FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Spirit Soccer:

- **Field of Play**
  Field size and goal size will reflect the age of participants using each field.

- **Ball Size**
  U9 – U12: Size #4 U13 & Up: Size #5

- **Facilities**
  Lincoln Spirit Club has home fields at two sites:
  YMCA Wright Park (441 S Folsom Lincoln NE 68523
  YMCA Spirit Park (420 S 84th ST Lincoln NE 68510)

- **Uniform**

  Teams must wear the official Spirit Soccer Club Uniform

- **Equipment and Safety Playing Rules:**

  Shin guards are required and **must** be covered with socks.
  Players shall not wear anything which is dangerous, i.e., rings, earrings of any type **(no taped earrings),** no casts allowed.
  Players 11 and Under NO intentional heading of soccer ball allowed during warmups and during game play.
  Mouth guard is highly recommended.
  Only soccer cleats or tennis shoes are allowed. NO front toe cleat.

- **Save Our Fields**

  In order to preserve playing sites, please help enforce these rules:
  1. No warming up in the goal area on any field.
  2. All spectators/players/coaches are required to stay seated where bleachers and player benches are provided. No one is allowed to stand on the sidelines (players/coaches on player benches, spectators must be on the opposite side of the field from the players).
  3. Please put all trash in proper receptacles.
  4. Pets are not allowed at YMCA parks.
  5. The use of alcohol and tobacco products at YMCA Parks is not permitted.

- **Good Sportsmanship**
  Good sportsmanship is required of all Spirit players, coaches, and spectators. No coach, player or spectator is to make derogatory remarks or gestures, nor use profane language to referees, other coaches, players or spectators. Any member of the Spirit Soccer Club who violates the Constitution by-laws or is deemed unfit by the Spirit Club Staff and/or Board of Directors may be removed by a majority vote of the Board of Directors. Any member removed in such a manner may be allowed to coach again only after a majority approval vote of the Board of Directors.

- **Referee**
  The Spirit Club with neither permit nor condone the harassment of a referee under any circumstance. Violators will be addressed and may be banned from future Spirit Games.
  Referee abuse will not be tolerated from coaches, players or spectators. Individuals will be asked to leave the playing area if a violation occurs.

- **YMCA Staff**

  YMCA Staff will be present at YMCA Wright Park they may be located in main building garage area or driving all-terrain vehicles.
  Any questions on game days please direct them to YMCA Staff or contact Youth Sports Office M-F 8am – 5pm (402-434-9217).