



Soccer Rules

Revised March 2021



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. *******PER WA STATE COVID-19 GUIDELINES – ONLY 2 SPECTATORS ALLOWED PER PLAYER*******
4. **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.
5. **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
6. **Ball size:**

3-6 yrs.	#3	Game Balls will be provided by teams. Use best ball available & Referee determines which one to be used.
7-10 yrs.	#4	
11-12 yrs.	#5	
7. **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. 5-12 yrs. 7 players
8. **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)
9. **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 CYSS 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.
10. **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!!



*****REMEMBER, FACE MASKS MUST BE WORN AT ALL TIMES BY STAFF, COACHES, PLAYERS, & SPECTATORS!*****



11. **Game Duration:** 3-4 yrs. 30-45 minutes MAX 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
12. **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.
13. **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.
14. **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!!**
15. **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.
16. **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.
17. **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.**
18. **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.**
19. **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 30 - 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: Nakita Pruitt, Aisha Vandessppool, Alex Diaz

Fitness Specialists: Steva Brown, Justin Graham, Genia Stewart

CYMS Tech: Gino McDuffy

Website: www.JBLMMWR.com/CYS



Policy for Participation & Level of Play

JBLM Youth Sports
March 01, 2021

- Teams are formed based on the age they are on the first game.
- Players can play up based on age, ability, size, and if room on the roster.
 - Must be approved by the Sports Director, Cynthia Williams-Patnoe @ 253-967-2405.
- Older and more experienced players should always keep in mind safety over competition.
- This means no unsafe playing actions or rough play.
- Leadership and Sportsmanship is priority!



1. Teams **may use players from other teams** if their own team does NOT have enough players to provide both a starting lineup and substitutes.
2. Coaches with the team that does not have enough players will have the responsibility to control and monitor play time for all players. Some substitutes may be stepping in for a 2nd game and some may not.
3. Not all situations are simplified by rules due to some players and parents who do not want to play 2 games or for 2 hours. Be flexible to understand it is about playing the game vs. winning and losing.
4. If both coaches agree, both teams can take the field with less players. Please remember that we are a recreation league. Our focus is on helping all kids to learn the basics and to have fun.
5. If a situation is in question, do NOT question or try to deal with it during the game. Write it down and email to the Sports Director, Cynthia Williams-Patnoe at cynthia.a.williams-patnoe.naf@mail.mil, this helps us avoid our youth being involved.
6. If a concern happens during a game, the coaches need to tell the on-site sports staff of the situation so they can monitor and be aware.
7. **Remind parents to talk to you, the coach, and *NOT the official* if they question a call.**
8. **The coaches are responsible for calming their parents down if an emotional situation arises.**

The Sports Director or assigned Sports Staff can clarify or monitor when needed.

Thank you for helping to provide a Safe & Positive Place for Youth!!

MONTH OF THE MILITARY CHILD!

On Tuesday, April the 6th during practices at the CYS Lewis Main fields, we would like to invite your child to come participate in the

US Army Youth Guinness Book of World Records Attempt

In observance of the Month of the Military Child, Army CYS will attempt to break the current Guinness Book of World Records for virtually passing of a soccer ball.

Who: All CYS Youth ages 3 to 18

What: Virtually pass a soccer ball (see rules)

When: April 6, 2021 between 1600 and 1900 Local Time (no date/time stamp required)

Where: CYS Lewis Main fields

Participant Rules: Participants will receive a passed ball (rolled, tossed or kicked) from an out of frame location. (Minimum 5 feet away from participant) Soccer ball may vary in size, type or color. No kick balls, basketballs, or foam balls.

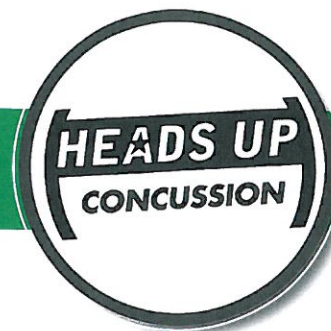
Participants will stop the ball using a legal soccer type trap (foot, body, etc.) No Hands

NO HEADING A SOCCER BALL

Participant will stop the motion of the ball, state their first name only and garrison, then pass the ball out of frame using a legal soccer-style pass. Ball must leave the video frame to be eligible for submission. (20 seconds or less)

Come help JBLM be the best of the best!!

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

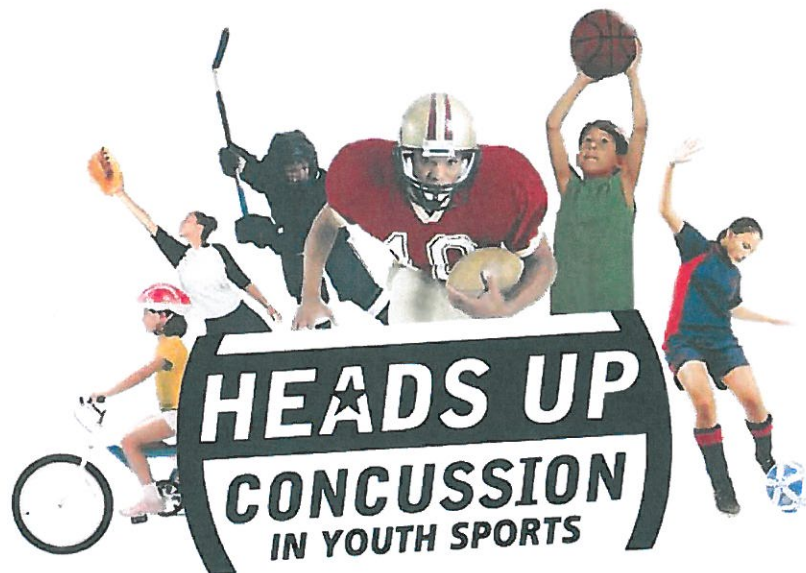
- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

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

TO LEARN MORE GO TO >> [WWW.CDC.GOV/CONCUSSION](https://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



Facts About Lightning

Safety Tips for the Mariner

Factsheet Vol. 1

May 16, 2001

MESMERIZING BUT DEADLY

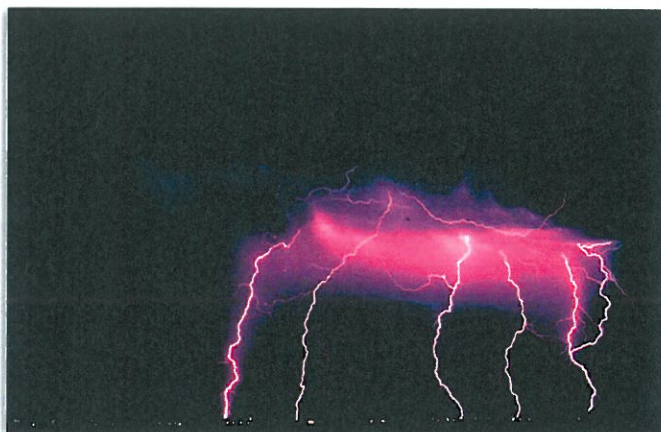
Lightning kills more people in the United States in a year than tornadoes. Mariners are particularly at risk. Marine vessels are often the tallest objects in a large open space. Seeking the tallest objects, lightning has blown out the bottom of boats and caused millions of dollars in damage to navigational equipment.

WHAT IS LIGHTNING?

Lightning is the result of the buildup and discharge of electrical energy. The air in a lightning strike is heated to 50,000 degrees Fahrenheit. It is this rapid heating of the air that produces the shock wave that results in thunder.

A cloud-to-ground lightning strike begins as an invisible channel of electrically-charged air moving from the cloud toward the ground. When one channel nears an object on the ground, a powerful surge of electricity from the ground moves upward to the clouds and produces the visible lightning strike.

The danger of lightning poses a major threat to mariners. A direct lightning hit can damage or destroy vessels, overload navigational and other electronic systems, and electrocute crew and passengers.



Multiple cloud-to-ground lightning strikes during a nighttime thunderstorm

HOW DO YOU KNOW IF YOU ARE IN DANGER?

Lightning is a threat whenever:

- You see lightning or hear thunder
- You hear loud static on your AM radio
- You hear buzzing sounds on radio antennas
- Mastheads begin to glow

St. Elmo's Fire

The glow on a masthead produced by an extreme buildup of electrical charge is known as St. Elmo's Fire. Unprotected mariners should immediately move to shelter when this phenomena occurs. Lightning may strike the mast within five minutes after it begins to glow.

The principle lightning safety guide is the 30-30 rule. The first "30" represents 30 seconds. If the time between when you see the flash and hear the thunder is 30 seconds or less, the lightning is close enough to hit you. If you haven't already, seek shelter immediately.

The second "30" stands for 30 minutes. After the last flash of lightning, wait 30 minutes before leaving your shelter. More than one half of lightning deaths occur after a thunderstorm has passed.

How Close Is The Lightning And Is It Coming My Way?

You can tell how close you are to a lightning strike by counting the seconds between seeing the flash and hearing the thunder. For every five seconds you count, the lightning is one mile away. If you see a flash and instantly hear the thunder, the lightning strike is very close. Take shelter immediately.

A hand bearing compass can be used to determine if you are in the path of a storm. By observing the storm's ground flashes and using a series of bearings, you can plot the approach of a thunderstorm. If the bearing of the flashes doesn't change, the average storm is heading toward you. It is time to alter your course.

What To Do When Lightning Threatens?

Before Setting Out on the Water

Before setting out to sea know what conditions to expect. Listen to a NOAA Weather Radio for weather information and plan your trip accordingly. If severe weather is approaching or forecast, the best bet is to stay ashore.

When thunderstorms threaten, mariners should stay away from the water, get to shore if already underway, get out of their vessels and seek shelter immediately inside a sturdy, closed building, vehicle or below decks.

Even when conditions look good, mariners should still leave a float plan with a marina or someone ashore and make sure they have an escape route planned in case a thunderstorm cuts off the original course back to land. Conditions can change from good to bad very quickly.

Out on the Water

If a thunderstorm catches you while you are at sea, follow these safety guides:

- Keep away from metal objects not grounded to the vessel's protection system. Contact with them during a direct hit can cause electrocution.
- Stay out of the shower. The electrical charge often travels along and through plumbing.
- Wear a life jacket at all times. A victim struck by lightning can be rendered unconscious and fall overboard.
- Stay tuned to NOAA Weather Radio for the latest warnings, watches, advisories, and forecasts from the local National Weather Service office.

Remember...

Lightning occurs in all thunderstorms, preparedness can reduce the risk of lightning hazard.

For more striking facts about lightning check out the following Web site:

lightningsafety.noaa.gov

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

Spring Soccer 2021 - Snack Schedule

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