



FOR YOUTH DEVELOPMENT®
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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!

Be sure to visit our website for youth sports at www.summervilleyymca.org/programs/youth-sports/.

Thank you,

Jill Lewellyn
Vice President of Programs
843-871-9662 ext. 155
Jill@summervilleyymca.org

Barbara Gonzalez
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843-821-1028
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YMCA Youth Co Ed Soccer

General Information for Parents/Coaches

How and where do I register?

You can register at any YMCA location or online at www.summervilleymca.org/programs/youth-sports/. Any registrations after registration ends (Jan. 14th) will result in a \$15 late fee.

When you register, please indicate any days or times of the week that you CANNOT practice (see practice days/times below). Please make sure to include all phone numbers and email addresses for our office and your coach to call you. Please also make sure to indicate the division in which your child will be playing.

What does the Y provide and what do I need to provide?

We will provide your child's jersey and socks. Your child will need cleats, shin-guards, a ball, and shorts. Jerseys will be made available at all three Y locations during registration for your convenience. Please ask to try on a jersey if you are unsure of the size your child needs. **Any additional jersey ordered will be associated with a \$10 fee.**

The Y does not provide trophies, medals, or team parties. We leave this decision of how to celebrate the season to the coaches and parents and suggest all the parents pitching in as a team to celebrate their child's success in an effort to make it more personable from the coaches!

When will we hear from our child's coach?

If your child plays in the U6-U17 divisions, you should hear from your child's coach no later than Jan. 31st. If you have not heard from your child's coach by this date, please contact the YMCA Sports Office. Micro parents should hear from your coach by Feb 8th.

When are practices and games and when do they start?

U6 and above: Practices will begin the *week of Feb. 4th*. Your child should have one (1) or two (2) practices per week depending on their age group. Practices are Monday through Friday, 5:30pm OR 6:30pm. Please indicate on your registration form what days/times you cannot practice. **Any requests made after registration ends may not be met.**

Games for U6 and above are Feb. 16th-Apr. 6th. Practice will continue as scheduled once games begin.

Micro: The first half of the season are practices; the second half are games. Practices begin Feb. 16th and games begin on Mar. 16th. All practices and games for Micro take place on Saturdays only and are located at the Oakbrook Sports Complex. Once Micro games begin your team will no longer have practices.

No team may practice before February 4th, without consent from the Sports Office.



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Please note that any make up games take preference over practices. Your Coach will be notified when this applies to your team.

*******Refund Policy: *******

A \$15 administration fee is deducted from program refunds, or full credit for another program. Any refunds given 10 days prior to season's start will be subject to a \$15 administration fee plus 50% of the fee paid. **No refunds will be issued once the program has started (first day of practices).** A \$15 fee will be assessed for any registrations taken after the registration period for the program has ended.

How can I help my child's team?

The Y is always in need of three volunteers: Head Coaches, Assistant coaches and 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 Jill@summervilleymca.org for more information.

- **Coaches Meeting:** Jan. 15th 6:00pm in the Oakbrook Childcare gym. For coaches only.

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
 - **U17: 14-16 years **Must provide proof of date of birth: Birth Certificate, Permit/Drivers Licenses. This must be turned into the Sports Office before the season starts or the participant may not take part in practices or games until it is turned in. Sports office will contact you if this important piece of information is missing. *****
- **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 by Feb. 1st.

Micro players must be 3 the ENTIRE SEASON.



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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.

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- nowhere, PLEASE.
- **NO PETS** are permitted on YMCA property
- **NO ALCOHOL** is permitted on YMCA property
- **NO WEAPONS** are permitted on YMCA property
- **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.

Rules of Play

Our referees base their rules, regulations, and procedures off of USSF rules. At the Y, our goal is to teach soccer but also to focus on mentoring children. The goal of the referees is to maintain the flow of the game while teaching when needed. There will be times the referees may stop the game to explain a call or instruct a player on proper play. However, their main objective is to keep the ball rolling and make the appropriate calls. To read the Laws of the Game, see the appropriate equipment (including what NOT to wear), and understand the fouls/penalties better, feel free to visit the official site for referees at <http://www.ussoccer.com/referees/laws-of-the-game>.

We appreciate your SUPPORT of our referees on and off the field.

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 Jilll@summervilleymca.org.



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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.

Pictures

The photographers will be at the Oakbrook Sports Complex the second week (**Feb. 23rd**) for **Micro and U6 teams only** and the third week (**March 2nd**) for **U8 and above**. 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. The Coach is responsible for makeup pictures.

If your team does not have a game on your scheduled weekend, you can switch weekends. There are no make-up days for pictures.

The Snack Shack



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The Snack Shack will be open each Saturday of the season from 9am-2pm. The Snack Shack is the “hub” for Saturdays’ events and operations. Please report any concerns to the YMCA Staff located in the Snack Shack.

Contact Information

If you have any questions or concerns, please call the Sports Office at 871-9622 ext. 155 or by e-mail at Jill@summervilleymca.org



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Risk Issues

Bad Weather: In the case of bad weather on a practice night, the YMCA will cancel practice via email and our Facebook Page. In case of a late storm or pop up storm, it is up to the coach to determine if practice should take place or not and to contact their team in the event of a cancellation. The YMCA will not reschedule missed practices.

Unless extreme conditions exist, games may not be called until the game time. Minor weather conditions may result in games being postponed. As soon as cancellations are made coaches will be contacted and asked to contact their team. Information will also be posted on the YMCA Facebook Page and via email. Every effort will be made by the YMCA to make-up cancelled games.

Lightning: Activities will be stopped and all people asked to move inside to a safe location when either of the following occurs:

1. Cloud to ground lightning is observed and less than 30 seconds pass from seeing the lightning and hearing the thunder from the flash
2. In cloud lightning is occurring directly overhead. The outdoor activities can be considered safe to continue 30 minutes after the last lightning is seen.
3. Coaches can make calls on site when Director is not present.

Injury Prevention

Know the risk factors of the sport specific physical activity that your child is participating in. Make sure that the athlete has the appropriate protective equipment to prevent injury. Help your athlete develop strength, flexibility, and endurance. *Encourage your child to report pain and injury.*

Warm Up: Warm up activities are slow sustained stretching exercises, calisthenics and slowly increasing the intensity of motion. A good warm up should increase your body temperature, respiration, and heart rate, followed by stretching muscles with a slow static stretching.

Cool Down: Gradually reduces workout intensity. Have athletes walk at a slow rate until their heart rates get near normal. Follow up with light stretching.

Over Use Injuries: It is very important that coaches and parents are proactive and ask pointed questions if they suspect an athlete is injured or overly fatigued. Athletes commonly continue to play when fatigued or injured and may not report an injury to their coach.

Dehydration Prevention: Make sure your athlete has the proper amount of liquids and is staying properly hydrated. Fluid should be caffeine free. Athletes should have water breaks every 10-20 minutes and more often when exercising in extreme heat.

Heat Related Injuries: Know the signs and symptoms of heat exhaustion and heat stroke. Make sure athletes are in appropriate clothing and receiving fluids & rest periods during high heat conditions

Concussions: Athletes need to be in proper protective gear for their sport. In the event of a head injury athletes need to be cleared by a medical professional before returning to play.



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THE YMCA PHILOSOPHY OF YOUTH SPORTS

Seven Pillars of YMCA Youth Sports

What we want youth sports to be in the YMCA is stated in our Seven Pillars of YMCA Youth Sports.

Pillar One - Everyone Plays. We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Super 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 some children may get hurt playing sports, we do all we can to prevent injuries. We ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.

Pillar Three - Fair Play. Fair play is about playing by the rules - and more. It's about you and your players showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.

Pillar Four - Positive Competition. We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective is when adults make decisions that put the best interests of the children above 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 encourages parents to be involved appropriately along with their child's participation in our sport programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

Pillar Six - Sport for All, YMCA Youth Sports is an inclusive sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical ability, financial circumstances, and years of experience. 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. Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, of playing with their friends, and of competing with their peers. Sometimes when adults become involved in children's sport, they over organize and dominate the activity to the point of destroying children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember that these sports are for the kids; let them have fun!



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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
- No Headers in this Division

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
- No goalies
- Defensive players are allowed
- No Headers in this Division

Emphasize FUN!

U8

Field: 135' x 90'

Ball: size 3

Players: 12-14 per team, 7v7

Time: 4: 10 minute quarters

Equipment: 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 kick off from center circle with forward progression
- No Headers in this Division

Emphasize FUN!



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U10

Field: 180' x 120'

Ball: size 4

Players: 14-15 per team, 8v8

Time: 2: 25 minute halves

Equipment: 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 kick off from center circle with forward progression
- No Headers in this Division
- **Emphasize FUN!**

U12

Field: 225'x135'

Ball: size 5

Players: 16 per team, 10v10

Time: 2: 30 minute halves

Equipment: 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 kick off from center circle with forward progression
- No Headers in this Division

Emphasize FUN!

U14

Field: 300' x 180'

Ball: size 5

Players: 18 per team, 11v11

Time: 2: 35 minute halves

Equipment: 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 kick off from center circle with forward progression



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- Headers are permitted

Emphasize FUN!

U17

Field: 300' x 180'

Ball: size 5

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

Time: 2: 35 minute halves

Equipment: 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 kick off from center circle with forward progression
- Headers are permitted

Emphasize FUN!