



Norm Waitt Sr. YMCA
601 Riverview Drive
South Sioux City, NE 68776
402.404.8439
www.nwsymca.org

REC SOCCER LEAGUE MANUAL



Ryan Dunkel
Sports & Rec Director
402.404.8439
Email:
rdunkel@nwsymca.org

Sports & Recreation
Game Cancellation Voicemail
712.444.4091

GENERAL LEAGUE INFORMATION

- All participants **MUST** wear the red / white YMCA Youth Sports jersey, purchased and picked up at the Member Service Desk at the YMCA. Each player must have his/her own jersey-they can not borrow from another player waiting to sub into the game.
- Shin guards are **mandatory and must be covered**. You can purchase these at most retail stores.
- **NO JEWELRY** may be worn-**NO TAPING** of earrings. No barrettes, no beads, and no hair clips. The player will be asked to take them out. This is for safety of the player.
- Casts must be completely covered with padding, and approved by the youth sports personnel.
- All boys and girls must register and have fees paid at the Norm Waitt Sr. YMCA to be eligible. Players will be assigned to a team by YMCA personnel.
- Some of the teams are in need of extra players – all registrations must be handled through the Y. Do not tell a player that he/she will be on your team as it is possible that another team in your area has fewer players. If there is a late sign up and we assign the player to your team, we will verify it with you.
- Practice is scheduled by mutual agreement between coaches and players. One practice time per week is required. Please practice all season.
- Some teams cover a large geographical area. Try to find a practice area convenient to the largest number of players on the team or you may want to practice in two different areas. Generally, schools and parks in the area are good practice spots.
- If you plan to use a Sioux City school playground for practice, please clear this with the school before practicing and alert the YMCA so we can fax a copy of our liability insurance.
- Depending upon your practice times, evening darkness may be a problem, especially for youngsters walking or riding bikes home. Please don't leave a practice site until all players are picked up or accounted for.

- All athletes must play equal portions of each game.
- Each team is responsible to make sure that the sideline area is left litter free after each practice and game. Please have your players take home their belongings.
- The philosophy of the league is for all youngsters to participate equally while learning the skills of the game. No score or league standings will be kept.
- Please report all accidents and/or incidents to the Site Supervisor. They will write a report on what happened and take all information to the YMCA.
- If you have any questions, concerns, or problems – please call the Sports and Rec Department at the Y and ask for Ryan Dunkel-Sports and Rec Director or Amanda Sindelar – Sports and Rec Coordinator at (402) 404-8439.

Game Cancellation Policy

The Sports and Rec game cancellation voice mail number is **(712) 444-4091**. If you have any questions on game cancellations due to bad weather situations, please call this number. The 1st game cancelled due to bad weather conditions **will NOT** be made up. All other cancellations due to bad weather will be rescheduled.

No Tolerance Policy

Due to an ever increasing tendency for coaches and parents to verbally harass game personnel and players, the Norm Waitt Sr. Y has implemented a No Tolerance Policy throughout the Youth Sports Program. Coaches are asked to encourage their players in a positive fashion and avoid yelling at game personnel. Our intent is as it always has been to provide a fun learning environment for the youth in our programs and to provide positive role models for young people to mentor from.

KINDERGARTEN DIVISION

1. All participants must wear a YMCA sports jersey
2. Shin guards are **MANDATORY and must be covered**
3. **No jewelry, barrettes, beads, or hair clips** may be worn
4. Tennis shoes or rubber soccer cleats may be worn
5. The playing field is approximately 50' x 70'
6. The ideal roster size is 6 players on a team
7. There will be a maximum of 3 players on the playing field. There is no goalie!
8. The score is not kept
9. The game will consist of two 20-minute halves with a 3-5 minute half time break
10. Home (white) team will kick off 1st half, and the visitors (red) will kick off 2nd half
11. The player kicking off at center field cannot touch the ball again until another player on the field has touched it
12. There are no time outs. However play will stop for injuries and by the referee
13. A ball that is out of bounds on the sidelines is a throw-in
14. A team has ten minutes after their scheduled time to field a team. After that it will be considered a forfeit. After a forfeit is granted to the other team, you may use the field to have a practice game with the other team so the kids get some play in. Referees will not be required to ref but you may ask them to do so
15. "Hands Ball" – when the ball touches the player anywhere from the shoulder on down to the hand. If "incidental" or "no advantage" then there is no penalty. **** Penalty**** - indirect kick. This means that the ball is placed where the infraction occurred. Another player must touch the ball before going into the goal
16. ***NO SLIDING ALLOWED! This is a safety issue.*** All participants need to stay on their feet, before and after making contact with the ball. First offense is a loss of possession and the player is warned and the offense is explained to the player. Second offense is a loss of possession and the player is out of the game for the next 5 minutes. If a third offense occurs, the player will be ejected for the remainder of the game. **No exceptions**
17. Either team can make substitutions on any throw in, goal, corner kick, or defensive kick

TEACH YOUR PLAYERS TO RESPECT THEIR OPPONENTS

1st & 2nd GRADE DIVISION

1. All participants **MUST** wear a YMCA sports jersey
2. Shin guards are **MANDATORY and must be covered**
3. **No jewelry, barrettes, beads, or hair clips** may be worn
4. Tennis shoes or rubber soccer cleats may be worn
5. The playing field is approximately 90' x 110'
6. There is a maximum of 6 players on the field-5 players and 1 goalie. There must be a minimum of 5 players to start a game

Note: 7 vs. 7 may be played if both coaches agree before start of the game

7. There will be a desired maximum of 10 players per team
8. Score will **NOT** be kept. This is a REC fundamental learning league
9. The game will consist of two 25-minute halves with a 3-5 minute halftime
10. Home (white) team will kick off 1st half, and the visitors (red) will kick off 2nd half
11. There are **NO** timeouts. However, play will stop for injuries

12. Only indirect kicks will be used

13. A ball that is out of bounds on the sidelines is a throw-in
14. **NO SLIDING! This is a safety issue.** All participants need to stay on their feet, before and after making contact with the ball. First violation will be a warning, infraction explained to the player, and team loses possession of the ball. Second violation will result in player out of the game for 5 minutes and team loses possession. If a third offense occurs the player will be ejected for the remainder of the game and team loses possession. **No exceptions**

15. Substitutions:

Allowed:

- Any dead ball that is your team's possession (your team's throw in)
- Goal has been scored – either team may substitute
- Goal kick – either team may substitute

Not Allowed:

- Corner kick
- Foul/penalty

16. **GOALIE-** The goalie may pick up the ball and has **10 seconds** to kick or throw the ball to another player. The goalie cannot pick up a ball that is intentionally kicked back to him in the penalty box by a teammate. The goalie would play this ball the same as any other player on the field. The goalie cannot hold the ball to delay the game. Violation will result in the opposing team getting an indirect kick at the point closest to the infraction-outside of the goalie box

***If the goalie has 1 hand on the ball, the offensive team must back off!**

TEACH YOUR PLAYERS TO CARE ABOUT EACH OTHER

17. **Penalties will be handled as followed:**

The whistle will be blown, the offense will be explained to the player, and the team will **keep control** of the ball with an indirect kick* **NO DIRECT KICKS**

*Any foul **will** result in change of possession

18. A team has 10 minutes after their scheduled time to field a team, and then it will be considered a forfeit. After the forfeit is granted to the other team, you may use the field to have a practice game with the other team so the kids get some playing time. The refs are not required to ref these games but you may ask them.
19. One Coach may be on the field assisting their players in this division

3rd & 4th GRADE DIVISION

1. All participants must wear a YMCA sports jersey
2. Shin guards are **MANDATORY and must be covered**
3. **No jewelry, barrettes, beads or hair clips** may be worn
4. Tennis shoes or rubber soccer cleats may be worn
5. The playing field is approximately 120' x 180'
6. There will be a desired maximum of 12 players per team
7. There will be a maximum of 6 players on the playing field (this includes 5 players and 1 goalie), with a minimum of 5 players to start a game

Note: 7 vs. 7 or 8 vs. 8 may be played if agree upon by coaches before start of game!

8. Score will **NOT** be kept. This is a REC fundamental learning league
9. The game will consist of two 25-minute halves with a 3-5 minute half time break
10. Home (white) team will kick off 1st half, and the visitors (red) will kick off 2nd half
11. There are no time outs. However, play will stop for injuries

12. Only indirect kicks will be used

13. Substitutions:

Allowed:

Any dead ball that is your team's possession (your team's throw in)

Goal has been scored – either team may substitute

Goal kick – either team may substitute

Not Allowed:

Corner kick

Foul/penalty

TEACH YOUR PLAYERS TO BE HONEST AND PLAY FAIR

14. **Goalie:** The goalie may pick up the ball and has 6 seconds to kick or throw the ball to another player. The goalie cannot pick up a ball that is intentionally kicked back to him/her in the penalty box by a teammate. The goalie would play this ball the same as any other player on the field. The goalie cannot hold the ball to delay the game. Violation will result in the opposing team getting an indirect kick at the point closest to the infraction-outside of the goalie box

***If goalie has 1 hand on the ball, the offensive team must back off!**

15. Offsides can be enforced if both teams agree prior to the start of the game
16. A team has 10 minutes after their scheduled time to field a team, and then it will be considered a forfeit. After the forfeit is granted, you may use the field to have a practice game with the other team so the kids get some playing time. The refs are not required to ref these games but you may ask them to do so
17. One Coach may be on the field in this division assisting their players
18. **NO SLIDING! This is a safety issue.** All participants need to stay on their feet, before and after making contact with the ball. First violation will be a warning, infraction explained to the player, and team loses possession of the ball. Second violation will result in player out of the game for 5 minutes and team loses possession. If a third offense occurs the player will be ejected for the remainder of the game and team loses possession. **No exceptions**

A WINNER IS A PLAYER WHO DOESN'T QUIT

5th & 6th GRADE DIVISION

1. All participants must wear a YMCA sports jersey
2. Shin guards are **MANDATORY and must be covered**
3. **No jewelry, barrettes, beads or hair clips** may be worn
4. Tennis shoes or rubber soccer cleats may be worn
5. The playing field is approximately 150' x 250'
6. There will be a desired maximum of 12 players per team
7. There will be a maximum of 6 players on the playing field (this includes 5 players and 1 goalie), with a minimum of 5 players to start a game

Note: 7 vs. 7 or 8 vs. 8 may be played if agree upon by coaches before start of game!

8. Score will **NOT** be kept. This is a REC fundamental learning league
9. The game will consist of two 25-minute halves with a 3-5 minute half time break
10. Home (white) team will kick off 1st half, and the visitors (red) will kick off 2nd half

11. There are no time outs. However, play will stop for injuries

12. Only indirect kicks will be used

13. Substitutions:

Allowed:

Any dead ball that is your team's possession (your team's throw in)

Goal has been scored – either team may substitute

Goal kick – either team may substitute

Not Allowed:

Corner kick

Foul/penalty

TEACH YOUR PLAYERS TO BE HONEST AND PLAY FAIR

14. **Goalie:** The goalie may pick up the ball and has 6 seconds to kick or throw the ball to another player. The goalie cannot pick up a ball that is intentionally kicked back to him/her in the penalty box by a teammate. The goalie would play this ball the same as any other player on the field. The goalie cannot hold the ball to delay the game. Violation will result in the opposing team getting an indirect kick at the point closest to the infraction-outside of the goalie box.

***If goalie has 1 hand on the ball, the offensive team must back off!**

15. Offsides can be enforced if both teams agree prior to the start of the game

16. A team has 10 minutes after their scheduled time to field a team, and then it will be considered a forfeit. After the forfeit is granted, you may use the field to have a practice game with the other team so the kids get some playing time. The refs are not required to ref these games but you may ask them to do so

17. One Coach may be on the field in this division assisting their players

18. **NO SLIDING! This is a safety issue.** All participants need to stay on their feet, before and after making contact with the ball. First violation will be a warning, infraction explained to the player, and team loses possession of the ball. Second violation will result in player out of the game for 5 minutes and team loses possession. If a third offense occurs the player will be ejected for the remainder of the game and team loses possession. **No exceptions**

For Youth Development, For Healthy Living, For Social Responsibility