



UNIVERSITY OF THE
DISTRICT OF COLUMBIA
COLLEGE OF AGRICULTURE, URBAN SUSTAINABILITY
AND ENVIRONMENTAL SCIENCES

MARCH 24 – 29, 2026 | WASHINGTON D.C

SOCCKER CHAPERONE GUIDE

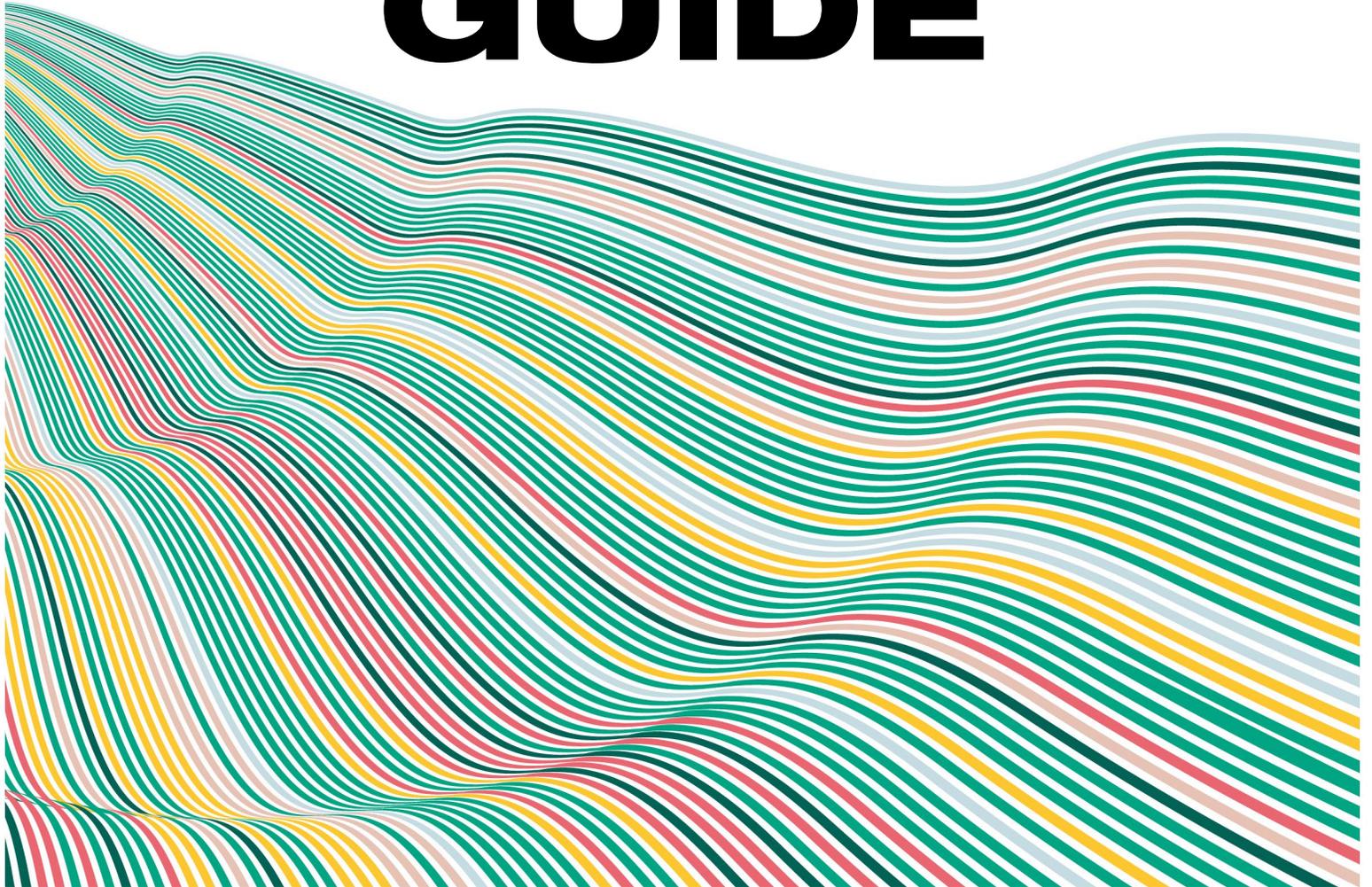


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National 4-H Soccer Cup Overview

Join us in Washington, D.C., for Ignite by 4-H, where youth from across the country come together to learn, grow, and be inspired!

This year, the **National 4-H Soccer Cup** kicks off a day early, giving teams more time for gameplay and more opportunities to discover their spark through inspiring speakers, hands-on workshops, career exploration, and meaningful peer connections.

In partnership with the **University of the District of Columbia (UDC)**, the National 4-H Soccer Cup will be a sub-track of our Healthy Living track. This exciting tournament offers youth a fun and active way to build teamwork, leadership, and sportsmanship skills, all while promoting well-being and connection. The Soccer Cup brings young people together through the power of play, friendly competition, and shared goals—both on and off the field.

This handbook provides National 4-H Soccer Cup-specific information, including tournament logistics, rules, schedules, and special programming. While the [general Ignite Chaperone Guide](#) outlines the broader event, this guide focuses on what's unique to soccer participants, helping your team get the most from the experience.

We understand that every team has its own planning process. To help everything run smoothly, please distribute this coordinator handbook to your Lead Chaperone, coaches, and all adult chaperones. We'll also host several pre-event webinars to answer questions and provide updates.

All required forms have been streamlined into two versions:

- One for adult chaperones
- One for teens, to be completed with a parent or guardian

Forms will be submitted digitally, but paper versions may be uploaded if necessary. These include the National 4-H Council Code of Conduct, the National 4-H Council Release of Liability, Waiver, Indemnification, Consent to Medical Attention, and Media Release and the University of the District of Columbia Release of Liability Form.

Please make sure to read the entire handbook so you don't miss out on any essential details. If you have any questions, please contact events@4-h.org. Thank you for your continued interest in Ignite by 4-H! We can't wait to welcome you to Washington, D.C., for an unforgettable experience!

National 4-H Soccer Cup Key Dates

1. Selected teams will be notified by **October 10, 2025**.
2. Full roster including guest names and birth dates are due by **Friday, October 31, 2025**.
 - A maximum of 3 players may change between Friday, October 31, 2025 and March 6, 2026.
3. Required forms are due by **Friday, December 5, 2025**.
4. Team rosters cannot change after **March 6, 2026**.

Additional Key Dates & Deadlines can be found [here](#).

Program Participants

High-school-aged youth may participate in Ignite by 4-H. Each team applying for the National 4-H Soccer Cup must include at least one adult chaperone and a minimum of 11 players. Council recommends that teams bring two adult chaperones, with a maximum of three. Each team must also identify one Lead Chaperone (typically the head coach of your team).

The tournament will follow standard youth age divisions. By default, the tournament will be structured with a male and female U19 (Under-19) bracket. To be eligible for the competition, players must be 19 years old or younger as of March 24, 2026

If a significant number of teams are composed of younger players, we may establish separate **U16** and **U19** divisions:

- U19 (Under-19): Players must be 19 or younger as of March 24, 2026
- U16 (Under-16): Players must be 16 or younger as of March 24, 2026

Final division placements will be based on team rosters.



Before You Arrive

Soccer Team Application Form

On **September 12, 2025**, we will open an application form to participate in the National 4-H Soccer Cup. At this time, you will need to know how many adult coaches and teen players you would like to bring to Washington, DC, your uniform color and team name. The form will close to applications on **Friday, October 3, 2025**.

The following are eligible to apply:

- Cooperative Extension 4-H **soccer teams** within land-grant universities (LGUs)
- Cooperative Extension 4-H **soccer teams** within your local county

Registration includes:

- All field costs and game supplies
- High-impact programming and speakers featuring national experts and leaders along with opportunities for career exploration, using your voice and building connections with teens from across the country.
- Room and board (double occupancy for teens, single occupancy for adults) checking in on Tuesday, March 24 and checking out on Sunday, March 29.
- All meals and breaks.
- Transportation to and from the hotel to soccer fields
- DC-area site visits and program materials.

All teams will be responsible for the following costs:

- Travel costs, including transportation costs to and from Ignite.

IMPORTANT:

1. If awarded, you will receive a confirmation email, and additional instructions will be sent for registration.
2. All teens must be accompanied by an adult chaperone.
3. A full roster including guest names and birth dates must be provided by **Friday, October 31, 2025**, or your team may be unable to attend Ignite.

Ignite Portal

We highly recommend all attendees, Lead Chaperones and a parent/guardian for each teen attendee utilize the Ignite portal to submit all registration information, complete the required forms and register for teen workshops.

An email address is NOT required for teens or parents/guardians, but we highly recommend including them to help ensure timely communication. **Please ensure each contact has a unique email address. Do not use a parent's email for a teen or vice versa—each email can only be linked to one contact in the system.** The system will not allow you to save a contact if the email address is already associated with another person.

To log in to the portal, [click here](#).

- If you have attended an event hosted by National 4-H Council since June 2024, you will use your previous login information.
- If not, you will need an invitation code to log in which will be emailed from **DoNotReply@igniteevents.4-h.org**

If you have any trouble with the Ignite Portal, [click here](#) and provide your feedback so we can assist.

Soccer Webinars

To prepare for the National 4-H Soccer Cup, we plan to host a series of webinars specific to soccer to answer any questions you may have. Please see below for scheduled webinars and planned topics:

- Tuesday, September 23, at 2 p.m. – Informational Webinar about overall National 4-H Soccer Cup
- January 2026 Date TBD – Welcome Webinar for Coaches, review rules and questions
- February 2026 Date TBD – Game Schedule review and final questions



Event App

- The Ignite by 4-H event app is available on both [iOS](#) and [Android](#). We highly encourage you and your attendees to download it as soon as possible to receive push notifications for event updates, deadline reminders and stay up to date on all things Ignite 2026!
- As the event gets closer, the app will become your go-to resource featuring personalized schedules, venue maps, daily menus, bus and table assignments, and more. And don't worry – it's all seamless. Once Ignite tickets are purchased and you have logged into the portal, you'll use the same username and password, so if you haven't logged in to the Ignite Portal yet, now's the time! Reach out to us at events@4-h.org if you need assistance.

Packing List

- Backpack or bag
- Water Bottle
- Soccer Kit
- Cleats
- Shin Guards
- Jacket
- Extra pair of shoes for field (non-cleats)
- Sunscreen

HEADS UP to Youth Sports: Online Concussion Training

We ask that at least one coach per team complete the [HEADS UP to Youth Sports: Online Concussion Training](#) prior to attending Ignite. Once completed, you can send the certificate of completion to events@4-h.org or it can be uploaded to the portal.



Lodging & Hotel Incidentals

All soccer coaches and players will stay at The Generator Hotel, located directly across the street from the Washington Hilton. Centralizing the soccer program at The Generator streamlines bus dismissal, reduces delays associated with the larger departure at the Hilton, and maximizes time at the fields.

The Generator Hotel:

1900 Connecticut Ave NW, Washington, DC 20009

Teen Lodging

- All teens will have at least one roommate. Hotel rooms will either be double-occupancy or quad occupancy with 2 bunks in a room (4 single beds) with a shared common space and bathroom. We will make every effort to keep teammates together, but attendees under the age of 18 will not be paired with attendees over the age of 18.
- Youth delegates will have the opportunity to request a specific roommate by **Friday, October 31, 2025**. If no roommate is listed, the desired roommate requests to be roomed with someone else or your team has an odd number, we will work with the lead chaperone to determine a suitable roommate from another team.
- Council is committed to providing a welcoming experience for all attendees participating in Ignite. To help ensure accessibility, please let us know by **Friday, October 31, 2025**, if any accommodations are needed as part of your registration.
 - Examples may include accessible hotel rooms or support for visual or hearing impairments. Requests received after this date will be considered, and we will make every reasonable effort to accommodate them; however, our ability to do so may be limited by factors such as interpreter availability or hotel room inventory. Providing advance notice helps us plan effectively and coordinate with hotel and venue staff to support your needs.

Chaperone Lodging

- All adult chaperones will have single-occupancy rooms. Adult attendees will **not** be assigned a roommate unless **both individuals specifically request to room together**. If both adults indicate a desire to share a room, they will be paired. **No discount will be provided** for sharing a room.
- Council's policy prohibits adults (educators, volunteer chaperones that are age 18 and older) from sharing lodging rooms with youth (teens less than 19 years old), except when the adult and youth are immediate family members) or when the youth's parent or legal guardian approves staying with the adult. Council must be provided with a letter signed by the youth's parent or legal guardian granting permission for a designated adult to stay in the youth's room.
- If an adult chooses to share a room with their child, there will be no refund or adjustment to their ticket price.

Laundry

- We're excited to share a new convenience for teams: on-site laundry at the Generator Hotel. There are 2 washers and 2 dryers available for guest use for \$3 per wash and \$3 per dry. Machines are first-come, first-served, so consider planning to wash all team uniforms together.
- There is also dry cleaner about 6–8 minute walk from the hotel called **World Cleaners** located at **1811 18th St NW, Washington, DC 20009**
 - **Walking directions:** Exit the hotel and walk southeast on Connecticut Ave NW toward S St NW (~2 blocks). Turn left on S St NW, then right on 18th St NW; World Cleaners will be on the left at 1811 18th St NW.

Hotel Incidentals

All participants have signed the required code of conduct form which specifies youth participants and attendee's parent/guardians shall be personally and financially responsible for reimbursing 4-H for:

- any damage done to hotel property that is caused by the actions or inactions of the attendee
- any incidentals (e.g., room service or minibar items) charged to the attendee's room by the attendee
- any fees or damages assessed by the hotel related to smoking, or similar behaviors.

To the extent that 4-H is unable to determine which attendee incurred the damage or expenses, 4-H may seek reimbursement equally from all youth participants and attendee's parent/guardians who shared a hotel room.

No outside food or beverage may be consumed in the lobby. If you choose to order pizza or food from meal delivery services, it must be consumed in hotel rooms.



Schedule & Logistics

National 4-H Soccer Cup Schedule Information

All schedules for the National 4-H Soccer Cup are TENTATIVE, meaning they may change, up to the date of the event. Every effort will be made not to make drastic changes to the schedule, especially last minute. Whenever a significant alteration is made, you will be notified.

IMPORTANT: You are responsible for transportation from airport to UDC at the beginning of Ignite and from the hotel to return to the airport at the end of Ignite. All other transportation is included.

Arrival Information

We understand that travel times will vary on Tuesday, March 24. To help us plan the game schedule effectively, all teams are required to provide an estimated arrival time to the University of the District of Columbia (UDC). **All teams should plan to arrive no later than 6 p.m. on Tuesday, March 24.**

Teams arriving by **4 p.m.** will be scheduled to play a game on Tuesday. Teams arriving after 4 p.m. will have their first game scheduled for **Wednesday, March 25.** If you are delayed en route, please contact events@4-h.org or call 301-961-2901.

After the activities at UDC, bus transportation will be provided to The Generator Hotel. Your group will check into the hotel on **Tuesday, March 24.**

Luggage Storage

Luggage storage will be available on Tuesday, March 24 beginning at 12 p.m. at UDC.

Onsite Registration Information

Registration will take place at UDC from 12 p.m. – 6 p.m. on Tuesday, March 24. Groups may not register before this time. If you arrive prior to this time, you will need to wait until registration begins to receive your Ignite registration materials.

The most up to date schedule can be found [here](#).

Meals

The following meals are included:

- **Tuesday, March 24:** Dinner
- **Wednesday, March 25:** Breakfast To-Go, Lunch Dinner
- **Thursday, March 26:** Breakfast, Lunch and Dinner
- **Friday, March 27:** Breakfast, Lunch and Dinner
- **Saturday, March 28:** Breakfast, Lunch and Dinner
- **Sunday, March 29:** Breakfast & Optional Boxed Lunch (sign-up required)

Meals listed above will be provided. However, as soccer teams will be physically active throughout the event, we recommend that players and coaches bring adequate snacks to stay fueled throughout the day. Water and Gatorade will be provided. If interested, there is a local grocery store within walking distance of UDC (Tuesday games). Wednesday through Friday, a snack concession stand will be open with snacks available for purchase.

Many meals have assigned rooms and tables. Please respect these assignments and make sure your teens do as well to ensure adequate seating.

Bus Dismissal & Loading

Your team will be assigned a specific bus number that will remain the same throughout Ignite. Please make sure your group knows their bus number and gets on the correct bus each time. Each time your delegation boards a bus from the hotel, you will be dismissed from a specific location, so we know all teams are accounted for before the bus leaves the hotel.

Tuesday, March 24 – Bus from UDC to Hotel

- Bus Dismissal: 8 p.m. from UDC.



Wednesday, March 25 – The Fields at RFK Campus

- Breakfast To-Go 7 a.m. – 8 a.m.
- Bus Dismissal 8 a.m. from hotel, specific location to be announced.
- Return Bus Boarding: 5 p.m.

Thursday, March 26 – The Fields at RFK Campus

- Bus Dismissal: 1 p.m. from hotel, specific location to be announced.
- Return Bus Boarding: 10 p.m.

Friday, March 27 – The Fields at RFK Campus

- Breakfast To-Go 7 a.m. – 8 a.m.
- Bus Dismissal 8 a.m. from hotel, specific location to be announced.
- Return Bus Boarding: 9 p.m.

Due to liability, staffing, and parking restrictions, groups will not, under ANY circumstances, be permitted to use their own bus, vans or private cars for Ignite activities.

Workshops

Workshops are required for all teens to attend. Each teen participating in the National 4-H Soccer Tournament will participate in the following workshop sessions onsite at the hotel:

- 1 Career Connections Workshops
- 3 Explore Workshops

In addition, onsite at the soccer fields, skills clinics, drills, and training sessions will take place, focusing on player development, sportsmanship, and teamwork.

Tournament Schedule

Once all soccer team applications are received and teams are notified, team rosters will be reviewed and a final determination for divisions and game play will be based on team rosters. Each team is anticipated to play 5 games minimum.

Coaches Huddle

At least one coach from each team is required to attend; participation from all coaches is strongly encouraged. These huddles provide a structured forum to debrief the day's games, review the upcoming schedule, and address any issues that arose. Discussion topics may include player or team disagreements, weather impacts, scheduling conflicts, or other operational concerns.

Huddles will be facilitated by the Ignite Design Team and held at the Generator Hotel (Boardroom/Studio) at the following dates/times:

- Tuesday, March 24, at 10 p.m.
- Wednesday, March 25 at 10:30 p.m.
- Thursday, March 26 at 11 p.m. (subject to change, may take place earlier at The Fields at RFK Campus if weather and schedule permit)
- Friday, March 27 at 10 p.m. (subject to change, may take place earlier at The Fields at RFK Campus if weather and schedule permit)

Team Meetings

Meetings with all players and coaches tend to happen naturally, but we want to ensure you have scheduled time to touch base with your full team to debrief the day and prepare for the day ahead. The Ignite Design Team may provide specific topics or updates to address with your team as the event progresses. These meetings can be informal and take place at any location that works for your team. Team meetings are scheduled at the following dates/times:

- Wednesday, March 25 at 10 p.m.
- Thursday, March 26 prior to boarding buses to return to The Generator Hotel
- Friday, March 27 prior to boarding buses to return to The Generator Hotel



Soccer Fields and Facilities

All games will be held at a single venue for each day, either the University of the District of Columbia (UDC) or The Fields at RFK Campus. This single-site format keeps all players and coaches together and allows teams to watch other matches, support peers, and prepare for upcoming games. The daily schedule will list the location for each date/time. All fields will be turf fields.

Addresses for the soccer fields:

University of the District of Columbia:

4200 Connecticut Ave NW
Washington, DC 2000

The Fields at RFK Campus:

401 Oklahoma Ave NE
Washington, DC 20002

Health & Safety

- [The full National 4-H Soccer Cup Emergency Plan can be found here.](#)

Facility Rules

These rules must be followed at both the University of the District of Columbia and the Fields at RFK Campus by all players, coaches and spectators.

- Enjoy the entire site as a smoke-free, tobacco-free, drug-free destination. Any and all live or open flame is prohibited.
- Anyone on the field, must wear shoes at all times. No bare feet allowed.
- Food is allowed in all areas except the playing fields. Chewing gum, sunflower seeds and beverages, other than water, are prohibited on the playing fields.
- Pack in/pack out: remove all trash from seating areas, fields and team benches. Use provided trash/recycling cans.
- Do not move or remove field equipment (goals, corner flags, etc.).
- Drones are prohibited.
- No live streaming or video recording of games (e.g., Facebook Live, Instagram Live, TikTok, YouTube Live).
- The following are prohibited on the premises: confetti, glitter, rice, birdseed, spray "silly string" The following are prohibited on the playing fields/turf: tape, paint, or adhesives.
- Keep bikes (motorized or not), ATVs, in-line skates, skateboards, scooters, and heavy equipment off the fields.



National 4-H Soccer Cup U19 Game Regulations

***Please note these rules and regulations have been set by the University of the District of Columbia**

National 4-H Cup is an invitational tournament; we reserve the privileges to invite teams to participate upon spaces available and discrepancy of National 4-H Council. The National 4-H Soccer Cup is an invitational tournament; we reserve the rights for promoting the events regarding this program.

Game Play, Discipline & Conduct

1. Each team has a 15-minute grace period to be ready for their match. After 15 minutes, the game is forfeited. If games begin late, the clock will start from the scheduled time unless approved by Ignite Design Team.
2. If a player or coach is more than 15 minutes late for scheduled bus transportation, the bus will depart without them. A coach or player who misses the bus will be ineligible to play or coach in their next scheduled game and will be responsible for their own transportation to the soccer fields.
3. Team must have a minimum of 7 players playing in the field to start, continue and finish a match. A team with 7 players and a player receiving a yellow card during the game will forfeit the match.
4. Referees and field marshals will keep official time and score on the field.
5. Free substitutions are allowed during any stoppage in play.
6. A yellow card warning requires the player to be substituted, or the team must play short, at the coach's discretion.
7. Two yellow cards equal an automatic red card, resulting in ejection and at least a one-game suspension, with possible additional penalties pending referee's report.
8. A direct red card results in ejection and a minimum one-game suspension, with possible further penalties pending referee's report.
9. If a coach or player is ejected from a match for misconduct, they must leave the team bench area and sit in the bleachers. They are not permitted to coach or participate in any way for the remainder of the game. The ejection carries an automatic one-game suspension, with the possibility of additional penalties based on the referee's report.
10. Any player or coach involved in fighting (physical or verbal) will be dismissed from the tournament without exception. Referee reports will be used as evidence along with written reports from coaches or the Ignite Design Team.
11. There is zero tolerance for drinking alcohol, smoking, or drug use during Ignite at any time or location. This will result in dismissal from all future gameplay in the National 4-H Soccer Cup.
12. A coach must be present to begin and finish any match. A team without a coach will forfeit that match.
13. Cursing, use of derogatory language, in any language, and any offensive gestures or motions by players or coaches are strictly prohibited at all times, both on and off the field.
14. Coaches are responsible for team players' behavior during the game and outside the field at all times during the National 4-H Soccer Cup.
15. Ejections carry an automatic one-game suspension with the possibility of additional penalties pending referee review.
16. Any complaint must be submitted to the Ignite Design Team prior to the team's next game. The Ignite Design Team will review it and will determine on the ruling prior to the next game or event.
17. After completing a match, each team must provide two players to assist as ball retrievers for the next game. Their role is to return balls that go out of play to help matches continue smoothly and without delay.

Scoring & Standings

18. A win = 3 points, tie = 1 point, and loss = 0 points.
19. Tiebreakers will be determined in the following order: head-to-head, goal differential, goals scored, yellow/red card count, and if needed, a coin toss.

Uniforms & Equipment

20. Teams are required to bring their own soccer balls for pre-game warm-ups. Only the official match ball will be provided for gameplay. Warm-up balls will not be supplied.
21. Regular soccer cleats required. No bare feet or metal cleats on fields.
22. Only players wearing the official team uniform are considered registered and eligible to play.
23. All teams must wear proper uniforms (NO EXCEPTIONS). The team listed first in the schedule is the home team; the visiting team will change uniforms if there is a conflict. UDC will provide pinnies if necessary.
24. All players on a team must wear the same team attire and equipment required to play soccer.
25. Team uniforms and names must not include offensive logos, language, or content that is derogatory in any way. The Ignite Design Team reserves the right to remove or deny participation to any teams that refuse to comply.
26. No jewelry is allowed during game play. If piercing jewelry cannot be removed (e.g., newly pierced), it must be fully covered with athletic tape before the game. Failure to comply will result in a yellow card. Referees have final authority on enforcement.

Team Roster & Player Eligibility

27. Up to 18 players may be registered per team, with 11 players allowed on the field at one time. A maximum of 13 players may receive scholarships per team. An additional 5 tickets may be purchased if desired. A maximum of three adult coaches are allowed on the team bench.
28. Only players who are listed on the team roster with their full name and date of birth, have completed all required forms, and are wearing proper uniforms are eligible to play.
29. Team rosters cannot change after **March 6, 2026**.
30. A player may only play on one team during the tournament and must remain on that team for the entire event once registered.
31. All players must bring a valid photo ID confirming their date of birth.
32. Coaches are responsible for ensuring player and coach compliance with all field and tournament protocols.
33. When the Lead Chaperone form opens in February, coaches must outline their emergency plan for handling player or staff injuries or illness.
34. Coaches are strongly encouraged to complete CPR and First Aid certification, preferably through the American Red Cross. UDC, National 4-H, and event stakeholders do not provide insurance or financial assistance, nor do they assume responsibility for any injuries or illnesses. Coaches are also strongly encouraged to collect a health screening form from each player.

Awards & Recognition

35. The champion and runner-up teams will receive trophies (replicas for each team). The perpetual National 4-H Soccer Cup trophy will be engraved with the winning team and displayed at the National 4-H Council office in Washington, D.C. Winning players will receive medals.
36. If travel allows, the previous year's championship teams will open the tournament. However, priority will be based on team arrival schedules, and earlier games may begin with other teams as needed.

Liability and Responsibility

37. The University of the District of Columbia (UDC) and National 4-H Council are not responsible for any injuries that may occur before, during, or after games or related activities. While event organizers will provide reasonable measures, resources, and procedures to help prevent injuries and to respond to emergencies, full responsibility for the health, safety, and conduct of team members rests with each team's coaching staff. Coaches are responsible for ensuring appropriate supervision, preparedness, and care for their players at all times.

Coaches' Conduct and Sportsmanship

38. All coaches are expected to model the highest standards of sportsmanship at all times. There is zero tolerance for unsportsmanlike behavior, including but not limited to abusive language, disrespect toward officials, players, or spectators, and any conduct that undermines the values of fair play. Violations may result in immediate disciplinary action, including removal from the bench and suspension from the remainder of the match or future tournaments.

Any National 4-H Soccer Cup participant, including teen players and adult coaches, violating any Code of Conduct Rules or National 4-H Soccer Cup rules may lose matches, points, face suspension, or be removed from the tournament, including possible bans on future participation.