

Respect: Respect will be shown to all officials, players, coaches and fans. As a reminder, this is a recreational soccer league at the Cumberland YMCA. Participation in our soccer program is subject to the observance of our rules and procedures. The activities outlined in the following list are strictly prohibited. Any spectator or player who violates these will be subject to removal from YMCA property. The following is prohibited:

- Abusive language toward spectators, players, coaches, referees, or league officials.
- Possession or use of tobacco products, alcoholic beverages or illegal drugs on YMCA property or reporting to the program while under the influence of alcoholic beverages or illegal drugs.
- Disrespect or rudeness toward spectators, players, coaches, referees, or league officials.
- Verbal, physical, or visual harassment of a spectator, player, coach, referee, or league official.
- Actual or threatened violence toward any individual or group.
- Conduct endangering the life, safety, health, or well-being of others.
- Bullying or taking unfair advantage of a fellow spectator, player, coach, referee, or league official.
- Blatant disregard of the YMCA values of caring, honesty, respect, and responsibility.

Team sizes:

U6 = 5v5 w/ no goalie

U8 through U12 = 7 v 7

U14 + Up = 6 v 6

Ball sizes:

U8 = Size 3

U10 & U12 = Size 4

U14 and up = Size 5

All games will be played in 20 minutes halves. Teams can play one player short. Teams may only go two players short if that player is sitting due to a card and can re-enter. If a team is two players short without the ability to go back to one player short, the game will be forfeited. If a team uses a player not on their roster, but registered for the current session, the game may be played, but is considered a forfeit. The opposing team and the referee are to be aware of these situations prior to the start of the game.

Playing Age: The age of participation is determined by the player's age on September 1. The "U" translates to "Under," ex. U12 means under 12 on September 1. If not previously provided, a birth certificate must be provided within 24 hours upon request.

Referee Complaints: Officiating complaints may be submitted on an official complaint form. Forms are available from the front desk and with the scorekeeper. No one should approach an official at any time with complaints.

Bookings: Players issued a yellow card must wait 2 minutes before re-entering the game. The team can substitute another player in their place. A red card will result in the player or coach leaving the arena immediately and not being allowed to play their next scheduled game in the division in which the card was issued. Two yellow cards by the same player during the session will be referred to the Soccer Coordinator for further action on a case-by-case basis. Two red cards by the same player or coach during the session will be referred to the YMCA Soccer Committee for further action on a case-by-case basis. Coaches are to remain under control at all times, set an example for their players, use appropriate language and maintain a demeanor consistent with the four core values of the YMCA—caring, honesty, responsibility, and respect. Inappropriate language by players and coaches can result in cards at the discretion of the referees. Coaches are responsible for the conduct of their team and spectators. Spectators causing disruptions will be asked to leave the premises. Failure to abide by the request from a referee or YMCA employee to leave the arena area could result in being escorted from the premises by law enforcement authorities.

Build-out line: Starting immediately for all divisions (U8-U19), our indoor games will use build-out lines, a horizontal line drawn from sideline to sideline at the top of the circle in front of each goal. Build-out lines will encourage possession and playing the ball out of the back. When a goalkeeper has the ball in hand or takes a goal kick, the opposing team remains behind the build-out line until the ball is put into play. A violation would be an indirect kick. Continual violations in a game would result in a card.

Mercy rule: There is an 8 point mercy rule. After the point spread reaches 8 points, the score will not be updated on the scoreboard for U12 and above. Those playing in U8 and U10 Divisions will abide by a 5 point mercy rule. The scorekeeper and referee will always continue keeping score. We expect all teams to embrace the philosophy of good sportsmanship. At the game's conclusion, each coach will verify the score by signing their initials in the scorekeeper's book. If a score discrepancy should arise, the issue must be resolved by the scorekeeper, referee and both coaches prior to leaving the coach's box.

Heading: Headers will not be allowed in Divisions U12 and lower. If a header does occur, it will result in an indirect free kick for the opposing team.

Slide tackling: Slide tackling is NOT allowed. Offenses will result in an indirect free kick *unless contact is made and then the kick would be direct*. A second offense will result in a yellow card and an indirect kick.

Scoring: The whole of the ball must cross the whole of the line to be considered a goal.

Out of play: The side netting and overhead netting are considered in play. The end line netting is considered out of play if the ball strikes inside of the yellow line extending to the top net. If metal on the ceiling (including pipework) is struck by the ball, it will be considered out of play and an indirect free kick will be awarded beneath the point of impact. Balls going into the coaches' box are out of play.

Goal area: The rectangular area in front of the goal is considered the goal area or goal box. The penalty kick spot is at the top of the semi-circle. Penal fouls inside the goal box, including a deliberate handball, will result in a penalty kick.

Goalkeeper release of the ball: No goalkeeper distribution from within the box may pass midfield without touching the playing surface, net, player, wall, or glass. The goalkeeper may play the ball outside of the box and when this occurs, the ball may travel beyond the midfield line. Once the ball leaves the penalty box, the ball is considered in play.

Interference on the release of the ball is considered unsportsmanlike conduct and will result in a yellow card and indirect kick. The goalkeeper can hold the ball for no longer than 6 seconds. The goalkeeper cannot lean over the line to retrieve the ball with his hands.

Kickoff: The kickoff is an INDIRECT kick. No defensive player may enter the center circle until the ball has moved. On the kickoff, the ball has to move any amount in any direction...touching is not allowed.

Indirect free kicks: Any ball deemed out of bounds, any goalkeeper infractions (i.e. second touch, pass back, etc.) and any non-penal fouls will result in an indirect free kick. Required distance on any indirect free kick is 5 yards. On an indirect kick, the ball has to be touched and move across the playing surface.

Corner kicks: Corner kicks are to be taken from the red marks on the wall. This is a direct free kick and can result in a score.

Goal kicks: Goal kicks may be taken from anywhere inside the rectangular area in front of the goal. They may not go past the midfield line in the air.

Direct free kicks: Any penal fouls committed (push, trip, charge, handball, hold, etc.) will result in a direct free kick.

Penalty kicks: On a penalty kick, everyone has to be behind the ball except the goalie. For U8, the ball will be placed on the center of the square. **Only Adults:** One player at midfield with the ball always moving forward. One attempt will be allowed. "Make or miss." Miss results in a goal kick. Make results in a goal and a kickoff.

Bracing on the wall: Bracing on the wall is only allowed to prevent injury. Any bracing to shield the ball will be considered an indirect kick.

Boarding: Reckless boarding will result in the issuance of a yellow card. Intentional boarding from behind, shoving or tripping an opponent into the boards would be considered serious foul play and penalized as such.

Field of Play: Coaches and spectators are not allowed on the field unless beckoned to by the referee for an injury. Violations of this policy will result in removal from the premises. The exception to this rule is U8 coaches, who are allowed and encouraged to coach their players from the field of play. **U8 coaches MUST remain on their defensive side and are prohibited from entering the goalie box.**

Coaches Box: Only two coaches per team are permitted inside the box. Referees have the right to ask additional people to leave the box. Only players of the teams on the field should be in the box during a game.

Fighting or physical altercations: Any players or coaches involved in fights or physical altercations will be given a red card and immediately removed from the YMCA premises. Players or coaches who engage in fighting on the YMCA premises will not be allowed back into the YMCA for the remainder of the session. If a fight results in any party contacting law enforcement authorities, the YMCA will cooperate with those authorities in any investigation and/or prosecution. This type of behavior is in direct conflict with the principles of the YMCA and will not be tolerated. A second offense for this type of behavior will result in a permanent suspension from the soccer program.

Proper equipment and attire: Shin guards must be worn by all players. A color is not specified for shorts or socks. Uniform shirts are issued to registered players. Loaning shirts to non-rostered or unregistered individuals will result in a forfeit loss for the offending team and the YMCA will discipline the offending coach with a one game suspension.

Sneakers and flat indoor turf shoes are allowed on the field. No cleats--whether plastic, metal or screw-in--are allowed! No jewelry = no necklaces, bracelets, or earrings. Additionally: No throw-ins. No offside. No timeouts. Referees will alternate possession instead of drop balls for the U8 division. Referees will also alternate possession for balls stuck on the wall longer than 3 seconds for the U8 division. There is a five-minute grace period for game to begin.

Playoffs: All premier league, U16, U19 and Adult Power teams will play a 4 team single elimination playoff round between the top four teams in each division. Points will be kept throughout the season to determine the standings. Win – 3 points Loss – 0 points Tie – 1 point.

In the event of a tie in total points in the regular-season standings, the following procedure shall be applied in the designated order to break all ties for seeding or to determine the final team(s) that will qualify for the playoff:

1. Head to head record between the teams.
2. The tied teams will be compared to the first place, second place, third place, etc. until one team holds an advantage over the other tied teams.
3. Fewest total goals allowed through the season.
4. Coin toss with a team representative from both teams in attendance.

If a playoff game is tied at the end of regulation, there will be a 5 minute golden goal overtime period followed by a 3 round penalty kick shootout. A coin toss shall be held before the start of the shootout. The team winning the toss shall have the choice of kicking first or second. If the score is a draw at the completion of the 3rd kick, both teams take a kick until a winner is found. A different player must be used for each kick and a player involved in the first 3 kicks cannot be reused in the subsequent "sudden death" situation until all other players on their side, including the goalkeeper, have taken their turn.