

ONE KNOX PARENTS NOTICE

Dear One Knox Parents,

We appreciate your support and enthusiasm for your child's soccer development. As we work together to create a positive, empowering environment for our players, we kindly ask that you refrain from sideline coaching during games and practices. Instead, we encourage you to focus on offering praise for the great moments you see on the field — whether it's a nice skill move, a well-timed pass, or a strong effort. Your positive reinforcement will go a long way in boosting confidence and enjoyment for all players.

We are working hard to change the **CULTURE** around the game, fostering a space where kids can learn, take risks, and grow without pressure from the sidelines. By supporting this approach, you're helping to create an atmosphere where players can truly thrive.

Thank you for your understanding and continued support.

Best regards,

Sam Weisbrod

Executive Director One Knox Collective & Youth Club

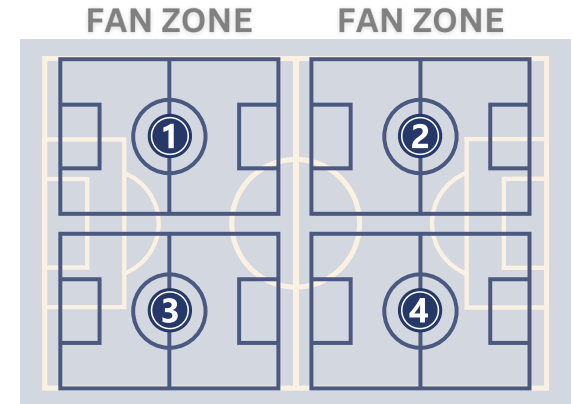
ONE KNOX HOUSE LEAGUE RULES

- 1. Ball In Play (Kick-ins):** When the ball goes out of bounds over the sideline, it will be put back into play by a kick-in. No throw-ins are allowed. Players have 4 seconds to pass ball.
- 2. Duration of the Match:** Each game will consist of two 15-minute halves with a 5-minute halftime. The clock will run continuously.
- 3. No Walls or Barriers:** Since a futsal ball has less bounce and is used on a smaller court, no walls or barriers are permitted to keep the ball in play. All play must be done within the field's boundaries.
- 4. Fouls and Free Kicks:**
 - Direct Free Kicks: A direct free kick is awarded for fouls, including tripping, pushing, or handballs.
 - All free kicks will be taken from the spot where the foul occurred.
- 5. Goalkeeper Rules:**
 - The goalkeeper can handle the ball only within their designated area.
 - Goalkeeper Possession Limit: Goalkeepers are only allowed to hold the ball for 4 seconds before they must pass or release it back into play.
 - The goalkeeper may not throw or kick the ball past the halfway line.
- 6. Substitutions:** Unlimited substitutions are allowed. All players will play different positions to include goalkeeper.
- 7. Offside:** There is no offsides.
- 8. Safety Gear:** All players must wear shin guards and appropriate footwear. Players should also have a team shirt or uniform.
- 9. Sportsmanship:** Players, coaches, and parents should demonstrate good sportsmanship at all times!

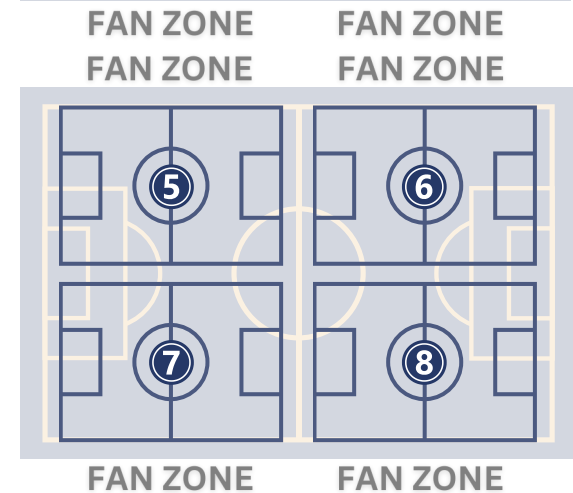
These rules are designed to ensure a fun, safe, and skill-developing experience for the players, while respecting the game of soccer!.

ONE KNOX FIELD MAP

8
FIELD



7
FIELD



Menu

