



## **Seattle Women's Soccer... Modified Safe Games**

### **Welcome to Seattle Women's Soccer!**

We love having new players join our program. We hope you have a great experience joining our team. We have developed a safe way for women of all ages and abilities to play our games, learn new skills, receive coaching tips and have fun together.

### **Our Rules**

We try to keep it simple. We have a basic set of rules. It is soccer. We do not have referees. We would like see all players take our intention of a safe playing atmosphere seriously. We prefer a low impact pace for our games and training.

This means a walking style of pace, which is heel to toe as you step forward and roll to the other foot. Try to keep one foot on the ground at all times.

**No Contact - no shoulder or hip contact, tackling the ball is OK.**

**No Heading to keep our noggins safe and prevent concussions.**

**Height restriction of 5 feet. If the ball goes over 5 feet, please allow the other team to restart the ball.**

**All restarts are indirect free kicks.**

**Kick-ins, not throw-ins.**

**No blasting of balls toward another player.**

**We do not allow for discrimination, verbal abuse, derogatory comments toward another player, on the field or off. We encourage conversations with our coaching and managing staff should you have a concern.**

### **Managing System**

TeamCowboy is our platform to manage players, game schedules, and emails.

We ask that you RSVP for games. We may move our management system occasionally, when necessary. We will inform you how to participate in our managing system so that you can receive updated emails and field locations. If there is a game we need to cancel due to snow or other conditions, we will try to inform you ASAP.

### **Games**

We vary our games, by changing the size of the field, change the playing parameters, and add new technical or tactical skill to the game. We do not keep score. We do not play in a league. We do travel at times to events or tournaments if a walking style of soccer is being offered. We roster everyone that comes out to the field. We have no subs. Everyone plays. Please bring a red and white shirt to each game.

**When:** Mondays and Wednesdays, 9:45 AM - 11:15 AM, Bellevue or Redmond Fields  
See our website below for accurate schedules.

### **Fees**

Our fees are minimal, \$5 - \$7 per game. Please email for more information.

### **Waivers**

Please be sure that you have signed a waiver prior to stepping onto the field.

### **In case of Emergencies**

Please provide our staff with an emergency contact.

In case of emergencies on the field, ***Please Call 911. The EMTs are better trained than we are, so immediate action to call 911 is the best action to take.***

**Thank you for joining us.**

**In fun, fitness and friendships... for a lifetime...Modified Safe Soccer.**

**Website:** [SeattleWomensSoccer.com](http://SeattleWomensSoccer.com). **Or** [UltimateWalkSoccerClub.club](http://UltimateWalkSoccerClub.club)

**Contact:** [suebsoccer@gmail.com](mailto:suebsoccer@gmail.com). **Or** [chovind@comcast.net](mailto:chovind@comcast.net)

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