



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **Summerville Family YMCA**

# **Welcome to YMCA Youth Soccer**

Dear Parents,

Thank you for choosing the YMCA as the organization for your child's sports experience. We hope that you and your child enjoy this season and the experience of YMCA sports. The YMCA is dedicated to providing a quality sports experience in a Christian atmosphere while focusing on the development of character in our youth. Our goal is not only to develop the player, but to also develop the person. We communicate and teach the values of caring, honesty, respect, and responsibility. We regard each player and team as winners despite skill level or winning percentage. We work to instill the values of sportsmanship and fair play. Our hope is that you and your team enjoy the fellowship of the game and take with you great memories from your experience with us.

The information contained in this packet is for your review. Please take the time to read through it carefully. If you have any questions, please call us or e-mail us at the contact information listed below.

Again, thank you for your participation in YMCA sports. We look forward to a great season!

Thank you,

Jill Lewellyn  
Oakbrook Branch Director  
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[JillW@summervilleyymca.org](mailto:JillW@summervilleyymca.org)

Barbara Gonzalez  
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**YMCA Youth Soccer**

## **General Information for Parents/Coaches**

### **What does my child need to be ready for soccer?**

We will provide your child's jersey and socks. Your child will need cleats, shin-guards, ball, and shorts.

### **When will we hear from our child's coach?**

If your child plays in the U6-U16 divisions, you should hear from your child's coach by **the week of February 6th**. If your child plays in the Micro-Soccer division, you should hear from your child's coach by **the week of February 18<sup>th</sup>**. If you have not heard from your child's coach by one of these dates, please contact the YMCA Sports Office at 821-1028, or by e-mail at [JillW@summervilleymca.org](mailto:JillW@summervilleymca.org).

### **When do practices start?**

Practices will begin the *week of* **February 6th** for the U6-U16 divisions. Your child should have one (1) or two (2) practices per week depending on their age group. For Micro, the first half of the season are practices, the second half are games.

### **When does the season start and end?**

Your child will have his or her first game of the season on **February 18th**. Micro-Soccer players will have their first practice on **February 18th**. Your child will have his or her final game on **April 14th**. Games are played mainly on Saturdays, with the possibility of one or two weekday games throughout the season. There will be no playoffs.

### **How can I help my child's team?**

Coaches are usually in search of two volunteers: one to help by assistant coaching and one to help by volunteering to be the Team Parent. Assistant Coaches assist the Head Coach in coaching the team. Team Parents help the coach by garnering funds from the other parents of the team to purchase trophies and organize the end-of-the-season party. If you are interested in helping out, let your child's coach know that you are available.

### **Interested in becoming a Head Coach or Referee?**

Please contact the Sports Office at 821-1028, or by e-mail at [JillW@summervilleymca.org](mailto:JillW@summervilleymca.org) for more information.

- Coaches Meeting: **January 19th at 6:30pm** in the Oakbrook Childcare gym. For coaches only.
- An **Online Parent Orientation** will be available at [www.summervilleYMCA.org](http://www.summervilleYMCA.org) as of February 1<sup>st</sup>.



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## League Structure

- The league is structured according to the following age divisions:
  - Micro-Soccer: 3 years ONLY
  - U6: 4-5 years
  - U8: 6-7 years
  - U10: 8-9 years
  - U12: 10-11 years
  - U14: 12-13 years
  - U16: 14-15 years
- **Age Restrictions** - Please be advised that age divisions are set up to accommodate players of that particular age. If you wish to move your child up to an older division, we will allow it. However, keeping an older child back in a younger age division is not permitted unless mental or physical limitations preclude a child from participating at their age level. The age cut off for Spring Soccer is February 1<sup>st</sup>.
- **MICRO Soccer** is designed as a fun and educational experience for children who show an interest in soccer at an early age. Micro teams meet once per week (Saturdays). The first four weeks of the season are “practices” with their team and coach. The second five weeks are “games” played with other micro teams.

## Prayer and Character Development

- We strive to develop players' character and implement Christian principles through 2 main practices.
  - **Prayer** – Before the start of each game and after the final whistle blows, both teams gather around the center circle for a prayer. The prayer can be lead by a coach, a player, a parent, or the referee. We encourage you to take part in the prayer by volunteering to lead it, having your child volunteer to lead it, or by taking part in it from the sideline.
  - **Character Wrist Bands** – Each coach will be given a supply of character wrist bands. There are four different bands: Caring, Honesty, Respect, and Responsibility. Coaches will be rewarding players who display such qualities with these wrist bands. It is our hope that by being recognized for displays of good character, players will continue to take such actions in their everyday lives at home, school, and on the field of play.

## Oakbrook Sports Complex – Property Rules

Property rules are put in place in order to ensure a safe, clean, and enjoyable atmosphere for all spectators and players. Please follow these rules and be considerate of the YMCA property and the people around you.

- **NO SMOKING** anywhere on YMCA property – not in your car, not close to the tree line, not in the bathroom, not in the parking lot – nowhere, PLEASE.
- **NO PETS** are permitted on YMCA property – no dogs, cats, ferrets, pigs, birds, snakes, fish – no PETS.
- **NO ALCOHOL** is permitted on YMCA property – no O'Doul's or Busch NA either.
- **NO WEAPONS** are permitted on YMCA property – no guns, bow-and-arrows, knives, clubs, axes, flails, swords – no WEAPONS.
- **NO SOLICITING** is permitted on YMCA property unless given permission by the Oakbrook Branch Director.
- **NO SPEEDING** is permitted on YMCA property. The speed limit on YMCA property is 10mph.
  - Adhere to all STOP signs located on the property.
  - Adhere to all NO PARKING signs on the property.
  - Adhere to all CAUTION areas located on the property – do not park in or enter these areas.
- Please dispose of all TRASH in the cans provided throughout the property.
- Please park in designated parking areas and park in such a manner as to be considerate of others' need to enter and leave parking areas without being encumbered.
- Please report any restroom problems to the staff in the Snack Shack.



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If you have any concerns, please report them to a YMCA staff member located in the Snack Shack or to the Sports Director at 821-1028, or by e-mail at [JillW@summervilleymca.org](mailto:JillW@summervilleymca.org) . Your concerns will be addressed in a timely manner.

### **Rules for Parents to Follow at Games and Practices**

It is important for us, as adults, to conduct ourselves in a positive manner in order to create an atmosphere for our children that is conducive to learning, sportsmanship, and development. The YMCA has a **Zero Tolerance Policy** for parents throughout the season. If any of these rules are broken, you will be asked to leave the property immediately. Please follow these rules throughout the season in order to provide the best experience possible for you and your child.

- Spectators/Parents are not permitted to *talk* to or yell at referees.
- Spectators/Parents are not permitted to stand or congregate behind goal lines or goals or by the team's benches.
- Spectators/Parents are not permitted on the field of play at any time, unless instructed to by the referee or coach in the case of an injured player.
- Spectators/Parents should stay a minimum of 3 feet from the sideline at all times.
- Spectators/Parents are not permitted to use foul language, taunt, or make inappropriate comments about, or gestures toward, other parents, spectators, players, coaches, or referees.
- Spectators/Parents should only use language that is supportive of the children on the field of play.
- Spectators/Parents should be supportive of both teams and lend encouragement at all times.
- Spectators/Parents are not permitted to engage in any form of physical or verbal confrontation on YMCA property.
- Spectators/Parents should approach the coach in a professional and respectful manner with questions or concerns regarding their child or the team.

As with any rule, there are of course consequences for actions that are deemed infractions of the rules. Any spectator/parent infringing upon the above stated rules will be subject to the following consequences:

- First Offense – Warning by the referee, coach, or Director. Depending on the severity of the infraction, the spectator/parent may be subject to a ban from the YMCA property.
- Second Offense – Spectator/Parent will be required to leave the YMCA property. Depending on the severity of the infraction, the spectator/parent may be subject to a ban from the YMCA property.
- Third Offense – Spectator/Parent will be banned from YMCA property.

If you have any concerns, please report them to a YMCA staff member located in the Snack Shack or to the Sports Director at 821-1028, or by e-mail at [JillW@summervilleymca.org](mailto:JillW@summervilleymca.org) . Your concerns will be addressed in a timely manner.

### **Pictures**

The photographers will be at the Oakbrook Sports Complex the third **(3/3)** and the fourth **(3/10)** Saturday of the season is for **MICRO ONLY**. Your child's coach will inform you of the photographers' location. You will need to have your child at the photographers' location or the location designated by your child's coach one (1) hour before game time on that particular weekend. Your coach will provide you with order forms. Pictures will be available for pick up on the second-to-last Saturday of the season.



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### **The Snack Shack**

The Snack Shack will be open each Saturday of the season from 9am-3pm. All proceeds garnered from Snack Shack sales go directly toward the support of YMCA sports programs. The Snack Shack is the “hub” for Saturdays’ events and operations. Please report any concerns to the YMCA Staff located in the Snack Shack. Your concern will be addressed in a timely manner.

### **Contact Information**

If you have any questions or concerns, please call the Sports Office at 821-1028 or by e-mail at [JillW@summervilleymca.org](mailto:JillW@summervilleymca.org).

***The YMCA mission is to be a community cornerstone  
that puts Christian principles into practice through programs  
that build a healthy spirit, mind, and body for all.***



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**Youth Soccer**

### **The 7 Most Commonly Misunderstood Rules – Clarification**

In order to give you, the parent or coach, a better understanding of some of the rules of soccer we offer you these 5 most commonly misunderstood rules of the game. It is important that we understand a few of the basic rules in order to create an atmosphere that is conducive to learning, understanding, and development of our players.

**HANDBALLS** - The rule for a handball includes any part of the body from the tips of the fingers to the shoulder. The proper way to determine a handball is to view it from the perspective of whether or not a player “handled” or made an action to “handle” the ball. A ball that is kicked or thrown and hits a player’s hand or arm IS NOT a handball. The referees must use their judgment in determining whether or not a handball was accidental or a purposeful attempt to gain an advantage. This is a judgment call by the referee and cannot be argued. Restart is a direct kick.

There are also occasions when the keeper cannot use his or her hands: 1) If the keeper is outside of their box, 2) If a back-pass occurs. A keeper cannot pick up a pass that came directly from one of their teammates. In these situations, the keeper may only use their feet. Situation (1) is a direct kick, (2) is an indirect kick.

**TWO-TOUCH RULE** – A player cannot touch the ball twice in a row when putting the ball into play. If a player kicks or throws the ball to begin play, they cannot touch it again until another player has made a play on the ball. This applies to all kicks and throw-ins with the exception of a drop-ball restart. During a goal kick, if the ball does not leave the penalty area, the kick will be retaken.

**FOULS** – Soccer is a contact sport. Bumping and going shoulder-to-shoulder while competing for the ball IS permitted – even if one of the players falls to the ground. Players can and will be kicked during the game. Such activity and contact is considered fair play. However, hands and elbows must not be used. Some tripping of players also occurs. If a player is deemed by the referee to be making a legitimate attempt at the ball or if a player contacts the ball resulting in the opposing player tripping, the play is legal. However, desperate attempts at the ball or intentional tripping, is illegal. This is a judgment call by the referee and cannot be argued. Play resumes with a direct or indirect kick, depending on the infraction. Kick determination is made by the referee.

**OFFSIDE** – An offensive player cannot be ahead of the ball and involved in a play unless there is a defender between them and the keeper. This rule is to prevent a player from “cherry picking” – hanging out at the goal, waiting for the ball. It is not a violation of the rules for a player to situate themselves in such a location until the player becomes involved in the play. Offside will be called when the ball is kicked to the player, not when the player receives the pass. Players cannot be called offside when they are on their own half of the field or during a corner kick, goal kick, or throw-in. Offside rule will be enforced in the U10 – U18 age divisions. Play restarts with an indirect kick.

**GOALS** – A player can score directly from a kick off. A player cannot score directly from a throw-in. If a defender accidentally causes the ball to go into their goal, it counts as a goal for the opposing team, unless the goal occurs during a goal kick. This would result in a corner kick for the opposing team.

**DIRECT and INDIRECT KICKS** – Play can begin with both direct and indirect kicks. Examples of the most common follow:

Formal starts such as centerfield kickoff, goal kicks and corner kicks are all direct. A goal may be scored without the ball touching another player from these restarts. Direct kicks also apply to handball infractions and tripping fouls.

Indirect kicks apply mainly to offside and dangerous play situations. Dangerous play may be from a high kick or playing on the ground, or too aggressive play. Dangerous play is solely the referee’s call to make. A high kick is generally considered dangerous when the foot raises above the hip area and is in close proximity to other players. A referee considers the players, skill involved, proximity to other players, etc. when making these calls.

**SUBSTITUTIONS** – A team may substitute on their own throw-in possession, during either team’s goal kick, or during center kick-off (after goal is scored or half time). There is no substitution during a corner kick or a penalty kick.

If there is a player injury, that player may be substituted.



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**Youth Soccer League Rules (General)**

Micro Soccer

**Field:** U6 size field, 70' x 55'

**Ball:** size 3

**Players:** 8 per team, 4v4

**Time:** 45 minute practices, 4: 6 minute quarters

**Equipment:** shoes (cleats optional), shin-guards, ball, shirt, shorts, socks

**Referees:** none/coach

**General Rules:**

- No offside calls
- Ball goes out of bounds – no whistle, coach to put ball back in play, play-on
- No over-aggressive play
- Begin play with kickoff from center circle with forward progression

**Emphasize FUN!**

U6

**Field:** 70' x 55'

**Ball:** size 3

**Players:** 10 per team, 5v5

**Time:** 4: 7 minute quarters

**Equipment:** shoes (cleats optional), shin-guards, ball, shirt, shorts, socks

**Referees:** none/coach

**General Rules:**

- No offside calls
- Ball goes out of bounds – no whistle, coach to put ball back in play, play-on
- No over-aggressive play
- Begin play with kickoff from center circle with forward progression

**Emphasize FUN!**

U8

**Field:** 135' x 90'

**Ball:** size 3

**Players:** 12-14 per team, 7v7

**Time:** 4: 10 minute quarters

**Equipment:** shoes (cleats), shin-guards, ball, shirt, shorts, socks

**Referees:** 1

**General Rules:**

- No offside calls
- Throw-ins – feet on ground, ball behind head
- No sliding or over-aggressive play
- All free kicks are indirect (no penalty kicks)
- Begin play with direct kickoff from center circle with forward progression
- **Emphasize FUN!**

U10

**Field:** 180' x 120'

**Ball:** size 4

**Players:** 14-15 per team, 8v8

**Time:** 2: 25 minute halves

**Equipment:** shoes (cleats), shin-guards, ball, shirts, shorts, socks

**Referees:** 1 or 2

**General Rules:**

- Offside calls will be made
- Throw-ins – feet on ground, ball behind head
- No sliding or over-aggressive play
- Direct and Indirect kick rules apply
- Penalty kicks are taken 8 yds from goal line
- Begin play with direct kickoff from center circle with forward progression

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U12

**Field:** 225'x135'

**Ball:** size 5

**Players:** 16 per team, 9v9

**Time:** 2: 30 minute halves

**Equipment:** shoes (cleats), shin-guards, ball, shirts, shorts, socks

**Referees:** 2

**General Rules:**

- Offside calls will be made
- Throw-ins – feet on ground, ball behind head
- No sliding or over-aggressive play
- Direct and Indirect kick rules apply
- Penalty kicks are taken 10 yds from goal line
- Begin play with direct kickoff from center circle with forward progression

**Emphasize FUN!**

U14

**Field:** 300' x 180'

**Ball:** size 5

**Players:** 18 per team, 11v11

**Time:** 2: 35 minute halves

**Equipment:** shoes (cleats), shin-guards, ball, shirts, shorts, socks

**Referees:** 2

**Generals Rules:**

- Offside calls will be made
- Slide tackles allowed, must be clean and not over-aggressive at referee's discretion!
- Throw-ins – feet on ground, ball behind head
- Direct and Indirect kick rules apply
- Penalty kicks are taken 12 yds from goal line
- Begin play with direct kickoff from center circle with forward progression

**Emphasize FUN!**

U16

**Field:** 300' x 180'

**Ball:** size 5

**Players:** 15 or 18 per team, 9v9 or 11v11 (dependant on number of participants in league)

**Time:** 2: 35 minute halves

**Equipment:** shoes (cleats), shin-guards, ball, shirts, shorts, socks

**Referees:** 2

**Generals Rules:**

- Offside calls will be made
- Throw-ins – feet on ground, ball behind head
- Slide tackles allowed, must be clean and not over-aggressive at referee's discretion!
- Direct and Indirect kick rules apply
- Penalty kicks are taken 12 yds from goal line
- Begin play with direct kickoff from center circle with forward progression

**Emphasize FUN!**