

# The YMCA Philosophy of Youth Sports

YMCA youth sport programs are not like other sport programs. We have a mission, and that mission is stated in our Seven Pillars of YMCA Youth Super Sports.

**Pillar One - Everyone Plays.** We do not use tryouts to select the best players, nor do we cut kids from YMCA youth sports. Everyone who registers is assigned to a team. During the season, everyone receives equal practice time and plays at least half of every game.

**Pillar Two - Safety First.** Although children may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. Our coaches teach the sport as we've prescribed so the skills are appropriate for children's developmental level.

**Pillar Three - Fair Play.** Fair play is about playing by the rules – and more. It's about the coach and players showing respect for all involved in YMCA youth sports. It's about the coach being a role model of sporting behavior and guiding the players to do the same. At the YMCA, we're more interested in developing children's character through sports than in developing a few highly skilled players.

**Pillar Four - Positive Competition.** We believe competition is a positive process when the pursuit of victory remains in the right perspective. The right perspective is when adults make decisions that put the best interests of the children before winning the contest. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. Through YMCA youth sports, we want to help children learn these lessons.

**Pillar Five - Family Involvement.** YMCA youth sports encourage parents to be involved appropriately in their child's participation in our sports programs. In addition to parents helping as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

**Pillar Six - Sport of All.** YMCA youth sports is an inclusive sports program. That means that children who differ in various characteristics are included rather than excluded from participation. We offer programs to all children regardless of their race, gender, religious creed, or ability. We ask our adult leaders to encourage and appreciate the diversity of children in our society and to encourage the children and their parents to do the same.

**Pillar Seven – Sport for Fun.** Sports are naturally fun for children. They love the challenge of mastering the skills of the game, playing with their friends, and competing with their peers. Our focus is on the fun of the sport!

# FRANKFORT YMCA YOUTH SOCCER ASSOCIATION

## MODIFIED RULES

THESE RULES WERE DESIGNED FOLLOWING THE RECOMMENDATION OF THE KENTUCKY YOUTH SOCCER ASSOCIATION AND THE UNITED STATES SOCCER FEDERATION.

1. The game will be restarted with a drop ball anytime a game has been stopped due to injury while the ball is in play.
2. Games may end in a tie. There are no tiebreakers or overtime.
3. Unlimited substitutions will be allowed as long as the proper procedures for substituting are followed as per FIFA.
4. Any player or coach who is issued a red card will be suspended for the remainder of that game and the next game.
5. Each child is required to play half of every game unless an injury, illness, or disqualification occurs.
6. The goalkeeper may not be charged in the goal area.
7. Coaches must stay off the field of play unless beckoned by the referee. This includes the beginning of games, quarters, and halves to set up the positions. Little Kickers and U6 are an exception-one coach per team is permitted on the field during the game.
8. Teams are not to practice more than twice a week. (Little Kickers, U6 and U8 practice once a week.)
9. A team may not participate in competition (game or scrimmage) outside the local YMCA or Central Kentucky Scheduling League unless approved by the league director.
10. Shin guards are required equipment for all players. No player is allowed to participate in games or practice without shin guards. Shin guards are to be worn under the socks. Player will be made to change if worn otherwise.
11. No player may play with earrings, necklaces, bracelets or beaded jewelry in the hair. Medical necklaces and bracelets are an exception. They must be secured to the player.
12. All players must recite the sports creed before the game and shake hands with their opponents after the game. The creed is not said before games with out-of-town teams or select games.
13. A team must have at least 7 players to start a game and 7 players to finish a game. This is for games played with 11 players.
14. FIFA rules will be in effect for any situation that is not covered in the local rules.
15. A player should not sit out for two consecutive periods. Each player shall play one period on offense and one period on defense to become exposed to all positions on the field.
16. Only the head coach and two assistant coaches are permitted on the team sideline and should stay in the technical area for their team. All other parents and spectators should be on the opposite side of the game field. No one may stand or sit behind the goal of either team.

# **LITTLE KICKERS, U6, & U8**

## **LITTLE KICKERS RULES (Paddock area next to Franklin County High School)**

1. A game shall consist of four 5-minute quarters.
2. A maximum of 4 players per team will be allowed on the field at one time. One coach is allowed on the field during play to instruct and position the players so long as he/she does not interfere with the flow of the game.
3. Goalkeepers are prohibited. Coach may not play a defender in the goal box.
4. The referee shall permit a player a second chance on illegal throw-ins.
5. No penalty kicks.
6. All free kicks are indirect.
7. Offside will not be enforced unless the referee judges the player or coach to be intentionally seeking an advantage.
8. A size 3 soccer ball will be used in this age group.

## **UNDER 6 RULES (Paddock area next to Franklin County High School)**

1. A game shall consist of four 6-minute quarters.
2. A maximum of 4 players per team will be allowed on the field at one time. One coach is allowed on the field during play to instruct and position the players so long as he/she does not interfere with the flow of the game.
3. Goalkeepers are prohibited. Coach may not play a defender in the goal box.
4. The referee shall permit a player a second chance on illegal throw-ins.
5. No penalty kicks.
6. All free kicks are indirect.
7. Offside will not be enforced unless the referee judges the player or coach to be intentionally seeking an advantage.
8. A size 3 soccer ball will be used in this age group.

## **UNDER 8 RULES (Back fields at Lakeview Park)**

1. The game shall consist of four 10-minute periods.
2. The referee shall permit a player a second chance on an illegal throw-in.
3. No penalty kicks.
4. All free kicks are indirect.
5. A maximum of 6 players is allowed on the field at one time.
6. Offside will not be called unless the referee judges the player or coach to be intentionally seeking to gain an advantage.
7. A size 3 soccer ball will be used in this age group.

# **U10, U12, & U14**

## **UNDER 10 RULES (Back fields at Lakeview Park)**

1. The game shall consist of two 25-minute halves.
2. A size 4 soccer ball will be used in this age group.
3. A maximum of 6 players is allowed on the field at one time.
4. Penalty kicks are taken.
5. Offside will not be called unless the referee judges the player or coach to be intentionally seeking to gain an advantage.

## **UNDER 12 RULES (Back fields at Lakeview Park)**

1. The game shall consist of two 30-minute halves.
2. A size 4 soccer ball will be used in this age group.
3. A maximum of 8 players is allowed on the field at one time.
4. Regulation soccer is otherwise played in this age group.

## **UNDER 14 RULES (Upper field next to the Pavilion)**

1. The game shall consist of two 35-minute halves.
2. A size 5 soccer ball will be used in this age group.
3. Regulation soccer is otherwise played in this age group.

# **BASIC INFORMATION**

## **WEATHER POLICY**

The referee shall stop play anytime lightning is spotted or inclement weather conditions are deemed too hazardous to continue. Coaches are to suspend practices if lightning is seen. Players should be sent to their cars and wait 20 minutes after the last lightning strike. Any game that is suspended after halftime is an official game and will not be completed. Games that have not reached halftime will be made up in their entirety.

Game cancellations will be determined at the field by a YMCA staff representative. All coaches will be contacted if a game has been cancelled. Coaches will then contact their players with the news. If you have a question on whether or not a game has been cancelled, please visit the website, [www.frankfortymca.org](http://www.frankfortymca.org). Coaches determine practice cancellations.

## **EQUIPMENT**

The YMCA provides a soccer jersey, shorts, and socks for all players. Shin guards are MANDATORY for all practices and games and must be worn under the socks. Soccer cleats are recommended, especially for players in the U10 and above leagues, but tennis shoes are fine for the younger players (toe cleats are not allowed). It is recommended that every child bring his or her own soccer ball to practice (make sure balls are marked with players' names). YMCA soccer balls are available for purchase.

## **PRACTICE AND GAME LOCATION INFO**

All practices and home games will be held at Lakeview Park. To access the Little Kickers and U6 fields, go in the Franklin County High School entrance, drive down the lane, and the fields are located in a fenced in area to your right. All other fields should be accessed through the main entrance of Lakeview Park (there is a gate from FCHS to Lakeview, but it isn't always open). The U14 field is beside the pavilion. The other fields are located in the back of the park (turn left by the pavilion and follow the road past the skate park to a gravel lot facing the soccer fields). The fields are in order from left to right (U8 game field, U10 practice field, U10 game field, U12 game field, and then a U8 practice field behind the others). Seating is limited. Lakeview restroom facilities and portable toilets are available for use. Some travel may be required for U10, U12 and U14 leagues.

## **SNACKS AND DRINKS**

It is recommended that every child bring a water bottle to practice. If your team plans a snack and drink schedule, please bring healthy choices. Water is the best drink option but sports drinks and 100% fruit juices are fine too. Recommended snacks include fruit, crackers, healthy granola bars or trail mix, or other options with limited sugar.

## **PICTURES**

Picture day is currently scheduled for Saturday, September 18, 2010. Picture day for Little Kickers will be Monday, September 20, 2010 (other leagues can use this date as a makeup). Events Imaging will take both team and individual pictures on those dates. Please arrive 30 minutes before game time. Order forms will be available a week or two prior to picture day. Parents do not have to purchase pictures, but we want everyone to participate in the team photo. If there is a problem with a picture order, it is best to contact Events Imaging (859-219-8426) rather than the YMCA.

## **YMCA INFORMATION**

The Frankfort YMCA website, [www.frankfortymca.org](http://www.frankfortymca.org), will be updated with valuable information such as rules, games schedules, cancellations, and photos.

# FRANKFORT YMCA COACH'S CODE OF CONDUCT

1. I understand that failure to follow this description may result in suspension, probation, or removal as a coach or assistant coach of my team.
2. I will treat each player, opposing coach, official, parent, and administrator with respect and dignity.
3. I will do my best to learn the fundamental skills, teaching and evaluation techniques, and rules and strategies of the sport.
4. I will become thoroughly familiar with the objectives of the YMCA mission and youth sports philosophy and will strive to achieve these objectives and communicate them to my players and their parents.
5. I will uphold the authority of officials who are assigned to the contests in which I coach, and I will assist them in every way to conduct fair and impartial contests.
6. I will learn the strengths and weaknesses of my players and conduct my practices and games so that all players have a maximum opportunity to improve their skill level through active participation.
7. I will protect the health and safety of my players by insisting that all of the activities under my control are conducted for their psychological and physiological welfare, rather than for the vicarious interests of adults.
8. I will seek and encourage parental participation at practice, games and any other activities.
9. I will respectfully control the behavior of players and parents by asking them to leave the sidelines should they become unruly or create an atmosphere that is not appropriate for the development of good sportsmanship.
10. I will follow the practice schedule as given and will not practice at any other time or location unless approved by the YMCA sports department.
11. I will adhere to all rulings made by YMCA staff and officials, and I will report any irregularities that violate sound competitive practices.
12. I will lead by example, demonstrating fair play and sportsmanship in my on and off field activities.

***I certify that I will represent the YMCA in a positive manner, keeping in mind the YMCA philosophies.***

# **FRANKFORT YMCA PARENT'S CODE OF CONDUCT**

**I will** place an emphasis on the fun of participation and keep the emotional and physical well being of all the children ahead of my personal desire to win.

**I will** teach my child to treat other players, coaches, fans, and officials with respect without regard to gender, race, religion, culture, or ability.

**I will** encourage good sportsmanship by giving positive support to all players, coaches, and officials at every game, practice, or other event.

**I will** help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with practices, or providing transportation.

**I will** support coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.

**I will** refrain from the use of tobacco, alcohol, and drugs at all youth sports practices, games, and other events, and I will encourage others to do the same.

**I will** remember that youth sports are for the kids and not for the adults and will do my very best to make this experience fun for all of the children and parents involved.

**I will** monitor the actions of our coach or coaches and will bring any behavior that is inconsistent with the Coach's Code of Conduct to the attention of someone in authority at the YMCA.

**I will** pick up my child promptly after games and practices so the coach is not left in a compromising position with my child.

**I will** support the implementation of the YMCA's four character development values of caring, honesty, respect, and responsibility and will help my coach follow the YMCA Mission and Youth Sports Philosophy.

**I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parent's Code of Conduct.**

# FRANKFORT YMCA

## YOUTH-SPORTS PARTICIPANT'S CODE OF CONDUCT

**I will not** intentionally hurt or be mean to any player, coach, or referee.

**I will** pay attention to my coach and give her/him the respect s/he deserves. I will not misbehave or be disruptive during practices or games so that I do not ruin the experience of other children.

**I will not** argue with referees and will leave any disputes regarding officiating to game officials and my coach.

**I will** follow the rules for safety that my coach and the YMCA have established.

**I will** seek and willingly receive instruction both in the skills of the sport and in proper sporting behavior and good sportsmanship.

**I will** encourage my parents to set an example of good sportsmanship for my fellow teammates, the other parents, and myself.

I will commit to follow the following pledge:

WIN OR LOSE,  
I PLEDGE BEFORE GOD,  
TO DO THE BEST I CAN,  
TO BE A TEAM PLAYER,  
AND TO RESPECT MY TEAMMATES,  
OPPONENTS AND OFFICIALS,  
AND TO IMPROVE MYSELF  
IN SPIRIT, MIND AND BODY.