

When a person is involved in any athletic activity, especially in a contact sport, an injury can occur. The purpose of these safety guidelines is to inform participants and tournament coordinators of proper techniques and inherent dangers involved with soccer. There is a chance of broken bones, muscle and soft tissue, and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals and proper safety equipment are important to the safety and enjoyment of the sport.

- Proper warm-up is essential before strenuous activity takes place. Be aware of potentially serious injuries if you do not follow correct procedures in stretching and conditioning.
- If a player wears eyeglasses, a proper fitting of safety lenses or appropriate frames that are compatible with soccer is recommended. If a player has a bi or tri-focal lens, it is recommended that he or she contact his or her doctor to provide the best lens combination for playing on large surfaces.
- Be sure all equipment, especially shoes, fit properly before each activity.
- Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for soccer.
- Be aware of your surroundings, including but not limited to surface conditions, obstructions in the proximity to the soccer field and safety entrance/egress to/from the field.
- Wear outer and under garments appropriate for humidity and temperature.
- In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the tournament coordinator prior to participating in a tournament.
- Players should hydrate themselves frequently prior to and during playing games in a tournament.
- Notify the tournament coordinator and certified athletic trainer or medical professional immediately if injured.
- No games should be held during dangerous weather conditions including but not limited to thunder and lightning.
- Although not required, it is recommended that mouth guards be worn during games.
- Comply with current soccer rules with special attention to avoid such violations as:
 - Kicking or attempting to kick an opponent
 - Tripping an opponent
 - Jumping at an opponent
 - Charging an opponent from behind
 - Charging violently at an opponent
 - Striking or attempting to strike an opponent
 - Holding an opponent
 - Pushing an opponent
 - Playing in a manner considered by the referee to be dangerous
 - Slide tackling