

The Magdalena Ecke Family YMCA Arena Soccer Rule Book



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YMCA Philosophy

The Magdalena Ecke Family YMCA offers a variety of adult sports to the community. These sports are recreational in nature while focusing on friendly competition, good sportsmanship, and respect to all participating (which includes staff, spectators, and teams)

Responsibilities of the Team Captain

- Inform their players of the game time and location
- Contact the league director/coordinator by 2pm if your team will be forfeiting.
- Make sure that **all members (full-time or sub)** of their team bring an ID card to each game
- Be familiar with all rules, schedules, policies, and procedures of the league

- Assist the YMCA staff with the implementation of the sportsmanship
- Communicate with the sports director/coordinator throughout the season with any problems or concerns
- Making sure that all members of your team are eligible to play
- Sign the game sheet and initial the team roster at the end of the game,
 - By doing so you agree to the score and that the players present have been checked off on your roster

Protests

Judgment calls are not subject to protest. Eligibility protests must be made prior to the start of the contest or when the alleged ineligible player enters the match. Protests made post game will not change the outcome of the game

Player ID Cards

- If you do not have a player ID card, you may use a photo ID

House Rules

- Rosters must be turned in by the first game so that staff can check for member or non-member status
- Each roster is required to have 9 full-time paid players.
- Rosters may be altered freely until the end of your 5th game. After your 5th game no full-time player added will be eligible for playoffs.
- Players must be at least 18 to participate in our leagues
- Players may only be on one roster per night. (You may sub for another team the same night if they are in a separate division and if a sub fee payment is made.)
- Once a player is removed, all marked in games are also removed for that player
- Only personnel listed on the roster are allowed in the team bench
- All payments must be made **BEFORE FIRST GAME OF SEASON, No Exceptions**
- **Players participating in the playoffs MUST be paid in full for the season**
- **No subs are allowed for playoffs, period.**
- **Teams with players that play without paying will be subject to a forfeit.**
- Teams that win their division may be moved up their next season at the discretion of the league.
- All managers must attend any necessary meetings called by the league director. If this policy is violated, the team will forfeit a game
- The YMCA guarantees 1 referee per game
- Only YMCA staff and volunteers are allowed in the scorekeeping area
- **Postponed/Cancelled Games Policy:**
 - In the event of a single rainout, we will not make up the game.
 - In the event of more than one rainout we will reschedule (Example: If there are 2 rainouts, we will make up 1 game. If there are 3 rainouts, we will make up 2 games.)

Code of Conduct

All individuals using the YMCA facilities are expected to conduct themselves in a manner consistent with the character, welfare, best interest, and policies of the Magdalena Ecke Family YMCA. Failure to do so may result in immediate dismissal from the premises and may result in the termination of adult sports program participation and membership privileges.

Red Card Tiers

Tier One – 1 to 2 Week Suspension

- Any foul, abusive, or aggressive language and/or gesture towards player, referee, or staff.
- Instigating or threatening/intimidating a player, referee or staff.
- Leaving the bench during an altercation.
- Alcohol use before or during game.

Tier Two - 3 to 4 Week suspension

- Any soccer related excessive hard foul including boarding, slide tackling, shoving/pushing or elbow throwing during play, etc.
- Any type of physical play that endangers the safety/well-being of another player.

Tier Three – 5 week suspension to life suspension

- Any non-soccer related violent conduct including fighting, punching, slapping, kicking, elbowing, spitting, biting, or shoving/pushing after play, including attempts, at player, referee, or staff.
- Any behavior that directly violates the YMCA Code of Conduct.

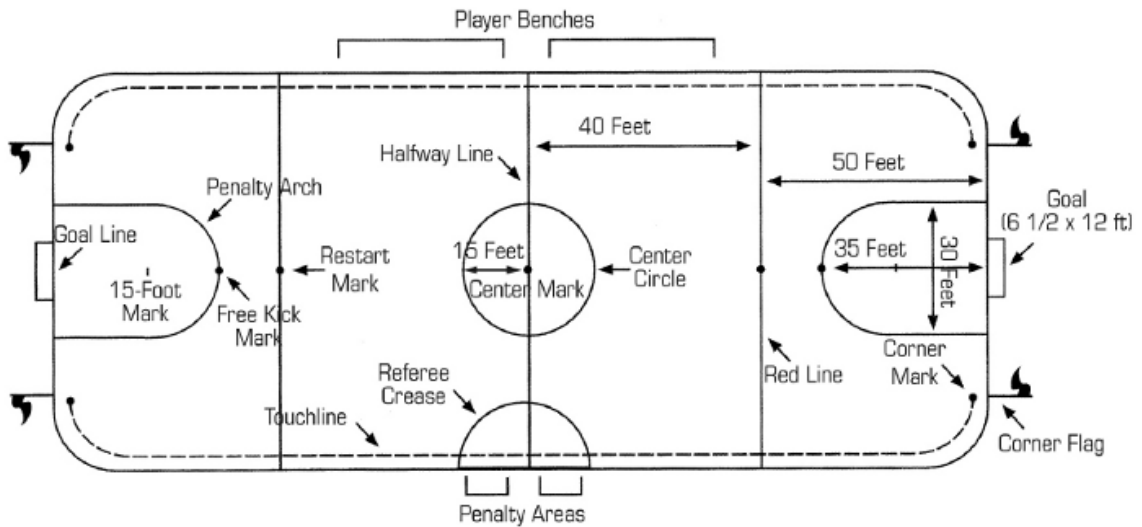
*****3 Team or Player Red Cards in 1 season = Suspension for 1 Season*****

*****All suspensions are final and cannot be appealed or overturned*****

Rule 1 – The Field of Play

1.1 Arenas

Official Field Diagram



Rule 2 – The Ball

2.1 Soccer Ball

- A size 4 ball will be used for all matches
- The YMCA will provide the match balls

Rule 3 – The Players

3.1 Check-in

- All players and non-playing managers must turn in a picture ID to the scorekeeper at the start of the match or as soon as they arrive
- Must provide proof of payment if player is subbing. If player does not provide proof they will not be able to play.
- Any player that plays or attempts to play without playing will not be allowed back in future games.
- **Players must be paid in full prior to the end of the 5th week to be eligible for playoffs.**
- Players can only be on one team roster per night (Players may sub the same night in a separate division but a sub fee must be paid.)
- Payment for one division does not cover all leagues. (Separate payments must be made for each league if playing in more than one league.)

3.2 Borrowed Player

- Notify and get a confirmation from the opposing team manager
- Notify referee and scorekeeper prior to the game starting
- Borrowed player may not score

- Once your original team members start showing up, the borrowed players MUST exit the field and cannot be used as sub

3.3 Teams

- A game shall be played by two teams, each consisting of not more than six or less than four players on the field, one of whom shall be the goalkeeper

3.4 Substitutions

- Unlimited substitutions may be made at any time provided the player substituted for is within three feet of the gate of their own bench
- Neither the player entering the field nor the departing player may become involved in the play while they are simultaneously on the field
- Goalkeepers may also substitute in this manner
- A substitution violation shall result in a 2 minute power play

3.5 Injured Player

- In cases where the referee stops play for an injured player, the time shall stop and the player may be substituted if in the opinion of the referee the player is doing so to delay the game

3.6 Blood

- Any player that is bleeding must leave the field and can only re-enter once bleeding has stopped and covered/cleaned and there is no blood on their equipment

Rule 4 – The Player’s Equipment

4.1 Safety

- Casts and exposed metal braces must be covered by at least 2 inches of padding
- Jewelry must be covered up or removed. Players wishing to play with their jewelry taped up do so at their own risk. This goes for, but is not limited to, fitness trackers, stud earrings (dangling earrings are not permitted), bracelets, necklaces and/or rings

4.2 Compulsory Equipment

- Shirt or jersey
- Shorts or sports pants (cannot be changed in public areas)
- Shin guards must be worn and covered
- Footwear- players must wear all purpose sport shoes, turf soccer shoes, or soccer cleats
 - Metal cleats are not permitted

4.3 Colors

- Jerseys must consist of the same shade of color
- Goalkeepers must wear a color that is different from that of the field players
- If two teams show with the same color jersey, the home team must change
 - If the home team does not have an alternate set of jerseys the visiting team will change and the game will start with an added goal for the visiting team

Rule 5 – The Referee

5.1 Duties and Responsibilities

- The referees are in charge of the game and all matters concerning field, play and conduct of coaches, players and spectators
- The YMCA is the final authority in all matters
- The referee should be able to officiate the games in an atmosphere free of harassment

5.2 Forfeited Games

- The referees will officiate any forfeited games where the teams wish to scrimmage
- Teams must let the scorekeeper and the referee know that they want referees
- Teams may not use players that are not on a team roster or are minors

5.3 Advantage

- The Referee may allow play to continue when the team that was fouled gains an advantage and then penalize the original offence if the anticipated does not occur

5.4 Referee Whistle

- The referee has to blow their whistle for the following
 - restarts from the circular marks
 - goals
 - out of bounds
 - stop play
 - timeouts

5.5 Uniform

- The referee must wear their referee jersey
 - Only during rain or low temperatures may a jacket be worn over the jersey provided that it does not conflict with the team's jerseys
- The referee must wear a color that is noticeably distinct from the two teams
- The referee may wear referee shorts or pants
 - Referee socks must be worn properly if wearing shorts

Rule 6 – The Scorekeeper

6.1 Duties

- The scorekeeper shall act as the official timekeeper and keep the record of the game
- The scorekeeper will deal with any issues that occur outside of the field of play
- Only on the direction of the referee will the scorekeeper stop the clock during active play
- The scorekeeper will blow their whistle when the referee has called the 6th, 10th etc. team foul and then stop the game clock
- The scorekeeper shall signal the expiration of time at the end of each half by blowing their whistle

6.2 Abilities

- The scorekeeper has the ability to ask referees to issue blue and/or red cards to players in the bench that are acting inappropriately

Rule 7 – Duration of the Match

7.1 Duration of the Match

- All games will consist of (2) twenty-four minute halves
- To maintain the game schedule, the game clock will start at game time and will run down to nineteen minutes before the game is considered a forfeit
 - 6 and 7pm games have a 5 minute grace period to get 4 players before the game clock starts
- Half time will be at least 1 minute and 30 seconds and will not exceed 2 minutes

7.2 Clock Stoppage

- The clock will run continuously except for
 - Injured players
 - Team time out
 - Referee time out
 - Accumulation of fouls (6th, 10th etc.)

7.3 Time Out

- Each team is allowed one timeout per half that must not exceed 1 minute
 - Can be called on any dead ball by the team in possession
 - Either team can call a time out after a goal is scored
 - Any person on the roster can call a time out at the appropriate time
 - The goalkeeper having possession of the ball while in their penalty area (unchallenged) is the only player who can request a time out during live play
- If a team calls a time out while not having one left and the referees stop play, a blue card shall be issued to that team. If the referees do not stop the play no penalty is issued

Rule 8 – The Start and Restart of Play

8.1 Start of Play

- The team facing the scoreboard kicks off each half
- All players must be on their side of the field until the ball is kicked
- The kick may be taken in any direction and must be taken within five seconds of the referee's whistle

8.2 Restart for Cause Not Mentioned

- A dropped ball is the way to restart play if play has been stopped for any reason not covered
 - A drop ball is non-contested for the team that last had possession

Rule 9 - The Ball In and Out of Play

9.1 Ball Out Of Play

- When it has wholly crossed the perimeter wall or touched the netting

- When play has been stopped by the referee
- Ball kicked out of play will be considered a foul intentionally or not.

9.2 Ball In Play

- The ball is in play at all other times

Rule 10 – Determining the Outcome of a Match

10.1 Goal Scored

- A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar provided that no offense has been committed by the team scoring the goal
- All goals count for 1 point

10.2 Winning Team

- The team scoring the greater number of goals during the game shall be declared the winner

10.3 Shootouts

- See rule 14.2

10.4 Playoff Tie Breakers

- If two teams are tied with points this will be the order for determining who advances
 - Head to head
 - The team with the least goals against
 - The team with the most goals for
- If 3 or more teams are tied with points this will be the order for determining who advances
 - The team with the least goals against
 - The team with the most goals for

Rule 11- Delay of Game Violations

11.1 Three-Line Pass Violation

- Occurs when the ball is played through the air over both red lines without touching another player, the perimeter wall or the ground
 - Exception – a player may play the ball back through the air towards their own goal

11.2 Three-Line Pass Violation Penalty

- A free kick for the opposing team at shootout mark of the first red line the ball crossed

Rule 12 – Fouls and Misconducts

12.1 Penal Fouls

- The following fouls count towards the team's foul count
 - Holding

- Charging an opponent
- Tripping
- Kicking
- Sliding
- Obstruction
- Handling the ball
- Pushing or attempting to push an opponent
- Dangerous play - bicycle or scissor kicks, diving header, high kick, playing on the ground

12.2 Procedural Fouls

- The following fouls do not count towards a team's foul count
 - 3-Line violation
 - Intentional pass back to the goalkeeper
 - Goalkeeper bring the ball from the outside and picking it up inside
 - Double touch on a restart
 - Touch violation (coed only)
 - Forward pass by a male player (coed only)

12.3 Time Penalties

- a) **Blue cards** - A blue card is a 2-minute penalty during which a team plays short until time expires or a goal is scored
 - The referee will issue blue cards for the following offences
 - Illegal substitution
 - Boarding
 - Slide tackles
 - Jumping the wall
 - Failure to respect the required distance
 - Delay of restart
 - Stopping a promising attack
 - Team accumulation of penal fouls
- b) **Yellow cards** – A player that receives a 2nd blue card shall be shown a yellow card. A yellow card is only shown for a 2nd blue card
 - In the event that a player is shown 2 subsequent blue cards they will receive a 4-minute penalty.
- c) **Red cards** – A red card is an ejection and a 5-minute full-serve time penalty. The game will not resume until the ejected player(s) leaves the arena area. A player must serve the time penalty in the bench. A red card will be issued for, but not limited to
 - 3rd blue card (only a 2 minute power play)
 - Violent conduct
 - Serious foul play
 - Fighting / baiting a fight
 - Leaving the team bench during an altercation
 - Biting or spitting directed at someone
 - Foul or abusive language and/or gesture directed at anyone

12.4 Duration of Time Penalties

a) Equal Number

- In situations where an equal number of players from each team are serving time penalties and a goal is scored, no player shall be released.

b) Multiple Time Penalties

- There must always be at least 4 players from each team on the field. If a team has 2 players serving time penalties and a 3rd player receives another time penalty, the 3rd player must go to the penalty box.
 - The player must be replaced with a player from the bench that is not currently serving a time penalty
 - The time penalty for the 3rd player will not commence until the 1st player's time penalty has elapsed
 - If a team does not have players in the bench when the 3rd time penalty is issued, the game will be terminated

12.5 Delayed Time Penalty (card advantage)

- In situations where the referee would want to penalize a player for an infraction by issuing a time penalty while at the same time wishing to apply the advantage, the referee shall signal that advantage is being applied and hold the appropriate card above their head and maintaining that signal until any of the following occurs
 - **Opponent Gains Possession**
 - The card is issued and the opponent restarts with possession
 - **Stoppage of Play**
 - The Referee stops play by whistling any other stoppage (such as a foul by either team or ball out of play). The player guilty is penalized, and play shall be restarted with the appropriate restart for the stoppage
 - **Foul by attacking team**
 - Call the second offense and penalize both offenses appropriately. Free kick for the defending team
 - **Foul by defending team**
 - Call the second offense and penalize both offenses. Free kick for the attacking team
 - **Goal**
 - If a goal is scored during the advantage, the offending player's penalty shall be recorded for accumulation purposes but they shall serve no time

12.6 Slide Tackles

- Slide tackles are defined as any player sliding while attempting to play the ball and either making contact or coming near a player
- Slide tackles by field players are not allowed and will result in a blue card.
 - Goalkeepers may slide within their penalty area
 - The goalkeeper will not be punished if their momentum carries them outside of their area as long as they make contact with the ball **inside their area first**

- A no-contact slide with no player nearby is considered just a slide

12.9 Goalkeeper Restrictions

- A goalkeeper is not permitted to play the ball with their hands when the ball has been deliberately kicked to them by a teammate
- A goalkeeper who brings the ball from the outside of the penalty area shall not handle the ball inside the penalty area
- After the goalkeeper distributes the ball, they may not pick it up until another player has touched it
- No punting or drop kicking
- The goalie has 5 seconds to release the ball from their possession inside the penalty area
 - Possession includes the ball at their feet

Rule 13 – Free Kicks

13.1 Free Kicks

- All free kicks are direct. There are no indirect free kicks
- The free kicks are taken from where the offense occurred except for
 - **Corner kicks**
 - The ball is placed on the corner mark
 - **3 line violation**
 - The ball is placed on the restart mark on the red line
 - **Fouls inside the penalty area by defending team**
 - The ball is placed on the free kick mark at the top of the penalty arch
 - **Fouls inside the penalty area by the attacking team**
 - Goalkeeper distribution
 - **Shootout**
 - The ball is placed on the restart mark on the red line
 - **Pass back**
 - The ball is placed on the free kick mark at the top of the penalty arch
- The ball must be stationary
- The player taking the free kick may not play the ball again until another player has touched it
- The ball is in play when it clearly moves
- Until the ball is in play all opponents must be at least 5 yards away
- Kicker has 5 seconds to play the ball is placed or it is turned over to the opposing team
- All kicks taken from any of the spot markings on the fields (corner mark, free kick mark, restart mark, center mark) have to be signaled by the referee with their whistle
- When a team asks for the required distance, the restart has to be signaled by the referee with their whistle

Rule 14 – Shootouts

14.1 Introduction

- A shootout is awarded for the following
 - Accumulation of team penal fouls (6th, 10th, 14th etc.)

- Any time penalty committed by a defending player in their penalty area
- Stopping a promising attack
- Any foul where the defending player is the last player between the attacking player and the goal

14.2 Procedure

- The ball is placed at the shootout mark on the red line nearest the attacking goal
- Players of the attacking team stand behind the halfway line and outside of the center circle
- Players of the defending team stand behind the halfway line and inside of the center circle
- The goalkeeper must have at least one foot on their goal line and may not move off of it until after the referee whistles the shootout to begin
- The shootout begins when the referee blows their whistle at which point all players may move.
- The goalkeeper shall be restricted to goalkeeping privileges while inside the penalty area
- Foul committed
 - By the goalkeeper
 - The goalkeeper is issued a blue card
 - The goalkeeper may stay but another teammate must serve their time penalty unless it's the goalkeepers 3rd blue card
 - The shootout is retaken
- Foul committed by the attacking player
 - The shootout is over and the appropriate restart is taken
- If a shootout infraction is called with less than 5 seconds remaining in any half, the game clock shall be reset to 5 seconds to allow completion of the shootout
 - In this situation all other players must remain at the midfield line for the full 5 seconds

14.3 Shootouts for playoffs games ending in a tie

- Playoff games that end in a tie score after regulation time go to a best of 5 shootout
- Each team will have five (5) players in the shootout
- Only the players on the field at the end of regulation time can take the initial 5 shootouts
- Any player serving a penalty at the expiration of time will not participate in the initial shootouts
- All players, except the goalkeeper and shooter will be behind the halfway line
- The **Visiting** team will shoot first
 - In coed, women shoot first in an alternating female-male rotation
- Shooter will have 5 sec. to score a goal (coed drops 4 touch rule)
 - The ball must have crossed the goal line before the 5 seconds expire
- Time will be kept by the scorekeeper
- Fouls by the goalkeeper on the shooter will result in another shoot-out if a goal is not scored
- Fouls committed by the goalkeeper will count toward the accumulation of time penalties by the goalkeeper
- Fouls by the shooter on the goalkeeper ends the shoot-out and no goal will be allowed
- If the score is tied after the 5 shooters we will go to sudden death in this order
 - The 6th player on the field
 - 1 player from the bench is selected (reduce to equate)
 - If after the bench players have kicked and we are still tied we restart until we have a winner

Rule 15 – Restarts for Out of Bounds

15.1 Kick-Ins

- When the ball is played over the perimeter wall or it touches the netting along the touchline, the ball be kicked in from that spot by an opponent of the team who last touched the ball

15.2 Goalkeeper Distribution

- After an attacking player has last touched the ball before going out of bounds between the corner poles, play restarts with a goalkeeper distribution

15.4 Corner Kick

- When ball is last played over the perimeter wall between the corner poles by the defending team
- The ball shall be placed on the corner mark at the nearest corner pole and wait for the referee's whistle

Rule 16 - Modifications

16.1 All Coed Divisions

- After week 6, when replacing a player on your roster you may only replace that player with another of the same gender
- All goals count as 1 point
- Male player can only touch the ball four times consecutively before another player (of either team) touches the ball
 - Violation of this rule will result in a turnover to the opposing team
- On free kicks, male players may not play the ball in a forward direction
 - Exception
 - if you are playing the ball from your defensive third of the field
- Male players may take shootouts in regulation time
 - Touch limit still applies
- Blue card issued to the goalie will be served by a player of the same gender unless it's the goalie's 3rd blue card in which case the goalie must leave the field

16.2 Coed 18+ League

- No more than three males or females can be on the field at one time
- To start a game teams must have at least four players (Three females, one male; three males, one female; or two males, two females.)

16.3 Coed 30+ League (in addition to the 16.2 rules)

- A team may have 2 players that are either 28 or 29 years of age
- Players are considered 28 if their birthday happens within the season

16.4 Coed 40+ League

- This league is strictly 40 and up
- All players have a 3 goal limit
- Minimum of 1 female player and a maximum of 4 male players
- Players can be borrowed between teams
- Male players have 5 touches

- Home team wears dark, visitors wear light
- Anything considered by the referee to be dangerous will be called
 - This is not to punish players but to protect them

16.5 Challenger League (competitive youth)

- Player ID cards are not required
- Ignores rules 16.1-16.4
- When a team is down by 5 or more goals the team has the option of adding an extra player until the score is within 4 goals.
- 2008 and youngers divisions can punt the ball
- 2009 and older divisions can header the ball
- In the bench you must have at least 1 adult and no more than 2