



Soccer Rules

Revised 01 August 2019

1. Our **CYS Soccer program** is a true recreational league for any player whether a beginner or a more talented player. Our guidance is for our players to **learn the basics** of the game and to have **FUN!!** These rules are designed to allow all participants equal opportunity to have fun in modified forms of soccer, which match the capabilities of the youth.
2. Parents and coaches are **expected to render positive support** to all youth in the program, as well as to other coaches, officials, staff, and program volunteers. Your coaches will be giving you a Parents Code of Ethics that will need to be signed in order for your children to participate.
3. **Rules:** Play will be conducted in accordance with the National Federation High School rules, and as modified in this Standing Operating Procedure (SOP) and/or Amendments.
4. **Age Classifications:** *Children must be 3-12 years of age.*
Ages are determined by what age the player is **on the first game** scheduled for the season.
Players may play up in the next age group but on space available and Directors approval.
Ages are: 3-4, 5-6, 7-8, 9-10, and 11-12
5. **Ball size:**

3-6 yrs.	#3
7-10 yrs.	#4
11-12 yrs.	#5

Game Balls will be provided by teams.
Use best ball available & Referee determines which one to be used.
6. **Number of Players:** (both teams should have an equal amount of players on the field and can share players to keep same)
 - a. 3-4 yrs. 6 players
 - b. 5-8 yrs. 7 players
 - c. 9-10 yrs. 9 players
 - d. 11-12yrs. 9 players
7. **Coaches on Field:** **3-4 year old and 5-6 year old teams ONLY!**
 - a. 2 Certified Coaches from each team are allowed on the field at all times (1 on each end)
 - b. Can NOT interfere with direct play of the ball or assist players on getting to the ball
 - c. Can NOT interfere with or discuss official's duties, rules, or judgment
 - d. Coaches help with throw in at corner, sideline and goalie (show where to stand and technique)
8. **Coach's & Parents** are also Teachers and role model good sportsmanship to our children. Please review your signed code of ethics.
 - **Do NOT argue with the Officials, Sports Director, or Staff on Duty.** Questions, concerns, and suggestions can & will be handled later away from the children.
 - You may be asked to leave if disrespectful or unruly.
 - **Remember, that children are watching and that you are a "Role-Model"!**
 - The referee's decision is **final and not to be questioned.** **Parents are not authorized to approach an official before or after the game.** Please see your coach if you have any questions regarding officials and their calls. You may **write up your concern & email it to the Sports Director for follow-up.** Our email address can be found at the bottom of this page.
 - **Unruly, unsportsmanlike behavior** will **NOT** be tolerated and you "may" be asked to leave.
 - **If a parent receives a RED card for a Disqualification or Ejection,** then **ONLY the Parent**, not the coach will be asked to leave the vicinity. You have 1 minute to leave, or a team forfeit will result. We do not want to punish the team or coach for inappropriate adult behavior. Please avoid this by remembering that this is a recreational league and that **no profanity or inappropriate behavior will be tolerated.**
 - **Should an official eject a coach, parent, or player,** the CYS Staff will be responsible for ensuring the person is escorted off the field.
 - The official should return to the center of the field and remain a neutral party until the removal is completed.
 - We play in a "Recreation" league so please emphasis safety, sportsmanship, team play, and good attitudes.
 - Please help us to **provide a safe, positive, and fun environment** for our youth.
9. **Team Benches:** Will be designated by on-site coordinator. At **McChord**, the home teams will be located in the middle of the field for 5-8yr. and on the parking lot side for 9-12yr. All Coach's & Parents need to be on same side as their team.
PLEASE help to pick up trash as needed and put in proper receptacle!!

10. **Game Duration:** 3-4 yrs. **MAX 45 minutes** field time (Coaches decide on half time and if done early)
 5-6 yrs. Two **20** minute halves with a 5-minute half-time intermission. NO Overtime
 7-12 yrs. Two **25** minute halves with a 5-minute half-time intermission. NO Overtime
11. **Playing Bylaws** (exceptions to High School rules):
- There are **no "off sides"** in **3-8 yrs.**
 - For "**Free Kicks**", opposing players must be at **least 6 yards** from the ball.
 - Penalty** Kicks are done in ages **9-12 yrs.**
 - All free kicks including the penalty kick is "**Indirect**" for ages **3-8 yrs.**
 - Timeouts:** none as in HS rules
 - NO HEADERS** allowed in any age group.
12. **SLIDE TACKLING:** **NOT Allowed at Ages 3-8 yrs.**
Sliding is allowed at other ages **unless safety or rough play** is result. Play is official's judgment & discretion.
13. **Goalie Rule for 5-6 yr ONLY:** **ONLY the goalie is allowed to play the ball inside the 10' x 10' goalie box (approx).** This is for safety. Offense can only kick the ball outside this area. Referee may sideline the offender for short time and if contact is intentional or flagrant, offender may receive a yellow or red card. **SAFETY FIRST!!**
14. **Player's Equipment:**
- Players should wear jersey, shorts or sweats without pockets, socks that cover shin guards.
 - Acceptable soccer shoes are made of one-piece molded rubber or plastic cleats.
 - No metal cleats or plastic cleats that screw on. No toe cleat.
 - Soccer shoes are not mandatory, but highly recommended.
 - There must be **no metal** or other hard object worn on the body unless properly padded & approved.
 - Objects worn on the wrist, ears, or around the neck **must** be removed.
 - Taping of ear rings are NOT Allowed. Exception: Medical I.D. bracelet.
14. **Substitutions:**
- Substitutions are made with the **consent of the referee.**
 - The game will resume after **all** substitutions have been made. The clock is running, so please **HUSTLE!!**
 - Substitutes are **ALLOWED** after (1) each goal, (2) your own corner kick and throw in, if team with possession of ball subs, opposing team may also sub, (3) and injuries.
 - Subs must be ready and standing at the center line on their side of the field.
15. **Officials:**
- One (1) referee is used per game. If for some reason the game referee **does not show**, a neutral coach or parent may officiate the game, **providing both coaches agree.**
 - Two (2) **linespersons** are used per game when possible with 9-12 yrs.
 - Coaches** should **encourage** players, parents, and other spectators to **remain behind the restraining line.**
 - Linespersons inform the referee when substitutions are desired by coaches and direct such substitutes to the **midfield line.**
16. **Injuries:**
- Players injured during practices or games, and treated by a physician, must receive a **written release from the physician** allowing the player to return to active participation in the practices or games.
 - Players injured during practices or games, which do not require treatment by a physician, may re-enter the practice or game when the coach determines that the player can perform at the same level as reached prior to injury.
 - Players receiving **injuries requiring a cast** (a rigid dressing usually made of gauze and plaster as for a broken bone) are allowed to participate in practices or games if the cast is padded properly for protection of both the player and others.
17. **3-4 yr Skills Development:** Throw-ins are not mandatory, **NO Goalie**, Parents & Coaches can stand on sideline and keep ball in play by gently kicking or blocking, Coaches will referee and keep time. You have total 45 minutes starting at game time.



PLEASE KEEP THE MOST CURRENT COPY WITH YOU AT ALL TIMES FOR REFERENCE AND REMINDERS.

Any questions, concerns, problems, injuries, or positive suggestions please email the JBLM Sports & Fitness Director at cynthia.a.williams-patnoe.naf@mail.mil or call our JBLM sports office at 253-967-2405. We are looking forward to a safe, fun, positive, and memorable season. Thank you for your participation!
Please be a "Volunteer" & Thank a VOLUNTEER!

Our Amazing CYS Sports STAFF: (253)-967-2405

Cynthia Williams-Patnoe: JBLM Sports & Fitness Director, cynthia.a.williams-patnoe.naf@mail.mil
Todd Melton & Steven Wartella: Equipment & Facilities Assistants
Sports Specialist: Nakia Pruitt, Aisha Vandesspool, Alex Diaz
Fitness Specialists: Steva Brown, Justin Graham, Genia Stewart
CYMS Tech: Gino McDuffy
Website: www.JBLMMWR.com/CYS



Fall Soccer 2019

And Bumblebee Soccer

Dear Parents:

Aug 1, 2019

The Child & Youth Services (CYS) Sports & Fitness staff welcomes you to the 2019 Fall Soccer Program. This letter will answer some general questions you may have about the program.

CYS Sports hosts a **RECREATION LEAGUE** that is inclusive of all youth who want to learn the fundamentals of the game and to have fun.

Any further questions may be addressed to the Sports & Fitness Director or our amazing sports staff. We encourage parents to become involved in our recreational sports program by being a coach, team parent, or offering assistance to staff on game days.

Ages & eligibility: A child must be 3 years old and no older than 12 years of age by 07 September '19 in order to play. The team ages will be divided as follows: 3 to 4, 5 to 6, 7 to 8, 9 to 10, and 11 to 12.

Current sports physical: A Sport physical with the doctor's medical stamp is good for 12 months. To keep your child's sports physical current through the end of the sport season, you will have 10 days from the date of expiration to provide parent central with a new sports physical. The end of soccer season will be on **05 Oct '19 for Bumblebee soccer** (3-4 year olds) and **19 Oct '19 for 5 years and up**. Parent Central will accept a copy of the medical form you may have obtained for school, provided it has the required documentation on it and you attach it to the **CYS Health Assessment/Sports Physical Form** and fill out the front and sign the back.

PARENT MEETING:

Saturday, 17 August '19, Youth Sports Bldg. #2295, 12th & Bitar St.

0900 for ages 3-4 Last Names (A-M)

1000 for ages 3-4 Last Names (N-Z)

1100 for ages 5-8

1200 for ages 9-12

The parent meeting is the time you will meet our awesome **CYS sports staff**, and your coaches & discuss administrative issues such as practice times, dates etc.

PRACTICES: The days and times are 2 times per week between 1700 and 2000. **CYS Sports** is limited to three hours per week including practices and games.

*****During practice and games, the parents/guardians are responsible for the supervision of the siblings that are not participating in the sporting activity. **Pets are not allowed on***

any CYS or Adult sports fields on JBLM. *No smoking or vaping within 50 feet of the fenced area for the field. *****

Games: Games will be played Saturday's beginning on **07 Sept '19** and will continue through **05 Oct '19** for Bumblebee Soccer and **19 Oct '19** for ages 5 - 12 years. Your child's coach will furnish the game schedules by the 2nd week of practices.

Snacks: A list of acceptable snacks will be provided to your coach. Please adhere to the suggestions as we are trying to encourage healthy habits at a young age. Snacks should be nutritious in content. Please dispose of snacks in designated trash cans located near the bleachers.

Fees: Your registration fee is regulated by Department of the Army (DA). This fee covers medals, certificates, and a team photo for all players posing in the photo. This fee also helps offset costs for field maintenance, labor, and official's fees.

Volunteers: In order to coach or assist a team, a background clearance and a coach's certification training is **mandatory**. Discounts for volunteer head coaches and assistant coaches participating in any CYS sport in any given season are authorized, once a ***background check is cleared (2-6 weeks from time you turn in) and NAYS & CYS training are completed.*** Please contact the CYS Sports Office if you are interested at 967-2405.

UNIFORMS: If we are able to get sponsors, then our athletes will be able to keep their t-shirts or jersey. Shin Guards are mandatory and cleats are recommended.

Appropriate Conduct: Parents and coaches are reminded that comments should be kept to a minimum and foul language will **NOT** be tolerated at the games. Adherence to the Parents Code of Ethics will be enforced. Incidents of inappropriate behavior will be reviewed and corrective action will be taken. Remember to role model Pursuing Victory with Honor - Character Counts both on and off the field.

For more parent information, please go to the following website:
<https://jblm.armymwr.com/programs/youth-sports>

The CYS Sports & Fitness team thank you in advance for your support. (253) 967-2405

CYNTHIA A. WILLIAMS-PATNOE
CYS Youth Sports & Fitness Director

DIRECTION TO RAINIER FIELD FROM CYS SPORTS ON JBLM - LEWIS

2295 S 12th St, Joint Base Lewis-McChord, WA 98433

Head north on S 12th St toward Bitar Ave	26 ft
Turn right at the 1st cross street onto Bitar Ave	0.1 mi
Turn left onto 41st Division Dr	1.4 mi
Slight right onto the Interstate 5 N ramp to Tacoma/Seattle	0.4 mi
Follow I-5 N to Bridgeport Way SW in Lakewood. Take exit 125 from I-5 N	4.6 mi
Take exit 125 for Bridgeport Way toward JBLM McChord Field	0.2 mi
Continue on Bridgeport Way SW to your destination in Joint Base Lewis-McChord	1.4 mi
Turn right onto Bridgeport Way SW	0.5 mi
Continue onto Fairway Rd	0.3 mi
Continue onto Colonel Joe Jackson Blvd	0.2 mi
Turn right onto Warehouse Rd	0.2 mi
Turn left Destination will be on the left	0.1 mi

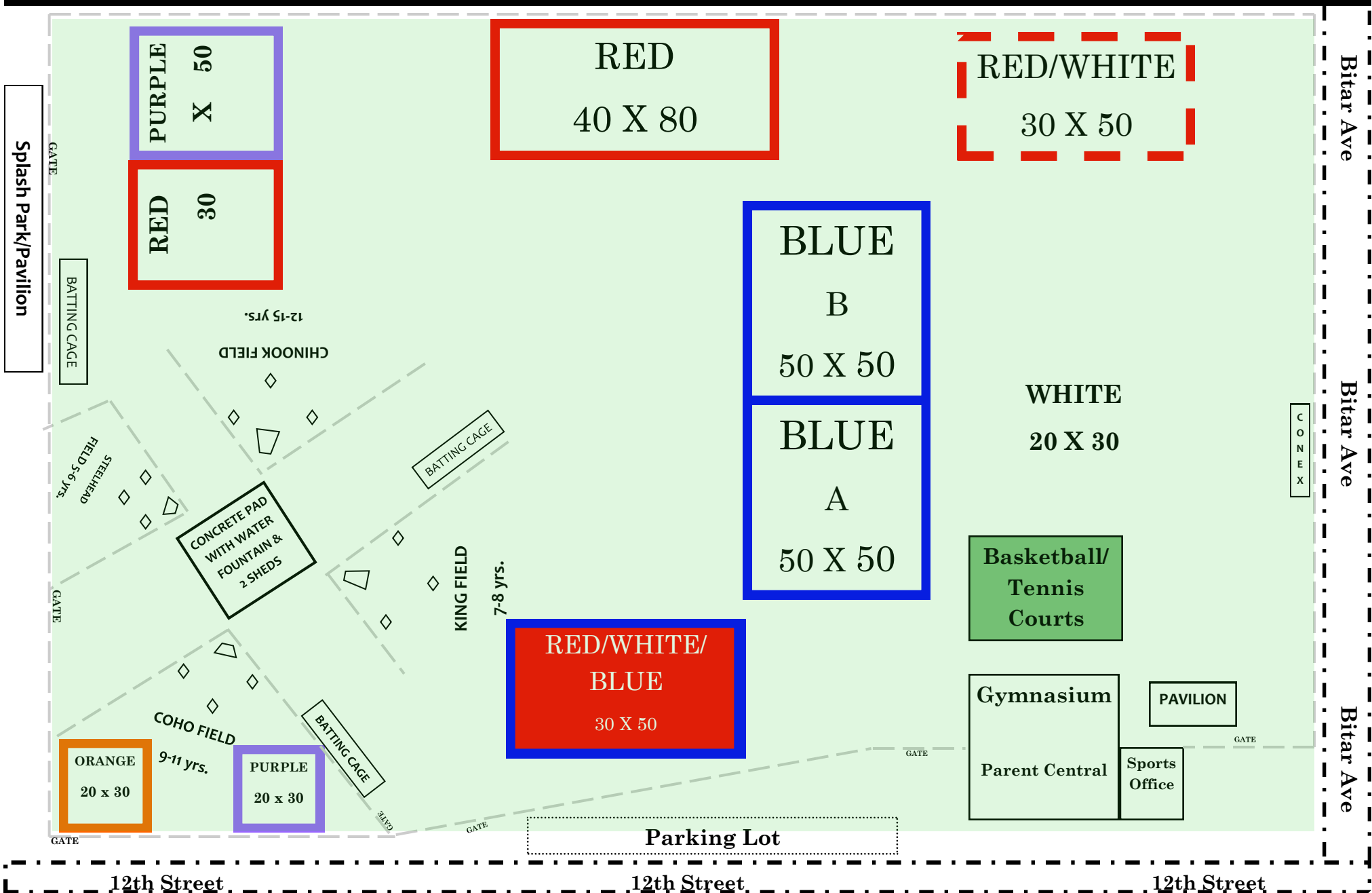
Rainier Field McChord Air Force Base

CYS SOCCER FIELDS 2019

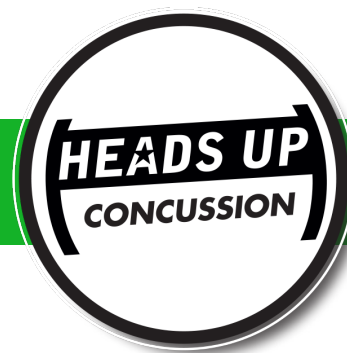
41st Division Drive

41st Division Drive

41st Division Drive



HEADS UP CONCUSSION ACTION PLAN



IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

▶ **"IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON."**



CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall

JOIN THE CONVERSATION AT  www.facebook.com/CDCHeadsUp

HEADS UP

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION



SIGNS AND SYMPTOMS

These signs and symptoms may indicate that a concussion has occurred.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets sports plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right"

ACTION PLAN

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play **only** with permission from an appropriate health care professional.

IMPORTANT PHONE NUMBERS

FILL IN THE NAME AND NUMBER OF YOUR LOCAL HOSPITAL(S) BELOW:

Hospital Name: _____

Hospital Phone: _____

Hospital Name: _____

Hospital Phone: _____

For immediate attention, CALL 911

If you think your athlete has sustained a concussion... take him/her out of play, and seek the advice of a health care professional experienced in evaluating for concussion.

For more information and to order additional materials **free-of-charge**, visit:
www.cdc.gov/ConcussionInYouthSports

Healthy Snack Ideas

The key to healthy snacking is in providing a balance of food choices that the children can enjoy. Make it a point to read the Nutrition Facts Label that now appears on most processed or prepared food products. These labels provide useful information about serving size, total calories and calories from carbohydrates, protein and fat along with information on the other nutrients contained in the food. In addition to the nutrition facts label, food manufactures are now required to list on the label, in descending order, the weight of all ingredients in a food product. Try to select snacks that do not have sugar, salt or oils listed as the prime ingredients.

Guideline and Suggestions for Healthy Snacks:

1. Prepare snacks that are kid-friendly. When serving fruits and vegetables offer them in bite size portions. Some fruits and vegetables such as apples, pears and carrots can be cut up into sizes that children can easily manage. Try to prepare snacks in advance.
2. Select only juices that are 100% juice. All fruit drinks are now required to have a list of the ingredients on the label. Many products that advertise themselves as fruit juices contain no more than 10% juice. Avoid soft drinks.
3. Limit cookies, doughnuts, brownies and other baked goods. Instead serve bagels or rice cakes. Children also enjoy mixing several types of ready to eat cereals together for a snack.
4. Limit chips and other salty, high fat snacks. Instead, offer baked pretzels, air popped popcorn, dried fruit, dry cereal, granola and whole grain crackers.

Snack Ideas

Apple Chips/Baked Chips

Ritz/Wheat Thins

Fruit Juices

Whole grain crackers

Muffins

Bagels

Cheese Sticks

Dried Fruit

Rice Cakes

Fresh Fruit Slices

Trail Mix

Bread Sticks

Ready to eat cereal mix

Baked Pretzels

Real Fruit Roll-ups

Animal Crackers

Granola Bars

Cheese & Crackers

Raw Vegetables

Beef Jerky

Fruit Bars



Parents' Code of Ethics



I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this PAYS Parents' Code of Ethics:

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.

I will place the emotional and physical well-being of my child ahead of a personal desire to win.

I will insist that my child play in a safe and healthy environment.

I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.

I will remember that the game is for youth - not for adults.

I will do my very best to make youth sports fun for my child.

I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.

I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.

Parent Signature

Date

© National Alliance for Youth Sports
2050 Vista Parkway
West Palm Beach, FL 33406
(800)729-2057 / FAX (561) 681-9716 / pays@nays.org

PLAYERS' CODE OF ETHICS

I hereby pledge to be positive about my youth sports experiences and accept responsibility for my participation by following this Players' Code of Ethics pledge:

- I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can, and will notify my coach if I cannot.
- I will expect to receive a fair and equal amount of playing time.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect regardless of race, sex, creed, or abilities and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun.
- I deserve to play in an environment that is free from drugs, tobacco and alcohol and expect adults to refrain from their use at all youth sports events.
- I will encourage my parents to be involved with my team in some capacity because it is important to me.
- I will do my very best in school.
- I will remember that sports participation is an opportunity to learn and have fun.

Player Signature

Date