



## **YMCA of Greater Birmingham 2021 Spring Soccer Season Important Parent Information**

The Spring Soccer program will be divided into two leagues---**Birmingham League (serving Downtown, Centerpoint and Roebuck areas) and a South Shelby County League (serving Alabaster, Calera, Helena and Pelham).** There will be a 4 team minimum for each age group for each league. This option would not require travel except locally.

If the minimum is not met, players of any cancelled league will be given the opportunity to join the other league, but in doing so, travel times may vary depending on the location of your league.

### **Practice Days and Time:**

- **3/4 year olds:** No weekday practice. Saturdays: 30 min of practice followed by 30min of gameplay.
- **5/6 year olds:** Practice for 1 hour per week. Day and time- TBD

\*Parents can request a preferred practice day at the time of registration, however, those requests may not be met due to volunteer coaches practice availability.

### **Game Locations:**

- Birmingham League games will be played at the Downtown Youth Center and Northeast YMCA
- South Shelby County League games will be played at the Alabaster and Pelham YMCAs.

### **Volunteer Coaches:**

Teams will be coached by volunteers. If you are interested in coaching a team please email Jennifer Weems, at [jweems@ymcabham.org](mailto:jweems@ymcabham.org)

### **Equipment need:**

Water bottle, soccer ball and shin guards



## Season Rules

### 3-4 Year Olds

1. Each game will begin with both teams and all coaches gathered at center field to review rules and to determine which team gets the ball first.
2. Games must be played 3-on-3 or even sided.
3. No metal jewelry, hair clips, earrings will be allowed while playing.
4. 4 periods of seven (7) minutes will be played with a running clock. There will be two (2) minutes between periods. Players must play a minimum of 2 qtrs. or 50%.
5. **Size 3 balls** are used.
6. Players **MUST** wear shin guards.
7. There is **NO** goalie.
8. One coach per team will be allowed on the field to help players.
9. Off-sides will not be called.
10. **NO SLIDE TACKLING. NO KICKING WHILE PLAYER IS ON THE GROUND.**
11. Goal Kick: Will be a free kick executed by placing the ball three (3) paces from the end line.
12. Players will be given second chances on throw-ins, corner kicks and goal kicks all season.
13. No penalty kicks.

### 5-6 Year Olds

1. Each game will begin with both teams and all coaches gathered at center court to review rules and to determine which team gets the ball first.
2. Games must be played 5-on-5 (or even-sided) one of whom is a goalie.
3. No metal jewelry, hair clips, earrings will be allowed while playing.
4. 4 periods of eight (8) minutes will be played with a running clock. There will be two (2) minutes between periods. Players must play a minimum of 2 qtrs. Or 50%.
5. **Size 3 balls** are used.
6. Players **MUST** wear shin guards.
7. Throw-in/Kick-in: player may either throw or kick the ball into play. Kick-in is an indirect kick with the opponent five (5) yards away from the ball.
8. Goal kick may be taken anywhere within the goal box. Opponents must be five (5) yards away from the ball.
9. No penalty kicks.
10. Players will be given second chances on throw-ins, corner kicks and goal kicks the first half of the season.
11. **NO Slide Tackling. No kicking while the player is on the ground.**