



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

## YMCA Spirit Soccer In-House Rules:

- **Field of Play**

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

- **Game Length, Ball Size and Play Format**

Age Group	Length of Half	Ball Size	#of Players on Field
U9 & U10	25 min.	4	7v7
U11 & U12	30 min.	4	9v9
U13 and U14	35 min.	5	11v11
U15 & U16	40 min.	5	11v11

- **Facilities**

Lincoln Spirit Club has home fields at two sites:

YMCA Wright Park (441 S Folsom Lincoln NE 68523)

YMCA Spirit Park (420 S 84<sup>th</sup> ST Lincoln NE 68510)

- **Uniform**

**Teams must wear the official Spirit Soccer Club Uniform. All players must have the same uniform and color. All players must have a number on their 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.

- **Game Days:**

**\*Girls:** Primary days of play are Mondays, Thursdays & Saturdays.

**\*Boys:** Primary days of play Tuesdays, Fridays & Sundays.

- **Divisions**

Where possible, teams will be divided into individual boys and girls divisions based on age. (i.e.: U9 boys, U9 girls, U10 boys, U10 girls, etc.) There must be at least four teams for a division. The Spirit Office reserves the right to combine age groups due to number of teams.

- **Reschedules**

Teams must submit their conflict dates prior to the season starting. All teams/coaches/parents are responsible for any fees associated with reschedules.

- \$25 reschedule fee 48 hours before scheduled game.
- \$50 reschedule fee less than 48 hours before scheduled game.
- \$20 red card fee.

- **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.

- **YMCA Staff**

YMCA Staff will be present at YMCA Wright Park and YMCA Spirit 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).

- **Team Rosters**

- Teams must be rostered to the age group of the oldest player on the team.
- Rosters cannot be changed once the season begins unless approved by the League Director.
- All players must be registered with the Nebraska State Soccer Association.
- Club pass players are not allowed in the Spirit In-House League.

## YMCA Spirit In-House League Rules

- **Scoring Method**

The standings of teams within divisions/sub-divisions are based upon the number of points earned. Teams earn points as follows:

Three (3) points for a win  
One (1) point for a tie  
No (0) points for a loss  
Minus three (-3) points for a forfeit

- **Forfeits**

In the event of a forfeit, the team that forfeits the game will have three (3) points deducted, and the game score will be recorded as 0-4. The opponent will be awarded three (3) points and a 4-0 win.

Abandonment of game. A game shall not, under any circumstances, be prematurely terminated by either of the competing teams. Should a team terminate a game without the permission of the referee, the team will be held liable for payment of the referee fees.

Refusal to play – A team which refuses to play a scheduled game or games as directed by higher authority shall forfeit said game or games and shall be held liable for payment of all applicable referee fees.

Teams cannot play with less than seven players (six for U-10). A 15 minute grace period after game time will be granted for a team that does not have enough players to start (If a team has adequate players at game time, the game will start on time.) Any team that cannot field seven (six) players will forfeit the game.

- **Tiebreakers**

If two teams are tied based on points earned, the team's placement will be determined in accordance with the following sequential criteria.

- a) Winner of head to head competition
- b) Goal differential
- c) Goals scored
- d) Goals allowed

- **Official Game**

A game shall be considered official after one full half of play is completed (the second half does not have to start). If less than one half is completed and the game is abandoned, the entire game must be replayed. If a game is abandoned in the second half of play due to inclement weather, the final score will be the score at the time the game is abandoned. If a game is abandoned for any other reason including but not limited to gross misconduct, the League Director will decide the disposition of the game score following review of all information available including but not limited to Referee Game Reports, Head Coach Game Reports, etc.

- **Spirit In-House Player Rosters and Player/Bench Personnel Passes**

Each team must bring their laminated Nebraska State Soccer member passes or have the app for the Digital Passes and their printed Roster to every game. Rosters and passes are to be given to the Referee prior to the start of a game at check-in. No more than fourteen (14) players at the U9/U10 age group, no more than eighteen (18) players at the U11/U12 age group and no more than eighteen (18) players at the U13 through U19 age group from a team may appear as "Active" on the Roster and play in any game. Only players rostered to the team are allowed on the sideline.

**All coaches must have the proper risk management to be on the sideline during a game and currently rostered with the team/club.**

- **Playing of Ineligible Player**

A team that plays an ineligible player shall be subject to disciplinary action including but not limited to: forfeiture of the game, a fine, suspension of the team's coach from Spirit competition, or expulsion of the team for the Spirit League.

- **Coaching from Sidelines**

Limited coaching from inside the team's respective Technical Area is permitted. Only one person at a time is authorized to convey tactical instructions from the Technical Area. Bench Personnel may not leave their team's Technical Area or enter the field of play without permission from the Referee. If the Technical Area is not marked on the field, the technical area will extend 1 yard on either side of the designated seated area and extends forward up to a distance of 1 yard from the touchline.

- **Team Bench Supervision**

At all age groups and divisions, a coach, manager or team official must supervise a Spirit team always at the Team Bench Area. Coaches, managers and team officials are required to provide the Referee with a bench personnel pass certifying that the coach, manager or team official is currently rostered with the team/club. If by expulsion or emergency, a team does not have a coach, manager or team official to supervise the team during a game, then the game shall be abandoned and reported to the League Director. The League Director shall declare the game a forfeit.

- **Heading – Concussion Initiatives**

No intentional heading of the ball (competition or practice) will be allowed by: (1) all U11 and lower age groups regardless of the actual age of the player, and (2) all individual players 10 years or younger playing above the U11 age group. When such a player deliberately heads the ball in a game, an indirect free kick will be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

- **Offsides**

Due to US Soccer mandates offsides will be in effect for U9 through U19 age groups.

## YMCA Spirit In-House League Rules

- **Build Out Line**

Due to US Soccer mandates at the U9/U10 age group we will be using "Build Out Lines" on the fields. The build out line is used to promote playing the ball out of the back in an unpressured setting. When the goalkeeper has the ball, either during play or from a goal kick, the opposing team should move behind the build out line. Once the opposing team is behind the build out line, the goalkeeper can pass or throw/roll the ball to a teammate (no punting or drop kicks). After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.

- **Disciplinary Actions**

All disciplinary measures imposed by the Spirit In-House League will be served under Spirit In-house play.

If a player/coach/spectator is ejected (red carded), that individual is automatically ineligible for the next league game. A red-carded player may not be substituted for during the game in which he/she was ejected. The Spirit Board reserves the right to increase suspension based on the severity of the conduct.

- **Violation of Rules**

Any violation of the rules herein or Nebraska State Soccer rules will be subject to disciplinary action by the Spirit Office based on the Spirit or Nebraska State Soccer rules or governing documents.

- **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.

- **Referee**

The Spirit Club will neither permit nor condone the harassment of a referee under any circumstance. Violators will be addressed and may be banned from future Spirit Games.