



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

MARCH 24 – 29, 2026 | WASHINGTON D.C

SOCCER CHAPERONE GUIDE

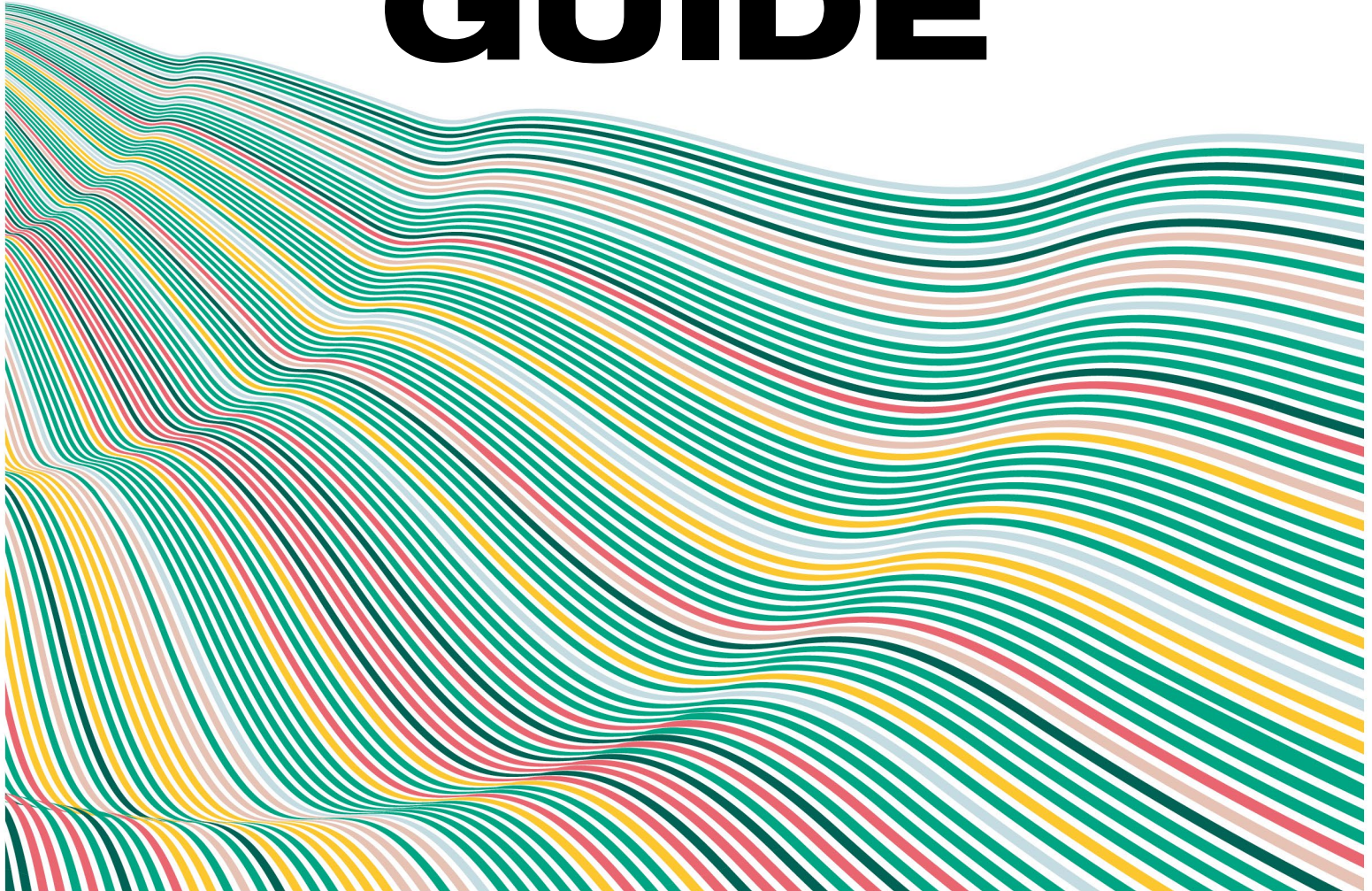


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National 4-H Soccer Cup Overview

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 | - Shin Guards |
| - Water Bottle | - Jacket |
| - Soccer Kit | - Sunscreen |
| - Cleats | |



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 your assigned 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.

Tuesday, March 24, 2026		
Time	Activity	Location
12 p.m. – 6 p.m.	Teams arrive and check in	University of the District of Columbia campus
	Luggage storage available	
1 p.m. – 7 p.m.	Soccer Games	
6:30 p.m. – 8 p.m.	Soccer Welcome Dinner	
8 p.m.	Bus Departure	
9 p.m.	Hotel Check-In	Hotel TBA

Wednesday, March 25, 2026		
Time	Activity	Location
7 a.m. – 8 a.m.	C Breakfast To-Go	Hotel TBA
8 a.m.	C Bus Dismissal	
8 a.m. – 9 a.m.	Travel Time	
9 a.m. – 5 p.m.	Soccer Games Lunch provided	RFK Fields
5 p.m. – 6 p.m.	Travel Time	Washington Hilton
4 p.m. – 6 p.m.	Program Showcase Set Up	
6 p.m. – 6:30 p.m.	Adult Meeting	
6:30 p.m. – 7:30 p.m.	Dinner	
7:30 p.m. – 8 p.m.	Welcome Meeting	
8 p.m. – 9 p.m.	L2C Kick Off & Finals	
9 p.m. – 10 p.m.	Pin Trade	
	Program Showcase	
	State Spirit Night	
10 p.m. – 11 p.m.	Delegation Huddle	
	L2C Planning Time	
11 p.m.	Curfew	

Schedule continued on next page



Thursday, March 26, 2026

Time	Activity	Location
8 a.m. – 9 a.m.	Breakfast	Washington Hilton
9 a.m. – 9:30 a.m.	General Session	
10 a.m. – 10:50 a.m.	Career Segments: Pathways & Possibilities	
11 a.m. – 11:50 a.m.	A Lunch Career Exploration Expo	
12 p.m. – 12:50 p.m.	Career Connections Workshop 2	
1 p.m. – 2 p.m.	Travel Time	
2 p.m. – 10 p.m.	Soccer Games	RFK Fields
10 p.m. – 11 p.m.	Travel Time	Hotel TBA
11 p.m.	Curfew	

Friday, March 27, 2026

Time	Activity	Location
7 a.m. – 8 a.m.	C Breakfast	Washington Hilton
8 a.m.	C Bus Dismissal	
8 a.m. – 9 a.m.	Travel Time	
9 a.m. – 9 p.m.	Soccer Games	RFK Fields
9 p.m. – 10 p.m.	Travel Time	Hotel TBA
10 p.m. – 11 p.m.	Delegation Huddle	
	L2C Planning Time	
11 p.m.	Curfew	

Saturday, March 28, 2026

Time	Activity	Location
8 a.m. – 9 a.m.	Breakfast	Washington Hilton
	Presenter Breakfast	
9 a.m. – 9:50 a.m.	Explore Workshop 1	
10 a.m. – 10:50 a.m.	Explore Workshop 2	
11 a.m. – 11:50 a.m.	Explore Workshop 3	
12 p.m. – 1:50 p.m.	Third Half Soccer Lunch & Trophy Presentation	
2 p.m. – 2:50 p.m.	Play Beyond High School: Inside the World of College Sports	
3 p.m. – 4 p.m.	Final L2C Planning Time	
4 p.m. – 6:30 p.m.	L2C Gallery Viewing	
7 p.m. – 11 p.m.	Celebration	
	Dinner	
11 p.m.	Curfew	

Sunday, March 29, 2026

Time	Activity	Location
8 a.m. – 9 a.m.	Breakfast	Washington Hilton
	Lunch To Go (optional based on pre-sign-up)	
11 a.m.	Hotel Check Out	Hotel TBA

Key

Speaker or Panel
Workshop
Lead to Change
Meal
Transition Time/Break/Travel Time

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 – RFK Fields

- 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 – RFK Fields

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

Friday, March 27 – RFK Fields

- 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:

- Up to 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.



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. DC 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 League commissioner.
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 in writing within 24 hours after a game. The Ignite Design Team will review it and will determine on the ruling prior of next game or event.

Scoring & Standings

17. A win = 3 points, tie = 1 point, and loss = 0 points.
18. 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

19. 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.
20. Only players wearing the official team uniform are considered registered and eligible to play.
21. 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.
22. All players on a team must wear the same team attire and equipment required to play soccer.
23. 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.
24. 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

25. Up to 18 players may be registered per team, with 11 players allowed on the field at one time. A maximum of 14 players may receive scholarships per team. An additional 4 tickets may be purchased if desired. A maximum of three adult coaches are allowed on the team bench.
26. 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.
27. Team rosters cannot change after **March 6, 2026**.
28. A player may only play on one team during the tournament and must remain on that team for the entire event once registered.
29. All players must bring a valid photo ID confirming their date of birth.
30. Coaches are responsible for ensuring player and coach compliance with all field and tournament protocols.
31. When the Lead Chaperone form opens in February, coaches must outline their emergency plan for handling player or staff injuries or illness.
32. 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

33. 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.
34. 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.

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.