

**CARLISLE AREA YOUTH SOCCER ASSOCIATION – A PROGRAM OF THE
CARLISLE FAMILY YMCA**

POLICIES AND PROCEDURES

MISSION: The purpose of Carlisle Area Youth Soccer is to provide the youth of the Carlisle Area with a comprehensive soccer program designed to help these children develop as individuals and as players and to teach them sufficient soccer skills so that those interested can compete at the interscholastic level and beyond.

VISION: To accomplish its mission, the Carlisle Area Youth Soccer Association will operate both recreational and travel soccer programs for as many age groups as possible. Through both the recreational and travel programs, the Association will endeavor to:

- Promote physical fitness;
- Teach age appropriate soccer skills and tactics; and
- Encourage the participants to compete at the highest level appropriate within the organization.

The purpose of this document is to provide a general framework for the operation of the recreational and travel programs in a way that is consistent with the Association's mission and vision. It is impossible to anticipate every issue that may arise. The Executive Committee of the Association has the authority to resolve issues not addressed in these policies and procedures, using its best judgment, and to change this document as appropriate. The Association encourages parents and coaches to read the Association's bylaws, which can be found on the YMCA's website at www.carlislefamilyymca.org, and to read the additional materials regarding youth soccer on that website.

Section 1 – Policies and Procedures Applicable to Recreational and Travel Programs

A. *Health and Safety*

1. Safety

- The Association will provide all coaches with first aid kits.
- Annually, the Association will conduct first aid/CPR training, and all head and assistant coaches are strongly encouraged to participate.
- All head coaches must ensure that there is at least one parent or coach having a charged cell phone at every practice and game in which the team participates.
- In hot weather, coaches are required to

- Stop practice for water breaks at frequent intervals; and
- Instruct players that they may stop practicing at any time the player wishes to take a water break.

2. Weather

- At the beginning of every season, coaches are required to explain the Association's weather policy to the team parents.
- In the event of lightning or thunderstorm, coaches are required to follow the guidelines that can be found on the National Weather Services website at www.lightningsafety.noaa.gov. Excerpts from those guidelines can be on Attachment 1.
- Coaches should exercise their judgment when deciding whether to cancel practice due to wet fields or rain.

3. Medical Release Forms

- Coaches are required to obtain signed medical releases from team parents or guardians on forms provided by the Association.
- Medical release forms should be in the possession of coaches and should be kept confidential.
- Under no circumstances, other than for authorization of medical care in an emergency, should coaches use or disclose the information contained in medical releases.
- Medical releases must be destroyed by coaches immediately following the end of the season.

4. Non-smoking environment. Practice and game venues are non-smoking environments, and coaches are required to explain this policy to team parents at the beginning of each season.

B. *Non-discrimination; Harassment.*

1. Coaches are prohibited from discriminating against or harassing players because of race, religion, sex, or ethnicity.

2. Coaches are prohibited from making sexual advances to players, displaying sexually explicit tattoos, using sexually explicit language during practices or games or engaging in any conduct during games or practices that could reasonably be considered sexually offensive.

3. Coaches are not permitted to be alone with any player other than the coach's child, except in extraordinary circumstances.

4. Except in extraordinary circumstances, coaches should not give rides to any player other than the coach's child, and coaches are required to explain this policy to team parents at the beginning of every season.

5. Coaches are expected to establish an atmosphere at practice and games that discourages team members and parents from engaging in verbal or physical harassment, abuse or bullying of team members or opponents.

6. To ensure that coaches do not have a history of abuse, coaches are required to cooperate with background and criminal record checks that the Association or, in the case of travel team coaches, CPYSL may require.

C. *Conduct*

1. Coaches and parents are required to sign and abide by the Association's code of conduct, attached to these policies and procedures as Attachment 2. A failure to abide by the code of conduct may result in discipline, up to and including exclusion from the recreational and travel programs.

2. Coaches are required to set examples of good sportsmanship, respect for referees and respect for opponents.

3. Coaches must use their best efforts to ensure appropriate conduct by team parents and players during practices and games, and they are expected to explain this policy to parents and players at the beginning of each season.

4. Consistent with principles of good sportsmanship, coaches are encouraged to follow the guidelines for high-scoring games attached to these policies and procedures as Attachment 3.

D. *Discipline*

1. Coaches may use short time-outs to discipline team members but may not suspend team members or remove them from rosters. Coaches should consult with the Association's Executive Committee regarding serious disciplinary matters.

2. The Executive Committee has the authority to remove a coach for significant violations of these policies and procedures or for conduct that affects the reputation of the YMCA, the Association or the coach's ability to be effective. Except in extreme circumstances that justify immediate removal, the Executive Committee will meet with a coach to discuss and attempt a resolution of policy deviations prior to removal.

E. *Communications with the Executive Committee*

Parents and coaches are encouraged to communicate with each other regarding playing time, coaching, practice structure and attendance, fan and player conduct and similar issues. If parents and coaches are unable to resolve disputes, they are encouraged to communicate with the Association's Executive Committee, either in writing to the Youth Sports Director of the YMCA, or by email to mbrehm@CarlisleFamilyYMCA.org. Written and emailed communications will be delivered to the Executive Committee for a response. Parents and coaches may also meet with the Executive Committee at one of its regularly scheduled meetings.

Section 2 – Policies and Procedures Applicable to the Recreational Program

A. Goals of the Recreational Program

1. To provide playing opportunities for youth who are too young, do not choose or are unable to play in the travel program.
2. To teach fundamental soccer skills in a nurturing, fun environment.

B. Playing Time

1. Each player is entitled to play at least half of every game.
2. Coaches must consult with the Executive Committee before deciding to reduce a team member's playing time to less than half the game.
3. Coaches should strive for equal playing time for all team members.

C. Drafting

It is the Association's goal to make the teams in each age group as equal as possible and to prevent any single team from having a significant competitive advantage. To accomplish this goal, the Association will conduct a draft in accordance with the following:

- Players will be evaluated in an hour-long evaluation managed by the Association and volunteer evaluators;
- Evaluators will assign A, B or C grades to a variety of skill categories for each player (A being the best);
- Following the evaluation, coaches and the YMCA Director of Youth Sports will meet at the YMCA and, on the basis of the evaluations, will assign an A, B or C to each player;
- Player names will be placed in the appropriate A, B or C basket, and coaches will randomly select their team members from the baskets. It is the Association's goal that each team has the same number of A, B and C players.

- It is *not* the Association’s goal to keep any recreational team intact from one season to the next, and the drafting process will not be used for that reason;
- The Youth Sports Director and the Executive Committee have the authority to reject any request that a player be placed with a particular coach, and it is the Association’s policy not to honor such requests except in unusual circumstances.

D. *Rules*

The rules for recreational play are attached to these Policies and Procedures as Attachment 4.

E. *Coaching Standards and Expectations*

1. Recreational soccer is intended to provide beginning coaches, as well as beginning players, with opportunities to learn the game of soccer. Consequently, the Association encourages adults who do not have soccer experience, but who have a desire to learn, to become involved in the beginning age group levels of recreational soccer.

2. The Association will announce and conduct training sessions for recreational coaches at the beginning of the spring and fall seasons, and coaches are strongly encouraged to attend.

3. The Coaching Director employed by the YMCA will be available to assist coaches by participating in team practices and attending games. Coaches are strongly encouraged to request the Coaching Director’s assistance.

4. Coaches will be asked at the end of each season to identify to the Coaching Director players who may be qualified to play travel soccer.

Section 3 – Policies and Procedures Applicable to the Travel Program

A. *Goals*

1. To field as many teams as practical, for play at the highest possible competitive levels in the Central Pennsylvania Youth Soccer League.

2. To prepare youth for interscholastic play by:

- Using knowledgeable coaches and providing periodic training opportunities to the coaches;
- Ensuring that the players are learning a high level of skills; and
- Involving high school coaches in the program.

B. *Tryouts and Team Selection*

1. Tryouts and team selection will be organized and managed by YMCA staff, with the support of the Association's Executive Committee.
2. Tryouts for the upcoming fall and spring seasons will be conducted during May. If vacancies arise after the fall season, the Executive Committee, after consulting a team's coach, may conduct tryouts for players who want to join a travel team roster for the spring season.
3. The Executive Committee will decide, based on pre-season signups, the age groups for which tryouts will be held.
4. The tryout for each age group will be based on the following procedures:
 - The Executive Committee will establish the dates for the tryouts.
 - The tryouts typically occur over three 1.5 hour sessions.
 - The coach, if one has been selected, or a representative of the Executive Committee will coordinate the drills and games for the tryouts with input from the evaluators. Coaches are required to give clear instructions for each drill or game.
 - Volunteer evaluators selected by the Executive Committee will evaluate each participant using a scoring system developed by the Executive Committee. The Executive Committee will select the evaluators based on coaching and/or playing experience and knowledge of the game.
 - Coaches will not serve as evaluators for their own teams.
 - Each participant is strongly encouraged to attend all tryout sessions.
 - Tryouts will not be held open for players who are unable to attend the scheduled tryouts, except in extraordinary circumstances as determined by the Executive Committee.
5. The Association's Executive Committee will select the travel teams in June, in accordance with the following procedure:
 - The Executive Committee will collate the evaluators' scores.
 - Team selection will be based primarily on the collated scores and, in the Executive Committee's discretion, on the input of the team's past and present coaches.
 - Roster sizes will not exceed the limits imposed by the Central Pennsylvania Youth Soccer League. Other factors used in determining

roster sizes include the coach's preference, playing time and maximizing participation.

6. Subject to CPYSL's maximum age limitations, players may try out for the team of their choice, subject to Executive Committee approval.

7. If a player chooses to try out for more than one team, he or she must attend the tryout sessions for both teams. Except in unusual circumstances, however, the Executive Committee will only permit a player to be rostered on one team.

8. After being selected for and rostering with a travel team for a fall season, a player is entitled to remain on the team's roster for the next spring season. However, coaches are not permitted to ensure any player that he or she will be selected for a fall roster.

9. Because the Association makes "cuts," accepting a roster spot on a traveling team constitutes a commitment by that player and the player's parents to regular attendance at the team's practices and games.

10. The Association's Registrar, an employee of the YMCA, will be responsible for enrollment of teams in the CPYSL.

C. *Coaches*

1. Coaches are strongly encouraged to develop their soccer knowledge by attending the semi-annual coaches' meetings, attending the team session of the YMCA-sponsored summer soccer camp and inviting those high school coaches who have volunteered their assistance to participate in team practices.

2. The Association may reimburse fees for approved coaching license courses.

3. Coaches are required to comply with the Coaches Guidelines published by the CPYSL on cpysl.net. Coaches are expected to present complaints to CPYSL through the YMCA staff.

4. The Association Registrar will inform coaches of upcoming training events.

D. *Affiliation with CPYSL*

1. The travel program will be affiliated with CPYSL.

2. Coaches, team parents, players and the Executive Committee will comply with the policies, rules and regulations of CPYSL, and the Association Registrar will manage compliance.

E. *Out of Season Sessions and Tournaments*

1. Participation in out of season sessions and tournaments is at the discretion of the team coach; however, coaches are strongly encouraged to enroll their teams in at least one tournament each fall and spring season.

2. Coaches who enroll their teams in winter indoor sessions are required to invite all members of the current roster to participate in the sessions, unless an exception to this policy is approved by the Executive Committee for highly competitive indoor tournaments.

3. The Association will pay the registration fee for one outdoor tournament per active roster.

4. Teams will bear the cost of tournament patches.

F. *Playing Time*

The goal of the travel program is to foster a higher quality of soccer play for players (and parents) willing to commit to a more dedicated practice schedule, intense training session, and higher level within a competitive environment. Travel team players will receive appropriate playing time (in the coaches' judgment) throughout the season based on skill, attitude, improvement, practice ethic, and ability in game situations. Coaches have full support from the Executive Committee when determining suitable playing time for each child with the intent to be around 50%. Travel coaches are encouraged to communicate their expectations to the players and parents prior to or during the pre-season schedule.

Attachment 1 - Lightning Policy

Excerpts from NOAA's National Weather Service Lightning Safety Outdoors

This document has two main sections: lightning safety outdoors when a safe location is nearby and when a safe location is NOT close.

No place is absolutely safe from lightning; however, some places are much safer than others. The SAFEST location during lightning activity is a large enclosed building, not a picnic shelter or shed. The second safest location is an enclosed metal vehicle, car, truck, van, etc., but NOT a convertible, bike or other topless or soft top vehicle.

Safe Buildings

A safe building is one that is fully enclosed with a roof, walls and floor, such as a home, school, office building or a shopping center. Even inside, you should take precautions. Picnic shelters, dugouts, sheds and other partially open or small structures are **NOT** safe.

Enclosed buildings are safe because of wiring and plumbing. If lightning strikes these types of buildings, or an outside telephone pole, the electrical current from the flash will typically travel through the wiring or the plumbing into the ground. This is why you should stay away from showers, sinks, hot tubs, etc., and electronic equipment such as TVs, radios, and computers.

Unsafe Buildings

Examples of buildings which are unsafe include car ports, covered but open garages, covered patio, picnic shelters, beach shacks/pavilions, golf shelters, camping tents, large outdoor tents, baseball dugouts and other small buildings such as sheds and greenhouses that do not have electricity or plumbing.

Figure: When you hear thunder, run to the nearest large building or a fully enclosed vehicle. You are not safe anywhere outside.

Safe Vehicle

A safe vehicle is a hard-topped car, SUV, minivan, bus, tractor, etc. (soft-topped convertibles are not safe) . If you seek shelter in your vehicle, make sure all doors are closed and windows rolled up. Do not touch any metal surfaces.

Bolts from the Blue

There are times when a lightning flash can travel horizontally many miles away from the thunderstorm cloud itself and then strike the ground. These types of lightning flashes are called "Bolts from the Blue" because they seem to come out of a clear blue sky. Although these flashes are rare, they have been known to cause fatalities.

When a Safe Location is Nearby:

- Seek safe shelter when you first hear thunder, see dark threatening clouds developing overhead or lightning. Count the seconds between the time you see lightning and hear the thunder. You should already be in a safe location if that time is less than 30 seconds.
- Stay inside until 30 minutes after you last hear thunder.

Plan Ahead! Your best source of up-to-date weather information is a NOAA Weather Radio (NWR). Portable weather radios are handy for outdoor activities. If you don't have NWR, stay up to date via internet, TV, local radio or cell phone. If you are in a group, make sure all leaders or members of the group have a lightning safety plan and are ready to use it.

Determine how far you are from a safe enclosed building or a safe vehicle. As soon as you hear thunder, see lightning or see dark threatening clouds, get to a safe location. Then wait 30 minutes after the last rumble of thunder before you leave the safe location. If you are part of a group, particularly a large one, you will need more time to get all group members to safety.

When groups are involved, the time needed to get to safety increases. So you need to start leaving sooner. Your entire group should already be in a safe location when the approaching storm reaches within 5 miles from your location.

Here some two common scenarios with suggestions on how to safely respond.

Coach of Outdoor Sports Team

You are a manager of a little league team and have a game this evening at the local recreational park. The weather forecast for the day calls for a partly cloudy skies, with a chance of thunderstorms by early evening. You arrive in your vehicle while the kids arrive with their parents. Once arriving at the park, you notice the only buildings are the the restrooms, an enclosed building. Shortly after sunset, the skies start to cloud up and you see bright flashes in the sky to the west. The local radio station mentions storms are on the way.

In this case, the safest locations are the vehicles the kids came in or the rest rooms. You should

have a choice of allowing the kids to go back to their vehicles or bring everyone into the restrooms. It is important **NOT** to stay in the dugouts as they are not safe place during lightning activity. Once at a safe place, wait 30 minutes after the last rumble of thunder before going back outside.

When a Safe Location Is Not Nearby

The lightning safety community reminds you that there is NO safe place to be outside in a thunderstorm. If you absolutely can't get to safety, this section is designed to help you lessen the threat of being struck by lightning while outside. Don't kid yourself--you are NOT safe outside.

Being stranded outdoors when lightning is striking nearby is a harrowing experience. Your first and only truly safe choice is to get to a safe building or vehicle. If you are camping, climbing, on a motorcycle or bicycle, boating, scuba diving, or enjoying other outdoor activities and cannot get to a safe vehicle or shelter, follow these last resort tips. These will not prevent you from being hit, just *slightly* lessen the odds.

- Do **NOT** seek shelter under tall isolated trees! The tree may help you stay dry but will significantly increase your risk of being struck by lightning. Rain will not kill you, but the lightning can!
- Do **NOT** seek shelter under partially enclosed buildings
- Stay away from tall, isolated objects. Lightning typically strikes the tallest object. That may be you in an open field or clearing.
- Know the weather patterns of the area. For example, in mountainous areas, thunderstorms typically develop in the early afternoon, so plan to hike early in the day and be down the mountain by noon.
- Know the weather forecast. If there is a high chance of thunderstorms, curtail your outdoor activities.
- Stay away from metal objects, such as fences, poles and backpacks. Metal is an excellent conductor. The current from a lightning flash will easily travel for long distances

If lightning is in the immediate area, and there is no safe location nearby, stay a little apart from other members of your group so the lightning won't travel between you if hit. Keep your feet together and sit on the ground out in the open. If you can possible run to a vehicle or building, DO so. It is much safer than sitting on the ground.

Attachment 2

RELEASE STATEMENT, MEDICAL AUTHORIZATION & CODE OF CONDUCT

I, A PARENT OR GUARDIAN OF THE ABOVE NAMED PLAYER, A MINOR, AGREE THAT I AND THE PLAYER WILL ABIDE BY THE RULES OF THE YMCA, THEIR AFFILIATED ORGANIZATIONS AND SPONSORS. RECOGNIZING THE POSSIBILITY OF PHYSICAL INJURY ASSOCIATED WITH SOCCER AND IN CONSIDERATION FOR THE YMCA ACCEPTING THE PLAYER FOR ITS SOCCER PROGRAMS AND ACTIVITIES, (THE "PROGRAMS"), I HEREBY RELEASE, DISCHARGE AND OTHERWISE INDEMNIFY THE YMCA, THEIR AFFILIATED ORGANIZATIONS AND SPONSORS, THEIR EMPLOYEES, VOLUNTEERS AND ASSOCIATED PERSONNEL INCLUDING THE OWNERS OF THE GYMS AND FACILITIES UTILIZED FOR THE PROGRAMS, AGAINST ANY CLAIM BY OR ON BEHALF OF THE PLAYER AS A RESULT OF THE PLAYER'S PARTICIPATION IN THE PROGRAMS, AND/OR BEING TRANSPORTED TO THE SAME, WHICH TRANSPORTATION I HEREBY AUTHORIZE, ADDITIONAL, I GIVE PERMISSION FOR AND ALL MEDICAL ATTENTION NEEDED BY THE PLAYER IN THE EVENT OF AN ACCIDENT. INJURY, SICKNESS, ETC. WHILE PARTICIPATING IN THE PROGRAM AND THAT THE SAME BE GIVEN UNDER THE DIRECTION OF THE PLAYER'S COACH UNTIL SUCH TIME AS I MAY BE CONTACTED. I ALSO HEREBY ASSUME THE RESPONSIBILITY OF PAYING FOR SUCH TREATMENT.

ALL PLAYERS, COACHES & PARENTS/GUARDIANS AGREE TO COMPLY WITH THE LEAGUE RULES & PROCEDURES, WHICH INCLUDES ACCEPTING PENALTIES/SUSPENSIONS FOR MISCONDUCT DURING GAMES, THAT ARE LISTED UNDER THE ARBITRATION RULES POSTED ON THE WWW.CPYSL.ORG WEBSITE

PARENT OR GUARDIAN SIGNATURE

DATE

EMERGENCY CONTACT, IF THE PARENT/GUARDIAN IS NOT AVAILABLE:

NAME

PHONE

MEDICAL CONDITIONS: _____

PARENTS RESPONSIBILITIES:

All parents want their kids to do well and have fun in the activities they pursue. We want you to be actively involved in positive ways with your child's basketball experiences in the Carlisle Family YMCA Youth Soccer League. To do that, you need to first understand your responsibilities as a parent of a child in the YSL:

1. Encourage your child to play sports, but do not pressure. Let your child choose to play and to quit if he or she wants.
2. Keep winning in perspective, and help your child do the same.
3. Help your child set challenging but realistic goals rather than focusing only on "winning the game."
4. Help your child meet responsibilities to the team and to the coach.
5. Turn your child over to the coach at practice and games. Do not meddle with a coach from the sidelines.
6. All transportation must be provided by parents/guardians. Coaches are not permitted to transport players from their team.

CARLISLE FAMILY YMCA YOUTH SOCCER LEAGUE CODE OF CONDUCT:

1. Remain in the spectator area during competitions.
2. Let the coaches do the coaching.

3. Keep comments positive to players, parents, officials, and coaches of either team.
4. Use of inappropriate language will not be tolerated.
5. Cheer for your team.
6. Show interest, enthusiasm, and support for your child.
7. Be in control of your emotions.
8. Help when you are asked to by a coach or an official.
9. Thank the coaches, officials and other volunteers who conducted the event.
10. All players, coaches and parent/guardians agree to comply with the league rules & procedures, which includes accepting penalties/suspensions for misconduct during games that are listed under the arbitration rules posted on the www.cpysl.org website.

I hereby agree to the Code of Conduct of the Youth Soccer League/Carlisle Family YMCA:

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date

Attachment 3 - Guidelines for High-Scoring Games

Points to Consider when Playing against a Struggling Opponent:

Occasionally, CAYS recreation and travel teams are faced with a game situation when they are noticeably performing at a higher level than their opponent. The score may or may not reflect that immediately, but at some point in time during the match it most probably will. It is the responsibility of the coaching staff to recognize this and adjust accordingly. Remember at some time in your soccer career, you may be on the receiving end of total domination during a soccer match. It is our goal as an organization to foster positive sportsmanship, not to humiliate our opponents, and to teach players to recognize the flow of a game and signs of a struggling opponent within the realms of healthy competition. The mood and flow of the game and reaction of the opponent should be the indicator, not necessarily the score. A 4-0 score may mean complete domination by a team or may mean a team was really challenged by a sound opponent, but scored four solid goals.

If you or your team has not noticed a defeated or struggling opponent prior to 5-0, then you should take notice at 5-0. Use a five goal differential as a final indicator.

Other indicators:

- Complete domination on the ball all over the field without an opponents challenge.
- Ability to pass and dribble the ball without resistance.
- Opponents that are not physically or mentally able to compete – misplaced team at designated level.
- Teams with a limited number of substitutes or required players due to schedule, playing conditions, or injuries that force the team to react in a certain way during match play. Examples: No substitutes for a match played in 90 degree heat or 4 players injured during the course of the game.
- Every shot on goal is a goal.

Suggested reaction to noticeable success during match play (These can and should be implemented before, but absolutely no later than a six goal differential):

- Different players in different positions.
- Weaker players in the front six positions – forward / midfield.
- Score with only the non-dominant foot.
- Score only off crosses.
- Score only with head balls.
- Tend the goal without the use of hands.
- Score only after a designated number of passes.
- Only designated players are allowed to score.
- Designated defensive players are not allowed to cross midfield.
- Pass over the end line after executing a number of passes or after entering the opponents eighteen or six.
- Controlled shot at the opponents goalie after execution of a designated tactic.

- Discreetly removing a player from the playing field and consequently adjusting playing formation.

CAYS coaches should review these guidelines with their players and parents prior to the first match of the season. If the coaches see the situations developing, they can address the scenario and propose a reaction-type plan at halftime. You can come up with code words which indicate to the team members a prescribed way to react to either technically or ethically during the remainder of the match. Consistent, discreet reminders to the players about their reaction to ensuing goals will help. Excessive celebrations on the 8th or 9th goal are out of place even if it is the player's first goal. Once again a great teaching moment, a defining moment in a player's, coaches' or parent's demonstration and conviction of sportsmanship – an act that is for the “good of the game” and ultimately the personnel involved.

The manner in which CAYS players, coaches, teams, and spectators handle these situations can have far more of an impact on the game, the players, the referees, and the spectators than you can imagine.

Attachment 4 - Recreational Program Rules of Play

UNDER-6 CO-ED MINI & UNDER-8 BOYS & GIRLS DIVISIONS
RULES AND REGULATIONS

1. Mini and the Pee-Wee division will be playing 4 v 4.
 - 4 vs 4 for Mini (There will be no goalie position for Mini)
 - 5 vs 5 for Pee Wee (1 goalie + 4 field players)
2. Four 10-minute quarters will be played, with 1 minute in between each quarter, and a 5 minute half-time. It is important that all teams, regardless how hot or cold the weather is, that you stay with this time schedule. If one game runs late, the remainder of the games are affected.
3. Each game will start with a standard kick-off.
4. Substituting on the fly is permitted.
5. Coaches will be on the field for support and instruction, and coaches will referee their own game while they are on the field. As the referee you will only call on your own team. Be fair to the opposing team, and call evenly. Before each game the coaches need to talk and decide how the game will be called. **ONLY ONE COACH ON THE FIELD FOR EACH TEAM. NO ONE (coach or parent) SHOULD STAND AT THE GOAL END AND COACH.**
6. All participants are required to wear shin guards.
7. Ball size:
 - #3 for the Mini division
 - #4 for the Pee-Wee division
8. Offsides will not be called.
9. There will be no throw-ins in the mini division. If a defensive player kicks the ball out, at the defending team end, it will be a corner kick. Opponents must be 5 yds. away from the ball. If the ball goes out on the side, it will be kicked-in from where it went out. Opponents must be 5 yds. away from the ball.
10. All fouls shall result in an indirect free kick with opponents 5 yards away. The referee/coach/parent must explain all infractions to the offending player.
11. Free kicks shall be classified under indirect. No kicks shall be taken by the attacking team within the defending team's goal box. Ball should be moved to the nearest point of the foul outside of the goal box.
12. Goal kicks may be taken anywhere within the goal box. Opponents must be 5 yds.

away from the ball.

13. No penalty kicks.

14. EACH TEAM MEMBER WILL PLAY AT LEAST HALF OF EVERY GAME. NO PLAYER SHOULD PLAY A WHOLE GAME UNTIL ALL PLAYERS HAVE PLAYED HALF A GAME!!!!!!

15. Players should rotate to all positions on the field. As a coach you will want to start teaching width, length and depth to your players, so they cover the width, length and depth of the field. Set kids up in a diamond shape, one forward, two mid-fielders and one defender.

16. If the ball goes over the sideline, the result for:

*Mini is a kick-in. A Kick-in is considered as an indirect free kick with the opponent three yards away from the ball.

*For Pee-Wee, throw-ins are in the coaches discretion, but should not be implemented till about half-way through the season. Proper throw-ins should be taught due to a child's physical development and possible injury. If a child is uncomfortable with a throw-in, he/she may take a kick-in. Coaches should help correct incorrect throws (give child a second chance), but an incorrect throw should not result in a change of possession (play continues after second throw).

17. FUN IS THE KEY!!

Rules from The Official US Youth Soccer Program for U6 & U8

Any questions, concerns or if help is needed throughout the season, please contact the Youth Sport Office at 243-2525 or e-mail us @ YouthSports@CarlisleFamilyYMCA.org

UNDER -10 KICKER BOY AND GIRLS DIVISION RULES AND REGULATIONS

1. Play up to 8 players (7 field players + 1 goalie) on the field at one time; depending on team size. If one team is down players, each team will begin with the same amount of players. Once the game has started, and the team that is short players has a player arrive late, each team can play one player up for the remainder of the game.
2. Two 25-minute halves will be played, with a 5-minute half time. If it is a very hot or cold day, you may shorten the length of the halves. Each coach should agree upon the length of each half before the start of the game.
3. Each game will start with a standard kick-off. Opponent must be 8 yds. from the center mark while kick-off is in progress.
4. Substitutions should be done as follows:
 - a. Prior to throw-in, in your favor.
 - b. Prior to a goal kick, by either team.
 - c. After a goal, by either team.
 - d. After an injury, by either team, when referee stops the play.
 - e. At half-time.
5. There will be paid officials. Each team should have a parent volunteer to run side lines. No parent, player, or spectator may stand behind the goal.
6. All participants are required to wear shin guards. Soccer socks should cover the entire shin guard. The back of the calf should not be exposed.
7. An official #4 size soccer ball will be used for all games.
8. Offside will be taught in this division. The first half of the season the player will not be penalized.
9. Proper throw-ins will be taught in this division. The first half of the season if the throw-in is incorrect they will be given a second throw, if it is still incorrect they will lose possession. The second half of the season incorrect throws will result in lost of possession.
10. Each team member will play at least half of every game. No player should play a whole game until all players have played half a game.

Rules from The Official U.S. Youth Soccer Program for U10.