

# YOUTH FLOOR HOCKEY

**2020** RULES & GUIDELINES



*A Place To Call Home*

**cityofhenderson.com**



**Henderson Sports & Recreation**

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Revised 12/19

## **National Standards for Youth Sports**

### **CHILD CENTERED POLICIES AND PHILOSOPHIES**

Youth sports programs must be designed and administered so that every child, regardless of their abilities, has an opportunity to have a positive youth sports experience from their participation.

### **VOLUNTEERS**

To ensure that everyone involved strives to make the youth sports program safe, positive and fun for all children, all administrators, coaches and parents must receive information about the program's philosophy, policies and procedures, as well as specific knowledge required for each position.

### **PARENTS**

Parents/guardians must take an active and positive role in their child's youth sports experiences.

### **SAFE PLAYING ENVIRONMENT**

Youth sports programs must provide safe playing facilities and equipment, healthful playing situations and be ready for emergencies, should the need arise.

Source: National Alliance for Youth Sports, 2017

**SECTION I: GENERAL LEAGUE INFORMATION**

**A. RULEBOOK OVERVIEW**

The purpose of this document is to provide all participants in the City of Henderson youth floor hockey program with an overview of our rules and regulations. The program coordinator reserves the right to modify, adjust or omit any rule in this document that is deemed to enhance the quality of program.

**B. DIVISION SETUP**

Each participant is assigned to a division based on their date of birth.

1. No player may play in a division other than the one they are assigned to base on their date of birth unless approved by the program coordinator.
2. Divisions shall be broken down into zones determined by ZIP codes. Zones may be combined based on registration numbers.
  - a. Zone 1: 89001, 89002, 89005, 89009, 89011 and 89015 ZIP codes
  - b. Zone 2: 89011, 89014, 89074, and Las Vegas ZIP codes (except 89123 and 89183)
  - c. Zone 3: 89012, 89044, 89052, 89123, and 89183 ZIP codes

Division	U8	U10	U12	U14
Age	6-7	8-9	10-11	12-13

**C. SEASON TIMELINE**

Coaches may practice up to twice per week in the preseason, and once per week during the season. Please note that the timeline may be adjusted due to unforeseen circumstances that alter the availability of allocated field space.

**D. JURISDICTION**

1. COURTS

Outdoor basketball courts and hockey rink are allocated by the City of Henderson for their prospective use; therefore, the City maintains jurisdiction over the courts during events. All participants of the City of Henderson floor hockey program will honor the rules and regulations along with employees and officials who are empowered to enforce them.

2. OFFICIAL’S AUTHORITY

Coaches, spectators and players are reminded that the official is the authority in control of the game including the surrounding court/rink, from the time they arrive until the time they leave the facility. The official is authorized to enforce these rules and regulations in addition to the City of Henderson Floor Hockey Rules.

**E. NON-PLAYER CONDUCT**

1. COACHES’ CODE OF CONDUCT

- a. Each team must have one coach designated as the head coach, and may have up to one assistant coach. In the event that the head coach is ejected from the game, then the assistant coach will be designated as the head coach. A substitute coach may be granted with permission from the program coordinator.
- b. Coaches must stay off the court and remain on their respective sideline. Coaches must behave responsibly and may not shout at the officials or otherwise interfere with the game. Coaches should limit specific instructions during the game and do the majority of their coaching during practice.
- c. No voice amplification devices will be allowed.

- d. Alcohol, tobacco and illegal drugs are prohibited.
- e. Head coaches are responsible for their own conduct as well as the conduct of their assistant coach, players and spectators affiliated with the team.
- f. Coaches along with officials should make every effort to ensure the games are safe and fair.
- g. Coaches should do all they can to minimize the chances of uneven scores.
- h. Both teams must line up for post-game handshakes prior to having a team meeting.

2. SPECTATORS' CODE OF CONDUCT

All individuals who are not coaches, players, officials, or City of Henderson employees are considered to be spectators from the time they enter the facility until the time they leave. This league is designed to promote fun and fundamentals. Below are some simple rules that should be observed by spectators:

- a. Shouting at players from the sidelines is not permitted; it is the coach's responsibility to direct the players.
- b. Parents are encouraged to cheer for their child's team. They should refrain from any disparaging or discouraging comments.
- c. Avoid obvious displays of anger.
- d. Display good sportsmanship.
- e. Do not run up and down the sidelines. Spectators should remain stationary in the designated area.
- f. Do not shout insults at the official. The official has the authority to stop the game if the crowd becomes discourteous.
- g. Absolutely no alcoholic beverages, smoking and or tobacco is permitted at any game
- h. All non-playing children must be supervised at all times.
- i. All posted facility rules apply.

3. COURT RULES

There are rules and guidelines that all coaches, parents, players, and spectators must follow within the recreation centers:

- a. Food and drink are not permitted in the court/rink (except water).
- b. After each game, all coaches are responsible for cleaning their bench area.
- c. After each game, all snacks for players must be provided outside the court/rink.
- d. Do not leave personal items unattended. The City of Henderson is not responsible for lost or stolen items.
- e. Appropriate attire must be worn at all times. This includes appropriate shirts, shorts/ pants and shoes.
- f. Inappropriate language or gestures will not be tolerated and may result in removal from the facility.

**F. DISCIPLINARY PROCEDURES**

1. PLAYERS DISCIPLINED BY THE COACH

While the City of Henderson recognizes discipline is a key ingredient to the success of a team, no coach can prevent a player from participating in a game without prior approval from the City of Henderson. Any coach who feels a player's playing time should be restricted due to tardiness, absenteeism, behavior, or any other reason should discuss the matter with the program coordinator prior to the game.

## 2. PLAYERS EJECTED BY THE OFFICIAL

All players ejected from the game by the official cannot participate in the remainder of the game. Such players are allowed to remain on the sidelines, provided they do not, in the opinion of the official, further disrupt the game. Any player ejected from the game by the official will be suspended for one or more subsequent games, subject to review by the program coordinator. In all cases where a player is sent off the court/rink, the official must submit a written report to the program coordinator within 24 hours, upon request.

## 3. EJECTION OF COACHES

The official or league representative may eject any coach from the vicinity of the facility for the remainder of the game if they feel the coach's behavior is inappropriate. The game will not resume until the coach complies with the ejection. If the official or league representative decides to abandon or terminate the game because a coach fails to leave the immediate vicinity after being ejected, the program coordinator will decide the outcome of the game. The official shall verbally inform the head coach of the ejection and all implications that may apply.

Any coach ejected by the official or league representative will be suspended for one or more subsequent games, subject to review by the program coordinator. In all cases where a coach is ejected, the official or league representative must submit a written report to the program coordinator within 24 hours.

## 4. EJECTION OF SPECTATORS

The official or league representative may eject any spectator from the facility or its immediate vicinity for the remainder of the game if they feel the spectator's behavior is inappropriate. The game will not resume until the spectator complies with the ejection. If the official or league representative decides to abandon or terminate the game because a spectator fails to leave the immediate vicinity after being ejected, the program coordinator will decide the outcome of the game. The official shall verbally inform the head coach of the ejection and all implications that may apply.

Any spectator ejected by the official or league representative will be suspended for one or more subsequent games, subject to review by the program coordinator. In all cases where a spectator is ejected, the official or league representative must submit a written report to the program coordinator within 24 hours upon request.

## G. SUSPENDED OR POSTPONED GAMES

In the event a game is not completed in regulation time for any reason (including insufficient players, or abandonment or termination by the official), all relevant facts must be submitted to the program coordinator for review. The program coordinator has the option to:

1. Schedule the game to be replayed, thus nullifying the original game.
2. Continue playing the game at a later date with the score and elapsed time starting as it was when the game was terminated or abandoned.
3. Accept the score of the game at the moment it ended as the final score.
4. Award both teams a tie.
5. Award one team a win and the other a loss.

The program coordinator's decision is final and under no circumstances can a match be protested by a coach, spectator or player.

**H. QUALITY OF OFFICIALS**

All officials have different styles of officiating and different levels of experience, coaches, spectators and players must allow for these differences and realize that officials are part of the match. The final outcome of a match is rarely determined by an official's actions or inactions. Any concerns regarding officiating should be filtered through the head coach of the team and discussed with either the site lead or program coordinator at an appropriate time. Officials will consist of City of Henderson employees and contracted officials.

**I. EQUIPMENT**

**1. COACHES' EQUIPMENT RESPONSIBILITIES**

All head coaches will be provided with the following equipment:

- a. Floor hockey bag with plastic sticks and balls
- b. Cones
- c. Goalie equipment (U10 -U14): Street hockey pads, trapper, blocker and goalie stick. Goaltender's helmet and mask must be worn.

Coaches borrowing equipment from the City of Henderson Sports office must return all equipment at the field immediately following completion of their final game. Coaches may be held financially responsible for any damaged, lost or stolen equipment.

**2. PLAYERS' EQUIPMENT RESPONSIBILITIES**

- a. Each player must wear the City-issued jersey/shirt and socks. Shirts must be tucked in and shoelaces tied. Tennis shoes are allowed. No hard-soled street shoes are allowed.
- b. Shin guards are mandatory and must be completely covered by socks.
- c. Players are required to wear a mouth guard during the game. Knee pads, elbow pads, helmet with mask and goggles are optional.
- d. A player may not wear anything that could be dangerous to themselves or to another player, including orthopedic casts (even if cushioned), rings, watches, jewelry, and hair clips (exception: prescription eyeglasses that appear to be reasonably safe).
- e. Uniforms may not be altered in any way. If a player is wearing an ineligible uniform, the City of Henderson reserves the right to allow that player to participate in the game as a legal player if they feel it is safe and fair to do so. Referees, coaches and monitors should be notified if a player is out of uniform before the player enters the game. A game cannot be protested due to a player being out of uniform. City of Henderson and referees will solely determine whether a player is deemed eligible or ineligible.
- f. A player with blood, even if dried, on their uniform will not be allowed to participate until a new uniform is provided or until the blood is removed from the uniform.

**3. GAME EQUIPMENT**

- a. Hockey balls (2-5/8 inch) for all divisions, sticks and goals will be provided by the City of Henderson Sports office on game days. Teams are responsible for providing their own warmup balls before matches.

**J. COACH & REFEREE POST-MATCH CHECKLIST**

Here is a checklist of things the coach should do after each game:

- 1. Form their players on the sideline for shaking hands with players and coaches from the other team. Politeness, graciousness and sportsmanship are expected from all as they meet in the center, whether win, lose or draw.

2. Shake hands with the referee.
3. Pick up equipment and/or trash that may have been left behind. Leave it cleaner than when your team arrived.

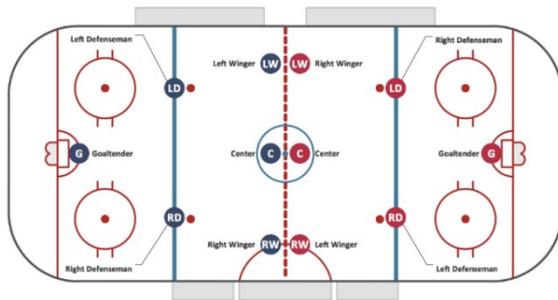
## SECTION II: GAME-PLAY INFORMATION

### A. COURT/RINK OF PLAY

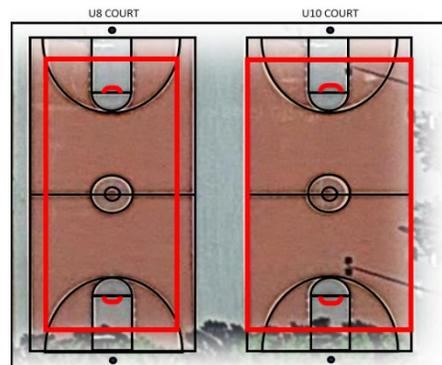
DIVISION	PLAYERS ON FIELD	COURT SIZE	CIRCLE RADIUS	OFFSIDE (BLUE LINE)	GOAL SIZE	GOALIES
U12/U14	6 V 6	80 feet x 175 feet	12 feet	CENTER LINE	4 feet x 6 feet	YES
U10	6 V 6	50 feet x 90 feet	6 feet	CENTER LINE	4 feet x 6 feet	YES
U8	5 V 5	40 feet x 90 feet	6 feet	CENTER LINE	1 Foot x 3 feet	NO

Court sizes and locations are subject to change at the league's discretion.

U12 & U14 Outdoor Hockey Rink



U8 & U10 Basketball Court (Mission Hills Map)



### CHOOSING SIDES

1. Each team may warm up before the first period at the side closest to its bench.
2. Teams will change sides each period.
3. The home team will be on the left bench of the scorer's table when facing the court.

### B. STANDINGS

1. No standings will be kept in the U8 league.
2. Standings will be kept in U10-U14 league.
  1. 2 points for a win
  2. 1 point for a tie
  3. 1 point for an overtime loss
  4. 0 points for a regulation loss

### C. NUMBER OF PLAYERS

1. Each team shall only have a maximum of 5 players (3 forwards and 2 defensive) on the court.
  1. U8 league will have no goalie.
  2. U10-U14 league will add a goalie for a total of 6 players on the court.

### D. FORFEITS

1. U8 League
 

If 4 players do not show up after 5 minutes of regulation game time, the other team will provide some extra players and have a scrimmage.

2. U10-U14 League

If 4 players and a goalie (5 total players) do not show up after 5 minutes of regulation game time, the game will be a forfeit.

**E. PLAYER PARTICIPATION REQUIREMENTS**

1. A City of Henderson-approved jersey must be worn during the game.
2. Each roster will have a minimum of 5 players and a maximum of 12 players.
3. Based on player participation, all players must play evenly.

**F. SUBSTITUTIONS**

1. All substitutions will occur on face-offs or on the fly unless the referee deems it unsafe. All substitutions must go by rotation. Substitutions are recommended every 2-3 minutes. No player should play the entire period unless you have no substitutions.
2. All substitutions must be through the designation entrance area, players are not permitted to jump or climb over the boards during substitutions.
3. Goalies cannot play all three periods.

**G. LATE-SUBSTITUTION PLAYERS**

1. If the player arrives late in the game, they may be required to play the remainder of the game.
2. If a player has not been showing up to practice, contact the Recreation Coordinator within 72 hours before the game.

**H. LENGTH OF PLAYING: PLAYING TIME**

1. Play is divided into three 12-minute periods separated by a 2-minute break.
2. There will be a running clock throughout the game unless stopped by the referee.
3. Each team will be granted 1 timeout per game.
4. U12-U14 only: Sudden-death 5-minute overtime will be played if the game is tied in regulation. If tied after, the game is a tie. Overtime will be played 4 on 4 plus the goalie.

**I. GAME PLAY**

1. Play starts with dropping of ball, for a face-off, at the center of the playing area, by the referee. U12-U14 League: During the game, face-offs can be closest to where the fouls and violations are committed.
2. One player from each team lines up at the center for the face-off. Sticks are placed in a straight line not less than 4 inches from the ball.
3. At the face-off players must be on their own side of the face-off spot.
4. The referee may stop the clock at any time if they feel that a team is purposely stalling or intentionally delaying the game, or to prevent a possible injury.
5. *All sticks must be kept low on the ground. If a stick is raised above the knee on either the backswing or follow-through, then a high-sticking penalty could be called.*
6. All walls, corners, and doors are in play. If a ball gets caught/trapped in one of these, then a faceoff will occur.
7. All 5 players are allowed to cross the half-court line to press/rush the opponent's goal. It is advised that at least 2 defensive players remain behind the center line. The goalie cannot pass the center line.
8. Balls cannot be intentionally touched, stepped on, or kicked. A non-contested face-off will take place for the team that had last control of the ball.

<b>PENALTIES</b>	<b>MINOR</b>	<b>MAJOR</b>	<b>GAME MISCONDUCT</b>
U14/U12/U10	2 MINUTES	5 MINUTES	EJECTION
U8	1 MINUTE	3 MINUTES	EJECTION

**J. PENALTIES**

Time penalties are:

1. The offending player shall serve the penalty unless otherwise specified. That player shall go directly off the court and remain there until the referee indicates the penalty time has expired. If a game disqualification penalty is also imposed on the player, that player shall be represented by a teammate for the penalty and shall report to the referee.
2. Major and misconduct penalties do not terminate when a goal is scored.
3. If the penalty time has not yet expired at the end of a period, the penalty carries over into the next regular period or sudden death play.
4. High-sticking: The official will call any stick raised above the back of the knee on the back swing and/or above the knee on the follow-through. Depending on the situation, it will be assessed as a warning, minor or major penalty.

**K. MINOR PENALTY**

A minor penalty shall be assessed for:

1. Substitute taking the court before departing player is off court (too many players on the court)
2. Playing the ball above shoulder level with a stick
3. Holding an opponent's stick or player
4. Stalling, trapping or holding the ball
5. Interference
6. A goalkeeper interfering with opponent who is not playing the ball
7. Dangerous play
8. Intentionally displacing the goal
9. Tripping
10. Charging
11. Elbowing
12. Slashing
13. Roughing, boarding/checking and over aggressiveness
14. Spearing
15. Cross-checking
16. Hooking
17. Sliding/diving
18. Unsportsmanlike conduct
19. Verbal abuse of an official or refusal to obey a referee's decision
20. Stick checking or lifting sticks

*NOTE: If any of the above are deemed excessive, a major penalty can be called and/or cause for removal from the game.*

**L. MAJOR PENALTY**

A major penalty shall be assessed for fighting. Fighting is not tolerated under any circumstances and will result in removal from the game and possibly be suspended.

**M. OFFSIDES AND ICING**

1. There is no icing.
2. Offsides only occurs if the ball is thrown or hit by the goaltender beyond the center line and is touched by a teammate without first being touched by an opponent.
3. Offsides will receive a face off at the center (U8/U10) or opposite side (U12/U14).

**N. GOAL CREASE**

1. The crease shall be 3' 3" wide and 6' 6" long.
2. Goals are disallowed if a player or teammate has any part of their body in the crease area when a goal is scored.

**O. SCORING**

1. No score will be kept in U8.
2. Each goal will count as one point.
3. A goal is scored when the entire ball crosses the goal line.

*In cases where the net moves, it is up to the referee to determine if the ball would have gone in the net and thus been a goal. If the defense intentionally moves the goal it is up to the referee to continue play or to declare a delay of game penalty.*

**P. GOALTENDERS (U10-U14 only)**

1. A goaltender will be allowed to handle the ball with their stick or hands within the defensive zone. If the ball is picked up by the goaltender, the goalie must be allowed a clear amount of space to put the ball back in play. A goalie may call for a "freeze" of play in which case the ball will be turned over to the referee and a face off will ensue at center court. If the goalie is clearly delaying in putting the ball in play, the referee may stop the clock at their discretion and have a face-off or if it persists it will be a delay of game penalty.
2. The goaltender can put the ball back in play by rolling it to a teammate on their side of mid-court or passing the ball with their stick.
3. Offensive players may not enter the crease without the ball or without the ball being in the crease. This is interference.

**Q. COACHING BOX RULE**

All head coaches must comply with the rule by staying in the coaching area. The coach is responsible for the conduct and behavior of substitutes, disqualified team members and all other bench personnel. Any violation of the "coaching area" rule by the head coach will be disciplined with a warning first. The second will lead to ejection from the game.

*Note: Any bench personnel may rise to applaud an outstanding play or applaud a player who has been replaced, but must be seated immediately.*

**R. COACHING TACTICS**

The overall object is for players to enjoy the game and strive to do their best at every level. Coaches should recognize that the primary goals of the City of Henderson youth sports program are to teach fundamentals and sportsmanship in a safe setting. Coaches should keep practices engaging and play each player at a variety of positions giving them the best chance to succeed. Practices should focus on fun activities and the basics of floor hockey. The key to being a successful coach is not determined by your record, but by creating an environment that allows players to learn and fall in love with the sport. Please keep in mind that the purpose of this organization is to provide a safe instructional experience for the enjoyment of each player, and to further sportsmanship and understanding of the game.

### SECTION III: OTHER FLOOR HOCKEY INFORMATION

#### A. TERMINOLOGY

CENTERING:	Passing to a teammate who is in front of the opponent's goal.
CLEAR:	Getting the puck out of the zone to prevent the opponent from scoring.
DRIBBLE:	Using both sides of the blade to control and move the puck (also known as stick handling or puck handling).
FACE-OFF:	Games begin with a face-off between centers where the puck is dropped between them. All other players must begin outside the center circle. The object of a face-off is to pull the puck toward a player's side. Both players' sticks must start on their side and remain in contact with the floor until the puck is dropped. Face-offs may also occur in a team's zone.
FOREHAND:	When a player shoots or passes with the bottom hand pushing the stick forward.
GOAL:	Each score is worth one point. A goal counts when a puck crosses the goal line. A puck kicked or hit by the hand into the goal is not a score.
HIGH STICKING:	Penalty called when a player lifts the blade above the waist, winds up or follows through when attempting an illegal shot (slap shot).
HOOKING:	Illegal use of the hockey stick to "hook" another player. This is a penalty.
ICING:	When a player on the defensive side of the floor sends the puck down the length of the floor and it crosses the designated line without being touched by a teammate.
OFFSIDE:	When players move or cross out of the designated areas assigned to their position.
PENALTY:	Consequence given for roughing, high sticking, hooking, or other misconduct fouls that are illegal. The player charged with the penalty will sit out the game for a designated period of time, usually 2 minutes in an official hockey game. Any player who accumulates five penalties during a game will be disqualified from playing.
POWER PLAY:	A team with all its players (full strength) has an advantage over the team charged with a penalty that must play with fewer players (short-handed).
ROUGHING:	Play that endangers others, resulting in a penalty. Examples of roughing may be slashing, contact with the goalie, pushing, blocking with the body, or tripping.

SHORT-HANDED:	When a team must continue playing with fewer players because of a player serving a penalty.
SLAP SHOT:	An illegal shot in floor hockey, a slap shot involves the swinging of the stick behind, slapping the puck and the follow through which brings the stick high.
STICK HANDLING:	Using alternating taps of both sides of the blade to move the puck, also known as dribbling or puck handling.
SUDDEN DEATH:	When two teams are tied at the end of a game and the next team to score wins and ends the game.
SUBSTITUTION:	The act of one player entering the game to replace another player.
WRIST SHOT:	When a player uses a flicking motion to move the puck. The stick remains in contact with the floor. There should be no back swing or high follow through. This is the best shot for speed and accuracy in floor hockey.

## **B. NEVADA REVISED STATUTE**

Intimidating public officer, public employee, juror, referee, arbitrator, appraiser, assessor or similar person

1. A person shall not, directly or indirectly, address any threat or intimidation to a public officer, public employee, juror, referee, arbitrator, appraiser, assessor or any person authorized by law to hear or determine any controversy or matter, with the intent to induce such a person contrary to his or her duty to do, make, omit or delay any act, decision or determination, if the threat or intimidation communicates the intent, either immediately or in the future:
  - a. To cause bodily injury to any person;
  - b. To cause physical damage to the property of any person other than the person addressing the threat or intimidation;
  - c. To subject any person other than the person addressing the threat or intimidation to physical confinement or restraint; or
  - d. To do any other act which is not otherwise authorized by law and is intended to harm substantially any person other than the person addressing the threat or intimidation with respect to the person's health, safety, business, financial condition or personal relationships.
2. The provisions of this section must not be construed as prohibiting a person from making any statement in good faith of an intention to report any misconduct or malfeasance by a public officer or employee.
3. A person who violates subsection 1 is guilty of:
  - a. If physical force or the immediate threat of physical force is used in the course of the intimidation or in the making of the threat:
    - i. For a first offense, a category C felony and shall be punished as provided in NRS
    - ii. For a second or subsequent offense, a category B felony and shall be punished by imprisonment in the state prison for a minimum term of not less than 2 years and a maximum term of not more than 10 years, and may be further punished by a fine of not more than \$10,000.
  - b. If no physical force or immediate threat of physical force is used in the course of the intimidation or in the making of the threat, a gross misdemeanor.
4. As used in this section, "public employee" means any person who performs public duties for compensation paid by the State, a county, city, local government or other political subdivision of the

State or an agency thereof, including, without limitation, a person who performs a service for compensation pursuant to a contract with the State, county, city, local government or other political subdivision of the State or an agency thereof.

## COACHES' CODE OF ETHICS

I hereby pledge to live up to my certification as an NYSCA\* coach by following the NYSCA Coaches' Code of Ethics:

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I promise to review and practice first-aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my team that is free of drugs, tobacco and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.

*\*National Youth Sports Coaches Association*