

Magdalena Ecke Family YMCA Challenger Soccer Rule Book



Sports Director

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Sports Hotline Information

-Call 760-942-9622, press 5 for sports and then follow the prompts

Sports Weather Hotline

-Call 760-942-9622, press 5 for sports, then 1 for weather

(updated as of 11/06)

YMCA Philosophy of Adult/Challenger Sports

The Magdalena Ecke Family YMCA offers a variety of 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).

Damage done to any property of the YMCA will not be tolerated. This includes, but is not limited to intentionally slamming bench area doors, and kicking the ball out onto the freeway. Teams will be charged for replacements should this occur.

Responsibilities of Team Captain/Manager

- a. Informing all players of the game time and location. This includes checking the playoff schedules the first day of posting and every day following competition.
- b. Contacting both the Athletic Staff **AND** the opposing team if they are not going to show for an upcoming game. Managers must give the opposing team enough time to make appropriate calls so as to save the opposition any level of inconvenience. Phone numbers of all team captains/managers will be included on the schedule for this purpose. **The call must be made within a week before game start time. Forfeiting 2 games with less than 1 week's notice will result in removal of the league with no refund.**
- c. Making sure that all members of their team bring the original or copy of their player's card AND/or birth certificate to every game. ID's are required at all soccer games and should be presented each time an individual plans to participate in a game.
- d. Ensuring that all players have corresponding jersey colors. **Teams must bring both a set of dark colors and a set of light colors to each game so as to dress opposite the opposing team.**
- e. Represent each member of their team and be the only one to discuss rule interpretations and calls with the officials. **The Team Captain/Manager MUST identify him/herself to the scorekeeper AND officials prior to the game.**
- f. Be familiar with all rules, schedules, policies, and procedures of the Magdalena Ecke Family YMCA and pass this information along to all team members.
- g. Assist the YMCA athletic staff with the implementation of the sportsmanship policy and stress to each participant its importance.

- h.. Be at the site at least 15 minutes prior to the start of every contest in order to be sure the team roster is recorded on the scorecard and that all necessary equipment is checked out.
- i.. Communicate with the athletic director throughout the season about any problems or concerns that may be occurring at the site.
- j. Making sure that all members of your team are eligible to play in the athletic program. This not only includes whether or not they are on the soccer roster but also having full knowledge that each member is playing on the legal age bracket. Players can play up, but not down.
- k. Represent his/her team by cooperating with the supervisors at the site concerning any protests, incidents, or accidents that may occur as well as with the YMCA sports staff the day following such occurrences.

Protests

- a. Individuals who wish to file a protest must do so by the specified time imposed by the rules of the game or immediately after an incident has occurred. Failure to follow this procedure will result in the protest not being upheld. **Judgment calls are not subject to protest.**
- b. Eligibility protests must be made prior to the start of the contest or when the alleged ineligible player enters the contest.
- c. The athletic director encourages teams to call a roster check if they think an opponent is playing with an ineligible player!! Protests made post game will not change the outcome of the game.

House Rules

Team Roster AND Payment information-

1. **Rosters must be turned in at the first game so that staff can check for member or non-member status in order to let captains/managers know the remaining balance due.**
2. Rosters may be altered until the end of the second game. No more than 15 players can be put on the roster. Rosters must be completely filled out, which includes first and last name, address, date of birth, phone number AND parent/guardian signature. If this policy is violated, the team will forfeit the game.
3. **All payment balances must be paid by the second game. Payments will only be collected at the front desk of the YMCA during the first three weeks (for teams that have a bye).** Payments will not be

accepted out at the fields. If this policy is violated, the team will forfeit the game. **Reminder that the registration desk closes during the week at 7:00pm so please come in early to make your payment OR you can pay via phone by calling 760-635-3050.**

4. If team balances are NOT paid by the 2nd game the team will forfeit the game AND all games following until the payment has been made. Reminder that 2 forfeits in a season without ample notice (1 week) will result in removal from the league with no refund.
5. All managers must attend any necessary meetings called by the league director. If this policy is violated, the team will forfeit a game(s).

Code of Conduct-

****Names of suspended players are sent out to various leagues throughout San Diego County so that players cannot continue playing in other leagues until suspensions have been served****

1. If you receive 2 RED CARDS in one season you will receive a minimum of a season suspension.
2. No Fighting (this includes but is not limited to punching, slapping, pushing, baiting a fight, spitting or retaliation). Result is RED CARD and player must leave the YMCA premises immediately.
MINIMUM SUSPENSION: FULL SEASON
3. Intimidating or threatening staff (includes scorekeepers and referees). Result is RED CARD and player must leave YMCA premises immediately.
MINIMUM SUSPENSION: INDEFINITE
4. Drinking alcohol before or on the YMCA premises. Result is RED CARD and must leave YMCA premises immediately.
**MINIMUM SUSPENSION:
1st offense - 3 games; 2nd offense - FULL SEASON**
5. Defacing YMCA property. Result RED CARD.
MINIMUM SUSPENSION: INDEFINITE
6. There is ZERO TOLERANCE for cursing of any kind to an official or any staff member. If it is a problem the participant is issued a RED CARD and must leave the YMCA premises immediately.
MINIMUM SUSPENSION: 3 games to INDEFINITE
7. The sports director reserves the right to enforce a stricter suspension when he/she feels necessary.
8. All players ejected from a game must leave the YMCA premises immediately. The game will not start up until the player has left. If the player remains the authorities will be called, the player's team will receive a forfeit, AND the player will face an indefinite suspension.

9. Scorekeepers will ask the Captain/Manager for the player's name that received the red card. The game will not resume until the name is given AND the participant leaves YMCA premises. Failure to comply will result in a forfeit.
10. **IMPORTANT:** Any player that receives a RED CARD is NOT allowed to attend any events at the arenas until the full suspension is served. If the player is a member, he/she may still use the facility to workout, but cannot attend games or be in the bench area. Failure to comply will result in the suspension being extended.
11. Teams knowingly playing with a suspended player will forfeit that game and the next game, which removes the team from the league the remainder of the season (or into the next season if it occurs during playoffs).
12. Suspension lists are in the binders on each arena AND in the display case on the East Arena.
13. **Player(s) AND the team manager have 48 hours to appeal the suspension handed down by the Sports Director. Your appeal of the suspension DOES NOT guarantee the suspension will be lifted or that it will be lessened. The appeal process MUST be sent in an EMAIL. If the suspension falls over 2 seasons you may re-appeal at the beginning of the next season (again there are no guarantees that anything will be changed).**
14. **If a player participates in more than one league the suspension can carry over onto the other teams that he/she participates on if the offense is serious enough.**

All Games will follow MISL rules with the following modifications made to suit the Magdalena Ecke Family YMCA soccer leagues:

1. Players
 - a. 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. If multiple time penalties are being served, there shall be a minimum of four players on the field. If a team is playing the game with the minimum number (4) of players and the team or a player receives a card penal foul, the game will be terminated at the time of the foul. If a team is playing with the minimum number (4) of players and there is an injury, there will be a grace period of 2 minutes to determine whether or not the player will return to play.
 - b. Rosters will be limited to 15 players. The roster must be turned in by the first game, signed by each player's parent/guardian participating in the game, and finalized by the second game of the season. Only personnel listed on the roster shall be allowed in the bench areas, which includes a coach and manager.
 - i. People in the bench area that are not on the roster will be asked by YMCA staff to exit the bench area and return to the bleachers
 - c. Rosters may **ONLY** be challenged during the 'first half of play'. All teams shall have their manager/coach bring player cards, birth certificates or other official ID to each game. This means the ID is at the game with the manager or coach each time the team plays. If a player's eligibility is questioned by the opposing team, the player's manager/coach will show his/her ID to the scorekeeper and sign the team roster. Play will resume. The scorekeeper will forward the players signature and name to the director who will determine the eligibility of the player. **If the player is not on the roster, the team will forfeit the game.** Additional penalties may be imposed by the management against teams which allow illegal players to participate.
 - d. **ALL PLAYOFFS WILL HAVE ROSTER CHECKS PRIOR TO THE START OF THE GAME**
 - e. **Challenger Teams MUST have copies of player cards and/or birth certificates to turn in with their rosters.**
2. Substitutions
 - a. Unless prohibited elsewhere herein, substitutions may be made at any time on an unlimited basis, provided the players substitute within the touchline of their own bench area. If there is no line, the player must touch the sideboard at the team's bench area before the substitute enters. The player(s) leaving the field may not make a play on the ball. The player entering the field is allowed to make a play on the ball. **Goalkeepers** can also substitute in this manner. **PENALTY** for too many players on the field is a **BLUE CARD (2 mins)**
 - b. Goalkeepers may sub. if the team has taken a time out as long as the referee is made aware of the change.

- c. Goalkeepers **may not** sub. with a field player while the game is in play. A team must ask for a 30 sec. timeout after any stoppage in play for their team (i.e. ball out of play, goal throw or a foul against the other team).

3. Players Equipment

- a. Uniforms are Mandatory and must be worn by each player.
- b. Uniforms must consist of the same shade of color.
- c. Goalkeepers must wear different color than either team or the referees.
- d. If two teams show with the same color jersey, the home team must change to a different color. **The YMCA does not supply alternative jerseys for teams.**
- e. If a team complains about confusion of colors between officials and another team then one of two things must occur:
 - i. A team changes to another color OR
 - ii. The officials change their shirts
- f. All players must wear all purpose sport shoes, turf soccer shoes, or cleats. No metal cleats of any kind will be allowed on the field.
- g. No watches, hanging earrings (includes loops), necklaces, or rings that protrude out.
- h. All braces, casts, etc. must be covered by 2 inches of padding.
- i. A size four soccer ball will be used during play.
- j. Shin guards are required to be worn by all players and must be covered by socks. **The Shin guards MUST be age appropriate in order to provide proper protection.**

4. Referees

- a. The referees are in charge of the game and are the final authority in all matters concerning field play and conduct of coaches, players and spectators. The referee's decision on points of fact connected with the play shall be final, so far as the result of the game is concerned. The referee may stop play for any infractions of the rules. Disrespect toward a referee or other official of the league may result in expulsion from the field, spectator area and/or league. The referee should be able to officiate the games in an atmosphere free of harassment to allow his/her full concentration to be directed toward the game being played.
- b. Scorekeepers will be considered a third referee. The scorekeepers duties will include: Controlling the benches, keeping score, dealing with first aid issues, and dealing with the overall issues that occur inside and outside the arenas. Scorekeepers are allowed to sound the Horn, stop the Clock, then call a Referee over and have the Referee issue the Card.
- c. Score Keepers should have Rules and Procedures Training and a Copy of the Rules on/in the Clip Board.
- d. If a team doesn't show up for a schedule game or if there are not enough players to field teams AND the two teams wish to scrimmage they can request the officials to officiate during that time. Officials will officiate if asked.

5. Duration of Game
 - a. The game will consist of two 24-minute halves for adult and challenger leagues; two twenty minute halves for youth leagues. To maintain the game schedule, the game clock will start at ten minutes past the hour and will run down to nineteen minutes before the game is considered a forfeit.
 - b. Half time is two minutes.
 - c. The clock will run continuously except for injured players or official's time out.
 - d. Each team is allowed one, one-minute time out per half, which can be called by the team in possession of the ball. Any field player can request a time out on a dead ball. The goalkeeper, while in the penalty area, is the only player who can request a time out during live play. The restart for any time out called while the keeper has possession of the ball in the penalty area will be a keeper throw in.
 - e. **Either team may call a time out after a goal is scored.**

6. Starting the Game
 - a. The home team shall start on the home bench side and the visiting team shall take the kick off. All players must be fifteen feet from the ball and 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.

7. Restarts
 - a. A goalkeeper throw in is awarded if the attacking team last touches the ball over the end wall at the opponent's goal line. The goalkeeper shall throw the ball back into play within five seconds of ball possession.
 - b. **The goalkeeper CANNOT play the ball to him/herself on a goal throw.**
 - c. A corner kick is awarded if a team last touches the ball over the end wall at their own goal line. This kick shall be made from the corner kick mark and the player must wait for the referee to blow the whistle to restart the game.
 - d. Fouls by the defense in their own penalty area, which do-not warrant a two-minute penalty, shall be restarted with a free kick from the top of the penalty area (not a penalty kick).
 - e. All restarts are direct kicks (may score), including corner kicks, kick-ins, kick offs, etc. On any restart the opposing team will remain 5 yards from the ball until it is put into play. Intentional encroachment will be called on any player that is seen by the referee(s) to have made an attempt to deflect/stop the ball while within the 5 yard distance from the spot of the ball. The penalty for intentional encroachment is a blue card (two minute penalty). Kick-ins, kicks after a foul, etc. do not require the referee to whistle prior to putting the ball back into play. Any kicks from a mark on the field (i.e. kick offs, corner kicks, kicks from the top of the penalty area or kicks from the center mark of one of the three lines) require a whistle

prior to restart. All restarts must be taken within five seconds of the ball being placed (or when required by a whistle). If the restart is not taken within five seconds, the restart will be given to the opponents (**tech foul**)

i. The defending team may make a wall to defend the play.

f. If there is not a specific restart for an infraction named in the rules, the restart shall be a free kick for the opposing team. If the stoppage is not for an infraction, the team in possession will take the kick. If no team has possession it shall be a dropped ball by the referee.

8. Minor Fouls/Infractions

The following fouls will result in a free kick:

a. Three line violation: No player may play the ball so that it passes over three consecutive field lines in the air toward the opponent's goal without being touched by another player or wall. The ball will be put back into play from the center mark of the first line crossed (**tech foul**)

9. Goalkeeper Restrictions:

a. The goalkeeper may touch the ball with his hands only while it is in his own penalty area. The exception to this is that the goalkeeper cannot use his hands if the ball was intentionally played to him with the foot from one of his own teammates. Intent is decided by the referee.

b. **The goalkeeper may punt or drop kick the ball if the age level is U11 and below or may put the ball down and use his feet to put the ball into play. The U12 level and up must only use throw ins.** Keep in mind the three line rule. Once he has put the ball on the ground for his feet, he may not handle the ball with his hands again until an opponent touches the ball or the ball goes out of play.

c. The goalkeeper may not play the ball with his feet from outside of the box and intentionally bring the ball into the penalty area to handle the ball (**penal foul**)

d. The goalkeeper may not be charged while he is in his own penalty area and in possession of the ball (**penal foul**)

e. The goalkeeper is the only player allowed to slide and can only do so in the penalty area. If the goalkeeper's momentum carries him out of the penalty area, the slide is allowed.

f. When the goalkeeper is inside his penalty area and has possession of the ball by either hand or foot he/she shall have five seconds to distribute the ball outside the penalty area and back into play, and will have unlimited steps while in the penalty area. Contact must have been made with the ball inside the penalty area (**penal foul**)

10. Penal Fouls

The following fouls will result in a free kick and may also result in a two-minute penalty or a RED CARD if in the opinion of the referee it is excessive.

- a. Using in the opinion of the referee, careless, reckless or excessive force to:
 - i. Kick or attempt to kick an opponent
 - ii. Trip an opponent
 - iii. Jump at an opponent
 - iv. Charge an opponent
 - v. Strike or attempt to strike an opponent (RED CARD)
 - vi. Push an opponent
 - vii. In a fair tackle makes contact with the opponent before the ball
 - viii. Holds an opponent
 - ix. Spits at an opponent(RED CARD)
 - x. Handles the ball intentionally (except the goalkeeper in his own penalty area)
 - xi. Dangerous play
 - xii. Impeding
 - xiii. Bicycle or scissor kicks
 - xiv. Diving, flying, or falling headers
 - xv. Intentionally playing the ball from the ground
 - xvi. Jumping over the wall to get on or off of the field from the bench area
 - xvii. Leaving the bench doors open during play
 - xviii. Spitting onto the fields from the bench area
 1. Players will be given two warnings before a penal foul is assessed.
- b. When a team accumulates six penal fouls (and every four penal fouls thereafter), they will be awarded a team time penalty and a shootout. **The player that commits the foul will serve the two-minute penalty as the team penalty (this includes all coed leagues as well)**. Any foul which results in a two-minute penalty or penalty shootout, will not be counted as part of the foul count. The foul count will be kept by the scorekeeper; not the referee. If there is no scorekeeper, the count will be kept by the referee until the scorekeeper returns.

11. Slide Tackles

- a. Intentional slide tackles by players are not allowed. However, the goalkeeper may slide within his penalty area as long as he starts the slide within the penalty area. Sliding is defined as any player playing the ball without the intent of staying on both feet when finished. The intent of this rule is to protect players.
- b. A no-contact slide is a penal foul.
- c. Making contact with another player is a 2 minute blue card.
- d. Slide tackles on a breakaway is a 2 minute blue card/ shootout.
- e. Slide tackles from behind on a breakaway is an automatic red card (player is suspended until further notice) and a penalty shootout.

12. Two-Minute Fouls/Infractions

The following fouls will result in an automatic two-minute time penalty.

- a. Boarding a player into the wall. Boarding is defined as any charge (even if it would have been legal somewhere else on the field) that propels the opponent into or against the boards. The object is to keep player's safe and playing under control. (possible RED CARD)
- b. Deliberate clearing of the ball out of play over the perimeter wall.
- c. Elbowing an opponent(possible RED CARD)
- d. Intentional slide tackle
- e. Failing to automatically give the opposing team **5 yards** on any restart.
 - a. Illegal Substitution. **Too many players on the field will result in a penalty (see Substitution Section). The player that enters the field as the 7th player (illegal) will serve the 2 minute penalty.** A team will play shot when a player is serving a two-minute time penalty. If a team has fewer players on the field than the opponents due to time penalties, and the opponents score a goal, the player serving the time penalty with the least amount of time remaining shall be released from the penalty box. **If there are two or more players from the same team serving non-misconduct time penalties, no player shall enter as a result of the scoring of a goal.**
 - b. Dissent, etc., from the Bench Area by Coaches or Substitutes will be a Two Minute Bench Penalty, offending Team Plays short.

13. Misconduct

If, in the opinion of the referee, any foul is serious, the referee may issue a blue card, yellow card and/or red card as appropriate.

- a. **Blue Card:** A blue card results in a two-minute penalty. The referee has the discretion to award a two-minute penalty for any foul, which he judges to be very serious. The following offenses are automatically awarded on a blue card.
 - i. Unsportsmanlike behavior (including "trash talking").
 - ii. Dissent. The player shall receive a two-minute penalty. If the player persists, **a 2nd blue or a yellow card** will be issued and the player will receive an additional two-minutes. **2nd blue card will be served as a second 2 minute penalty.** If the dissent continues, a red card will be issued and the player will be ejected. The team shall play short for this offense.
 - iii. If both teams are serving a card penalty (both teams having equal number of players on the field 5v5/ 4v4), no player shall return to the game until the penalty time is served. This includes if a goal is scored on a shootout.
 - iv. Not more than 2 players from one team will serve card penalties at the same time. Any additional card penalties will be served after the first two minute time period has run out.

- v. If a team is playing with less than 6 players and receives a card penalty, a player must serve the penalty time by leaving the field. See section 1-a.
- b. **Yellow cards** are given for three reasons:
- i. Receiving a second blue card (If a yellow card was given for the first offense, it is not given for a second blue card offense.).
 - ii. Committing any foul, which in the opinion of the referee, is of a serious nature. In addition, the player shall serve a two-minute penalty.
 - iii. Persisting in dissent. Team does play short.
 - iv. A direct yellow is a 2 minute penalty. The second direct yellow is a red card. This is a full 2 minute serve and suspension from the season until further notice
- c. **Red cards** shall be given for the following reasons:
- i. Committing three blue card offenses. 3 blue cards is a full 2 minute serve and removal of player from future games until further notice
 - ii. Committing two yellow card offenses. This is a full 2 minute serve AND removal of player from future games until further notice.
 - iii. Serious foul play (Committing a foul which the referee feels is of a serious enough nature to warrant an immediate ejection from the game. This player is suspended until further notice
 - iv. Foul or threatening language or spitting at any person.
 - v. Violent conduct (violence against another person while not playing for the ball).
 - vi. Continuing dissent after receiving a yellow card for dissent.
 - vii. Any player that receives 2 red cards in a season will be suspended from all leagues at the YMCA.
 - viii. Red cards received during the final game of the season will carry onto the next season.
 - ix. A direct red card is a 5 minute full serve AND removal from the remainder of the game and future games until further notice.

Any player or bench personnel ejected from the game must leave the area of the sports park immediately. If any ejected person refuses to leave the area or persists in complaining about the referee's decision it will cause the length of the resulting suspension to be increased and could cause the game to be abandoned. An ejected player may be substituted for, but the substitute must serve a five-minute time penalty.

14. Shootouts
 - a. A blue card penal foul in the penalty area by the defense, or a last man breakaway foul is an automatic shootout and two-minute penalty.
 - b. A shootout is also awarded to the opposing team when a team has committed six penal fouls (and every fourth thereafter).
 - c. Every penalty shootout starts with a two-minute penalty, including the bench penalty shootout awarded as a result of the foul count. The goalkeeper must have both feet on the goal line until the ball is in play. The shootout will start from the center of the first white line. Once the whistle is blown the ball is in play (The kicker does not have to touch the ball first.). Except for the kicker, the rest of the players must stand behind the halfway line until the whistle is blown.
 - d. Time will be extended to five seconds for any shootout occurring with less than five seconds on the clock.

15. Shootouts for playoff games ending in a Tie.
 - a. Playoff games that end in a tie score after regulation time has expired will go to a shootout format.
 - b. Each team will have five (5) players in the shootout. The players involved in the shootout must have been on the field at the moment of time expiration. If one team is playing short (not 6 able players) when time expires, both teams will have an equal number of players participate in the Shootout. A team is playing short when time expires due to a Time Penalty, the Time Penalty will end and both teams will have 6 players participate in the Shootout.
 - c. The Home team will shoot first.
 - i. In coed play, women shoot first in an alternating female-male rotation.
 - d. Shootout goals are 1 point (all divisions).
 - e. Shooter will have 5 sec. to make an “attempt” at scoring (coed drops 4 touch rule).
 - i. Time will be kept on the scoreboard clock. Time will start on the referee’s whistle and end on the scoreboard horn.
 - ii. A goal can be scored if the shot was taken before the 5 sec time has ended on the scoreboard horn or the referee’s whistle. The ball doesn’t have to cross the goal line before the 5 secs.**
 - iii. If the scoreboard clock does not start a re-shoot will take place.
 - f. Fouls by the goalkeeper on the shooter may result in a re-shoot.
 - g. Fouls by the shooter on the goalkeeper may result in a goal being discounted if the ball has not crossed the line at the time of the foul.
 - h. If the score is tied after the 5 shooters from both teams have taken their turn, the shootout will go to one shooter from each team. The winner will be determined by the first team to have a one-goal advantage.