



YMCA YOUTH SPORTS PHILOSOPHY

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.



The Mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



YOUTH SOCCER LEAGUE RULES

Recreation Divisions (6-7 Yr Olds)

The leagues and games are played according to FIFA soccer rules and are run in such a manner that children can learn, develop, and reinforce soccer skills as well as enjoy playing the game with their teammates and coach.

AGE GROUPS: Players will determine their division of play by the age they are or will be turning during the season. Any player may play in an older division but no player may play in a division younger than their age.

Division 6/7 yr olds

NUMBER OF PLAYERS: The YMCA builds teams with no more than double the number of participants allowed on the field at once.

6-7 YR Olds: 6 V 6 (No goalies)

** Team and on field numbers may be less based on league size.

GAME:	AGE GROUP	BALL	GAME DURATION
	6-7 Yr Olds	size 3	4 quarters x 10 minutes

Size of the field and goal may be adjusted to the facility. In this age group games, there will be a break of 1 minute between quarters. In all groups, the half times will consist of 3 minutes.

Substitutions: Either team may substitute, after asking the referee’s permission, when the ball stops for:

1. any goal kick or corner kick
2. after a goal has been scored
3. when a referee stops game for injury
4. after halftime or quarter (no permission needed)

Substitutions will also be allowed to the team in possession of the ball on a throw-in, providing the referee gives permission.

Throw-Ins: If the ball leaves the playing field along the sidelines, a throw in will be awarded in both Divisions.

6-7 Yr Olds – Players will be given two chances to perform a legal throw-in with both feet on the ground and the ball passing directly over the players head. The official will provide feedback on necessary corrections.

Free Kicks: Free kicks will be awarded to the opposing team if a player intentionally pushes, kicks, trips, or hits another player. Free kicks will also be awarded if a player commits a “dangerous” play, or obstructs an opponent. **6-7 Yr Olds** - All kicks will be indirect, and there will be no penalty shots.

Offside: The offside rule will be enforced in ***intentional and extreme situations**. A player is offside if he or she is nearer to the opponent’s goal line than the ball at the time the ball is played unless:

1. The player is on his or her own half of the field.
2. There are two opponents nearer their goal line.
3. The ball was last touched or played by an opponent.
4. The ball is received directly from a goal kick, corner kick, throw-in, or drop by referee.

***However, players should not intentionally attempt to stay behind the play on the opponents half of the field or be positioned as such during the game.** Players are responsible for learning and understanding the offside rule as the season progresses.

Handball: The referee will judge the intent of the player when the ball comes in contact with the arm or hand. A penalty will be called when the player intentionally touches the ball, or accidentally redirects the ball to his team’s advantage. Accidental contact with the ball is not necessarily a penalty.

Heading: Intentional heading will not be permitted in either division. A penalty resulting in an indirect kick will be awarded for any violation.

Slide Tackles:
6-7 Yr Olds - no slide tackles are allowed. The referee will penalize the infraction as a dangerous play (indirect kick).

Coaches on the Field:
6-7 Yr Olds - One coach per team will be allowed on the playing field but must stay in their own defensive half of the field.



Safety: All players are required to wear shin guards and socks at all times. Those without the appropriate gear will not be permitted to play.

Playing time:

Every player in attendance **MUST BE ALLOWED TO PLAY** at least one half of each game and **MUST BE ALLOWED TO START** at least half of the games throughout the season. Coaches should make every effort to play each child equally.

Delays/Forfeits:

If one team does not have the designated number of players at the beginning of the game, a 10 minute grace period will be allowed. The game will then be started with both teams playing with an **equal** number of players, and the amount of time lost will be deducted from the game.

**When the referee is ready to begin to play, you should start at that time. The referee may ask the coach to find a volunteer parent to help watch the sidelines during play.

SEVERE WEATHER:

- The YMCA will decide by 8:00am, the day of the game, if any cancellations are necessary.
- If severe weather occurs during play, a decision will be made by the onsite referee in regards to game cancellations.
- A full season consists of at least seven games. If additional cancellations occur, games will be rescheduled. If at least half a game has been played, that game will not be rescheduled.
- Any delays/cancellations will be posted on Playerspace, as well as the YMCA youth sports webpages.

YOUTH SPORTS PLEDGE:

At the start of each game, all players, coaches, and referees will meet at the center circle to recite the Youth Sports Pledge and address any rule clarifications.

YOUTH SPORTS PLEDGE

**I PLEDGE TO PLAY THE GAME,
THE BEST THAT I CAN,
TO BE A TEAM PLAYER,
TO RESPECT MY OPPONENTS,
THE RULES AND OFFICIALS,**

**AND IMPROVE MYSELF IN MIND,
BODY, AND SPIRIT.**



Please remember that by volunteering to be a coach, you have chosen to be a role model for all participating children, and that you represent yourself and the YMCA at all games and practices throughout the year.