.
2. No jewelry- earrings, necklaces, bracelets, etc. Jewelry that is tapped down will not be allowed. Religious and medical-alert medals are not considered jewelry. These items may be worn but must be taped down.
3. Anything on the wrist other than wrist/sweat bands is prohibited.
4. No hard or soft casts are allowed.
5. Knee and ankle braces are permitted but all exposed hinges must be covered.
6. Rubber, cloth or elastic bands may be used to control hair. Hard items including, but not limited to, beads, barrettes and bobby pins, are prohibited.