



## **Mission Statement**

*The FM Soccer Club promotes youth soccer in our community by creating opportunities for young athletes to develop essential skills, to learn the importance of teamwork, and to enjoy the benefits of healthy competition and an active lifestyle, all while fostering a love of the game.*

## **Vision Statement**

We are committed to creating a positive culture, in which athletes, parents, coaches, officials, fans, and directors work together to achieve our mission and support our goals.

To do so, we strive to achieve these goals:

- To promote age appropriate skill development and competition for individuals and teams;
- To have the capabilities to allow players of all skill levels to improve;
- To encourage a fun learning environment that brings players back to the sport;
- To teach life lessons that have value beyond the playing field;
- To provide coaches with the tools they need for success teaching players;
- To have proper and clear channels of communication for all members; and
- To have a board that mirrors the community and supports the club goals at all levels.

## **Player Sportsmanship Pledge**

*During this game, I promise to follow the rules and respect the decisions of the coaches and the referees. I will play fairly and try to do my best. Win or lose, I promise to be a good sport.*

## **Coach Sportsmanship Pledge**

*During this game, I promise to follow the rules and respect the decisions of the referees. I will ensure my team plays fairly and safely. I will model the positive and supportive behavior I expect of my players and their parents. I will refrain from coaching from the touchline and instructing players on the field, as I know this is detrimental to player development. Win or lose, I promise to be a good sport.*

## **Parent Sportsmanship Pledge**

*During this game, I promise to respect the decisions of the referees and coaches. I will model the positive and supportive behavior I expect of my child and their coaches. Win or lose, I promise to be a good sport.*

## General Club Rules

1. COVID-19 Health & Safety: Players and spectators must wear masks at all times. For full guidelines, visit the FM Youth Soccer site, [fmyouthsoccer.org](http://fmyouthsoccer.org)
2. For every game, all players are required to wear shin guards. Soccer socks must completely cover the shin guards.
3. No jewelry may be worn during soccer games (this includes pierced earrings, bracelets, watches, necklaces, barrettes, or beads).
4. No pets are allowed on FM School District property per FM School District policy.
5. There is NO SMOKING allowed on FM School District property per FM School District policy.
6. Parents are responsible for removing any trash or litter that is the result of items that their family has brought to the soccer practices/games (e.g., orange peels, empty water bottles, empty juice boxes, etc.)
7. Players, coaches, parents and siblings should not trespass on private property which may be adjacent to the FM School District property where practices and games are being held. No one is to remain behind the goals or on the end line areas during practices or games.
8. Parking for all practices and game should ONLY be in FM School District parking lots or in school driveways. There should be absolutely NO PARKING on the shoulders of roads or on sidewalks. Parking is limited. It is suggested that when possible, families drive one vehicle.
9. If lightning is seen or thunder heard at any point before the halfway point in the game, the fields must be immediately cleared for 30 minutes, per the FM School District's policy, before reconvening the game.
10. If lightning is seen or thunder heard at any point after the halfway point in the game, the fields will be immediately cleared and the game will be cancelled.
11. If lightning is seen or thunder heard within 30 minutes before or at any point during a practice, the fields must be immediately cleared, per the FM School District's policy, and the practice will be cancelled.
12. In the event of any sign of a head injury, coaches will take appropriate action per the league's concussion protocol.

## General Rules of Play

- Kickoffs may be forward or backward
- Hand balls are called if they are intentional (i.e., arms out considered intentional)
- On goal kicks, the ball needs to clear the box before any player touches it
- Offsides is called starting in U9 and only if a player is offside at the point the ball is kicked, but cannot be called on throw-in
- Goalies cannot be touched by players on the field of play during a game
- Yellow and red cards will be issued but only in instances where there is a clear intent to injure another player or act recklessly
- Any time a player goes to the ground around the ball, play will be stopped immediately and a drop ball will be used to restart
- A player may wear a cast while playing but the player must present a doctor's authorization, the cast must be soft, but ultimately it is up to referee's discretion to decide if the player may enter the field of play
- Slide tackling is never allowed and will result in a direct kick from the point of infraction for the opposing team
- Substitutions are allowed during any stoppage of play, regardless of possession
- Players on sidelines must sit on the bench when not playing
- Coaches, parents and players should not interact with referees before, during or after the game. If issues arise due to the quality of our league's referees, please email your division coordinator, FMSC Recreation League Coordinator ([FMSCRecSoccer@gmail.com](mailto:FMSCRecSoccer@gmail.com)) or FMSC Referee Coordinator ([FMSC.information@gmail.com](mailto:FMSC.information@gmail.com)).
- Coaches are encouraged to manage their games to provide a positive experience for all soccer players. If your team is more dominant and scores a disproportionate number of goals, we advise you to employ best practices for managing scoring. The list provided below is a sampling of measures that will encourage the development of your players while allowing the opposing team continued involvement in the game. For full descriptions of the measures, please read the article, "[Coaching in Uneven Matches](#)" by Robert Parr.
  - Reduce numbers
  - Impose touch restrictions
  - Focus on possession
  - Emphasize defensive responsibilities
  - Limit scoring methods

## **U5 and U6 Specific Rules**

- Dribble in or pass in's instead of throw-ins. Ball must be stationary prior to dribble/passing it in. Opposition should give the player on the ball a couple of yards of space.
- Heading is never allowed - results in an indirect kick during a game
- Coaches are referees
- Game duration: 4 x 7 minute quarters, 1 minute between quarters
- Ball size: 3
- Game format: 4 vs 4 or 3 v 3 – depending on numbers (no goalies)
- Two goals at each end
- Practice frequency: Integrated with scrimmage on the weekend

## **U7 Specific Rules**

- Dribble in or pass in's instead of throw-ins. Ball must be stationary prior to dribble/passing it in. Opposition should give the player on the ball a couple of yards of space.
- Heading is never allowed and results in an indirect kick during a game
- Coaches are referees
- Game duration: 4 x 7 minute quarters, 1 minute between quarters
- Ball size: 3
- Game format: 4 vs. 4 or 3 v 3 – depending on numbers (no goalies)
- Two goals at each end
- Practice frequency and duration: Integrated with scrimmage on the weekend

## **U8/U9 Specific Rules**

- Incorrect throw-ins are called - players are allowed to retake the throw-in until done correctly
- Penalties in the box result in a penalty kick
- Heading is never allowed and results in an indirect kick during a game
- When play is restarted by the goalie, the opposing team must fall back behind the build out line. The opposing team can advance as soon as the ball is released by the goalie.
- No punting by goalkeepers
- 1 referee
- Game duration: 4 x 15 minute quarters, 2 minute between quarters
- Ball size: 4
- Game format: 7 vs. 7 (including goalie)
- Practice frequency and duration: One 60 minute weekday practice

## **U11 Specific Rules**

- Incorrect throw-ins are called as follows: Teach on 1<sup>st</sup> instance but penalize thereafter
- Penalties in the box result in a penalty kick
- Heading is never allowed and results in an indirect kick during a game
- 3 referees: Central referee and one linesman on each half of the field (w/ flags)
- Game duration: 4 x 15 minute quarters, 2 minute between quarters
- Ball size: 4
- Game format: 9 vs. 9 (including goalie)
- Practice frequency and duration: One 60 minute weekday practice

## **U14 Specific Rules**

- Incorrect throw-ins are called as follows: 1st time (teach but penalize)
- Penalties in the box result in a penalty kick
- 3 referees: Central referee and one linesman on each half of the field (w/ flags)
- Heading is ONLY allowed in a game (not allowed in practice)
- Game duration: 4 x 15 minute quarters, 2 minute between quarters
- Ball size: 5
- Game format: 9 vs. 9 (including goalie)
- Practice frequency and duration: One 60 minute weekday practice

## Contact Information

FMSC Director of Coaching: Paul Allsopp ([fmscdoc@gmail.com](mailto:fmscdoc@gmail.com))

FMSC Recreation League Coordinator: Meghan Florkowski ([FMSCRecSoccer@gmail.com](mailto:FMSCRecSoccer@gmail.com))

FMSC Referee Coordinator: Roberto Moran ([rcmx21@gmail.com](mailto:rcmx21@gmail.com))

FMSC Registrar: Carrie Neville ([FMSC.registrar@gmail.com](mailto:FMSC.registrar@gmail.com))

U6 Coed Division Coordinator: Mark Teaken ([fmscvicepresident@gmail.com](mailto:fmscvicepresident@gmail.com))

U7 Coed Division Coordinator: Meghan Florkowski ([fmscrecsoccer@gmail.com](mailto:fmscrecsoccer@gmail.com))

U8/U9 Boys Division Coordinator: Cara Graham ([cbgraham1@gmail.com](mailto:cbgraham1@gmail.com))

U8/U9 Girls Division Coordinator: Meghan Florkowski ([fmscrecsoccer@gmail.com](mailto:fmscrecsoccer@gmail.com))

U11 Boys Division Coordinator: Carol Galway ([fmscpresident@gmail.com](mailto:fmscpresident@gmail.com))

U11 Girls Division Coordinator: Carrie Neville ([carriejneville@gmail.com](mailto:carriejneville@gmail.com)) and Steven Terry ([stephen.a.terry@gmail.com](mailto:stephen.a.terry@gmail.com))

U14 Boys Division Coordinator: Doug Gorman ([gorman.douglas@gmail.com](mailto:gorman.douglas@gmail.com))

U14 Girls Division Coordinator: Giorgios Mountrakis ([giorgos236@hotmail.com](mailto:giorgos236@hotmail.com))



## Concussion Procedure and Protocol

**Concussion:** a traumatic brain injury that interferes with normal brain function. Medically, a concussion is a complex, pathophysiological event to the brain that is induced by trauma.

### CONCUSSION SYMPTOMS AND MANAGEMENT AT COMPETITIONS AND TRAINING

#### **Step 1:**

Did a concussion occur?

Evaluate the player and note if any of the following symptoms are present:

- (1) Dazed look or confusion about what happened.
- (2) Memory difficulties.
- (3) Neck pain, headaches, nausea, vomiting, double vision, blurriness, ringing noise or sensitiveto sounds.
- (4) Short attention span. Can't keep focused.
- (5) Slow reaction time, slurred speech, bodily movements are lagging, fatigue, and slowly answers questions or has difficulty answering questions.
- (6) Abnormal physical and/or mental behavior.
- (7) Coordination skills are behind, ex: balancing, dizziness, clumsiness, reaction time.

#### **Step 2:**

Is emergency treatment needed?

This would include the following scenarios:

- (1) Spine or neck injury.
- (2) Behavior patterns change.
- (3) Loss of consciousness.

#### **Step 3:**

If a possible concussion occurred, but no emergency treatment is needed, what should be done now?

Focus on these areas every 5-10 min for the next 1 - 2 hours, without returning to any activities:

- (1) Balance.
- (2) Speech.
- (3) Memory.
- (4) Attention on topics, details.

#### **Step 4:**

Players should not re-enter competition, training, or partake in any activities for at least 24 hours. Even if there are no symptoms after 15-20 min, activity should not be taken by the player.

|



**Step 5:**

A player diagnosed with a possible concussion may return to US Youth Soccer play only after release from a licensed medical doctor specializing in concussion treatment and management.

**Step 6:**

If there is a possibility of a concussion, do the following:

- (1) The attached Concussion Notification Form is to be filled out in duplicate and signed by a team official of the player's team.
- (2) If the player is able to do so, have the player sign and date the Form. If the player is not able to sign, note on the player's signature line "unavailable".
- (3) If a parent of the player is present, have the parent/legal guardian sign and date the Form, and give the parent one of the copies of the completed Form. If the parent/legal guardian is not present, then the team official is responsible for notifying the parent/legal guardian ASAP by phone or email and then submitting the Form to the parent/legal guardian by email or mail. When the parent/legal guardian is not present, the team official must make a record of how and when the parent/legal guardian was notified. The notification will include a request for the parent/legal guardian to provide confirmation and completion of the Concussion Notification Form whether in writing or electronically.
- (4) The team official must also get the player's pass from the referee, and attach it to the copy of the Form retained by the team.

References:

Kissick MD, James and Karen M. Johnston MD, PhD. "Return to Play After Concussion." Collegiate Sports Medical Foundation. Volume 15, Number 6, November 2005. [http://www.csmfoundation.org/Kissick\\_-\\_return\\_to\\_play\\_after\\_concussion\\_-\\_CJSM\\_2005.pdf](http://www.csmfoundation.org/Kissick_-_return_to_play_after_concussion_-_CJSM_2005.pdf).  
April 22, 2011.

National Federation of State High School Associations. "Suggested Guidelines for Management of Concussion in Sports". 2008 NFHS Sports Medicine Handbook (Third Edition). 2008 77-82.  
<http://www.nfhs.org>.  
April 21, 2011.