

2025-26 YMCA Laws of the Game (Fall 2025)

Watertown YMCA Indoor Soccer games will be governed by FIFA Laws of the Game 2025-26, as published by the International Football Association Board (IFAB) with the following exceptions, additions, points of emphasis, and clarifications required to adapt the game to our indoor facilities.

The IFAB LOTG are available for download at <http://www.teamsideline.com/watertownymca>

These exceptions, additions, and clarifications must be combined with the published IFAB LOTG to make a complete set of laws governing play at The Fairground Y. All policies published below are subject to change or possible exceptions.

The YMCA emphasizes fair play and good sportsmanship as the cornerstones of the indoor soccer program's effort to teach enduring values to players, coaches, and fans. Behavior which is not consistent with fair play and good sportsmanship will not be tolerated, and, especially if repeated, constitutes grounds for dismissal from the facility.

Law 1 – The Field of Play

-Fairground YMCA unique field markings:

Large Field

Halfway line

Two lines parallel to the halfway line

Two free kick marks outside the penalty area

Perimeter line for restarts and substitutions

Small Field

Halfway line

Law 2 – The Ball

U6 size 2 futsal ball

U8 size 3 futsal ball

U10 Comp size 4 futsal* (**Small Field**)

U10 DEV size 4 soccer *(**Large Field**)

U12 size 4 soccer ball

U14 (+) size 5 soccer ball

Law 3 – The Number of Players and Rosters

U6-8/10 (SM field) - 4 players; 3 minimum to start or finish game; one must be a female; a team can choose to play down a player with just three males or three females on field; 4 of one gender is not allowed. **Teams may not play a line-up of all boys or girls in Co-ed.**

U10 (LG field) – 7 players, 5 minimum to start

U12 - 7 players, 5 minimum to start

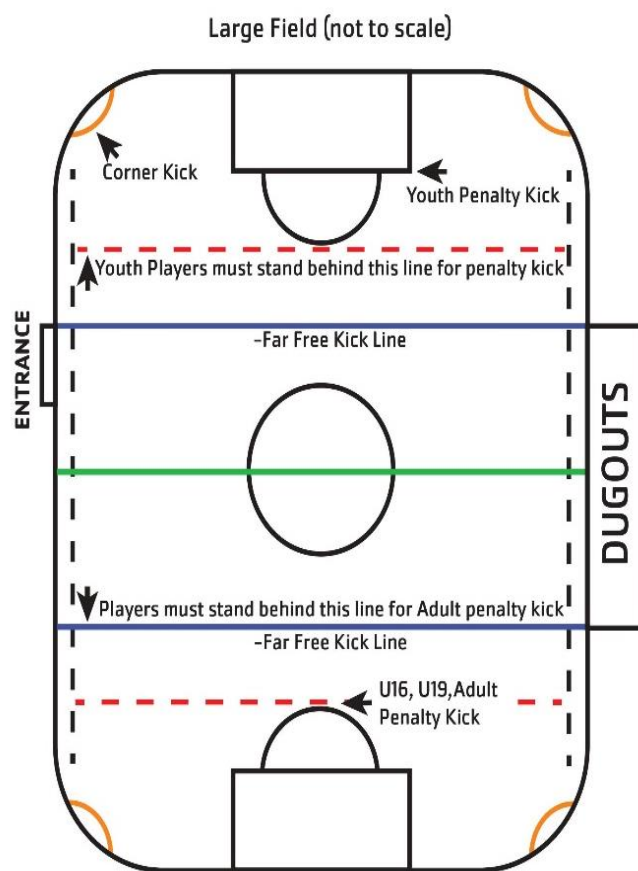
U14 – Adult: 6 players, 4 minimum to start

-Coed Large Field: A minimum 2 MALE and 2 FEMALE players on the field; a team may play down a player in absence of one of the genders. *(See extenuating circumstances in regards to Playoff procedures, and Cards/ Penalty Time.)

When a team is down by 5 goals or more, they may add an additional player to the field, but only while down 5+ goals

■ YMCA Developmental Divisions: (U6, U8, U10, and U12)

One coach may be allowed on the field (for guidance) AND **one coach MUST be in the box for substitutions/ safety**, for the game's entirety. Coaches must remain out of the goalie box and out of the way of the ball and members of the opposing team. A coach must remain off to the side(s) of the field, not within the goalie box; blocking a scoring possibility.



-A player cannot be registered on a Developmental level team and play above a level in both an Age & Skill level. (i.e. A U10 Developmental player cannot play U12 COMP, a U14 player cannot play U12 Dev. 2nd example: a U8 beginner player should not play U10 COMP. The max amount of teams a child can play for is 3 teams.) ***Coach's responsibility to monitor.***

-A player can play on two developmental teams within the same age group. They must be rostered or buy a guest-pass.

-Players may only play on one COMPETITIVE team per league per division, and may only change teams before the season's add/drop deadline has passed. A player MAY play (as a guest or rostered player) on two+ Development/ Social teams.

-Substitutions may be made at any time – during play, or during stoppages of play, within arm's length of team dugout. For substitutions made while the ball is in-play, the player (being substituted out) must cross the perimeter line directly in front of their team door before the substitute may enter the field. If the substitute enters the field before the player crosses the dashed perimeter line, or if too many players are on the field, the extra player will be cautioned, and/or carded. (Player exiting may not interfere with play; he/ she, or coach may then be cautioned or carded upon violation.)

-During stoppages of play, the substituted player must be off the field before play resumes. If they are not off the field when play resumes, they are subject to being cautioned as an extra player.

-Goalkeepers may be changed during play in the box or at a stoppage in play; must be identified in alternate jersey.

-If a team plays a non-rostered player or coach, they will be warned for the first offense, and the game will be a forfeit. If they play an un-rostered player or coach again, they will face penalty of forfeiting remainder of the season

-A person who plays as an un-rostered player or coach will be warned for the first offense. If they play again as an un-rostered player or coach, they will be suspended from play in all leagues for the remainder of the season.

-Teams may add players to their roster until the end of the day named the last day to add/drop players.

-Girls/women may not register in boys/men's leagues & vice-versa. A girl may be allowed to play in the BOYS' divisions upon a request, and with permission from the YMCA. A boy (at birth) will not be allowed to play in the GIRLS' divisions.

-If play is stopped due to an injury, the player must leave the field to be evaluated by their team. They may be subbed back in at the team's discretion. The referee has sole discretion to stop the clock for severe injuries or unsafe equipment

Watertown YMCA Age Matrix

The Watertown YMCA follows the age Matrix for Youth leagues as is designed by US SOCCER guidelines.

2025-26 Age Matrix (Soccer)		
Under 6:	Aug 1, 2019-	Present
Under 8:	Aug 1, 2017-	Present
Under 10:	Aug 1, 2015-	Present
Under 12:	Aug 1, 2013-	Present
Under 14:	Aug 1, 2011-	Present
Under 16:	Aug 1, 2009-	Present
Under 19*:	Aug 1, 2006-	Present

***No college players in U19.**

Law 4 – The Players' Equipment (Size-appropriate shin-guards, shoes and socks are required for all players to play)

-U6-U19: No Jewelry is allowed, please have removed prior to the game's start. *Covering/ bandages of earrings, etc is not permitted; piercings must be removed. Youth players may not wear: hair beads, barrettes, ribbons, necklaces, or non-studded earrings, etc. Fitbits/ similar accessories not permitted. **An official is not to permit a player wearing piercings.***

-Players may not wear molded or screw-in cleats. (Referees are to check before each game, but it is coach and player's responsibility to adhere to dress code, and player may be removed from playing field if no alternative is found. A rule of thumb: if the cleat can be found to catch on the turf's surface, the referee will ask the player to change footwear.)

-Indoor soccer shoes must be worn; any type of cleat or turf shoe that has ridges or studs that can catch the surface are not permitted. A referee will not allow a player to play with unsafe equipment/ accessories. (Earring coverings not allowed.)

-Shin-guards are required for all age levels and spares can be provided by The Y if a player forgets his or hers This means shins are more than 50 percent covered; no micro-shin guards allowed. Socks must be worn on the outside of shin guards.

***Adults are allowed to wear piercings as this is a calculated self-risk. Micro shin-guards are not accepted however as it may affect others safety. Medical or religious medallions are acceptable, if taped down to prevent an unsafe situation.**

-Goal keepers must wear a distinctive jersey or pinny which distinguishes them in color from both field teams.

-All teams are responsible for bringing an alternate-colored pinnie, in the event that both teams are wearing similar-colored jerseys. The team listed as "Home" team will be able to play in original jersey, "Away" teams wear alternates.

-Casts must be properly wrapped in cast protective foam padding or bubble wrap and approved by the referee. A cast not properly wrapped will result in the player being ineligible to play. A plastic bag covering will not suffice as "padding."

-All rostered coaches must be listed on a team's roster and must submit a volunteer application form (applications are part of the online registration). Coaches must agree to, sign off on, and adhere to the YMCA Code of Conduct while coaching. A coach can guest-coach if they have received a guest pass from the front desk via an employee.

-Any substitute player or coach must obtain a coaching guest pass from the front desk prior to the game.

-Roster checks will be conducted by the referee before each game to ensure all players and coaches are participating with the appropriate team. A forfeit will result from illegal players or coaches, even if the players used a guest pass.

Law 5 – The Referee

-The referee's authority commences as soon as he or she enters the field and remains intact until all participants leave the field or building; do not argue with the ref after a game, directly criticize or comment on his or her performance within the building (or parking lot) or you can be carded. The referee's ability to penalize and enforce ejections can be during all game-breaks, dead balls, immediate pre/ post-game discussion on the field. (Issues that arise outside of the field of play will be managed by building supervision. A YMCA staff may be called to field to help Red Card recipients leave field upon a Red Card disqualification.) Officials have the ability to card: players, coaches, volunteer staff, parents and any spectator(s).

A referee does not have to address any complaints or concerns during gameplay, or after. His or her first duty must be to Player safety, ensuring the game proceeds as is appropriate. Any complaints should be addressed to Y Sports staff instead.

Beginning in FALL 2025, the YMCA is following a modified adaptation of the USA Soccer Guidelines for Referee Abuse Protections Policy. In accordance with this policy, there will be a review of any negative interactions with referees here, and there may be suspensions for any behavior deemed to be overly critical such as: taunting, harassment, or threats.

Law 6 – The Assistant Referee

-Not applicable.

Law 7 – The Duration of the Match

-Matches are two equal periods of 23 minutes each, with a half-time interval of 2 minutes.

-The clock will not be stopped following goals, balls out of play, or for any other reason not specified below:

-Games cannot end or expire on a foul committed/violation when specified foul is committed by a team either in a tied or winning position. (A losing team that commits a foul will not extend gameplay.) An additional thirty seconds will be added to the game (and tracked solely by Official's clock) and the ball will be placed at mid-field in the starting position and given to the team which has been fouled.

-The clock will start again on Official's whistle, and game will be played to expiration. Employing this time addition is up to Official's discretion, but the time added will not exceed or be less than thirty (30) seconds added to clock. (The official may stop the scoreboard clock to ensure clock management has been appropriately handled in an effort as to not sound the buzzer earlier than his/her time.)

-The clock will only be stopped after 2 minutes of injury unless it is within the last 2 minutes of the game. All other stoppages are at the discretion of the official. If a player or team engages in unsporting behavior with the intent to delay the restart of play, the referee may adjust clock as required to ensure full amount of playing time is available.

-The referee may stop the clock in the event that a goal has been scored and the ball is not returned to the center circle within twenty seconds. Six seconds is allowed to kick off upon referee's whistle. A team that has been scored on has to return the ball to the center circle kickoff spot within the appropriate time limit or risks being carded. In the event that a team has been scored on, the team that has scored is allowed to grab the ball and place the ball at the kickoff spot unimpeded. A player is not to interfere with the resuming from a dead-ball, or risks a delay of game.

CLARIFICATION: There are no team time outs. The only person that may stop the clock is the official.

-If, in the opinion of the referee, a player injury results in a prolonged stoppage in a game, the staff will determine the schedule for the remainder of the day. Alternatives include not resuming the game in which the player was injured at all. In this case that the game may either be called complete or may be rescheduled, depending on the amount of time remaining in the game, the number of weeks left in the season, availability of field time, and so on.

-Tournament Progression: When the score is tied at the end of a playoff game, teams will play **two-minute sudden death overtime periods** until there is a winner. The first period begins with the normal amount of players on the field as dictated by the age/ division guidelines. After each two-minute OT period, if still tied, each team will reduce its number of players on the field by one. The teams will not reduce below 3 players*. Co-ed teams will keep at least one of each gender players on the field through the remainder of the overtime, even if having to play down due to a foul. REMINDER: Valid substitutions are permitted during the overtime periods. These substitutions must still follow valid substitution rules. (*Some penalties committed will result in Yellow Cards which will result in 3 vs. 2 disparities in OT.)

***Until there is 3 vs. 3 play, there are to be two girls and two boys playing on the field per team in Co-Ed.** On small field, the teams will drop no further than 2 v. 2 play, unless a penalty causes a 2 v.1 situation. Each OT period does not reset the clock, meaning that if a penalty happens in the last few seconds of an OT period, it will carry to next OT.

-Higher Seed of Playoffs will have right to start the game and first OT period, or may have the choice to defer kickoff.

Law 8 – The Start and Restart of Play

-The ball may be played in any direction on a kick-off. Either team may start. Possession switches after halftime or for OT.

Law 9 – The Ball In and Out of Play

-When the ball touches a match official, play **will** continue unless **A.)** the team starts a promising attack, or **B.)** the ball goes directly into the goal, or **C.)** the team in possession of the ball changes.

-In all of these cases, play is restarted with a dropped ball.

Law 10 – The Method of Scoring

-No exceptions, additions, or clarifications. (REMINDER: Ball can never be thrown in for a goal or rolled in from a goalie-throw. If the goalkeeper throws the ball directly into the opponents' goal, a goal kick is awarded to opposing team.)

Law 11 – Offside

-Not Applicable here. Players are allowed to position his/herself anywhere on field as long as not screening opponents.

Law 12 – Fouls and Misconduct (Disciplinary Measures)

A free kick is awarded to the opposing team if a player commits any of the following seven offenses in a manner considered by the referee to be careless, reckless, or demonstrating excessive force:

- Kicks or attempts to kick an opponent,
- Trips or attempts to trip an opponent,
- Jumps at an opponent,
- Charges an opponent,
- Strikes or attempts to strike an opponent,
- Pushes an opponent,
- Tackles/ slide-tackles an opponent (as opposed to tackling the ball)

- Arm-Walling: At no point are two hands (by the same player) on the walls of the field permitted; it is unsafe for the player that is committing the act and for all players nearby him or her. To clarify: one hand, elbow, or arm is momentarily allowed to catch one's balance, but if at any point the player is using the wall for leverage against an opposing player, or to prevent player from going past the offending player, it becomes a cautionable action. And to shoulder/ push an opponent against the wall incurs additional/ more penalty than if done in the middle of field.

-NOTE: For U12 and below, heading (a head-ball) violation results in a change of possession at spot of incident.

A free kick is also awarded to the opposing team if a player commits any of the following three offenses:

- Holds an opponent,
- Spits at an opponent,
- Handles the ball deliberately (except for goalkeepers in their own penalty areas).

A penalty kick is awarded if any of the above offenses are committed by players within their own penalty area, irrespective of the position of the ball, provided the ball is in play. Cards may also be given pending severity. A penalty kick is taken from top of the goal box for U14 and younger, while U16+ is taken from top of goalbox arc/ circle. Where all players except goalie and penalty kicker stand are as follows: behind an extended line at the top of the arc for youth players, and for players U16+, players will stand beyond the far free kick line. (See diagram.)

A free kick from the "far free kick line" is awarded to the opposing team if goalkeepers in their own penalty area, commit any of the following three offenses:

- Controls the ball with his/ her hands and retains possession (still with their hands) for more than six seconds before playing it out of the penalty area. Does not apply if keepers control the ball without handling it with one's hands. (Twelve Seconds for Development)
- Handles the ball (with one's hands) after it has been deliberately kicked to them by a teammate.
- Punts the ball.

A free kick from the "far free kick line" is also awarded to the opposing team if a player plays the ball toward the opponent's goal so that it passes in the air over all three lines on the field without touching the floor, wall, another player, or referee before passing over the third line. The free kick will be taken from the far free kick mark in the offending player's half. This (delay of game) is not a card-able offense.

A free kick is awarded to the opposing team if the goalkeeper on the small field throws or drop kicks the ball across the half-way line without the ball touching a wall, the floor, the referee, or a player before it crosses the half-way line. The free kick will be taken from the point where the ball crossed the half-way line.

A free kick is awarded to the opposing team if, in the opinion of the referee, a player:

- Plays in a dangerous manner (**sliding* and slide tackles** are considered dangerous at the Fairgrounds YMCA),
***Sliding definition:** Any player that drops to a knee or hip, regardless of proximity of other players.
(Goalies may be exempt from this definition while performing duties of the goalie, while in goalie box)
- Impedes the progress of an opponent,
- Prevents the goalkeeper from releasing the ball from their hands,
- Commits any other offense, not previously mentioned in Law 12, for which play is stopped to caution or send off a player.
- If a player commits any of the four above offenses in their own penalty area, the free kick is taken from the far free kick line.
- No dangerous high kicks, scissor kicks, bicycle kicks, or any kicks/ knees that demonstrate recklessness.

Disciplinary Sanctions

The official has sole discretion over whether a Blue, Yellow, or Red Card is issued to a coach, player, or parent, depending on severity, warnings, and any other context when ensuring player safety and the procession of the game. The official may call off the game, at any point in time, if he/ she deems it unsafe

A forfeit is declared necessary by the referee in the event that there is a safety risk, a violent outburst, etc. Depending on which (or if both) teams are determined to be at fault, the team which forfeits will incur a loss.

A forfeit is also declared if a team does not have enough players to start. The minimum to begin on the small field is three players. On the large field, a team must have four players at least, in order for the referee to begin.* During Co-Ed play: On the small field, at least three players must be present, at least one being male, or one being female. On the large field, at least one must be male, or one must be female. There may never be five male players and one female players, unless a team is down by five goals or more, and a female has received a card. In the event that a female player gets carded, only a female player can sub for a female player. Male players may not sub in for female players during a penalty period, and when a female player has been Red-Carded, and there are only four male players left to play, the teams plays on with just four males.

-The Blue card* is used to communicate that a player, substitute or coach has been cautioned. When players are cautioned, they must sit out, and their team must play short, for two minutes of playing time. This **two-minute** penalty carries over to subsequent periods in the same game, if it begins in the last two minutes of a period (regular or O.T.).

If the team playing short is scored on, the player (or any substitute) may re-enter the game. If a substitute is cautioned, the team does not have to play short. A Blue Card may be issued to any of our leagues, from U6 to Adult.

-The Yellow card* is used to communicate that a player, substitute, or coach has received a subsequent caution. When a player receives a subsequent caution, they must sit out, and their team must play short, for **4 minutes**. This penalty does not end if the opposing team scores. If a substitute receives a subsequent caution, they may not enter the game for 4 minutes, but their team does not have to play down.

Yellow cards issued for behavioral concerns, such as dissent to the referee, or threats to others, will be contacted by the Y and will need to discuss a plan of action/ understanding moving forward in order to be eligible to play next game.

-The Red card* is used to communicate that a player, substitute, or coach has been sent off the field for the remainder of the game. In addition to the player leaving the game, the team must play down for the **remainder of that game**. This penalty does not end after five minutes.

***Coaches or bench personnel who receive a card/s are not required to have their team play down.**

-A physical altercation taking place (with punches being thrown by either team) during a game will result in an automatic stoppage of play, and possible forfeiture by one or both of the teams. The Watertown Y has a strict Code of Conduct. A player ejected from a game for a fight, or threat to an official, will be suspended for the duration of the season, or longer

Red Cards and Suspensions

-If a player or substitute has been sent off (or coach has been expelled), they must leave the facility (including the parking lot). If the player is unable to safely leave the facility, they must wait for their ride at the front desk area. If a player or substitute has been Red Carded (or coach has been expelled), they must ensure they have all belongings from dugout and leave the facility in a timely manner (within 2 minutes). If he or she is waiting on a ride, they must do so in the front lobby by Welcome Center. Facility supervision will be notified and respond to the issuance of all RED Cards.

U6 – U19 Leagues

A player, substitute, or coach who has been sent off may not play in the remainder of the game and will be suspended from YMCA soccer for at least one calendar week (All activities). All incidents will be reviewed by the sports desk for final ruling on time missed. If suspended, you will not be eligible to participate in any league soccer for a calendarized period.

Adult Leagues

A player, substitute, or coach who has been sent off may not play in the remainder of the game, and will be suspended from YMCA soccer for 2 calendar weeks (All activities). All incidents will be reviewed by the sports desk for final ruling on time missed. Suspensions are no longer league specific. If suspended, you will not be eligible to participate in any league soccer for a calendarized period.

Cautionable Offenses (REMINDER: All cautions, and cards can be elevated at the official's discretion due to severity)

A player U6-U19, is cautioned and shown the blue card (yellow for subsequent cautions for committing any of the following eight offenses (Adult leagues also use blue cards, and these offenses may result in a yellow card):

- Unsporting behavior, including swearing,
- Dissent by word or action,
- Persistent Infringement of the laws of the game,
- Delaying the restart of play,
- Failure to respect the required distance when play is restarted with any free kick,
- Entering the field of play before the player to be replaced has crossed the perimeter line in front of team door,
- Too many players on the field of play (last player(s) to enter is (are) cautioned),

A player or substitute is cautioned for committing any of the following four offenses:

- Unsporting behavior,
- Dissent by word or action,
- Delaying the restart of play.
- Boarding (pushing or charging an opponent into or against the perimeter boards in any way).

A player or substitute is sent off if he commits any of the following seven offenses:

- Serious foul play,
- Violent conduct,
- Spitting at an opponent or any other person,
- Denying the opposing team a goal or obvious goal scoring opportunity by deliberately handling the ball
- Denying an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick,
- Using offensive, insulting or abusive language and/or gestures,
- Receiving a subsequent caution in the same game after receiving a yellow card.

Any foul which endangers an opponent's safety, especially by proximity to, or contact with, the boards or building structures, will be considered at a minimum to be unsporting behavior (cautionable – blue/yellow), and may be considered serious foul play (sending off offense – red card).

*Chewing gum/spitting on the field or in the bench area will be considered to be a cautionable offense (blue/yellow – unsporting behavior). **Spitting on a member of another team, making any type of violent threat is automatic Red.***

Law 13 – Free Kicks

-Free kicks and restarts on the large field are all direct; on the small field all free kicks and restarts are indirect.

-Direct kicks- *play begins on a direct kick when the "ball is set and the official is at the ready." **There is not a mandatory push back of players or whistle by the official, unless requested to slow play.** An opponent who deliberately prevents a free kick being taken quickly must be cautioned for delay of restart of play.* ***Direct kicks-** *On request, the official will push back opposing players; play will start on the Official's whistle.*

-The ball must be put in play within six seconds. Developmental leagues can take twelve seconds to get ball into play.

-Indirect kicks reminder- *on the small field, every single kick, whether it is a kick following a penalty, after a goal scoring opportunity, etc. is to be indirect. If the penalty happens within the goal box, the ball may be brought out ten feet from the goalie line, just to be able to ensure the referee can instruct the opposing team where a wall may be formed. The clock may be stopped and time may be added if an instance like this happens towards the very end of a game/ half.*

-Any foul committed in the defensive box, that does not constitute a penalty kick, will be brought out to the "far free kick line." Examples: Dangerous play, ball hitting ceiling, illegal slide. Large field line is the first horizontal line. On Small field, this line is the middle of the field.

-A free kick from inside a team's own penalty area may be taken from any point in the penalty area.

-When the ball is out of play because it touched the ceiling, lights, or supports, a free kick is given to the team opposing the team which last touched the ball before it went out of play. The free kick is taken from the point under the spot where the ball touched the ceiling, unless the ball touched the ceiling above the penalty area, last played by the defending team. In this case, the free kick will be taken from the middle free kick mark.

Law 14 – The Penalty Kick

-Penalty kicks are taken from the penalty kick mark, which differs for ages U10-U14, and for U16+ through Adult divisions.

- For all divisions U10-U14, the penalty mark is placed on the goal box line, in the middle of the box. For ages U16-Adult, it is on the top of the goal box arc line. The referee will place the ball down at the appropriate distance and whistle to start.

-All players, other than the kicker and goalkeeper, must be a set distance from the penalty kick mark, and behind the ball. For youth players, the observation line is ten feet back from the kicker, along an imaginary axis across the goal box arc line. For adult players, the "Far Free Kick" line is fifteen feet behind where the ball is placed and kicked.

-Reminder: All kicks on the small field are indirect, coaches should remind players of this prior to attempting a shot on goal. There are no Penalty Kicks on small field regardless of violation. A foul within the box will be kicked from somewhat outside of the goal box line indirectly. (A multi-person wall by the penalized team may not be formed as there isn't enough space from the goal-line; there are not ten feet to be given from the spot of the ball to the goal.)

Law 15 – The Throw-In

-There are no throw-ins.-When the ball goes out of play into the side netting, the bench area, or out of the door, the team opposing the team which last touched the ball puts the ball back into play with a free kick from the dashed perimeter line (one yard from the wall on the small field) at the point closest to where the ball went out of play.

-Exception to the above: If, in the opinion of the referee, the ball touches a substitute or coach who is leaning over the wall, onto the field-space, the restart will be awarded to the opposing team regardless of which team touched ball last.

Law 16 – The Goal Kick

-When the ball goes out of play into the end netting, having last been touched by the attacking team, any player on the defending team puts the ball back into play from any spot in their penalty area. The goalkeeper may restart play with a drop kick, a throw, or a free kick from the ground. A non-goalie field player restarts play with a free kick.

-Opponents must be 15 feet away (on large field) or 10 feet away (on small field) from the point of the restart, and opposing players must remain outside of the penalty area until the ball is in play. Interference is a card-able offence

Law 17 – The Corner Kick

-When the ball goes out of play into the end netting, having last been touched by the defending team, the attacking team puts the ball back into play with a free kick from the corner kick mark closest to the point where the ball went out of play. Opponents must be 15 feet (large field) or 10 feet (small field) away from the ball. The kicking team may ask for space. Ball must be kicked within 6 seconds of official's whistle, or within twelve seconds for Dev. Divisions.

“Unwritten” Sportsmanship Rule – Why We Play

-We play sports to instill a healthy sense of competition, responsibility, personal and team development, as well as to show our youth that we conduct ourselves with sportsmanship in mind. We expect that this conduct extends before and after a game, on and off the field. We ask that adults and coaches always set a positive example for your players.

Taunting by players, coaches, or spectators, and not following the YMCA Code of Conduct, may result in an ejection and mutli-game suspension. We expect coaches to encourage good sportsmanship, and discourage poor etiquette.

We expect both teams, barring illnesses or emergencies, to shake hands after a game, players and coaches included.

If you wish to thank the referee for his or her service, that is up to each coach, but such behavior is encouraged too.

‘Air Bud’ Law – Human Players Only

-A dog is not allowed to play YMCA soccer, or be on the field, or in the box, per IFAB bylaws.

Total Rule Basis Link: [ifab 2023 24 small.pdf \(dt5602vnjxv0c.cloudfront.net\)](http://ifab2023-24-small.pdf(dt5602vnjxv0c.cloudfront.net))

Guest Coach/Player Pass (2025)



Please email Alex Scheg at ascheg@nnyymca.org to request a guest pass.

- 1) The intent of the guest pass is to help avoid a forfeit.
- 2) Guest passes may be purchased for guest players if your team qualifies. Guest passes can be paid for at the Welcome Center Desk 10 minutes prior to the game starting. **They are nonrefundable, even if ultimately unused. We fully advise families and coaches to make sure a player will be needed before deciding to pay.**
- 3) Guest passes may only be purchased by teams who are short enough players to field a full on-field line-up, plus three, or four, players for reserves depending on age/ division. For example: in a non co-ed, 6v6 league, a team may guest pass to a max roster of **9 players (6 on the field and 3 reserve)**. In a non co-ed, 7v7 league, a team may guest pass to a max roster of **11 players (7 on the field and 4 reserves)**.
 - a. Exception: Co-ed teams who are short enough male or female players to field a full on-field line-up and reserves may use a guest pass, or may use guest passes to help offset for low turnout in general. A team short on females does not consider the number of male players present and vice versa.

In Summary: 4v4 co-ed team may guest pass to a max roster, including guest-pass players, of 5 male and 5 females. 6v6 co-ed team may guest pass to a max roster of 7 males and 7 females. 7v7 co-ed team may guest pass to a game-roster of 7 male and 7 females in. A guest player **CAN** play for another team rostered in a developmental league without the game being scored a forfeit. However, a COMP/ CHAMPIONS league player **MAY NOT** be allowed to guest-play for another COMP team without forfeit.
- 4) Guest passes must be purchased for a specific game, date and time. They cannot be used for any other game. **They are nonrefundable if unused, so please wait until right before a game begins.**
Please contact Paul or Alex with any questions or concerns.
- 5) Guest PLAYER fee is \$15 per pass and must be purchased prior to taking the field.
 - a. Player will not be allowed in the box or on the field without the pass signed off on by the Welcome Center AND Official.
- 6) Guest COACH is FREE and must be completed prior to taking the field.
 - a. Coach will not be allowed in the box without the pass signed off on by the Front desk and Official.
- 7) The guest player/coach pass must be filled out in its entirety and submitted to the referee prior to the game. Failure to provide a pass may result in a forfeit for that game.
- 8) Guest player passes are only available during the regular season. **There are NO GUEST player passes allowed in the playoffs.** **Guest-Pass Coaches however will be permitted in the playoffs.*
- 9) *A COMP player can not play down an age level and competitive level. (i.e. A U10 Comp player may not play U8 Development and so on.)*
- 10) *A guest pass must be authorized by a legal guardian. Waivers are required to be signed during process.*

Who is eligible:

- 1) Guest player must be age appropriate for the league in which they play.
 - a. Guest player with the Watertown YMCA will abide by Association policies and rules, including the code of conduct. **See attached*
- 2) Guest player may not be on another roster in the same league, however, may play in a different league.
- 3) Guest coach can be anyone age appropriate for league coaching.
 - a. Guest coaches with the Watertown YMCA will abide by Association policies and rules, including the code of conduct. **See attached*



Living our Values

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATERTOWN FAMILY YMCA: CODE OF CONDUCT

The Y is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for everyone, all individuals are asked to act appropriately while exhibiting the character values of respect, responsibility, caring and honesty. A member, program participant, or guest who is in violation of the Code of Conduct could be subject to consequences including removal from a program and/or termination of membership or program privileges.

RESPECT – Value the worth of every person, serve as an example

- Verbally abusive or vulgar language, including swearing, name-calling, shouting or threatening is not permitted
- All members serve as examples for the children and young people in our Y; sexually explicit conversation, demonstration of sexual activity or sexual contact with another person is not permitted
- Appropriate attire must be worn; please refrain from overly revealing attire
- Loitering is not permitted in or outside YMCA facilities or programs
- To protect the privacy of our members, cell phone use is not permitted in any locker room or rest room areas. Discreet and respectful use of cell phones is allowed in public/open areas only.

RESPONSIBILITY – Do what is right, be accountable for actions and behaviors

- For your safety and the safety of others posted rules in program areas must be followed
- You may not carry or conceal devices that may be used as weapons*
- Use or possession of illegal drugs or alcohol on YMCA property or at YMCA programs is prohibited.

CARING – Show sincere concern for others, be kind in words and actions

- Physical contact with another person in an angry or threatening way is not permitted.
- Harassment or intimidation by words, gestures, body language or menacing behavior is not permitted.
- Smoking, e-cigarette and tobacco use are not permitted. YMCA grounds and facilities are smoke, e-cigarette and tobacco free environments.

HONESTY – Demonstrate reliability and trustworthiness through action

- For your safety and security, members and guest pass users must check-in with their membership card/photo ID at the Welcome Desk and identify themselves when asked by YMCA staff.
- Theft or behavior that results in the destruction of property, will not be tolerated.

Anyone who feels that this Code of Conduct is being violated should report the behavior to a staff person on duty. YMCA staff members are eager to be of assistance. Please notify a staff member if assistance is needed.

Suspension or termination of YMCA membership may result from a violation of this Code of Conduct. While an incident is being investigated, the membership of the person(s) accused of violating this Code of Conduct may be temporarily suspended pending a final decision.

Our YMCAs utilize video technology to protect all persons. Cameras are installed in open/public areas only and not in private areas such as locker rooms, restrooms, etc.

Sexual Offender Background Check Policy:

The Watertown Family YMCA considers it of great importance to provide a safe and threat free environment. The YMCA utilizes a nation-wide screening software to identify individuals listed on the national sex offender registry. Persons identified on the national registry will not be eligible for YMCA membership.

*Does not apply to Law Enforcement Officials carrying weapons within the bounds of their public duty