



# Charles County Department of Recreation, Parks, and Tourism Pee Wee Soccer 2018-2019 Guidelines

## I. THE LEAGUE:

- A. **Mission:** To enhance the quality of life of our residents and visitors by providing well rounded recreational and competitive sports programs focusing on building a sense of community and improving the overall quality of life for current and future generations.
- B. **Philosophy:** Charles County Department of Recreation, Parks, and Tourism Pee Wee Soccer league is, first and foremost, a recreational sports league. The Soccer League was formed to provide an indoor soccer program to help our youth refine their skills and further the advancement of all players. The recreation division has adopted the standards of the National Youth Sports Coaches Association (NYSCA). These standards were developed for all volunteers to follow in developing and administering youth sports for youth.
- C. **Administration:** All leagues will operate under the jurisdiction of the Charles County Department of Recreation, Parks, and Tourism. Questions and concerns should be brought to the League Coordinator's attention for review. The league coordinator for the indoor youth program is Tyler Roberts, Sports Coordinator. Mr. Roberts can be reached at 301-932-3470 ext. 5149 or [Robertmt@CharlesCountyMD.gov](mailto:Robertmt@CharlesCountyMD.gov).

II. **SKILLS DEVELOPMENT:** Emphasis will be placed on the development of basic soccer skills such as dribbling, passing, shooting techniques, teamwork and **SPORTSMANSHIP**.

III. **AGE:** All Children must be the age of 4 years old as of September 01, 2018.

IV. **EQUIPMENT:** Games will be played with 6' Pugg goals and using a 3" junior size ball.

V. **ROSTERS:** Each team will be limited to a maximum of 8 players.

VI. **UNIFORMS:** T-SHIRTS will be provided by the League Coordinator and will be worn during all games. Children will be required to wear proper athletic attire (i.e. jogging pants, shorts, t-shirts, sneakers, etc.) during practices and games. The Department of Recreation, Parks, and Tourism will not sanction or be held liable for the purchase of awards, uniforms, etc. by volunteer coaches. No alterations of the uniform shirt will be allowed. Shin guards and socks that cover the entire shin guard must be worn at all times.

## VII. VOLUNTEER COACHES:

- A. Prior to the season, all coaches (head coaches and assistant coaches) **MUST**:
1. Submit a coaching application with contact information.
  2. Submit to a mandatory **Criminal Background Investigation**.
  3. Pass a mandatory NYSCA Certification.
  4. Sign and adhere to the Department of Recreation, Parks, and Tourism Coaches Code of Conduct. Abide by and adhere to the League Guidelines.

B. The coach will be the team representative and will be responsible for the following:

1. Be the liaison between the League Coordinator/Community Center staff and team members.
2. Attend all coaches/managers' meetings.
3. The conduct of team players, assistant coach, players' parents and team spectators.
4. Head coach is only allowed one (1) assistant coach per team.
5. Inform and distribute to team members and parents all information pertaining to the league (rules, regulations, schedule, make-up dates, parents and players' code of conduct, etc.).
6. Coaches are responsible for ensuring that roster information including assistant coach's name and current phone number is correct at all times.
7. Reinforce the recreation philosophy to all players.
8. Keep team bench and surrounding area free of trash.
9. Drugs should never be administered to players, other coaches or spectators. Any coach or player in violation of this rule will be suspended from coaching and/or participation in DRPT recreation-sponsored programs.
10. Adhere to the Charles County Public School no smoking policy while on school grounds (including E-Cigarettes).
11. Not allow food or drinks or personal soccer balls to be permitted in the gymnasium.

## **VIII. EJECTIONS AND SUSPENSIONS:**

A. Consequences for suspensions/ejections will be decided by the Recreation, Parks, and Tourism office based upon a 3 Tier system. Anyone suspended may not attend any game sites until their suspension has been fulfilled.

### **1. Tier One: 2 Game Suspension**

a. A Tier One offense may be issued to any player, parent, coach, or spectator who:

1. Is ejected from a game by an official for harassment, obscene gestures or language, or any other unsportsmanlike behavior. The result of these actions may result in a 2 game suspension, effective immediately, starting with your teams next scheduled game.
2. Any further ejections will result in suspension from the league.

### **2. Tier Two: Suspension for Remainder of the Season:**

a. Players may be suspended from the league and all department of Recreation, Parks, and Tourism programs for the remainder of the season.

b. A Tier Two offense may be issued, at the discretion of the League Director, to any player, coach, or spectator who has:

1. Committed multiple Tier One offenses within the same season.
2. Strike, shove, bump, trip, or threaten and official, player, coach, spectator, Recreation, Parks, and Tourism staff member or League Official, during or after a game, on Charles County Community Center, Public School, or Park Property.

### **3. Tier Three: 2 Year Suspension**

a. Anyone involved in a Tier Three offense may be suspended from the league and all Department of Recreation, Parks, and Tourism programs for a minimum of two years.

- b. A Tier Three offense may be issued, with discretion from the League Director, to any player, parent, coach, or spectator who:
  - 1. Commits multiple Tier One or Tier Two offenses within one year of previous offenses.
  - 2. Is involved in a severe incident that displays excessive or relentless disobedience of our mission, including but not limited to; harassment, fighting, or conduct with intent to harm an official, player, coach, spectator, Recreation, Parks, and Tourism staff member or league official, during or after a game, on Charles County Community Center, Public School, or Park property.

## **IX. GAME RULES:**

- A. One coach will be allowed to enter the soccer field solely for the purpose of assisting with skills development of children.
- B. Assistant Coaches are highly recommended
- C. All 4 year old games will be played with eight (8), three (3) minute running eighths.
- D. **MANDATORY PLAY RULE:** All children available during games will be allowed/required to play (except injuries). Players will play an entire three (3) minutes for 4 years old division from start of clock to the end of that three minute segment of the quarter. Substitutions will be allowed only for injuries.
  - 1. At the three (3) minute mark in each quarter, the clock will stop. Coaches will substitute the remaining players into the game at this time. (THIS WILL OCCUR AT THE HALFWAY MARK DURING EACH QUARTER.) Violation of this "bench clearing" substitution at the halfway mark must not occur.
  - 2. The clock will only stop during substitutions.
  - 3. There will be no off sides.
  - 4. Goalies will not be used.
  - 5. A semi-circle will be marked around the goal that will designate the area in which players cannot cross into.
  - 6. If an offensive player enters into the circle, the play will be blown and a free kick will be rewarded to the opposing team. If a defensive player enters the circle to stop a shot from entering in to the goal, a goal will be rewarded and play will begin with a free kick from the center circle. If a ball stops inside the circle without entering the goal the ball will be put back into play with a goal kick or corner kick.
  - 7. No fouls are called in the 4 year old age group. Any player playing too aggressive or hitting, pushing, or kicking other players should be pulled for a "breather" by the coach and/or parent.
  - 8. A player putting the ball into play cannot touch the ball again until it has been touched or played by another player. A re-kick will be awarded.

## **X. PROGRAM FORMAT:**

- A. The program is designed for boys and girls age 4 as of September 1 to participate in a non-competitive instructional Co-Ed soccer league.
- B. Teams will play a (5) five-game schedule (NO POST SEASON PLAY).
- C. All practices and games will be played on Saturdays.

- D. League standings will not be kept.
- E. The league will be county-wide.
- F. All league participants will receive a participation certificate.

## **XI. CANCELLATION PROCEDURES**

Charles County Recreation, Parks and Tourism has recently began using the mobile notification system “RainedOut”. This is a free group communication system that allows sports organizations to notify participants about closures and cancellations. Please sign up for your free account prior to the 2016-2017 sports season.

Step 1: Go to [www.rainedout.com](http://www.rainedout.com)

Step 2: Search Charles County Recreation, Parks & Tourism

Step 3: Enter your mobile phone number or email address to receive text alerts about closures and cancellations.

Step 4: Once you confirm your mobile phone number or email address, subscribe to any group you think is appropriate for your sports season.

## **CONCUSSION FACT SHEET**

### **WHAT IS A CONCUSSION?**

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding”, “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious.

Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost, even if they do not directly hit their head.

The potential for concussions is the greatest in athletic environments where collisions are common. Concussions can occur, however, in any organized or unorganized sport or recreational activity. As many as 3.8 million sports and recreation-related concussions occur in the United States each year.

### **WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?**

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

#### Signs Observed by Parents or Guardians

- 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 behavior or personality changes
- Cannot recall events prior to hit or fall
- Cannot 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
- Does not “feel right”

### **HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?**

Every sport is different, but there are steps your children can take to protect themselves from concussion

- Ensure that they follow their coach’s rules for safety and the rules of the sport
- Encourage them to practice good sportsmanship at all times

- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly, be well maintained, and be worn consistently and correctly
- Learn the signs and symptoms of concussion.

### **WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?**

- **Seek medical attention right away**
  - A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports
- **Keep your child out of play**
  - Concussions take time to heal. Don't let your child return to play until a health care professional says it's ok. Children who return to play too soon – while the brain is still healing – risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- **Tell your child's coach about any recent concussion**
  - Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

**Remember, you can't always see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. It's better to miss one game than the whole season.**

For more detailed information on concussion and traumatic brain injury, visit: <http://www.cdc.gov/injury>