

Name	Phone	Age	Email	Mother	Father	Special Needs
Alberto Araiza	218-2546	6 (08/31/2002)	<a href="mailto:clarizaa@hotmail.com">clarizaa@hotmail.com</a>	Clariza	Jose	None Noted
Gabriel Daignault	224-4432	4 (10/3/2003)	<a href="mailto:kgd1970@hotmail.com">kgd1970@hotmail.com</a>	Rhonda *	Kevin *	None Noted
Ryan Day	369-3634	5 (12/dd/yyyy)	<a href="mailto:opday@cox.net">opday@cox.net</a>	Kim	Peter	None Noted
Matty Eberly	598-0282	5 (07/15/2003)	<a href="mailto:tequilla@hotmail.com">tequilla@hotmail.com</a>	Jenny	Marty	None Noted
Devin Moore	224-2815	4 (10/23/2003)	<a href="mailto:fmoore723@yahoo.com">fmoore723@yahoo.com</a>	Felicia	Justin	None Noted
Andrew Tysarczyk	875-5123	3 (10/3/2004)	<a href="mailto:lexiswoman@cox.net">lexiswoman@cox.net</a>	Susan	John	None Noted
Emily Woytannis	867-7036	4 (01/29/2004)	<a href="mailto:msdolphin@cox.net">msdolphin@cox.net</a>	Michele	Call Elizabeth Shirley (Emily's Grandmother) if practice cancelled - 218-1935	

\* - Assistant Coaches

<b>Coach</b>	<b>Rodney Erb</b>	<a href="mailto:rkeinc@rke-inc.com">rkeinc@rke-inc.com</a>	574-2793 (C)/224-4234 (H)
<b>YMCA Director</b>	<b>Nick Johansen</b>	<a href="mailto:njoha002@odu.edu">njoha002@odu.edu</a>	897-2797

Web Site for Details
<a href="http://www.rke-inc.com">http://www.rke-inc.com</a>
click on " <b>Mighty Mites Soccer</b> "

<b>Games -</b>	Sept 13th - 11 am - 9 v 10	Sept 27th - 11 am - 9 v 6	Oct 11th - 11 am - 9 v 2	Oct 25th - - 11 am - 9 v 1
<b>YMCA Field</b>	Sept 20th - 11 am - 9 v 7	Oct 4th - 11 am - 9 v 5	Oct 18th - Rained Out	Oct 28th - 6 pm - Make-up
				Nov 1st - - 11 am - 9 v 3

Simple Rules -
No Hands
Sideline Throws
Corner Kicks
Switch Goals
Three on Three
No Goalie
No Score Keeping
Goal Kicks
Whistle - Stop Play
Everyone Plays
Everyone Wins!

Game Rules -
1. There is no score keeping, everyone is here for fun and learning. Nobody should feel as if they lost.
2. There should not be any other children on the field during practice or game time.
3. The field must be kept neat and tidy - double check for lost articles and trash before team leaves the area.
4. Make sure the Coach or another assisting adult is on the field on time to meet the team.
5. A parent or family member should attend practices and games. An adult responsible for each child must remain at the YMCA.
6. Practices and Games will remain smoke-free at all times.
7. Participants should arrive 10-15 minutes prior to game time. Games must start at the stated time.
8. Soccer cleats and shin guards are recommended. A #3 soccer ball will be used.
9. Any Coach, player or parent displaying inappropriate behaviour (swearing, fighting, yelling at/or arguing over an official's call, etc.) will receive one warning. Repeated offenses will result in being asked to leave facility.
10. HAVE FUN!

Practice - Tuesday-6:00 pm @ YMCA	
Warm Up	5-10 minutes
Practice old skills	10 minutes
Learn New Skills	15 minutes
Water Break	5 minutes
Match Play	15 minutes
Cool Down	5-10 minutes

YMCA Character Development
Caring
Honesty
Respect
Responsibility

"Don't let what you can't do interfere with what you can do." John Wooden



## YMCA Youth Soccer Rules Introduction

The YMCA Soccer League is a recreational program. **Sportsmanship** is the most important aspect of the game. Coaches should not only teach sportsmanship, but model it as well. The sports program emphasizes **"child first, sport second"**. All athletes will be given the opportunity to play half of each game (equal playing time is the goal).

We will not keep score during the games and win/loss records will not be kept. Parents and family members PLEASE be aware of this.

### Soccer Terms/Definitions

**Fouls** - There are 2 kinds of fouls, Direct Kick Fouls & Indirect Kick Fouls.

(1) **Direct Kick Fouls** - For which the other team receives a "direct free kick" (meaning a goal can be scored by kicking the ball straight into the goal) or a "penalty kick" ("PK") if the foul occurs within the Penalty Box (Note: It doesn't matter whether the ball was in the Penalty Box or not; what matters is where the foul was committed). There are 10 direct kick fouls; 1. kicking or attempting to kick an opponent. Accidentally kicking an opponent while tackling the ball is not a foul; 2. tripping or attempting to trip an opponent; 3. charging into an opponent; 4. striking or attempting to strike an opponent; 5. pushing an opponent; 6. jumping at an opponent in a careless or reckless manner or using excessive force; 7. blatant holding or pulling; 8. making contact with an opponent before touching the ball when tackling an opponent to gain possession of the ball; 9. spitting at an opponent; 10. deliberately handling the ball (a "hand ball" should not be called if a player is instinctively trying to protect himself from injury or if the ball hits the hand while it is in a natural position near the players side and has not been moved toward the ball.

(2) **Indirect Kick Fouls** - The other team receives an "indirect free kick" (meaning a goal only counts if another player touches the ball before it enters the goal). The indirect free kick is taken from where the offense occurred. We have 3 types of indirect kick fouls; 1. "Dangerous Play" such as tripping or a high kick when an opponent is nearby; 2. "Impeding the Progress of an Opponent"; 3. "Unsporting behavior", "dissent", persistently breaking the rules, and offensive or threatening language.

**Free Kicks** - When one team is penalized (commits a foul), the other usually gets a "free kick". There are 2 types of free kicks (direct & indirect based upon the type of foul above) and a special type of Direct Free Kick called a Penalty Kick. Defenders must stay away from the kicker 6 yards or 18 feet:

(1) **Direct Free Kick** - Where a goal may be scored by kicking the ball directly into the opponent's goal without anyone else touching it (although it still counts if someone else does touch it).

(a) **Penalty Kick** - When a player commits a foul within his own Penalty Box, which would normally result in a Direct Free Kick, the other team is given a Penalty Kick ("PK"). On Penalty Kicks, everyone but the kicker must stay out of the Penalty Box until the kicker moves the ball.

(2) **Indirect Free Kick** - A goal cannot be scored unless the ball is touched or played by a player other than the kicker before passing through the goal.

**Throw-in** - A throw-in will be awarded a team when the ball goes completely over the sideline, either in the air or on the ground. This is the only time a player is legally allowed to pick up the ball with his hands. For a throw-in to be legal: (a) the ball must be thrown from behind & over the head (b) it must be thrown using both hands (c) the thrower must face the field (d) at the instant the ball leaves the thrower's hands, some part of both feet must be on the ground, either on or outside the side line. If the thrown ball does not enter the field, the throw-in is retaken by the same team. The thrower may not touch the ball again until it has touched another player. The penalty for an illegal throw-in is that your team loses the ball & the other team gets to take a throw-in from the same spot. A goal may not be scored on a direct throw-in (i.e., it doesn't count if it is thrown into the goal without another player touching it first).

**Goal Kick** - When the ball goes out of bounds over the end line & was last touched by the attacking team, it is put back into play by the defending team, who may place it anywhere within their Goal Box (including on the line) & then kick it. The kicked ball may not be touched again by anyone on either team until it clears the Penalty Box and the other team must stay outside the Penalty Box until the ball clears the Penalty Box. A goal kick is kind of like having the ball on your own 5-yard line in American football, you're glad to have the ball but if you turn it over you can be in trouble.

**Corner Kick** - If a member of the defending team was the last player to touch the ball before it crossed the goal line/end line either on the ground or in the air, the attacking team shall be awarded a corner kick. The ball is placed on the corner circle on the same side where the ball crossed the goal line. A goal may be scored directly from a corner kick. The kicker cannot touch the ball a second time until it has been touched by another player on either team.

Procedure:

- The ball is placed inside the corner arc at the nearest corner flagpost.
- The corner flagpost is not moved.
- Opponents remain at least 9.15 m (10 yds) from the corner arc until the ball is in play.
- The ball is kicked by a player of the attacking team.
- The ball is in play when it is kicked and moves.
- The kicker does not play the ball a second time until it has touched another player.

