



Youth Soccer Handbook

WE Hunt Recreation Center
301 Stinson Ave.
P.O. Box 8
Holly Springs, NC 27540
www.hollyspringsnc.us





The Holly Springs Parks and Recreation Department has been awarded the Better Sports for Kids Quality Program Provider designation for **2021/2022** for all youth sports programs. The Better Sports for Kids Quality Program Provider designation is a seal of commitment to quality and safety based on nationally accepted standards. Achieving this designation demonstrates that Holly Springs Parks and Recreation has undergone a review process and has shown a commitment to the children and families we serve. Our organization was evaluated in the following categories:

- Written policies and procedures
 - Volunteer screening
 - Coach training
 - Parent education
 - Accountability

For more information about the designation and the evaluation process, visit

www.nays.org/quality.

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Important Phone Numbers

Hunt Recreation Center.....	557-9600
Weather Hotline.....	557-2939
Grant Sigafoose – Athletic Assistant.....	567-4731
Jarrold Miron - Recreation Programs Specialist.....	557-9601
Chris Champion - Recreation Programs Manager.....	567-4031
Kristen Denton – Community Center Manager.....	557-6293
Adam Huffman - Asst. Parks and Recreation Director.....	557-2925
LeeAnn Plumer - Parks and Recreation Director.....	577-3127

A Letter from Holly Springs Parks and Recreation Athletic Department

Dear Coaches and Parents,

We would like to take this opportunity to thank all the parents and coaches involved with our youth soccer program. Everyone is working hard to make this season fun and successful.

The goal of the Parks and Recreation soccer program is to provide quality instruction which promotes sportsmanship, teamwork, development, participation and fun; individually, to develop technical skills which will enhance the ability, desire and confidence of each player. It is the coach's responsibility to instill this concept into all participants and their parents.

If anyone associated with your team loses sight of these objectives, please remind them that this is about children playing a game. Our job, as parents and coaches, is to facilitate a fun learning experience, and to lead by example. Often, the way we react to things on and around the field teaches them more than the game itself.

If you have children that are not participating in our programs, for their safety, be sure to watch them. Remember to keep our facilities clean and beautiful for everyone to enjoy.

Sincerely,
Holly Springs Athletic Department

Holly Springs Parks and Recreation Parental Code of Conduct

- Exhibit socially acceptable behavior at practice sessions, games, and matches or refrain from attending these events.
- Ensure that your children have the proper equipment.
- Ensure that your children arrive and are picked up at the stated time.
- Applaud all good effort and good plays or remain silent.
- Allow the coaches to instruct without outside interference or influence.
- Support the coaches in what they want the players to learn.
- Treat the coaches and league leaders with dignity and respect.
- Ensure that your children receive ample positive encouragement regardless of the outcome of their events.
- Allow your children to play without negative pressure, verbal or physical.
- Ensure that your children do not intentionally injure other players.
- Help your children adhere to the written and unwritten rules of honesty, fair play and good sportsmanship.
- Assist in helping other players, the team, or the program when asked.
- When possible, provide your children with extra instructional opportunities.
- When possible, provide your children with opportunities to learn other sports so that they have a more balanced development.

1.00 Purpose. The purpose of the Holly Springs Youth Soccer program is to provide the opportunity for skill development, sportsmanship, and fun in a participation-based atmosphere.

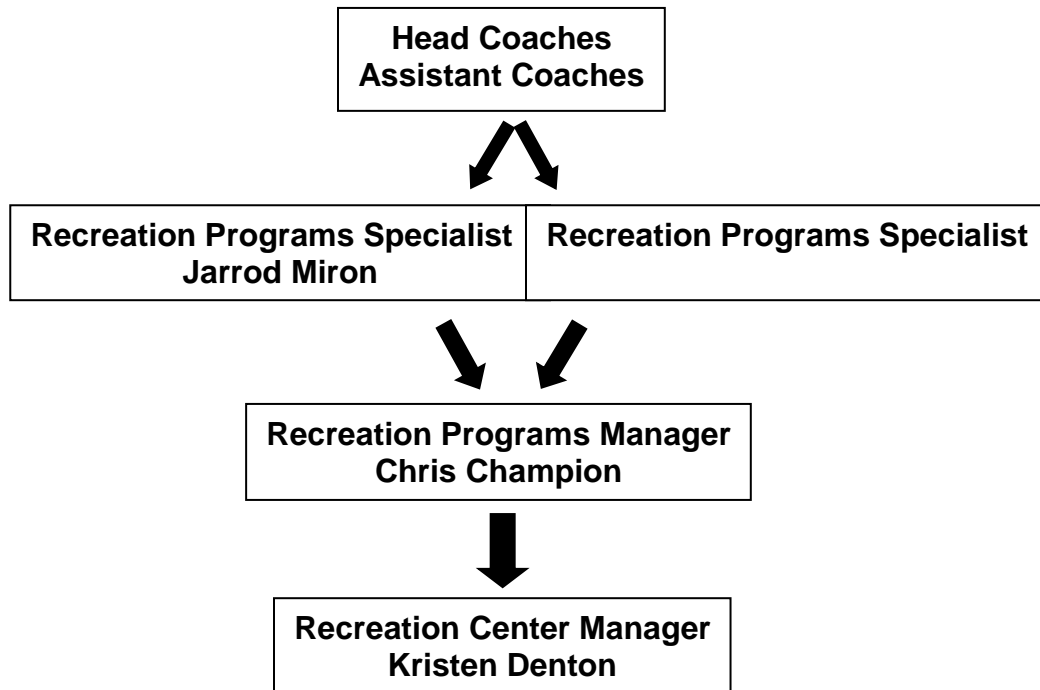
2.00 League Management.

a. Operation of the league shall be under the direction of the Recreation Programs Manager, or designated staff member.

b. The governing authority shall be vested in the Town of Holly Springs Parks & Recreation Department, Athletic Division.

c. United States Soccer Federation Rules will apply except where stated in the Handbook.

3.00 Communication. Communication is an important aspect of our soccer program. To help keep communication smooth and productive, there is a certain “chain of command” that we ask everyone to use.



4. Coaches and Assistant Coaches.

- a. No team shall have more than three (3) coaches. They are designated as Head Coach and Assistant Coaches.
- b. Head Coaching appointments will be made by the Recreation Programs Manager or designated staff for one (1) season. All coaches will be evaluated following each season to determine possible future involvement with the program.
- c. All coaches are required to submit a volunteer application form which is available at <http://www.hollyspringsnc.us/DocumentCenter/View/1579>. Additionally, all coaches must complete an online background check which can be accessed at www.AccurateNow.com. All coaches must complete NAYS Coaches Training, or hold a coaching certification through a recognized soccer organization.
- d. Pending approval from the Recreation Programs Manager or designated staff member, Assistant Coaches will be selected by the Head Coach following the draft or team assignments.
- e. All coaches must understand and agree to carry out the duties, responsibilities, policies, and philosophies as established by the Town of Holly Springs Parks and Recreation Department. Any coach not carrying out these duties and responsibilities will be subject to dismissal by the department.
- f. Head Coaches are required to hold a preseason parent meeting to: establish an open line of communication with parents; review and affirm the Holly Springs Parks and Recreation Code of Conduct; outline expectations for coaches, parents, and players; coordinate parental assistance; and disseminate schedules and other pertinent information.
- g. Coaches should always keep in mind they are setting examples in sportsmanship and fair play and should conduct themselves accordingly at all times.
- h. Only the Head Coach and their Assistants will be allowed to be on the sidelines with the team during matches. **All Coaches on the sidelines must be wearing the town issued Coach's Shirt.** Violations of this rule will result in a warning from either an official or a Holly Springs Parks and Recreation staff member. Failure to immediately comply, or be involved with any subsequent violation of this requirement later in the match, will result in the ejection of the Head Coach.

i. No Head Coach or Assistant Coach may leave the team sideline area for the purpose of discussion with an official. Coaches must remain in the coaching area which extends from the mid-field line to the top of the penalty area.

j. Coaching Responsibilities

- (1) Share league information with parents.
- (2) Prepare outline for daily practices.
- (3) Teach fundamentals and the rules of soccer
- (4) Work with all players equally.
- (5) Discipline players based on poor behavior, unsportsmanlike conduct, failure to attend practices, etc.
- (6) Ensure players follow proper guidelines and safety procedures.
- (7) Promote proper sportsmanship.
- (8) Be a good role model.

5.00 Player Eligibility.

(a) Players must register and play in their respective league age division. They are as follows:

Intro to Soccer (4-5-year olds)	10 and under (9-10-year olds)
6 and under (6-year olds)	12 and under (11-12-year olds)
8 and under (7-8-year olds)	14 and under (13-14-year olds)
	17 and under (15-17-year olds)

(b) Players may request in writing at the time of registration to play up an age division by completing a play-up request form. Participants may only play up within one (1) year of their age appropriate division. Players may request in writing at the time of registration to play down an age division. Play down requests will be at the discretion of the Athletics staff and will be based on documented special needs of the child.

(c) Players may participate on only one (1) team in the Holly Springs Parks and Recreation Youth Soccer Program. Players found participating on two (2) teams may be removed from further participation in the program. Matches in question may be forfeited.

6.0 Player Placement and Draft Process.

6.01 Registered players ages eight (8) and under returning to the same age group will be placed on the same team from the previous season unless they choose to be randomly reassigned to another team. Participants entering a new age group will be randomly placed on a team. **No special requests will be honored.**

- 6.02 Registered players ages nine (9) and above who are new to the age group must attend player skills assessments to be eligible for selection in the draft.
- 6.03 Registered players ages nine (9) and above returning to a team in the same age group will be excused from skills assessments.
- 6.04 Player assessments are intended to provide coaches the opportunity to evaluate the abilities of registered players which, in turn, should promote greater skill equity within each league. Player skills assessments for ages nine (9) and above will be supervised by the Recreation Programs Manager or designated Parks and Recreation staff.
- 6.05 The draft and player placement shall take place following the conclusion of player skills assessments and will be supervised by the Recreation Programs Manager.
- 6.06 Draft Process
- a. Draft order will initially be determined by the number of returning and assigned players. Assigned players would include the son/daughter of the Head Coach or the sibling of a returning player. The team with the fewest number of returning/assigned players will draft first during the first round while the team with the most returning/assigned players will draft last during first round. Regarding teams with the same number of returning/assigned players, draft position will then be determined by age. Teams with a larger number of younger returning/assigned players will be given an earlier first round draft position. If the number of returning/assigned players and ages of those players are the same, draft position will be determined by the previous season's final regular season standings and the team with the lower position in the standings will receive an earlier first round draft position.
 - b. The draft will employ a snake process, i.e., 1-2-3-4-5-6, 6-5-4-3-2-1, 1-2-3-4-5-6, etc. Each team will receive a first-round pick and then returning/assigned players, will be slotted in rounds two and following. There will be no trading of draft picks or players.
 - c. Coaches shall not pass up a player selection choice as long as selections are available to fill vacant positions.
 - d. The son or daughter of the Head Coach will be automatically slotted in the second round. If the Head Coach has a second son or daughter participating, that child will be automatically slotted in the subsequent round.
 - e. Brothers and sisters in the same age group shall be selected as one (1) player to avoid separation. The first sibling may be selected with any choice. The remaining sibling will be selected in subsequent round.

- f. Candidates not attending player assessments shall be listed alphabetically by age, and will be assigned to teams sequentially after all eligible players have been drafted.

7.00 Team Composition.

- 7.01 Each team shall consist of a maximum of:

- Intro – 10 players

- 6U – 12 players

- 8U – 12 players

- 10U – 16 players

- 12U – 18 players

- 17U – 22 players

- 7.02.1 Immediately following the registration deadline, the Recreation Programs Manager will determine the number of teams participating in each league as well as the number of registration slots available to accommodate late registrants.

- 7.03 Participants may be replaced due to sickness, injury, or lack of parental consent. Players withdrawn midseason will not be allowed to participate on another team within the current season. **If a refund is requested along with withdrawal, all requests must be submitted in writing.**

- 7.04 The Recreation Programs Manager or designated staff may replace players who are lost during the season with players from the waitlist.

- 7.05 No active Holly Springs Parks and Recreation coach shall recruit players to play in or on programs and/or teams outside the Holly Springs Youth Program that directly affects the current attendance for leagues and/or all-star play. Violation of this rule will result in expulsion from the program.

8.00 League Awards.

- 8.01 The Parks and Recreation Department provides individual trophies for participants of teams that finish in first and second place in post season tournaments. Participant trophies or medals will be provided for the leagues ages 8 and under.

9.00 Uniforms & Equipment.

- 9.01 Uniforms

- a. Jerseys and socks will be provided by the Holly Springs Parks and Recreation Department. Parents will be required to purchase shorts, pants, cleats (or athletic shoes) and shin guards. Metal cleats are not allowed. Shin guards are required to be worn by all participants and shin guards must be covered by socks. **Teams shall NOT alter the uniforms that are distributed to players in any manner.**
- b. **It is mandatory that jerseys provided by the Parks and Recreation Department be worn for every match.** In the event that a participant has lost their jersey, they will be required to purchase a replacement before they will be allowed to participate.
- c. No jewelry shall be worn by any player. Religious and medical ID pieces are not considered jewelry. A religious piece must be taped down and worn under the uniform. A medical alert piece must be taped and may be visible. Hair beads are NOT considered jewelry.
- d. In order to participate in practices or games, any player wearing a hard cast must ensure the cast is completely covered with ½ inch (minimum thickness) recovery foam. There are no restrictions for players wearing a soft cast.

9.02 Equipment

- a. No equipment should be purchased or used of a quality less than that supplied by the Town.
- b. Intro, 6U and 8U will use a size 3 ball.
- c. 10U and 12U will use a size 4 ball.
- d. 14U and 17U will use a size 5 ball.
- e. Metal spikes and metal toe plates in the cleat are prohibited for all league play.

10.00 Practices/Matches.

10.01 Practices may be held during the week and on weekends until matches begin. After the start of matches, practices will be scheduled as field space allows. All practices will be one (1) hour in duration. Coaches are allowed to switch practice times with other coaches. The Recreation Programs Manager must be notified of any changes in order to update the master schedule.

10.02 Matches will primarily be played on Saturdays; however, occasional weeknight or Sunday matches may also be scheduled. All match schedules are final. Coaches are not allowed to reschedule league matches or schedule matches/scrimmages against teams outside of our league. The Parks & Recreation department may reschedule matches for reasons that affect the whole league such as weather cancellations and school make up days. **For the 14U and 17U divisions, matches and practices will take place on Monday, Wednesday and Friday evenings due to field accommodations.**

11.00 Tournaments.

- 11.01 There will be a single elimination end of season tournament for the 10U leagues and above. Seeding for these tournaments will be based on regular season standings. Regular season standings are determined by points earned; teams will receive three points for each win and one point for each tie. Any ties in the standings will be broken by the regular season results between teams involved with the tie. In the event of a tie involving three or more teams which have identical records against each other, a coin toss or drawing will be used to determine tournament seeding.
- 11.02 If after regulation time a match is tied during the tournament, teams will compete in a 5-minute golden goal overtime period. A coin toss will determine the kick-off and direction. The first team to score during the overtime period will be declared the winner. If the match remains tied following the 5-minute overtime, the match will be decided by a penalty kick shootout. Only those players who are on the field at the conclusion of the 5-minute overtime will be eligible to take part in the penalty kick shootout. Each team will alternate five penalty kicks with a different player taking each attempt. If the match remains tied following the five penalty kicks, the shootout will proceed to sudden death which involves one additional penalty kick per team until the tie is broken. During sudden death, players who were on the field at the conclusion of the 5-minute overtime, but did not make an attempt during the alternating five penalty kicks, will take part before any player receives a second penalty kick opportunity.

12.00 Code of Conduct and Penalties.

Code of Conduct

- 12.01 The Town of Holly Springs Parks & Recreation Department has a zero tolerance for unsportsmanlike conduct or behavior by an individual (players, coaches, officials, spectators, or parents) at any town function or event and said behavior will be subject to partial or permanent suspension.
- 12.02 Unsportsmanlike conduct is defined as but not limited to the following: harassment of officials or participants, use of profane language or gestures, and public threat or physical violence.
- 12.03 Any player, coach, spectator or parent that enters the field of play and confronts and/or makes contact (i.e. cursing, shoving, pushing, etc.) with an official or participant is suspended from the program and any Parks and Recreation related facilities for any practice, match, or activity for one calendar year from the date of the incident.
- 12.04 No player, coach or spectator shall refuse to abide by an official's decision.

- 12.05 No player, coach or spectator shall be guilty of objectionable demonstration of dissent at an official's decision.
- 12.06 No player or coach, other than the Head Coach, should discuss with an official in any manner the decision reached by an official.
- 12.07 No player or coach shall be guilty of using unnecessary rough tactics in the play of the match against an opposing player.
- 12.08 No player, coach or spectator shall be guilty of personal verbal abuse upon any official for any reason.
- 12.09 No player, coach or spectator shall be guilty of physical attack as an aggressor upon any players, official or spectator.
- 12.10 No alcoholic beverages are allowed on any Town of Holly Springs property. Anyone violating this rule is subject to arrest and expulsion from the League.
- 12.11 No player, coach or spectator shall use profanity. Offending players/coaches may be subject to ejection, possible suspension/expulsion from the league.
- 12.12 If ejected, a player or coach must vacate the premises. Failure to abide by this will result in forfeiture of the match.
- 12.13 Any player, coach or spectator ejected by an official or a supervisor will receive a minimum of a one (1) game suspension. Any suspension may be appealed in writing to the Parks and Recreation Athletics Division staff. Appeals must be submitted within 48 hours of receiving the notice of suspension. Anyone who has been ejected from a match must leave the playing site immediately. A second ejection during the same season will result in a suspension from all remaining matches for that season. Any ejection due to fighting will result in expulsion for one (1) year. If circumstances warrant, the suspension may include all competitive programs offered by the Town of Holly Springs Parks and Recreation Department. Seasonal suspensions may be appealed to the Assistant Department Director.
- 12.14 Match suspensions may apply to regular season games and/or tournament play and may, at the discretion of Holly Springs Parks and Recreation, be carried over to future seasons.

13.00 Protests.

- 13.01 The only legal protests are protests involving the use of an ineligible player or violations of the mandatory play rule.
- 13.02 Protests based on a referee's judgment will not be permitted. Coaches may not attempt to get a referee to overrule another referee's call.
- 13.03. Any protests must be submitted in writing by the team's head coach to the Recreation Program Manager and made within 24 hour of the completion of the match.

MISCELLANEOUS RECAP

1. **24 HOUR RULE:** Parents sometimes disagree with a coach's decision or coaching style, especially when it involves their child. Parents have to understand that the coach does not represent a player, but the entire team and must make decisions from the team perspective first and foremost. For parents, it is important to separate their child's sports development from game emotions. For this reason, we have adopted the "24 HOUR RULE", which simply states that the coach will not discuss game situations until at least 24 hours after the game. This rule helps to move the discussion away from the presence of the players and allows all parties to have time to put things in perspective and "cool off" if necessary.
2. **REFUNDS:** All refund requests must be submitted in writing and addressed to the Athletic Programs Manager, Holly Springs Parks and Recreation Department. The request letter should state the reason for refund. Refunds requested after the official start date of the particular program in which the participant is enrolled will not be refunded. Official start date is defined as player placement on team. All refunds are assessed a \$15 service charge per participant per activity. Late fees are non-refundable. Requests for medical related refunds will be evaluated on a case by case basis. If the Parks and Recreation Department cancels a program, the total amount will be refunded.
3. **WEATHER POLICY:** For practice and game days, the Parks and Recreation Department will have the final decision on field cancellations. The weather hotline can be reached at 557-2939. Decisions will be made by 4:00pm on weekdays, 8:00am on Saturdays, and 12:00pm on Sundays. The alert center on the Town website allows you to receive an email or text message when cancellations are announced. Click on the link <http://www.hollyspringsnc.us/list.aspx> and follow the steps to receive notifications. The weather cancellation page <http://www.hollyspringsnc.us/index.aspx?NID=7> on the website is also updated with cancellation information.

Lightning Policy

1. HSPR staff will monitor for lightning. An on-site lightning detector or approved mobile app will be used for lightning detection. If spark lightning is detected within 8 miles, play will be suspended. **Take Shelter Immediately!**
2. Flash (Bang) Method – Count seconds between lightning flash and thunder and divide by 5 – this gives the distance of lightning in miles. If count is 30 seconds or less **Take Shelter Immediately!**
3. **Safe** places for shelter would be fully enclosed metal vehicles with windows up, enclosed buildings or the low ground. Seek cover in clumps of bushes. **Unsafe** shelter areas include all nearby outdoor metallic objects like flag poles, fences, high mast light poles, metal bleachers, etc. **AVOID** water, **AVOID** open fields, **AVOID** using the telephone.

4. If you feel your hair standing on end or hear “crackling noises” you are in lightning’s electric field. Immediately remove metal objects (including baseball cap), place your feet together, duck your head and crouch down with hands on knees.
5. If anyone is struck by lightning **CALL 911 IMMEDIATELY**. People who have been struck by lightning do not carry an electrical charge and are safe to handle. Apply CPR immediately if you are qualified to do so.
6. **Thirty-minute rule**. Once play has been suspended, wait at least **30 minutes** after the last thunder is heard or flash of lightning is witnessed prior to resuming play. Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.
7. Throughout a lightning delay, game umpires and HSPR staff will work together to determine if games should be postponed or cancelled.

Tornado Policy

Tornado Watch (which means that conditions are favorable for tornadoes to form), all activities will continue as scheduled when the National Weather Service issues a Tornado Watch for Wake County. All participants and staff should monitor weather conditions and announcements. Please monitor local media or weather radio for weather alerts.

Tornado Warning (which means that a tornado has either been sighted or considered to be imminent in the warned area), all activities should be suspended when the National Weather Service issues a Tornado Warning for Wake County. All participants should take shelter immediately and adhere to the following procedures:

1. Seek shelter inside the facility.
2. Go to an interior room on the lower level (closets, interior hallways). Interior hallways on the lowest floor are usually safest. Put as many walls as possible between you and the outside. Get under a sturdy table and use arms to protect head and neck. Stay there until the danger has passed.
3. Do not open windows. Use the time to seek shelter.
4. Stay away from windows, doors and outside walls. Go to the center of the room. Stay away from corners because they attract debris.
5. Get out of vehicles, trailers and mobile units immediately and go to the lowest floor of a sturdy nearby building or a storm shelter. Mobile units, even if tied down, offer little protection from tornadoes.
6. If caught outside with no shelter, lie flat in a nearby ditch or depression and cover your head with your hands. Be aware of potential for flooding.

7. Do not get under an overpass or bridge. You are safer in a low, flat location.
8. Never try to outrun a tornado in urban or congested areas in a car or truck; instead, leave the vehicle immediately for safe shelter. Tornadoes are erratic and move swiftly.
9. Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

All activities should be resumed once the Tornado Warning has cleared for the Holly Springs area and the conditions of the facility are safe. All participants and staff should continue to monitor weather conditions and announcements. Please monitor local media or weather radio for any additional weather alerts.

Rules for Womble Park & Ting Park Multi-Purpose Field

To protect the synthetic turf from damage, the gate remains locked when the field is closed.

Items Prohibited on the Field

- Heavily-soiled shoes and metal cleats
 - Food, including nuts and seeds with shells
 - Drinks, except for water
 - Gum
 - Pets
 - Bikes
 - Glass bottles
 - Tobacco products
 - Any fire-producing device
 - Translucent plastic sheets
 - Stakes or turf-puncturing devices
 - Golf
-
- Other Regulations
 - Batting, kicking or throwing balls into the fence is prohibited.
 - Organized teams and large groups are not eligible for open play and must rent field time. Rentals receive priority over free play.
 - Town employees will approve activities and equipment before use and will paint or mark fields.
 - For assistance, please contact the facility supervisor.

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
 - Blisters on the skin
- Stay out of the sun until your sunburn heals
 - Put cool cloths on sunburned areas or take a cool bath
 - Put moisturizing lotion on sunburned areas
 - Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash



HEADS UP CONCUSSION



SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

> 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
- Can't recall events after hit or fall

> 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"



ACTION PLAN

As a coach, if you think an athlete may have a concussion, you should:

1. **Remove the athlete** from play.
2. **Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a health care provider.** Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion.
3. **Record and share information about the injury**, such as how it happened and the athlete's symptoms, to help a health care provider assess the athlete.
4. **Inform the athlete's parent(s) or guardian(s)** about the possible concussion and refer them to CDC's website for concussion information.
5. **Ask for written instructions from the athlete's health care provider** about the steps you should take to help the athlete safely return to play. Before returning to play an athlete should:
 - > Be back to doing their regular school activities.
 - > Not have any symptoms from the injury when doing normal activities.
 - > Have the green-light from their health care provider to begin the return to play process.

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.



For more information and to order additional materials **free-of-charge**, visit: www.cdc.gov/HEADSUP.

You can also download the CDC **HEADS UP** app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

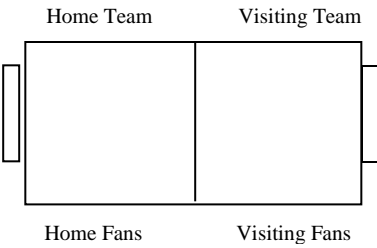


Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provider.

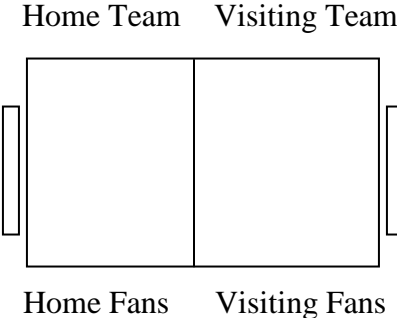
Holly Springs Parks & Recreation

Intro to Soccer- Laws of the Game

<p>Law 1 - The Field of Play</p> 	<ul style="list-style-type: none"> • 30 yards long X 20 yards wide - Field • 4 ft. X 6 ft. Goal • 9 ft. - Goal Arc • 9 ft. - Midfield Circle • 3ft. - Corner Arc • Teams shall sit on one side of the pitch, while all fans shall sit on the opposite side • No Coaches, Players or Fans are Allowed Behind the Goal Lines
<p>Law 2 - The Ball</p>	<ul style="list-style-type: none"> • Size 3
<p>Law 3 - Number of Players</p>	<ul style="list-style-type: none"> • 5v5 (No Goal Keeper) • All Players Present Must Play Half the Game • Teams Shall Not Play a Stationary Player in Front of Goal/Goal Area. Coaches Should Encourage Players to Move Up With the Flow of Play. The Scoring of Goals Should be Encouraged by Both Teams • Minimum 4 Players to Play. If One Team Does Not Have Enough Players, Both Teams Should Divide Up Evenly and Play. No Forfeits. • Substitutions Can be Made Prior to Throw-In (in your favor), Goal-Kick, Corner-Kick, Free Kick, After Goal has Been Scored, Between Quarters • Substitute Players Should Enter the Game From the Half-way Line
<p>Law 4 - Player's Equipment</p>	<ul style="list-style-type: none"> • Shinguards • Cleats (With no Toe cleat) • Stockings Over Shinguards • Jersey • Shorts or Athletic Pants
<p>Law 5 – Referee</p>	<ul style="list-style-type: none"> • Only one coach from each team is allowed on the field • Each coach should ref and make calls in their defending half of the field and on their touchline, switching ends at half time. Coaches should work together to ensure that both teams score goals.
<p>Law 6 - Assistant Referee</p>	<ul style="list-style-type: none"> • None

Law 7 - Duration of Match	<ul style="list-style-type: none"> • 4 -8 minute quarters • 2 minute half time •
Law 8 - Starts and Restarts	<ul style="list-style-type: none"> • All players present must play half the game • Kick-Off at Start of Match and Each Quarter • Ball is in Play When it is Kicked and Moves Forward. Kicker Cannot Touch the Ball a Second Time Until it has Touched Another Player
Law 9 - Ball In and Out of Play	<ul style="list-style-type: none"> • The Ball is Out of Play When the Ball has Completely Crossed Over the Entire Line
Law 10 - Method of Scoring	<ul style="list-style-type: none"> • A Goal is Scored When the Ball has Completely Crossed Over the Goal-Line, Between the Goal-Post and Under the Cross-Bar
Law 11 – Offside	<ul style="list-style-type: none"> • Not Enforced
Law 12 - Fouls and Misconduct	<ul style="list-style-type: none"> • Slide Tackles are NOT Allowed • Headers are NOT Allowed. Indirect Kick will be Awarded to Opposing Team. • Direct Free-Kicks are Not Allowed • An Indirect Free-Kick Will be Awarded Resulting From a Deliberate Push or Trip, Kicking an Opponent, Hand Ball, Slide Tackle or Any Action That may Result in an Injury
Law 13 - Free-Kicks	<ul style="list-style-type: none"> • All Indirect Kicks, Ball Must be Stationary When the Kick is Taken and Must Touch Another Player Before Entering the Goal • Opposing Players Must be 3 Yards From the Ball
Law 14 - Penalty Kick	<ul style="list-style-type: none"> • None
Law 15 - Throw-In	<ul style="list-style-type: none"> • 3 Attempts at a Correct Throw-In (Play Resumes on the 3rd Attempt, Whether it is Correct or Not)
Law 16 - Goal-Kick	<ul style="list-style-type: none"> • Taken From Outer Edge of Goal Area by Defending Team When the Attacking Team has Kicked the Ball Over the Goal-Line • Opponents Must Go Back to the Half-way Line
Law 17 - Corner-Kick	<ul style="list-style-type: none"> • Taken From the Corner Arc by the Attacking Team When the Defending Team has Kicked the Ball Over its' own Goal-Line • Opponents Must be 6 Yards From the Ball

Holly Springs Parks & Recreation 6U & 8U Laws of the Game

<p>Law 1 - The Field of Play</p> 	<ul style="list-style-type: none"> • 40 yards long X 30 yards wide - Field • 6 ft. X 12 ft. - Goal • 10 ft. X 15 ft. - Goal Area • 18 ft. - Midfield Circle • 3ft. - Corner Arc • Teams shall sit on one side of the pitch, while all fans shall sit on the opposite side • Substitution Area is 1 Yard to Each Side of the Halfway Line (6 ft. Total.) Only players waiting to sub should be in the Sub Area. If Sub Area is not marked, coaches should mark this area with cones • Each Team Will Need to Take Up One Half of Their Side Between the Halfway Line and the Outer Edge of the Penalty Area. • Coaches Must Remain Inside Coaching Area and Behind the Touchlines at all Times During the Game, Unless Summoned Onto the Field by the Referee. 6U- One coach from each team will be allowed on the field for instructional purposes to help line up players and help with the flow of the game. • No Coaches, Players or Fans are Allowed Behind the Goal Lines
<p>Law 2 - The Ball</p>	<ul style="list-style-type: none"> • Size 3
<p>Law 3 - Number of Players</p>	<ul style="list-style-type: none"> • U6 & U8 – 6 (Includes Goal Keeper) • Minimum 4 Players to Play • All players present must play half the game. • No player can be goal keeper for more than 1/2 of any given game • There are no forfeits. If one team does not have enough players, teams will divide up evenly and play. • Substitutions Can be Made By Either Team Prior to Throw-In, Goal-Kicks, After Goal has Been Scored, Between Quarters, When Referee has Stopped Play for Injury or After a Player has Been Cautioned. During play, Substitutes Must Be at Mid-Field and Ready Before They Will be Allowed Into the Game. • The Referee Must be Informed Before Proposed Substitution is Made • The Substitute Player Must Enter the Game From the Half-way Line
<p>Law 4 - Player's Equipment</p>	<ul style="list-style-type: none"> • Shinguards • Cleats (With no Toe cleat)

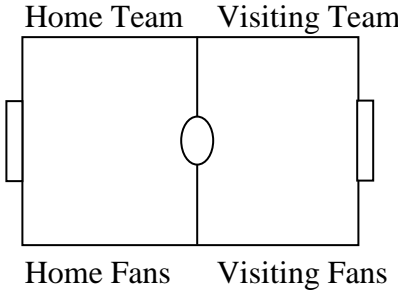
	<ul style="list-style-type: none"> • Stockings Over Shinguards • Jersey • Shorts or Athletic Pants
Law 5 – Referee	<ul style="list-style-type: none"> • 6U league – coaches officiate. 8U League- 1 Referee • Referee has Ultimate Authority Over the Pitch and Both Benches. Arguing With Referee Will Not be Tolerated • Coaches are Responsible for Their Sideline, so if a Parent is Asked to Leave a Game, the Coach may be Asked to Accompany Them
Law 6 - Assistant Referee	<ul style="list-style-type: none"> • None
Law 7 - Duration of Match	<ul style="list-style-type: none"> • 4 - 12 Minute Quarters • All Players Present Must Play Half the Game • No Player Can be Goal Keeper for More Than One Half of any Given Game • Additional time may be added at the discretion of the referee if a team intentionally wastes time or if excessive time is lost due to injuries.
Law 8 - Starts and Restarts	<ul style="list-style-type: none"> • Kick-Off at Start of Match and Each Quarter • Ball is in Play When it is Kicked and Moves in Any Direction. Kicker Cannot Touch the Ball a Second Time Until it has Touched Another Player.
Law 9 - Ball In and Out of Play	<ul style="list-style-type: none"> • The Ball is Out of Play When the Ball has Completely Crossed Over the Entire Line

Law 10 - Method of Scoring	<ul style="list-style-type: none"> • A Goal is Scored When the Ball has Completely Crossed Over the Goal-Line, Between the Goal-Post and Under the Cross-Bar
Law 11 – Offside	<ul style="list-style-type: none"> • Not Enforced
Law 12 - Fouls and Misconduct	<ul style="list-style-type: none"> • Slide Tackles are NOT Allowed • Intentional headers are NOT Allowed. Indirect Kick will be Awarded to Opposing Team. • Any foul that occurs within the painted 12 yard arc will result in the free-kick being taken place on 12 yard arc. • A Direct Free-Kick Will be Awarded Resulting From the Kicking of an Opponent, Tripping, Slide Tackle, Jumps at an Opponent, Charges an Opponent, Strikes or Attempts to Strike an Opponent, Pushing, Spitting, Holding or a Hand Ball • An Indirect Free-Kick Will be Awarded Resulting From a Dangerous Play, Obstruction or Charging the Goal Keeper, Delay of Game or the Goal Keeper Touching the Ball With Hands After it has been Intentionally Passed Back to them by a Teammate.

	<ul style="list-style-type: none"> • Players Receiving a Yellow Card Must Leave the Field of Play for At Least 2 Minutes • Players or Coaches Receiving a Red Card Shall be Dismissed for the Remainder of the Game and Must Sit Out Their Next Scheduled Game • At the Referee's discretion, a foul or handball may be ignored, based upon intent and whether or not advantage is gained.
Law 13 - Free-Kicks	<ul style="list-style-type: none"> • For Both Direct and Indirect Kicks, Ball Must be Stationary When the Kick is Taken and the Kicker May not Touch the Ball a Second Time Until it Touches Another Player • Opposing Players Must be 6 Yards From the Ball • Referee Signals Indirect Free-kick by Raising Arm Above Head
Law 14 - Penalty Kick	<ul style="list-style-type: none"> • None
Law 15 - Throw-In	<ul style="list-style-type: none"> • Two Attempts
Law 16 - Goal-Kick	<ul style="list-style-type: none"> • Taken From Outer Edge of Goal Area by Defending Team When the Attacking Team has kicked the Ball Over the Goal-Line • Opponents Must go back to Mid-Field Line
Law 17 - Corner-Kick	<ul style="list-style-type: none"> • Taken From the Corner Arc by the Attacking Team When the Defending Team has Kicked the Ball Over it's own Goal-Line • Opponents Must be 6 Yards From the Ball

Holly Springs Parks & Recreation

10U Laws of the Game

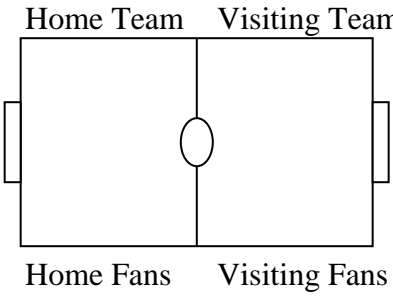
<p>Law 1 - The Field of Play</p>  <p>The diagram shows a rectangular field divided into two halves by a vertical line. On the left side, there is a goal and a rectangular area labeled 'Home Fans'. On the right side, there is a goal and a rectangular area labeled 'Visiting Fans'. A central circle is located on the vertical dividing line. Above the field, 'Home Team' is written on the left and 'Visiting Team' is written on the right.</p>	<ul style="list-style-type: none"> • 60 yards long X 40 yards wide - Field • 7 ft. X 21 ft. - Goal • 12 ft. X 35 ft. - Goal Area • 12 yards X 30 yards - Penalty Area • 20 ft. Midfield Circle • 3 ft. Corner Arc • Teams shall sit on one side of the pitch, while all fans shall sit on the opposite side • Each Team Will Need to Take Up One Half of Their Side Between the Halfway Line and the Outer Edge of the Penalty Area. • Substitution Area is 1 Yard to Each Side of the Halfway Line (6 ft. Total.) Only players waiting to sub should be in the Sub Area. If Sub Area is not marked, coaches should mark this area with cones • Coaches Must Remain Inside Coaching Area and Behind the Touchlines at all Times During the Game, Unless Summoned Onto the Field by the Referee • No Coaches, Players or Fans are Allowed Behind the Goal Lines
<p>Law 2 - The Ball</p>	<ul style="list-style-type: none"> • Size 4
<p>Law 3 - Number of Players</p>	<ul style="list-style-type: none"> • 7v7, Including the Goal Keeper – 5 Minimum • All Players must play at least 1/3 of the game • If a player WANTS to play goalie for the entire game they are allowed to do so. • Substitutions Can be Made By Either Team Prior to Throw-In, Goal-Kicks, After Goal has Been Scored, Between Quarters, When Referee has Stopped Play for Injury or After a Player has Been Cautioned. During play, Substitutes Must Be at Mid-Field and Ready Before They Will be Allowed Into the Game. • The Referee Must be Informed Before Proposed Substitution is Made • The Substitute Player Must Enter the Game From the Half-way Line

Law 4 - Player's Equipment	<ul style="list-style-type: none"> • Shinguards • Cleats (With no Toe Cleat) • Stockings • Jersey • Shorts or Athletic Pants
Law 5 - Referee	<ul style="list-style-type: none"> • 1 Referee • Referee has Ultimate Authority Over the Pitch and Both Benches. Arguing With Referee Will Not be Tolerated • Coaches are Responsible for Their Sideline, so if a Parent is Asked to Leave a Game, the Coach may be Asked to Accompany Them
Law 6 - Assistant Referee	<ul style="list-style-type: none"> • None
Law 7 - Duration of Match	<ul style="list-style-type: none"> • 2 - 25 Minute Halves • No Overtime in Regular Season Games • All Players Present Must Play 1/3 of the Game • If a player WANTS to play goalie for the entire game they are allowed to do so.
Law 8 - Starts and Restarts	<ul style="list-style-type: none"> • Kick-Off at Start of Match and Second Half • Ball is in Play When it is Kicked and Moves in Any Direction. Kicker Cannot Touch the Ball a Second Time Until it has Touched Another Player.
Law 9 - Ball In and Out of Play	<ul style="list-style-type: none"> • The Ball is Out of Play When the Ball has Completely Crossed Over the Entire Line
Law 10 - Method of Scoring	<ul style="list-style-type: none"> • A Goal is Scored When the Ball has Completely Crossed Over the Goal-Line, Between the Goal-Post and Under the Cross-Bar
Law 11 - Offside	<ul style="list-style-type: none"> • Offside will be called in the 10U division. • A Player is penalized for offside when he becomes involved in an active play and when he is nearer to his opponent's goal line than either the ball or the second to last opponent at the moment the ball is played. Offside is only called on an offenses attacking half of the field.
Law 12 - Fouls and Misconduct	<ul style="list-style-type: none"> • Slide Tackles are NOT Allowed • Headers are NOT Allowed. Indirect Kick will be Awarded to Opposing Team. • A Direct Free-Kick Will be Awarded Resulting From the

	<p>Kicking of an Opponent, Tripping, Jumps at an Opponent, Charges an Opponent, Strikes or Attempts to Strike an Opponent, Pushing, Spitting, Holding or a Hand Ball</p> <ul style="list-style-type: none"> • An Indirect Free-Kick Will be Awarded Resulting From a Dangerous Play, Charging, Obstruction or Charging the Goal Keeper, Delay of Game or the Goal Keeper Touching the Ball With Hands After it has Been Kicked to Them by a Teammate. • Players Receiving a Yellow Card Must Leave the Field of Play for At Least 2 Minutes • Players or Coaches Receiving a Red Card Shall be Dismissed for the Remainder of the Game and Must Sit Out Their Next Scheduled Game • At the Referee's discretion, a foul or handball may be ignored, based upon intent and whether or not advantage is gained.
Law 13 - Free-Kicks	<ul style="list-style-type: none"> • For Both Direct and Indirect Kicks, Ball Must be Stationary When the Kick is Taken and the Kicker May not Touch the Ball a Second Time Until it Touches Another Player • Opposing Players Must be 10 Yards From the Ball • Referee Signals Indirect Free-kick by Raising Arm Above Head
Law 14 - Penalty Kick	<ul style="list-style-type: none"> • The Ball is Placed on Penalty Mark. The Goal Keeper Must Have at Least One Foot on Goal-line Until the Ball is Kicked. All Other Players Outside Penalty Area and Behind Penalty Mark.
Law 15 - Throw-In	<ul style="list-style-type: none"> • One Attempt
Law 16 - Goal-Kick	<ul style="list-style-type: none"> • Taken From Outer Edge of Goal Area by Defending Team When the Attacking Team has kicked the Ball Over the Goal-Line • Opponents must be outside the penalty area until ball is played. Once the Ball is Played, the Ball is Live Even if the Ball Does Not Clear the Penalty Area.
Law 17 - Corner-Kick	<ul style="list-style-type: none"> • Taken From the Corner Arc by the Attacking Team When the Defending Team has Kicked the Ball Over it's own Goal-Line • Opponents Must be 10 Yards From the Ball

Holly Springs Parks & Recreation

12U, 14U and 17U Laws of the Game

<p>Law 1 - The Field of Play</p> 	<ul style="list-style-type: none"> • 50 yards X 70 yards Field • 7 ft. X 21 ft. Goal • 15 ft. X 40 ft. Goal Area • 16 yards X 36 yards Penalty Area • 24 ft. Midfield Circle • 3 ft. Corner Arc • 14U boys and 14U girls leagues will play on a regulation 11v11 field. • Teams shall sit on one side of the pitch, while all fans shall sit on the opposite side • Each Team Will Need to Take Up One Half of Their Side Between the Halfway Line and the Outer Edge of the Penalty Area. • Substitution Area is 1 Yard to Each Side of the Halfway Line (6 ft. Total.) Only players waiting to sub should be in the Sub Area. If Sub Area is not marked, coaches should mark this area with cones • Coaches Must Remain Inside Coaching Area and Behind the Touchlines at all Times During the Game, Unless Summoned Onto the Field by the Referee • No Coaches, Players or Fans are Allowed Behind the Goal Lines
<p>Law 2 - The Ball</p>	<ul style="list-style-type: none"> • Size 4 for 12U league • Size 5 for 14U and 17U leagues

<p>Law 3 - Number of Players</p>	<ul style="list-style-type: none"> • 12U boys and girls will play 9v9 (7 minimum). 14U boys and girls will play 11v11 (9 minimum). 17U coed will play 7v7 (5 minimum). • All Players must play 1/3 of the game. • If a player WANTS to play goalie for the entire game they are allowed to do so. • Substitutions Can be Made By Either Team Prior to Throw-In, Goal-Kicks, After Goal has Been Scored, Between Quarters, When Referee has Stopped Play for Injury or After a Player has Been Cautioned. During play, Substitutes Must Be at Mid-Field and Ready Before They Will be Allowed Into the Game. • The Referee Must be Informed Before Proposed Substitution is Made.. • The Substitute Player Must Enter the Game From the Half-way Line
<p>Law 4 - Player's Equipment</p>	<ul style="list-style-type: none"> • Shinguards • Cleats (With no Toe Cleat) • Stockings • Jersey • Shorts or Athletic Pants
<p>Law 5 - Referee</p>	<ul style="list-style-type: none"> • 1 Referee • Referee has Ultimate Authority Over the Pitch and Both Benches. Arguing With Referee Will Not be Tolerated • Coaches are Responsible for Their Sideline, so if a Parent is Asked to Leave a Game, the Coach may be Asked to Accompany Them
<p>Law 6 - Assistant Referee</p>	<ul style="list-style-type: none"> • 2 Assistant Referees – If Available
<p>Law 7 - Duration of Match</p>	<ul style="list-style-type: none"> • 2 - 30 Minute Halves • No Overtime in Regular Season Games • All Players Present Must Play 1/3 the Game • If a player WANTS to play goalie for the entire game they are allowed to do so.
<p>Law 8 - Starts and Restarts</p>	<ul style="list-style-type: none"> • Kick-Off at Start of Match and Second Half • Ball is in Play When it is Kicked and Moves in Any Direction. Kicker Cannot Touch the Ball a Second Time Until it has Touched Another Player.

Law 9 - Ball In and Out of Play	<ul style="list-style-type: none"> • The Ball is Out of Play When the Ball has Completely Crossed Over the Entire Line.
Law 10 - Method of Scoring	<ul style="list-style-type: none"> • A Goal is Scored When the Ball has Completely Crossed Over the Goal-Line, Between the Goal-Post and Under the Cross-Bar
Law 11 - Offside	<ul style="list-style-type: none"> • Offside will be called in 12u, 14u and 17u divisions. • A Player is penalized for offside when he becomes involved in an active play and when he is nearer to his opponent's goal line than either the ball or the second to last opponent at the moment the ball is played. Offside is only called on an offenses attacking half of the field.
Law 12 - Fouls and Misconduct	<ul style="list-style-type: none"> • Slide Tackles are NOT Allowed • Headers are NOT Allowed for 12U Boys or 12u Girls. Indirect Kick will be Awarded to Opposing Team. Headers are allowed in 14U Girls, 14U Boys and 17U Boys. • A Direct Free-Kick Will be Awarded Resulting From the Kicking of an Opponent, Tripping, Jumps at an Opponent, Charges an Opponent, Strikes or Attempts to Strike an Opponent, Pushing, Spitting, Holding or a Hand Ball • An Indirect Free-Kick Will be Awarded Resulting From a Dangerous Play, Charging, Obstruction or Charging the Goal Keeper, Delay of Game or the Goal Keeper Touching the Ball With Hands After it has Been Kicked to Them by a Teammate. • Players Receiving a Yellow Card Must Leave the Field of Play for At Least 2 Minutes • Players or Coaches Receiving a Red Card Shall be Dismissed for the Remainder of the Game. • At the Referee's discretion, a foul or handball may be ignored, based upon intent and whether or not advantage is gained.
Law 13 - Free-Kicks	<ul style="list-style-type: none"> • For Both Direct and Indirect Kicks, Ball Must be Stationary When the Kick is Taken and the Kicker May not Touch the Ball a Second Time Until it Touches Another Player • Opposing Players Must be 10 Yards From the Ball • Referee Signals Indirect Free-kick by Raising Arm Above Head
Law 14 - Penalty Kick	<ul style="list-style-type: none"> • The Goal Keeper Must Have at least One Foot on Goal-line Until the Ball is Kicked. All Other Players Outside Penalty Area and Behind Penalty Mark.

Law 15 - Throw-In	<ul style="list-style-type: none"> • One Attempt
Law 16 - Goal-Kick	<ul style="list-style-type: none"> • Taken From Outer Edge of Goal Area by Defending Team When the Attacking Team has kicked the Ball Over the Goal-Line • Opponents must be outside the penalty area until ball is played. Once the Ball is Played, the Ball is Live Even if the Ball Does Not Clear the Penalty Area.
Law 17 - Corner-Kick	<ul style="list-style-type: none"> • Taken From the Corner Arc by the Attacking Team When the Defending Team has Kicked the Ball Over it's own Goal-Line • Opponents Must be 10 Yards From the Ball