



Eglin Youth Sports Handbook for Soccer

**Building 2582; Hatchee Road
Eglin Air Force Base, Florida
Phone: (850) 882-8212**

**Find us on Facebook: @Eglin Youth Center
Eglin YP Website: www.eglinlife.com/youth/**





Eglin Youth Sports Programs

Mission Statement:

To assist DoD military and civilian personnel in balancing the competing demands of the accomplishment of the DoD mission and family life by managing and delivering a system of quality, available, and affordable programs and services for eligible children and youth birth through 18 years of age.

Our Mission:

To encourage each young person to excel in the areas of leadership, education, health, the arts, sports, fitness, and recreation.

Youth Sports Team:

Flight Chief: Tamera Gerst-Brodie

Director: Ann Lienemann

Assistant Director: Tara Sheppard

Youth Sports and Fitness Program Director: Ernest C. Bracey

Parent Communication:

Communication is key to letting parents know what is happening throughout the program.

For more information:

- Call the Youth Center at (850) 882-8212
- Email: 96FSS.FSFY.YouthCenter@us.af.mil

Code of Conduct:

1. Common sense and common courtesy! This will be the most important rule to follow.
2. Safety is everyone's responsibility! Learn to be conscious of your surroundings and the potential for danger.
3. Profanity (language, attire, gestures) is not acceptable. Express yourself in a positive and friendly manner.
4. Abuse or destruction of property is not acceptable. Take pride in your surroundings.
5. Horseplay and running are not acceptable behavior in the facility. Areas will be designated for physical activity.
6. Smoking, alcohol, and drugs are not permitted in or around the Youth Center or any activity sponsored by Eglin Youth Programs.
7. Appropriate behavior is the responsibility of each individual. Set the example and be the leader!
8. Enjoy your time and contribute as you can!

Volunteers:

Volunteers are an integral part of the Youth Center experience. We welcome those who wish to share their time/ talents with our youth. If you would like to volunteer, please pick up a volunteer application. Background checks are required of all volunteers prior to being able to work with our youth members.

House Keeping Notes:

1. Only players registered to play Youth Sports soccer in appropriate age group may practice with designated team.
2. Only **SERVICE ANIMALS** are allowed on Youth Center property.
3. Alcohol, drugs, tobacco of any form, and profanity are not permitted by anyone on Youth Center property.

Note 1: Violators will be asked to leave the area immediately by the Youth Center Staff or official in charge. Repeat offenders may be barred from further participation, including as a spectator, in youth activities.

Note 2: No person is allowed to make any derogatory comments, gestures, yell at, distract, express disrespect or dissent to a Youth Center Staff Member, official, coach, player and/or spectator. Should you have a problem, please contact the nearest Youth Program employee

Equipment:

1. The wearing of a metal brace or any type of cast is prohibited.
2. All players must wear shin pads under their socks.
3. Shoes must be approved soccer or tennis shoes.
4. No jewelry of any kind.
5. Hair ties must be the soft type.



Team Size and Games:

<u>Max # on team</u>	<u>Max # on field</u>	<u>Ball Size</u>	<u>Field</u>
10	5	3	50' X 100'

Ages
5 / 6

<u>Direct Foul Kicks</u>	<u>Punt</u>	<u>Goalie</u>	<u>Goal</u>
No	No	No	4' X 6'

<u>Max # on team</u>	<u>Max # on field</u>	<u>Ball Size</u>	<u>Field</u>
10	7	4	80' X 160'

Ages
7 / 9

<u>Direct Foul Kicks</u>	<u>Punt</u>	<u>Goalie</u>	<u>Goal</u>
No	Yes	Yes	6' X 12'


<u>Max # on team</u>	<u>Max # on field</u>	<u>Ball Size</u>	<u>Field</u>
10	7	4	80' X 160'

Ages
10 / 12

<u>Direct Foul Kicks</u>	<u>Punt</u>	<u>Goalie</u>	<u>Goal</u>
No	Yes	Yes	6' X 12'

GAME RULES:

1. Game Officials or Youth Center Staff have final say as to whether or not the field is suitable for play. Anytime there is lightning/thunder storms within 10 miles all practices and games are cancelled.
2. Games will not be cancelled because of rain only; lightning or heavy downpour are the exceptions. Game officials and/or youth staff will make ultimate decision.
3. Both teams must start the game with the same number of players on the field, as more players show up for each team, more will be allowed to enter the game until they reach the maximum number required by age group (7 or 9.players).
4. Games will end in a tie (no shoot outs).
5. Practices are 1 hour long for all age groups. Teams can meet a total of 3 times per week for practices and games.
6. Games are 4 – 10 minute quarters with 2 minutes between quarters and a 5 minutes half time. Each player must play a minimum of 2 whole/uninterrupted quarters. No player will play the entire game unless all other players have played 3 quarters.
7. Offside will not be called.
8. Coaches must remain in their coaches boxes (in front of their bench) during the game.
9. Only Youth Center certified coaches wearing a team shirt or coach ID are allowed on the team side of the field (exception: if only one coach is available one team parent may assist the coach at the player's bench to keep team focused on the game).



10. Substitutions at the end of a quarter only, except 10/ 12 teams on ball possession.

11. Spectators must stay on the opposite side of the field from the team.

12. No one is allowed to sit or stand at the goal end of the field.

13. Goalkeepers must change at the half. If a goalie is injured their replacement can't be someone who has already played goalie that game.

14. Any team with a 3 goal lead should move those players that have scored to a defensive position. This will give other players on the team the opportunity to improve their offensive skills.

15. One coach from each team will officiate the game if scheduled officials do not show up.

16. Blood Rule: Players who are bleeding, have open wounds, or have blood on their uniforms or person, must leave the game. They may return provided the bleeding has stopped, all blood has been cleaned off, and the wound has been covered.


17. The start of play conforms to FIFA, with the exception of the opponents of the team taking the kickoff are at least four (4) yards from the ball until it is in play.

18. The throw in conforms to FIFA with the exception that an improperly performed throw-in can be retaken.

19. The goal kick conforms to FIFA with the exception that the kicks are taken from anywhere along the end line and opponents must remain at least four (4) yards from the ball until it is in play.

20. The corner kick conforms to FIFA with the exception that opponents remain at least four (4) yards from the ball until it is in play.

21. Free kicks conform to FIFA with the exception that all kicks are indirect and all opponents are at least four (4) yards away from the ball until it is in play.



22. **No goalie** for the 5/6 year old age group. The goal area is the white box in front of the goal. No player may touch the ball inside the goal area, however any player may move through the goal box.

- a) If a defender touches the ball inside the goal box, a goal is awarded.
- b) If an offensive player touches the ball within the goal box area a goal kick is awarded.
- c) If the ball comes to a complete stop in the goal box a goal kick is awarded.

23. Slide tackling is not permitted in any age group. A sliding tackle occurs when a player attempts to take the ball away from an opposing player by deliberately leaving their feet and sliding along the ground with one leg extended to push the ball away from the opposing player.

24. **No headers in any age group.** When a player deliberately heads the ball in a game, an indirect free kick (IFK) should 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.

25. Games cannot be protested since there are no league standings.

Promoting a safe and healthy sports environment:

1. No person is allowed to make any derogatory comments, gestures, yell at, distract, express disrespect or dissent to a Youth Center Staff Member, official, coach, player, and/or spectator.
2. Violators will be asked to leave the area immediately by the Youth Center Staff or official in charge. Repeat offenders may be barred from further participation, including as a spectator, in youth activities.
3. Any manager, coach, player, or spectator ejected from a game:
 - a) Must leave the Youth Center property immediately (this includes the parking lot) and not return until notified by Youth Sports & Fitness Program Director.
 - b) The Youth Sport & Fitness Program Director will investigate incident and present the facts along with their recommendations to the Youth Center Director. The Director will review the facts of the incident and, if necessary, recommend any additional punishment.
 - c) Upon completion of review, coach will meet with the Youth Sport & Fitness Program, as well as the Youth Center Director to collectively discuss incident and any corrective courses of action needed moving forward.
 - d) Repeated incidents will not be tolerated and are sufficient justification for permanent suspension from the league.
4. Complaints about persons or events will first be directed to the coach/manager who will contact the Youth Sport & Fitness Program Director. If complaint is against the coach/manager, then contact the Youth Sport & Fitness Program Director directly.
5. Artificial noise makers are not allowed. This includes, but is not limited to, air horns, bells, bottles, and whistles. The best sounds players can hear are their parents' encouraging voices.

Concussion Policy:

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

1. Have the player cease the activity.
2. Immediately notify parents that their child/ren sustained a head injury.
3. Staff member that witnessed the accident will complete an incident report and have the parent sign it upon arrival.

How can I spot a possible Concussion?

Children who show or report one or more of the signs and symptoms listed below or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body - may have a concussion or other serious brain injury.

Signs observed by Coaches/Parents:

1. Appears dazed or stunned.
2. Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
3. Moves clumsily.
4. Answers questions slowly.
5. Loses consciousness (even briefly).
6. Shows mood, behavior, or personality changes.
7. Can’t recall events prior to or after a hit or fall.

Symptoms reported by Children:

1. Headache or “pressure” in head.
2. Nausea or vomiting.
3. Balance problems or dizziness, or double or blurry vision.
4. Bothered by light or noise.
5. Feeling sluggish, hazy, foggy, or groggy.
6. Confusion, or concentration or memory problems.
7. Just not “feeling right,” or “feeling down”.

What should I do if my child has a possible Concussion?

As a parent, if you think your child may have a concussion, you should:

1. Remove your child from play.
2. Keep your child out of play the day of the injury. Your child should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child’s health care provider for written instructions on helping your child return to school. You can give the instructions to your child’s school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.
4. Do not try to judge the severity of the injury yourself.

TO LEARN MORE GO TO: [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)

COACHES RESPONSIBILITIES:

It is not the intent of Youth Programs to influence the coaching programs, however, certain procedures relative to the welfare and morals of players and their parents must be recognized.

1. Coaches must ensure that players and parents are informed of scheduled practice and game times. Conduct an initial parent meeting and mid-season parent meeting as required by AFI 34-144, Child & Youth Programs.

2. Never leave a player or group unsupervised!! If the Head Coach/ Assistant is unable to attend practices or games they must be postponed or cancelled. Coaches must keep Youth Sports & Fitness Program Director in the information loop when cancelling practices. Parents are not allowed to supervise practices when no authorized coach isn't present.

3. Coaches are not allowed to transport players home, to parties, practices, or games.

4. All activities/meetings must be held on Youth Center property only.

5. Maintain favorable relations with parents. Coordinate team events. Have parents meetings prior to your first practice to discuss your policies, especially for resolving differences of opinions. Ask parents to please not confront you with a problem in front of any child.

6. Always remember that your primary objective is the safety of the children for whom you accept responsibility. Your next objective following that should be that the players and all connected with the team have fun.

7. No coach can communicate proper athletic principles and values to children unless they exemplify these qualities both on and off the field or court themselves.

8. Do not enter into any event without the approval of the Youth Sports & Fitness Director

9. Head coaches are responsible for the conduct of their players, assistants, and spectators.

10. Only one coach for each team at a time may give directions to their players, provided it is limited and intended to be instructional or informative as to player positioning or team tactics.

11. As a mutual courtesy after the game, players and coaches from both teams will congratulate their opponents for a game well played.

Note: All practices and meetings must be held on Youth Center Property. No activities or end of season parties can be scheduled at anyone's home.





Accidents:

The Youth Center strives to maintain a safe and secure environment. There is an assumed risk in many of our core programs, including, but not limited to sports. Please feel safe knowing that our trained staff members are attentive and work to provide the safest environment possible. Completed enrollment authorizes the staff to call the parents/guardians or alternative emergency contacts when necessary. Updated contact information is the responsibility of the parents/guardians and is crucial to the well-being of your youth.

Child Abuse Prevention and Reporting:

This program takes several steps to protect children from abuse. All Youth Program staff, coaches, instructors, and volunteers are trained in identification and proper procedures in reporting suspected cases of child abuse and are mandatory reporters. Background checks are performed on all staff, volunteers, contract workers, and coaches.

DoD Child Abuse/Safety Violation Hotline: 877-790-1197

Eglin Family Advocacy: 850-883-8616

Florida Child Abuse Hotline: (800) 962-2873

EMERGENCY ACTION PLAN PROCEDURES

Staff and volunteers have specific responsibilities related to the safety and welfare of young athletes. Everyone involved in the Eglin AFB Youth Sports Program should be familiar with these precautions. Please review them carefully.

In the event of an emergency or accident, the following steps should be taken:

1. Assess the situation. DO NOT PANIC. Administer first aid only if qualified.
2. Have an adult stay with the injured person at all times.
3. If additional assistance is needed, CALL 911, if you are on EGLIN AFB give location immediately. Provide the dispatcher with the following information.
 - a) Your name and position.
 - b) Exact location including street access, entry gate, building location and /or best access route to scene.
 - c) Victim's condition.
 - d) Nature of the injury and circumstances surrounding emergency.
 - e) Stay on the phone until you are told to hang up.
4. Return to the injury scene in case you are needed for other assistance.
5. Meet the emergency vehicle.
6. Immediately call parent/guardian and advise them of the circumstances.
7. Report accident to Youth Programs on-duty Manager (882-8212 / 5074) and complete AF form 1187 if required.
8. Call the child's parents/guardians to make sure everything is okay the evening of the accident.

