



Gaylord Soccer Recreational League Policy and Handbook



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About Our Club

The Gaylord Soccer League (GSL) is a member of the Michigan State Youth Soccer Association (MSYSA) and as such follows MSYSA rules and regulations except for those in which GSL has established a stricter policy than dictated by the MSYSA. GSL also recognizes the United States Soccer Federation and United States Youth Soccer Association as the governing bodies of youth soccer and abides by their policies and practices.



Gaylord Soccer League: <https://www.gaylordsoccer.com/>.



Michigan State Youth Soccer Association: <https://www.michiganyouthsoccer.org/>.



United States Soccer Federation: <https://www.ussoccer.com/>.



United States Youth Soccer Association: <https://www.usyouthsoccer.org/>.



Mission Statement

Providing instructional development and integration of competitive youth soccer opportunities that enhance character, community, and love of the game.

Objectives

To enable players to learn the game of soccer in a fun and stimulating environment.

To develop players skills to help them be the best soccer players they can be, while maintaining a healthy approach to competitive soccer.

To maximize player development through dedicated volunteer coaching, supporting staff, and excellent facilities.

Recreation Soccer

Recreation soccer is intended to be an affordable opportunity that provides an opportunity to develop athleticism, sportsmanship, and team building in our community's youth. This program is run entirely by volunteers. Teams will be led by coaches that will have variable experience. Practices are highly encouraged, but a minimum number of practices is not required; practices are at the discretion of the coach. Gaylord Soccer League provides teaching aides to all volunteer coaches.



Registration Policy

Recreation soccer is a fall program. All games are played at the Gaylord Soccer Complex on the corner of North Ohio and Fairview. Programs are available for the following age divisions:

- U5 to U6 Coed
- U8 Girls and Boys
- U10 Girls and Boys
- U12 Girls and Boys
- U14 Girls and Boys

Registration

Registration is to be completed online and can be accessed on the Gaylord Soccer League (GSL) web site at www.gaylordsoccer.com. Payments may be made through the registration platform, or by mailing a check or money order to Gaylord Soccer League, PO Box 1147, Gaylord, Michigan 49735. Cash is *not* accepted for registration.

Players registered for travel, may not register for the recreation season. However, if a player is not rostered with a travel team, then may be transferred to the recreation league.

In general, registration will be open April 1 – May 31. The cost for registration is \$100 for one child within the household: \$85 for each additional child within the same household.

Late registration will be open for a period of two weeks in June and will be an additional \$20 per player.

Registration Fees Include:

- Soccer jersey & socks (players are responsible for shorts).
- MSYSA insurance coverage.
- Approximately 10 games of soccer (played mid- August through the end of September).
- Certified referee(s) as available, for divisions U10 and up.
- Facility maintenance (e.g., concessions, restrooms, and field maintenance).
- Family Fun Day.
- End of season Rec Tournament for divisions U10 and up.

Please note that a photographer, team, and individual photographs are not included within the registration fee.

One registration fee will be waived per volunteer head coach. Note: all head coaches and assistant coaches must pass a background check before they are approved to coach. The cost of the background check will be reimbursed by GSL upon proof of passing for head coaches and assistant coaches.

If a player cannot participate, then a partial refund will be given up to July 15; no refund on, or after, July 15. A partial refund is defined as registration fee minus the uniform and, if applicable, the late fee.



Scholarship

GSL is excited to offer a scholarship program to help families offset registration fees. GSL has a limited number of scholarships available and the number of players receiving aid and the amount of the scholarship will vary depending on the funds available. Scholarships are funded by donations.

1. In order to be considered for a scholarship, applicants must be registered for recreation soccer with the Gaylord Soccer League.
2. Once registration is complete, please fill out the online application in full.
3. Applications will be reviewed by the GSL Board. All information will be kept confidential.

Scholarships are awarded based upon demonstrated need. Financial need will be the only determinant in receiving a scholarship.

For over 10 years, GSL has been able to offer a high-quality soccer experience at a fraction of the cost of most clubs in Michigan. We strive to keep our costs as low as possible by requiring families to commit to volunteering. Households receiving scholarship funds are required to volunteer a minimum of 10-hours of time back to GSL. This would include but not be limited to work bees, concessions, stringing nets, pick up trash from fields, refereeing, or providing a valued commodity (e.g., welding goal posts).

Team Formation

Teams are formed based on the number of registered players within each age division. The number of teams and number of players per team will vary.

If an age division has only enough players to roster three or less teams, then that age division may be converted to “academy” style soccer. Academy style is when no teams are assigned. All players in the same age division practice together and form teams randomly to play games. In some instances, girls and boys of the same age division, may be merged into one academy.

Players may not guest play on other recreation teams.

Players are randomly placed on teams within their appropriate age division. In most cases, special requests for team placement are not considered. However, in rare circumstances, the GSL Board may approve a variance.



Scholarship Application

Scholarship awards are available to area residents that are currently registered for recreation soccer with Gaylord Soccer League (GSL). Scholarships will be need-based and cover the cost of registration. Please provide the following information so that we may determine the organization's ability to assist you. No financial assistance requests will be considered without a completed form and GSL cannot guarantee your request. The GSL Board will review all applications in confidentiality.

Applicant Information

Parent/
Guardian
Full Name: _____ Date: _____
 Last First M.I.

Address: _____
 Street Address Apartment/Unit #

 City State ZIP Code

Phone: _____ Email: _____

Player Full Name: _____ Birth Date: _____
 Last First M.I.

Please give a brief explanation of the reason for this request. (For example: My recent hospitalization has caused an unforeseen financial hardship for our family.)

Disclaimer and Signature

I certify that my answers are true and complete to the best of my knowledge.

Signature: _____ Date: _____

Please submit a complete scholarship application to GSL at info@gaylordsoccer.com or to Gaylord Soccer League, PO Box 1147, Gaylord, Michigan 49735 prior to the close of registration.



Recreational U5/U6 Division Rules

1. FIFA rules apply, unless listed differently in this document.
2. Fair play, sportsmanship, and fun shall always be encouraged.
3. Every player gets equal playing time.
4. Size 3 ball (properly inflated).
5. Pop up goals are available in the garage or shed. Please put nets away when done.
6. The number of players on the field is 4 maximum per team. Each team must have the same number of players on the field.
7. No earrings, jewelry, or wristbands at any time. No hard casts.
8. No goal keeping. Encourage all players to be involved in attacking.
9. Duration of game is four 8-minute quarters, five-minute breaks.
10. Throw-ins are from side lines, goal kicks are taken from goal line, corner kicks are taken from the corners, goal(s) can be scored at half line.
11. Re-throw-ins are allowed with instruction to help the player learn.
12. Free substitutions.
13. Shin guards with socks *over* them are mandatory. Soccer cleats are optional.
14. Games are officiated by the team coaches. Only one coach per team is allowed on the field during the game. No parents are allowed on the field at any time.
15. Fouls and Misconducts: All fouls will result in an indirect kick with opponents 5-yards away. Penalty kicks will not be taken in this age group. Coaches explain why the foul was called.
16. Offsides will *not* be called.
17. Coaches are responsible for notifying their team and coordinating with the opposing teams coach for any cancellation and/or makeup game(s) due to inclement weather. Lightning is grounds for immediate cancellation. Otherwise, practices/games are at the coach's discretion. Reference GSL's Weather Policy.



Recreational U8 Division Rules

1. FIFA rules apply, unless listed differently in this document.
2. Fair play, sportsmanship, and fun shall always be encouraged.
3. Every player gets equal playing time.
4. Size 3 ball (properly inflated).
5. Number of players on the field is 5 maximum per team. Each team must have the same number of players on the field.
6. No earrings, jewelry, or wristbands at any time. No hard casts.
7. Goalkeeper will be used for the game and is one of the five players on the field.
8. Goalkeepers will be used for the game and is one of the seven players on the field. Goalkeepers may not punt or dropkick the ball.
9. Duration of game is two 20-minute halves; 5-minute half time.
10. Throw-ins are from side lines, goal kicks are taken from the goal line, corner kicks are taken from the corners, goal(s) can be scored at half line.
11. Goal kicks are taken from inside the goal box with opponents at least six yards away.
12. Re-throw-ins are allowed with instruction to help the player learn.
13. Free substitutions during any stoppage of play. For example: after goal scored, goal kicks, corner kicks, and throw-ins.
14. Shin guards with socks *over* them are mandatory. Soccer cleats are optional.
15. Games officiated by the team's coaches, only one coach from each team is allowed on the field during the game. No parents are allowed on the field at any time.
16. Fouls and Misconducts: All fouls will result in an indirect kick with opponents 6 yards away, Penalty kicks will not be taken in this age group, Coaches explain why foul was called.
17. Offside will *not* be called.



18. Coaches are responsible for notifying their team and coordinating with the opposing teams coach for any cancellation and/or makeup game(s) due to inclement weather. Lightning is grounds for immediate cancellation. Otherwise, practices/games are at the coach's discretion. Reference GSL's Weather Policy.



Recreational U10 Division Rules

1. FIFA rules apply, unless listed differently in this document.
2. Fair play, sportsmanship, and fun shall always be encouraged.
3. Every player gets equal playing time.
4. Size 4 ball (properly inflated).
5. Number of players on the field is 7 maximum per team. Each team must have the same number of players on the field.
6. No earrings, jewelry or wristbands at any time. No hard cast.
7. Goalkeepers will be used for the game and is one of the seven players on the field. Goalkeepers may not punt or dropkick the ball.
8. Duration of game is two 25-minute halves with a 10-minute halftime.
9. No deliberate heading of the ball. Restart will be an indirect freekick.
10. One re-throw-in is allowed with instruction to help the player learn.
11. Shin guards with socks *over* them are mandatory. Soccer cleats are optional.
12. Free substitution during normal stoppage (e.g., after a goal is scored, goal kicks, corner kicks, and throw-ins).
13. Games will be officiated by a center referee and up to two assistant referees. If a certified referee is not available, then one volunteer will act as the center referee and up to two additional volunteers as assistant referees.
14. Fouls and Misconducts: All fouls will result in an indirect or direct kick with opponents 8 yards away. Penalty kicks will be taken in this age group.
15. Offside *will* be called.
16. The build out line will apply. Note: off side is called using the build out line, not the center line.
17. The offensive team must be behind the build out line on goal kicks and when Goalkeeper wins the ball.



18. No slide tackling allowed. Restart will be an indirect freekick.
19. Coaches are responsible for notifying their team and coordinating with the opposing teams coach for any cancellation and/or makeup game(s) due to inclement weather. Lightning is grounds for immediate cancellation. Otherwise, practices/games are at the coach's discretion. Reference GSL's Weather Policy.



Recreational U12 & Up Division Rules

1. FIFA rules apply, unless listed differently in this document.
2. Fair play, sportsmanship, and fun shall always be encouraged.
3. Every player gets equal playing time.
4. U12 (9v9) size 4 ball; U13 and up (11v11) size 5 ball (properly inflated).
5. Number of players on the field is 9 maximum per team. Each team must have the same number of players on the field.
6. No earrings, jewelry or wristbands at any time. No hard casts.
7. Goalkeeper will be used for the game. Goalkeeper is one of the 9 players on the field.
8. Duration of game is two 30-minute halves with a 10-minute halftime.
9. No deliberate heading.
10. Free substitution during normal stoppage. For example: after goal scored, goal kicks, corner kicks, and throw-in for the team in possession. The opposing team may also enter if present with the referee's permission.
11. Shin guards with socks over them are mandatory. Soccer cleats are optional.
12. Games will be officiated by a center referee and up to two assistant referees. If a certified referee is not available, then one volunteer will act as the center referee and up to two additional volunteers as assistant referees.
13. Fouls and Misconducts: All fouls will result in an indirect or direct kick with opponents 10 yards away. Penalty kicks will be taken in this age group.
14. Offside will be called.
15. Coaches are responsible for notifying their team and coordinating with the opposing teams coach for any cancellation and/or makeup game(s) due to inclement weather. Lightning is grounds for immediate cancellation. Otherwise, practices/games are at the coach's discretion. Reference GSL's Weather Policy.



Recreation Tournament

A tournament is a great opportunity for teams to showcase their development at the end of the season.

FIFA rules apply, unless listed differently in the following tournament rules.

Age Divisions

U10 Girls and Boys

U12 Girls and Boys

U14 Girls and Boys

Player Equipment

- a. Shin guards are mandatory and must be covered by socks.
- b. Shirt/jerseys will be tucked into players pants at all times.
- c. All uniforms must have numbers; there should be no duplicate numbers on the field.

Game Balls

U10-U12 will use a size 4 ball.

U13 and above will use a size 5 ball.

Length of Games

U10 – 25-minute halves with 10-minute half time.

U12 – 30-minute halves with 10-minute half time.

U14 – 35-minute halves with 10-minute half time.

Team Location & Spectators

Both teams will have their bench on the same side. Spectators will be on the opposite side of the field. The halfway line will divide the teams and the spectators. Coaches are responsible for the spectators' behavior. Protests will not be allowed. Any player or coach may be ejected based on behavior by a certified referee or GSL Board member and will be suspended for the remainder of that game and the next game.

Performance Ranking Criteria

A round robin competition will be held in each division.

No guest players are permitted.

After the conclusion of the round robin play, all teams will be ranked as to their performance over the preliminary games. Ties will be broken according to Performance Ranking Criteria. This ranking will determine the age division winner.



The teams will be ranked in order of points earned for wins and ties. Three points point for a win, one point for a tie, and zero points for a loss. Among teams with the same number of points, final placing will be determined by the following tie breaker rules which will be applied in order.

Substitutions

Substitutions can only be made at the following times and under the following conditions:

- a. After a goal is scored; or
- b. Prior to restarting the game with a goal kick by either team, or a throw-in has been awarded for the team in possession; both teams may enter if present; or
- c. At half time; or
- d. Corner kick; or
- e. In the case of an injured player; or
- f. For a player who has just received a yellow card, but only if the game has not restarted.

Ties

Ties will be allowed in preliminary games (i.e., non-championship games).

First Tie Breaker

Head-to-head competition.

Second Tie Breaker

If the teams are still tied after head-to-head competition, the tournament will use a bonus point system. A team will receive a bonus point for each goal scored up to and including the third goal. No team can receive more than 3 bonus points per game. However, goals allowed in a game will be subtracted from their bonus point total. For example:

If team A beats team B by a score of 3-0, they receive 3 bonus points.

If team A beats team B by a score of 3-2, they receive 1 bonus point.

If team A beats team B by a score of 6-3, they receive 0 bonus points.

Third Tie Breaker

The team with the fewest goals against them will be determined as having the better record.

Forth Tie Breaker

Most wins during the preliminary round games.

Fifth Tie Breaker

The team having the most goals will be determined as having the better record.

Sixth Tie Breaker

Penalty Kicks

Forfeits



A maximum of ten minutes grace period will be allowed after the scheduled kick-off time. A forfeit will be recorded as a 3-0 score.

Inclement Weather

Only a certified referee or GSL Board member may shorten, cancel, or postpone a game.

The GSL Board reserves the right to decide on all matters pertaining to the tournament.

Cancellations or delays for the recreation tournament will be posted on GSL Facebook page.



Referees

For recreational soccer, certified referees are provided by the Gaylord Soccer League (GSL) for age divisions U10 and up when available. *

Certified Referees

To be assigned to games, contact our Director of Referees, Roxanne Merrick, GSL Director of Referees at info@GaylordSoccer.com.

To be compensated for service: proof of service must be provided to the Director of Referees by the end of the regular season. Proof of service includes a copy of the score card that includes the date, the team names, score, and signature of at least one coach.

The compensation schedule for certified referees is as follows:

U10

Certified Center \$TBD/game

U11 / U12

Certified Center \$TBD/game

Certified AR \$TBD each/game

U13 and up

Certified Center \$TBD/game

Certified AR \$TBD each/game

Volunteer Referees

If a certified referee is not available, volunteer(s) will officiate the game. This may be a coach, parent, or spectator that is a minimum of 13 years old. No more than three volunteers may officiate the game (i.e., one center referee and two assistant referees).

Volunteer referees are greatly appreciated but are not monetarily compensated for their service.

*There is a severe shortage of certified soccer referees. If you are interested in becoming a certified referee please contact our Director of Referees at info@GaylordSoccer.com, or visit <https://www.michiganrefs.org/> to get started!



GAYLORD SOCCER COMPLEX
FIELD MAP

617 FAIRVIEW RD.
 GAYLORD, MI 49735



FIELD RESERVATION





Weather Policy

For Practice(s) and Game(s): The fields must be vacated if lightning is seen, or thunder is heard. Evacuation must be done immediately. Time must not be taken to pick up balls, cones, etc. Shelter should be taken in vehicles or a fully enclosed building. The pavilion should only be used as a last resource. There must be a full 30-minute interval between thunder/lightning events before reentering the fields. Even if the sky is clear overhead a lightning strike can originate miles from where it hits. The soccer complex has thousands of feet of water filled irrigation pipe which makes it a prime target for lightning.

National Weather Service (NWS) Warnings: The fields must remain vacated during any of the following warnings posted by the NWS for Otsego County: Thunderstorm, Tornado, Hail, High Wind, and Winter Storm. Coaches, please remember that you are responsible for the safety of your team. Do not take severe weather lightly. If there is any question as to the severity of weather conditions, it is best to follow the motto "better safe than sorry."



Michigan State Youth Soccer Association Insurance Statement

Every soccer player registered with Gaylord Soccer League (GSL) is covered by an insurance policy through Michigan State Youth Soccer Association (MSYSA). Coaches, team managers, and other league officials are also covered as long as they are registered with MSYSA and have current risk management certification. MSYSA will only provide SECONDARY medical and general liability protection for those currently registered with MSYSA. The policy runs from the seasonal year of August 1st thru July 31st of the following year. The policy only provides coverage for accidents or injuries that occur at the Alpine Youth Soccer Complex located at 617 Fairview Street, Gaylord, Michigan 49737, or any additional indoor facility. Also, the policy coverage is only in effect for authorized and organized events, practices, or games.



Birth Year and Season Matrix

When determining the age group for a season, the year the season ends should be used for determining the birth year. Also note that the format “U followed by age” really means that age and younger. For example, U8 should be read as 8 and younger. For more age-group information please reference [U.S. Soccer’s Player Development Initiatives](#).

Season	2016-2017	2017-2018	2018-2019	2019-2020	2020-2021	2021-2022	2022-2023	2023-2024	2024-2025
Birth Year									
2020									
2019									U6
2018								U6	U7
2017							U6	U7	U8
2016						U6	U7	U8	U9
2015					U6	U7	U8	U9	U10
2014				U6	U7	U8	U9	U10	U11
2013			U6	U7	U8	U9	U10	U11	U12
2012		U6	U7	U8	U9	U10	U11	U12	U13
2011	U6	U7	U8	U9	U10	U11	U12	U13	U14
2010	U7	U8	U9	U10	U11	U12	U13	U14	U15
2009	U8	U9	U10	U11	U12	U13	U14	U15	U16
2008	U9	U10	U11	U12	U13	U14	U15	U16	U17
2007	U10	U11	U12	U13	U14	U15	U16	U17	U18
2006	U11	U12	U13	U14	U15	U16	U17	U18	U19
2005	U12	U13	U14	U15	U16	U17	U18	U19	
2004	U13	U14	U15	U16	U17	U18	U19		
2003	U14	U15	U16	U17	U18	U19			
2002	U15	U16	U17	U18	U19				
2001	U16	U17	U18	U19					
2000	U17	U18	U19						
1999	U18	U19							



Recreational Soccer Coach's Duties and Responsibilities

The coach is approved by the Gaylord Soccer League (GSL) Board. The coach has the sole responsibility for running the team, which includes:

- Attending league sponsored training sessions.
- Teaching players multiple positions (per league age specific guidelines).
- Determining tactics and formations.
- Determining playing positions.
- Allowing equal playing time.
- Determining times for training sessions.
- Establishing and implementing training techniques.
- Ensuring that uniforms are worn during games.
- Having communication with parents (e.g., practice times, player expectations, etc.).

As a coach I will:

- Lead by example and be a promoter of the game of soccer on and off the field.
- Be ultimately responsible for the team regarding the enforcement of all league and team. policies, procedures, rules, regulations, including the philosophy of the league.
- Attend all scheduled club coaches' meetings.
- Hold a parent meeting prior to the start of practice.
- Be prudent about commenting on a player with someone other than the assistant coach, league representative, or the player's parents.

Further I will never:

- Direct dissident behavior toward an official.
- Engage in any kind of unsportsmanlike conduct with any official, coach, manager, player or parent.
- Act in a way that is detrimental to the team or the Gaylord Soccer League.
- Make disparaging comments about any player.

I have read and understand the above player expectations. I understand that poor behavior during practices, games, or tournaments may result in lost playing time and expulsion from the team.

Coach Signature

Date



Recreational Soccer Player Responsibilities

It is important that players observe the guidelines established by the Gaylord Soccer League and State Associations.

As a player I will:

- Train and play to the best of my ability.
- Have a positive attitude and never quit.
- Win without boasting and exemplify sportsmanship.
- Respect officials and accept their decisions without question.
- Only give positive encouragement to fellow teammates.
- Arrive on time and prepared for all games and training sessions, i.e., proper mental attitude and equipment.
- Respect the coach, teammates, opponents, spectators, and officials.
- Obey the Laws of the Game, the Team, and the Club.
- Practice soccer skills and conditioning on my own.
- Notify the coach or team manager if I will be tardy for or unable to make a practice, game, or meeting.

Further I will never:

- Allow my enthusiasm and commitment for soccer to override my responsibilities to my education.
- Use profane or vulgar language.
- Use a controlled substance unless prescribed by a physician.
- Leave the field or a session without the permission of the coach.
- Disregard any instructions of my coach.
- Forget that I represent the Gaylord Soccer League.
- Disrespect the Laws of the Game.

I have read and understand the above player expectations. I understand that poor behavior during practices, games, or tournaments may result in lost playing time and expulsion from the team.

Player Signature

Date



Recreational Soccer Parent Expectations Responsibilities

The parents are an integral part of the Gaylord Soccer League support system. It is important that parents observe the guidelines established by the League and State Association.

As a Parent I will:

- Be encouraging and supportive in regard to my child's play on the field.
- Respect officials and accept their decisions.
- Support the coach, manager, and team.
- Volunteer my services and talents to the League when possible.
- Familiarize myself with the Laws of the Game.
- Comply with the rules, policies, and procedures of the League and the team.
- Abide by all decisions made as a team such as tournament selection.
- Make monetary payments to the manager in a timely fashion and understand that failure to do so will jeopardize my child's playing time or roster position.
- Encourage my child to live a healthy lifestyle.
- Discuss my child:
 - Only with a coach.
 - Not with the manager or any other person.
 - Only a time mutually agreed upon by the coach.
 - Never prior to, during or directly after a game.

Further I will never:

- Engage in dissent directed toward an official.
- Give instructions from the sideline during a game.
- Engage in any kind of unsportsmanlike conduct with any official, coach, manager, player, or parent.
- Interfere at any time with the duties and responsibilities of the coach or manager.
- Act in a way that is detrimental to the team or the Gaylord Soccer League.
- Make disparaging comments about any player.

I have read and understand the above parent expectations. I agree to abide by the parents expectations and understand that failure to do so may result in my child being asked to leave the club and forfeiture of registration fees.

Parent /Guardian Signature

Date

Concussion

INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.


What Is a Concussion?

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.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no “concussion-proof” helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.

 **Plan ahead.** What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens 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 Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the 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* or *after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not “feeling right,” or “feeling down”

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Children and teens who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

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

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)



Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

- I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed: _____ Date: _____

Athlete's Signature: _____

- I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: _____ Date: _____

Parent or Legal Guardian's Signature: _____



Michigan State Youth Soccer Association Risk Management and U.S. Center for Safe Sport

Adopted in March 2019, Michigan State Youth Soccer Association's (MSYSA) Athlete & Participant Safety Program includes six (6) key components. They include, background check screening, mandatory reporting requirements, training/education, prohibited conduct, limits on one-on-one interactions as well as monitoring and enforcement.

The U.S. Center for SafeSport (<https://uscenterforsafesport.org/>) training modules are required of our team officials, club/league board members, etc. The trainings are intended to provide tools, vocabulary, and information to better monitor our sport, minimize the opportunities for sexual harassment, sexual abuse, and other types of misconduct, identify concerns and risks surrounding relationships with power imbalances, and respond to concerns. In addition, the U.S.

Center for SafeSport has rolled out optional trainings for parents and athletes. They include: 'Parent's Guide to Misconduct in Sport' training (30 min. course), 'SafeSport for Youth Athletes' (ages 13-17) and 'SafeSport for Kids' (ages 5-12). These trainings are free, and the youth trainings require parental consent.

To access the parent and youth trainings, visit <https://safesporttrained.org/#/public-dashboard> and create an account. Once logged in, click "Catalog" from your Dashboard, and then click "Enroll" in the course you want to take.