



Jessamine Youth Soccer Association

Serving Jessamine County Youth since 1990
Information Line 859 885-5006



JYSA PRACTICE and GAME RULES

Have you heard that Recreational Soccer is supposed to be FUN? Have fun as a coach and a soccer mom or dad. Do fun things at practice.

All players must have on all protective gear to practice and play a game. Also NO necklaces, bracelets, or earrings allowed when practicing or playing on game day. If a player shows up to a practice without shin guards, they can run around or help, but not engage in play. Casts – must be covered with a padded material (bubble wrap twice around) and secured in place. Parent must inform coach they give permission for their child to practice/play with the cast or some other protective device (knee brace).

Practice - Can be held at any public school or park field. If you practice at someone's home, you need to have that approved by your AGC before hand. U6 and U8 it is not necessary to practice on a lined soccer field. But, it is helpful at U8 and above before the season starts to practice on a field with soccer goals at each end at least once before the season starts. Centennial Park in Wilmore and City/County Park has lined fields. **The JPP and Bell Place fields are OFF LIMITS for practicing before and during the season.**

First Aid – You, the Coach, are responsible for your players. Know who has asthma (make sure their inhalers are close by) or has other allergies (bee stings, pollen, etc.) Keep your first aid kit handy for practices and games. A First Aid Kit is kept in the Storage Shed at JPP. Once a hurt player is off the field; let the parent take care of them.

Obviously, anything serious (neck, broken leg, DO NOT move the player). Keep them as still and comfortable as possible, allow their parent to care for the child, and have another parent call 911 immediately.