

# Parks & Rec Spring 2024 Coed Soccer Rules

## Parks and Recreation

Jeff Co.

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Division	Ball Size	Roster Size	# On Field	Special Notes	Field Size	Goal Size/Goalie	Referee	Game Format
Pre-K/ Kinder	3	10-12	6-7	Spectators stand on sidelines and tap the ball back into play when it goes out. If it goes out on the end-line then stop the game and do a throw in. Offside do not apply	About 75X120 feet	About six feet-No Goal Keeper	Coaches will be on the field as referees	Two 16 minute halves with mandatory substitutions clear the bench every four minutes- five minute half time
1-2	3	10-12	7-8	Teach the goal-keeper to play 'up'. Offside do not apply	About 75X120 feet	About six feet-Keeper/ Sweeper	Coaches will be on the field as referees	Two 16 minute halves with mandatory substitutions clear the bench every four minutes- five minute half time
3-4	4	10-14	8-9	Teach the goal-keeper to play 'up'. Offside do not apply	About 75X135 feet	About six feet-Keeper/ Sweeper	Coaches off the field. Referees provided	Two 20 minute halves with a five minute half time
5-6	4	10-14	10-11	Teach the goal-keeper to play 'up'. Off-sides apply	About 110x175	About six feet-Keeper/ Sweeper	Coaches off the field. Referees provided	Two 20 minute halves with a five minute half time

## Rules that Apply to the Entire League

- The purpose of the league is to learn the fundamentals of soccer in a safe supportive environment that promotes the general health and well being of the child.
- This league is recreational, **not competitive**. Coaches, parents and officials must respect this by not keeping score, not keeping standings, and by reinforcing the value of sportsmanship and recreation.
- Teach the meaning of sportsmanship and demonstrate it as a coach and a parent.
- Parents must stay calm and quiet on the sidelines. Yelling instructions is not allowed. Coaches and gym stewards are required to control unruly parents, not the officials.
- Equal playtime.
- Players demonstrating repeated intentional and or careless inappropriate behaviors resulting in fouls or risks to themselves or other players will be asked to sit on the bench for the duration of the game at the sole discretion of the official/coaches.
- Schedules will be posted on our website ([www.countyrec.com](http://www.countyrec.com))
- COVID-19 "Return to Safe Play Rules" in effect

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## Game Formats and Rules for Specific Divisions

### Fifth - eighth grades

- Two 20 minute halves with mandatory substitutions clear the bench every five minutes.
- no headers
- #4 soccer ball
- Score not kept.
- Coaches off the field. Referees provided
- Teach the goal-keeper to play 'up'. Offside apply
- NO PUSHING or rough play -- keep these games safe.
- **No heading allowed**-Coaches are not allowed to teach heading techniques
- HAVE FUN!!

### Third and fourth grade

- Two 20 minute halves with mandatory substitutions clear the bench every five minutes.
- no headers
- #4 soccer ball
- Score not kept.
- Coaches off the field. Referees provided
- Teach the goal-keeper to play 'up'. Offside do not apply
- **No heading allowed**-Coaches are not allowed to teach heading techniques
- NO PUSHING or rough play -- keep these games safe.
- HAVE FUN!!

### First and Second Grade

- Two 16 minute halves with mandatory substitutions clear the bench every four minutes
- Mandatory substitutions clear the bench every four minutes
- no headers
- #3 soccer ball
- Score not kept.
- coaches will be referees
- No Goalie, players can guard the other team's player around the goal.
- NO PUSHING or rough play -- keep these games safe.
- **No heading allowed**-Coaches are not allowed to teach heading techniques
- HAVE FUN!!

### Pre-Kindergarten / Kindergarten

- Two 16 minute halves with mandatory substitutions clear the bench every four minutes.
- Mandatory substitutions clear the bench every four minutes.
- no headers
- Score not kept.
- #3 soccer ball
- coaches will be referees
- No Goalie, players can guard the other team's player around the goal.
- NO PUSHING or rough play -- keep these games safe.
- **No heading allowed**-Coaches are not allowed to teach heading techniques
- HAVE FUN!!

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Dear Families:

Concussion Information Form. *Please go over this information with your participant(s)*  
Thank You, Rec Staff



## Jefferson County Parks and Recreation Spring Soccer

### Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

#### Symptoms may include one or more of the following:

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| <ul style="list-style-type: none"><li>• Headaches</li><li>• “Pressure in head”</li><li>• Nausea or vomiting</li><li>• Neck pain</li><li>• Balance problems or dizziness</li><li>• Blurred, double, or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul> | <ul style="list-style-type: none"><li>• Amnesia</li><li>• “Don’t feel right”</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• Irritability</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting game plays)</li><li>• Repeating the same question/comment</li></ul> |
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#### Signs observed by teammates, parents and coaches include:

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| <ul style="list-style-type: none"><li>• Appears dazed</li><li>• Vacant facial expression</li><li>• Confused about assignment</li><li>• Forgets plays</li><li>• Is unsure of game, score, or opponent</li><li>• Moves clumsily or displays in-coordination</li><li>• Answers questions slowly</li></ul> | <ul style="list-style-type: none"><li>• Slurred speech</li><li>• Shows behavior or personality changes</li><li>• Can’t recall events prior to hit</li><li>• Can’t recall events after hit</li><li>• Seizures or convulsions</li><li>• Any change in typical behavior or personality</li><li>• Loses consciousness</li></ul> |
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#### **What can happen if my child keeps on playing with a concussion or returns too soon?**

##### Concussion Information Sheet

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, Coaches, parents and students is the key for student-athlete’s safety.

**If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

**and**

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport

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