Gateway Region YMCA Youth Soccer – 3 vs. 3

This is a non-competitive fun league. The YMCA philosophy of “everyone
plays, everyone wins” will be followed.

<table>
<thead>
<tr>
<th></th>
<th>Grades K-2</th>
<th>Grades 3-6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball Size</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Goal Size</td>
<td>4’ x 6’</td>
<td>4’ x 6’</td>
</tr>
<tr>
<td>Goal Box Size</td>
<td>6’ x 8’</td>
<td>6’ x 8’</td>
</tr>
<tr>
<td>Field Size</td>
<td>30 yards x 20 yards</td>
<td>40 yards x 30 yards</td>
</tr>
<tr>
<td>Players on Field</td>
<td>3 vs. 3 (No Goalie)</td>
<td>3 vs. 3 (No Goalie)</td>
</tr>
<tr>
<td>Max on Team</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Coaches on Field</td>
<td>One</td>
<td>None</td>
</tr>
<tr>
<td>Game Length</td>
<td>2-20 minute halves</td>
<td>2-25 minute halves</td>
</tr>
</tbody>
</table>

YMCA Mission:

- To put Christian principles into practices through programs that build a healthy spirit, mind, and body for all.

Sports Pledge

- “I pledge to play the game the best I can, to be a team player, to respect my opponents and to improve myself in spirit, mind, and body.” (Must be said before the beginning of each game.)

Player Equipment

- Consists of shirt, shorts, socks, and shoes. Shin guards are strongly recommended.

The Start of Play

- Game officially begins after the Sports Pledge is read by official in the center of the field. A coin flip decides which team will kick off. Each team must stay on its own half of the field until official blows his/her whistle and the defending players must be at least five (5) yards from the ball until it is kicked.
- After a goal, the team scored upon will kick off. After halftime, the teams change ends and the kickoff will be taken by the opposite team to that which started the game. A goal cannot be scored directly from a kickoff.

Goal Box

- There is a goal box located directly in front of each goal. There is no ball contact allowed by any player inside of the goal box. If a ball comes to rest inside of the goal box a goal kick will be awarded regardless of who touched it last. If a ball is
touched by a defensive player inside of the goal box a goal will be awarded. If the ball is touched inside the goal box by an offensive player a goal kick will be awarded.

**Goal Kick**

- When an attacking team kicks the ball out of bounds beyond the goal line, as in a missed shot, the opposing team is awarded a free kick. This kick is made by the defending team and must be made inside the goal box.
- Grades K-2: the defensive team shall stay behind the “build out line” until ball leaves the box on a goal kick.

**Corner Kick**

- If a team kicks the ball beyond its own goal line, the other team is awarded an indirect corner kick from a corner arc.

**Time Outs**

- There are no time outs.

**Coaches and Substitutions**

- One coach will be allowed on the field during play in K-2 league only. These coaches must stay out of the penalty areas while the ball is in play.
- Substitutions can be made during any dead ball. Coaches should notify the official to make a substitution.

**Slide Tackling**

- Slide tackling will **not** be allowed for any division. A slide tackle will result in a free kick.

**Kick-In**

- When the ball has completely crossed the touch line, it is put back into play by a indirect kick-in. Players cannot score on a kick-in and the opponent needs to be five (5) yards away from the ball.

**Penalties**

- Fouls are called when a player runs into, charges, pushes, trips, kicks, strikes or holds an opposing player.
- Handballs will be called only when a player *intentionally* touches the ball with his or her hand or arm to gain control.
- All fouls and infringements will result in an indirect free kick at the spot of the foul. The defense may set up five (3) yards from the spot of the kick.
- Referees may stop the game at any time to explain a call to a player to help them learn the game.

**Penalty Kick**

- There are **no** penalty kicks.
Offside

- There will be no offside called. Players that are continually not getting back to play defense will be warned. This rule should not be abused to gain an advantage.

Heading

- For the safety of players, deliberate heading will not be allowed in any grade level. If a player does head a ball deliberately, officials will stop play with the ball going to the other team from the spot of the header. The official will utilize the stoppage in play as a teaching moment.

Scoring

- No official score will be kept for grades K-2. Official score will be kept for grades 3-6.
- For grades 3-6, a forfeit will be scored as 5-0.

Officiating

- The referee is responsible for enforcing the rules, keeping the time, and issuing warnings and ejections of players and coaches. The decisions of the referees are final.

Sportsmanship

- Sportsmanlike behavior is expected from all coaches, players, and spectators at all times. If an individual is asked to stop their unsportsmanlike conduct and they fail to comply, the individual will be asked to leave. Examples of unsportsmanlike conduct include, but are not limited to: intimidating officials, players and/or coaches, arguing, taunting, swearing, pushing, and fighting.

_Last Revision: June 9, 2020_
Gateway Region YMCA Youth Flag Football – 5 vs. 5

This is a non-competitive fun league where children will learn character values and the fundamentals of the sport. The YMCA philosophy of “everyone plays, everyone wins” will be followed.

YMCA Mission:
To put Christian principles into practices through programs that build a healthy spirit, mind, and body for all.

Sports Pledge
“I pledge to play the game the best I can, to be a team player, to respect my opponents and to improve myself in spirit, mind, and body.” (Must be said before the beginning of each game.)

The Basics
- A coin toss determines first possession.
- The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line. There are no punts.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes start on the offense’s 5-yard line.
  - The only exception is grade 4-6 football, in which they are allowed to return interceptions.
  - For grade 1-3, interceptions are dead at the spot of the catch.
- Grades 1-3 will use a PeeWee Ball. Grades 4-6 will use a Junior Ball. Grades 7-8 will use a Youth Ball.

Players
- Teams must field a minimum of four (4) players at all times.
- Grades 1-3 will play 5 vs. 5. Grades 4-8 will play 5 vs. 5.
- Players must be properly equipped at all times. Participants must wear no jewelry. Mouth guards are strongly recommended. Jersey must be tucked in at all times.
- In following the YMCA youth sports philosophy of “everyone plays,” all team members are to have an equal amount of playing time.
Timing

- Two 20-minute halves will be played.
- Running clock except for time-outs, injuries, and official time-outs. The clock will stop the last minute of each half on dead balls (Touchdown, incomplete pass, out of bounds, interception, penalties.)
- Offense/Defense cannot conserve time by committing penalties.
- Each time the ball is spotted, a team has a 30-second play clock to snap the ball. Officials will give a verbal countdown under 5 seconds. Teams will receive one warning before a delay-of-game penalty is enforced.
- Each team has two 30-second timeouts per half.

Scoring

- No official score is kept for grades 1-3. Official score will be kept for grades 4-8.
- After scoring a touchdown, teams will be asked to go for “1 point or 2 points”
  - 1 point conversion is from 5 yards
  - 2 point conversion is from 12 yards
- For grades 4-8, a forfeit will be scored as 14-0.

Running

- The quarterback cannot run across the line of scrimmage with the ball.
- “No-running zones” located 5 yards from each end zone and 5 yards on either side of midfield are designed to avoid short yardage power-running situations.
- Direct handoffs/laterals/pitches behind the line of scrimmage are permitted.
  - Offense may use multiple handoffs/laterals/pitches.
  - No laterals/pitches are permitted in a “no-running zone.”
- NO laterals or pitches of any kind are allowed beyond the line of scrimmage.
- The player who takes the handoff or lateral can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, been pitched or a fake handoff has been shown, all defensive players are eligible to rush.
  - The referee will verbally announce and signal that the ball was shown.
- No wildcat formations are allowed. The player receiving the snap is considered the quarterback and therefore cannot run across the line of scrimmage with the ball.
- Spinning is allowed, but players cannot leave their feet to avoid a defender (no diving/jumping).
  - The ball will be blown dead and spotted and spot where ball carrier left their feet.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off or lateralled behind the line of scrimmage.)
- As in the NFL, only one player is allowed in motion at a time 1 second before the snap.
- A player must have at least one foot in bounds when making a reception.

Passing

- Shovel passes are allowed. These can be one-handed, two-handed, or underhand.
- The quarterback has a seven-second “pass clock.” This will be counted out loud by the Referee.
If a pass is not thrown within the seven seconds, the play will be blown dead by the Referee, resulting in loss of down.

Once the ball is handed off or fake handed off, the seven-second rule no longer is in effect.

- Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.
  - Interceptions may be returned in the grade 4-6 league only.
- Shotgun formations are allowed.

Dead Balls

- The ball is spotted where the ball is when the flag is pulled.
- The ball is considered dead when a player fumbles.
  - The ball is spotted where the player’s feet are when the ball was fumbled.
- If a ball carrier’s flag belt comes detached inadvertently, they may continue to advance the ball until a defensive player touches him with two hands at the same time.
- Defluggling an offensive player in their own end zone will result in a safety.
  - The defense will be possession of the ball at their own 5-yard line.
- No players can enter the neutral zone until the ball is snapped.
  - The neutral zone is marked by two orange cones marked 1-yard apart.
  - Violation of this will result in a dead ball and a 5-yard penalty.
- The ball may be snapped between the legs or to the side of the center. The snap should be one fluid motion. Fumbled snaps will result in a dead ball.
- Substitutions may be made on any dead ball.
- Play is ruled “dead” when:
  - Ball carrier’s flag is pulled
  - Ball carrier steps out of bounds
  - Touchdown is scored
  - Ball carrier’s knee hits the ground
  - Ball carrier is 2 handed touched if flag falls off inadvertently
  - Ball is fumbled

Blocking

- Blocking with hands is not allowed. Arms should be by the body, and players should never extend their arms to block. Players can only use their bodies to block. Think of setting a screen in basketball.
- Excessive contact, as determined by the official, will result in a penalty of 5 yards.
- Referees determine incidental contact that may result from normal run of play.

Flag Guarding

- Flag guarding is an illegal act. A player cannot hold their flags, block the flags with the ball, use their hands to push away a defender’s hand or body (NO Stiff Arms).
- Violation will result in a penalty of 5 yards from the spot of the foul and you play the proceeding down. If a first down was established on the play and the penalty moves spot of ball behind first down marker, then the play results in no first down and you play the next down. So, if it was 4th down, then the play would result in a turnover to the other team.
Sportsmanship

- Sportsmanlike behavior is expected from all coaches, players, and spectators at all times. If an individual is asked to stop their unsportsmanlike conduct and they fail to comply, the individual will be asked to leave. Examples of unsportsmanlike conduct include, but are not limited to: intimidating officials, players, and/or coaches, arguing, taunting, swearing, pushing, and fighting.
- Only one (1) coach per team is allowed on the field at a time for offense or defense. No exceptions will be made. The coach on the field must be coaching. Any coach that is on the field and arguing will lose the privilege to be on the field.
- If the opponent is short players, adjust your number of players so the sides are equal or share players.
- Trick plays, such as the firecracker, are not allowed as they do not teach the fundamentals of the game and are not in line with the Youth Sports philosophy. Any trick play or play that could be seen as a trick play, should be brought to the Sports Director’s attention for approval.

<table>
<thead>
<tr>
<th>Penalty</th>
<th>Enforcement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Offsides (Offense/Defense)</td>
<td>Dead Ball, 5 Yard Penalty</td>
</tr>
<tr>
<td></td>
<td>—Repeat Down</td>
</tr>
<tr>
<td>Pass Interference (Offense)</td>
<td>5 Yard Penalty, Previous Spot</td>
</tr>
<tr>
<td></td>
<td>—Loss of Down</td>
</tr>
<tr>
<td>Pass Interference (Defense)</td>
<td>5 Yard Penalty, Previous Spot</td>
</tr>
<tr>
<td></td>
<td>—Automatic 1st Down</td>
</tr>
<tr>
<td>Illegal Contact (Offense)</td>
<td>5 Yard Penalty, Spot of Foul</td>
</tr>
<tr>
<td></td>
<td>—Loss of Down</td>
</tr>
<tr>
<td>Illegal Contact (Defense)</td>
<td>5 Yard Penalty, End of Run</td>
</tr>
<tr>
<td></td>
<td>—Automatic 1st Down</td>
</tr>
<tr>
<td>Illegal Flag Pull (before receiver has ball)</td>
<td>5 Yard Penalty, End of Run</td>
</tr>
<tr>
<td></td>
<td>—Automatic 1st Down</td>
</tr>
<tr>
<td>Illegal Rushing (rushing QB too soon)</td>
<td>5 Yard Penalty, End of Run</td>
</tr>
<tr>
<td></td>
<td>—Repeat Down</td>
</tr>
<tr>
<td>Illegal Motion</td>
<td>5 Yard Penalty, Previous Spot</td>
</tr>
<tr>
<td></td>
<td>—Repeat Down</td>
</tr>
<tr>
<td>Illegal Pass ( Laterals)</td>
<td>5 Yard Penalty from spot of foul</td>
</tr>
<tr>
<td>Delay of Game</td>
<td>5 Yard Penalty</td>
</tr>
<tr>
<td>Flag Guarding</td>
<td>5 Yard Penalty from spot of foul</td>
</tr>
</tbody>
</table>

Last Revision: June 9, 2020
Gateway Region YMCA Youth Volleyball Rules

This is a non-competitive fun league where children will learn character values and the fundamentals of the sport. The YMCA philosophy of “everyone plays, everyone wins” will be followed.

YMCA Mission:

To put Christian principles into practices through programs that build a healthy spirit, mind, and body for all.

Sports Pledge

“I pledge to play the game the best I can, to be a team player, to respect my opponents and to improve myself in spirit, mind, and body.” (Must be said before the beginning of each game.)

Players

Six players on court. Maximum of ten players on a team (no more than 5 boys on a team).

Game Ball

- Grades 3-4: Volley Lites
- Grades 5-8: Regulation Volleyball

Net Height

- Grades 3-4: 7 feet
- Grades 5-8: 7 feet 4 1/8 inches
- Antennae will be used for all grade levels

Scoring

We will be using rally scoring. This means that there is a point given on every serve. Example: The server serves the ball into the net – that will be a side out and a point awarded to the other team. Official score will be kept for grades 3-8. Forfeits will be scored as 3-0.

Matches

We will play three games. All three will be played to 25. There will be a one-hour time limit on matches. Teams must win by two with a cap of 27.
Starting Time

A match will begin at a designated starting time or 5 minutes after the completion of the preceding match if there is less than 5 minutes before the designated starting time. In youth play, there will be time allowed for bumping/passing and time for both teams to practice serving.

Playing Time

In youth play, ALL PLAYERS MUST PLAY AT LEAST HALF, IF NOT MORE, OF ALL GAMES.

Maximum Number of Serves

In youth play, the following maximum number of points per server are to be followed. After one player reaches the maximum number of points, teams are to side out.

- Grade 3-4 League: Maximum of 3 points per player then change of possession
- Grade 5-6 League: Maximum of 5 points per player then change of possession
- Grade 7-8 League: Unlimited points per player

Serving

- Players must start behind the service line when serving. Players may step over the line if they need to. This rule should reflect the YMCA sports philosophy of ‘everyone plays, everyone wins’ and should not be abused to gain a victory.
- Overhand serves are allowed in all leagues. Players attempting to serve overhand must stay behind the Regulation service line the entire time because this is an advanced hit, except in grade 3-4 leagues where they may overhand serve from the 15ft line.
- In grade 3-4 leagues, players are allowed two service attempts for the first point during weeks 1-3. If the 2nd attempt is not successful it will result in a sideout. The server may attempt an underhand or overhand serve for 1st serve and will still be rewarded a 2nd attempt if the 1st attempt is unsuccessful. The 2nd attempt does not have to be the same type of serve as the 1st attempt.
  o Beginning in week 4 there will be no second serve.
- In grade 5-8 leagues, players will not be rewarded a 2nd attempt if 1st attempt is unsuccessful.

Serving Lines

In youth play, the following serving lines are to be used to put the ball into play.

- Grade 3-4 League: Marked area (15 feet) *(We would like for all 3rd-4th graders to work up to serving behind the 25-foot line.)*
- Grade 5-8 League: Marked area (25 Feet) *(We would like for all 5th-6th graders to work up to serving behind the regulation serve line.)*
- Grade 7-8: Regulation Serve Line
Service Rotation

- Substitutions will be made on a rotation basis. This rule should reflect the YMCA sports philosophy of ‘everyone plays, everyone wins’ and should not be abused to gain a victory.
- Teams will substitute players into the back middle on each rotation.
- Teams will substitute players out from the back right position (spot after serving).
- Teams will rotate clockwise.
- A substitution must be made each rotation. Substitutions should only be made into back right position.
- All substitutes must make one complete rotation.
- Substitution shall not be made into any other spots unless special circumstances such as injury, upset players, etc. Coaches must confer with officials before this substitution.

Co-Ed Rotation

- There can be no more than 2 boys on the court at the same time.
- Girls and boys should alternate positions on the court so that there are no boys directly next to each other on the court.

Time Outs:
All teams will receive 1–30 second time out per game.

Conduct

Team coaches are responsible for the conduct of themselves, their fans, and their players. The YMCA strives to create a positive learning experience for all participants. Coaches should always encourage and never discourage. They should be positive and stay away from negative comments and/or remarks.

Sportsmanship

- Sportsmanlike behavior is expected from all coaches, players, and spectators at all times. If an individual is asked to stop their unsportsmanlike conduct and they fail to comply, a technical foul will be given. Examples of unsportsmanlike conduct include, but are not limited to: intimidating officials, players, and/or coaches, arguing, taunting, swearing, pushing, and fighting.
- If the opponent is short players, adjust your number of players so the sides are equal or share players.

CLARIFICATION OF SELECT RULES

A. The ball hitting the line is in-bounds.

B. Referees will discuss overhead obstacles prior to the game.
   
   a. If the ball contacts an overhead obstacle within the plane of boundaries on the same side of the attacking team and comes down on attacking side, the ball will continue live.
b. If the ball contacts an overhead obstacle within the plane of boundaries on the same side of the attacking team and comes down on defensive side, the ball will be replayed.

c. If the attacking team volleys the ball over the net and it contacts an overhead obstacle above their opponent’s side of the court, it will be out.

d. The curtain, walls or any obstacle outside the plane of the boundary are out of bounds.

C. The server may serve anywhere behind the serving line.

D. Contact with the ball must be a ‘clear’ hit. No palming, lifting, pushing, or carrying the ball.

E. The teams will change courts and the serve at the end of the first game. A coin-toss call by a team captain will determine what team serves first and what court each team will be in for the first and third games of the match.

F. When the ball is served, all players must be in their rotation order and within their respective playing area. Once the ball is in play, players may switch positions.

G. The ball may be contacted by any part of the body and will be played if it is a clean hit.

H. The ball cannot be contacted two times in succession by the same player. Simultaneous contacts by more than one player on the same team are allowed and considered as one hit. Players from the same team participating in simultaneous contact may participate in the next play.

I. Touching the net at any time is a foul unless a hard-driven spike forces the net into a player while they are on their side of the court. Leniency will be given for inadvertent touching of the net that does not affect the course of play. A foul will be called if the tape is contacted on a spike attempt.

J. A player may reach over the net while blocking or following through. Players cannot reach over the net in attempt to intercept the ball until their opponent has completed their attack.

K. The serve may not be kicked, or spiked – it must be bumped or set properly.

L. The receiving team may not block a serve.

M. A player may step on the centerline but not completely across it. Any part of a player’s body may be in the air below the net and beyond the center line, as long as they do not touch the net, and as long as they do not interfere with their opponent’s play by either touching their opponent or the ball.

_Last Revision: June 29, 2020_