



# **Youth Soccer Parents' Manual**



**2020**

# **Table of Contents**

Intro Letter	3
Basic Practice/Game Information	4
Important Contact Information	4
Important Dates	5
Equipment & Safety Guidelines	5
Expectations of Parents	6
Parents Code of Ethics	6
Playing Rules of Soccer	7
Behavior Management Policy	10
Other Policies & Guidelines	11
Team Formation Guidelines	12
Frequently Asked Questions	13

Dear Parent/Guardian,

Welcome to the Fall 2020 Lombard Park District Youth Soccer Program. We are looking forward to providing a quality program that your child will enjoy. Our goal is to provide your child with a fun activity that will help instill sportsmanship and teamwork, while helping develop their soccer skills. We believe that it's important to stress that winning soccer games is not the goal of the youth soccer program. Competition can be healthy, but we emphasize enjoyment and skill development over winning. Each child has his or her own reasons for participating in this sport and it is our responsibility to ensure that all participants are able to enjoy their experience. Please keep in mind the values of sportsmanship, learning, and fun that all Lombard Park District athletics programs try to instill.

Inside this manual, you will find important information about the soccer season. Please take the time to read through this manual, as we feel that it is an informative resource that can help answer many of the questions you may have.

The Youth Soccer program relies on a combination of volunteer coaches and helpful parents to deliver a quality program. We ask that you please keep in mind that the coaches are still volunteers who are generously donating their time and effort to the program. Please help them in any way you can, whether it is helping out at practices if needed, or even doing the small things like communicating to your coach ahead of time if your child will be missing your team's game. Let's help make the coach's job just a little bit easier if we can!

On behalf of the Lombard Park District, thanks for choosing to have your child participate in the Lombard Park District youth soccer program, and for helping us deliver the best possible experience for your child. If at any time you have questions or concerns, please don't hesitate to contact me.

Best Regards,

Jake Pawlak  
Athletics Program Manager  
Lombard Park District  
Jpawlak@lombardparks.com  
(630) 953-2371

## **Important Contact Information**

**Lombard Park District Main Office: (630) 620-7322**

**Program Manager: Jake Pawlak (630) 953-2371 or [Jpawlak@lombardparks.com](mailto:Jpawlak@lombardparks.com)**

### **Weather Reporting Application for Games:**

#### **Rainout Line**

For cancellation information you can:

**-Download the free app, [rainoutline.com](http://rainoutline.com)**

**\*Recommended!**

-View online at [rainoutline.com](http://rainoutline.com) and search for the Lombard Park District

-Call the rainout line automated phone message at 630-995-9491

\*This app will be used only for game cancellations. Practice cancellations will be made by your coach.

### **Lombard Park District Website**

Main Website: [www.lombardparks.com](http://www.lombardparks.com)

Athletics Page: [www.lombardparks.com/youth-athletics](http://www.lombardparks.com/youth-athletics)

Visit [www.lombardparks.com](http://www.lombardparks.com) and select Recreation then Youth Athletics from the drop-down menu at the top of the main web page. This will take you to the athletics page which contains information such as Team Formation Guidelines, Field locations, etc. In the event of weather-related game cancellations, the posted game schedules are subject to change and parents should defer to the coaches for game re-scheduling information. Practices will consist of skills, drills, and scrimmages with in your own team. **Scrimmaging against other teams is not permitted at this time.**

## **Practice/Game Basic Information**

**Practices:** Each team will practice for 30 minutes to 1 hour once a week (weather permitting) on a day and location selected by your coach. All practices will officially begin the week of August 24<sup>th</sup> and end the week of October 5<sup>th</sup>.

### **Field Locations:**

#### **Four Seasons (Entrance at corner of 16th St & Main St)**

FS1: Pre K (6.6" Goals)

FS2: Pre K (6.6" Goals)

FS3: Kindergarten (8" Goals)

FS4: Kindergarten (8" Goals)

#### **Lombard Common (433 E St Charles Rd, Lombard, IL 60148)**

LC1: 3rd/4th Grade Boys (Off of Grace St, South of the playground, running perpendicular to the street)

LC2: 3rd/4th Grade Girls (Off of Grace St, South of the playground, Farther in the park, parallel to Grace St.)

#### **Sunset Knoll (820 S. Finley Rd – Fields behind rear entrance of building)**

SK1: 7th-9th grade Coed

SK3: 5th/6th grade Girls/Boys (next to the sled hill)

#### **Madison Meadows (Near Parking Lot on the corner of Madison St. and Chase Ave.)**

MM1: 1-2 Grade (Boys) Off Madison St, closest to the parking lot

MM2: 1-2 Grade (Girls) Off Madison St, behind field 1

#### **Westmore Woods**

WW1: 5-6 Grade (off of Maple St, in-between the parking lot and the walking path).

## **Important Dates**

- August 17-22nd: Coaches should have reached out to all players and families.
- August 24<sup>th</sup>: First official week of practices.
- August 24nd: Final date to receive full refund.

## **Equipment & Safety Guidelines**

### **Mandatory Equipment**

- Face Mask**- Please wear your face mask when entering, and leaving practices, or when social distancing is not possible.
- Hand Sanitizer**- Please bring your personal hand sanitizer. Sanitizer should be used before, during, and after practice.
- Water bottles**- Please bring a water bottle to all practices with your child's name on it.
- Shin Guards** (Worn to all games & practices UNDER soccer socks)
- **Long Soccer Socks** that cover the Shin Guards
- **Lombard Park District Soccer Jersey (Reversible Navy Blue/Gray)** – are available to purchase for \$18. These are not required. IF you do not want to purchase jersey's please bring a light and dark colored shirt.
- Eye Glasses**: Wearing eye glasses during soccer activities can be dangerous for your child. Glasses have been known to break and cut if a ball strikes a child in the eye. Eye glasses are absolutely not allowed for grades 3 and up. Sports goggles or contacts need to be worn instead. Your child will not be allowed to participate in games if they are wearing eye glasses in 3<sup>rd</sup> grade or older. It is strongly recommended that anyone under the 3<sup>rd</sup> grade level do not wear eye glasses during games. If your child is wearing eye glasses, they need to be secured by string or tape around the back of the head.

### **Recommended Equipment**

#### **-Face mask and hand sanitizer.**

- **Shorts, athletic pants, or sweat pants** for all games & practices
- **Soccer cleats** (No metal cleats) – Note: soccer cleats primarily help with footing and allow players to cut better, run better, and not be as likely to slip. Cleats are probably not critical for the youngest players, but as players get older, and the game moves a little faster, wearing cleats becomes increasingly helpful for the player. We recommend that by 3<sup>rd</sup> grade, all players wear cleats.

**Soccer Ball** – Coaches will be given a limited number of balls to use for practices, so we recommend that your child brings a ball with them to practices and games. Ball sizes can be found on page 8-9.

### **Other Equipment/Safety Notes**

- **No jewelry** is allowed to be worn during practices and games, including earrings, watches, rings, necklaces, bracelets, or hard hair clasps or barrettes.
- **No hard casts** are allowed to be worn during practices and games. Splints must be of a padded nature and wrapped
- **No brimmed hats or sunglasses** are allowed to be worn at games
- **Sweatshirts or other garments** are allowed at games, but should be worn UNDER the jersey.
- Any personal items (especially balls and water bottles) should be clearly marked with the player's name.

## **Expectations of Parents**

- 1) Exhibit good sportsmanship toward all participants, coaches, referees, and other parents, both on one's own team and the opposing teams.
- 2) Communicate in a constructive way with Lombard Park District staff, including coaches, referees, and program manager.
- 3) While we encourage parents to stay at games and practices, if you do decide to drop off your child at a practice or game please pick them up in a timely manner. Please show respect for your coaches by being prompt.
- 4) Make every effort to let your coach know if your child will be absent from a game. Coaches really appreciate knowing about absences ahead of time.
- 5) Fill out Youth Sports Information Form upon registration.
- 6) Help coaches keep the program fun.
- 7) Adhere to the Parents' Code of Ethics

## **Parents' Code of Ethics**

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports activities by following this Parent's Code of Ethics:

- I will encourage sportsmanship and character development by showing support for all players, coaches, and officials involved at every game and practice session.
- In conjunction with the Lombard Park District, I will place the emotional and physical well-being of the children ahead of a personal desire to win.
- I will insist and help to ensure that my child and his or her team play under safe conditions at all times.
- I will expect that my child's coach and team adhere to all rules of participation and competition at all times.
- In accordance with the Lombard Park District and Lombard Character Counts! Coalition, we will uphold the principals of the six pillars of trustworthiness, respect, responsibility, fairness, citizenship, and caring.
- I will not condone the use of drugs, alcohol, or tobacco at any Lombard Park District event and will refrain from their use at all games and practice sessions.
- In an effort to aid their development, I will make every attempt to make sure that my child attends all practices/games on a timely basis.
- As a family and team, we will respect all of our teammates, opponents, referees, coaches, and league officials.
- I will do my best to actively take on any role necessary to improve the quality of my child's sports experiences.
- I will remember that youth sports programs are intended for the youth of our community and I will do my best to make these experiences fun and rewarding.

*Thank you for your commitment to the Lombard Park District Youth Sports Programs and for pledging to follow this code of ethics!*

# **Playing Rules**

## **Rules Applying to All Levels**

*Any rules/guidelines not explicitly stated below will follow FIFA Laws of the Game*

- 1) Good Samaritan Rule: If one team is short players, the other team should either share players or play with the same number of players.
- 2) 50% Playing Time: All players attending the game should play at least 50% of the game, unless there is an injury, illness, un-willingness to play, or the player is not present for the entire game.
- 3) Three Goal Advantage: If one team gets ahead by three goals, the opposing team can add one player until the deficit is fewer than three goals. If the deficit reaches five goals, the team ahead should remove a player or a second player can be added to the field for the team that is behind. Coaches should take measures to keep from running up the score and keep the game fun for both teams.
- 4) Tie-games remain as ties. There are no “shootouts” or overtime periods played.
- 5) Goalkeepers: Upon making a save, goalkeepers shall release the ball in no fewer than 8 seconds. They must stay inside the penalty area if touching the ball.
- 6) A Goal kick must leave the goal area to become live. If a player enters the goalie box and makes contact with the ball too soon, the ball will be re-kicked by the goalie.
- 7) Only 1 attempt will be allowed on a corner kick

### **\*New Rule**

- 8) In compliance with U.S. Soccer and the AYSO, headers will not be allowed in practice or games for grades Pre-K through 4<sup>th</sup> Grade. All other levels may have limited headers in practice and can be used in game play. Penalty for an intentional header at the younger levels will result in a free kick from the spot of the offense.

## **New Rules with Players per Side!**

The main governing bodies of American youth soccer, the AYSO and US Youth Soccer, have changed their recommendations for the amount of players that should play on each team during game play. It is recommended that small-sided games are played as much as possible. The less players on the field, the more experience and touches each player receives. This is in an effort to improve players’ experience and improve skill development.

Starting in the spring of 2018, the Lombard Park District will start to moving toward compliance with these recommendations. For some leagues we will not be in full compliance, but we will be working towards these goals over the next few seasons.

### **LPD players per side**

Pre-K:	4v4
Kindergarten:	5v5
1 <sup>st</sup> /2 <sup>nd</sup> Grade:	7v7
3 <sup>rd</sup> /4 <sup>th</sup> Grade:	7v7
5 <sup>th</sup> /6 <sup>th</sup> Grade:	9v9
7 <sup>th</sup> -9 <sup>th</sup> Grade:	11v11

The biggest issue for our league is the smaller the teams, the more teams and the more coaches we will need. If you can, please consider coaching especially for our younger age levels!

## **Grade: Pre-K**

- 1) Length of match: **Four, 8 minute quarters** (4 minutes between quarters) Halftime: 5 minutes
- 2) Number of players: **4 players per side** (There is no goalkeeper at this age)
- 3) Ball Size: **#3**
- 4) Up to 2 coaches per team are allowed on the field during play to help guide the players. (Coaches will try not to interfere with the flow of play).
- 5) Defensive players are not allowed inside the Goal Area
- 6) There are no off-sides called for this age division.
- 7) Games are “officialated” by the coaches or by another person designated by the coaches

## **Grade: Kindergarten**

- 1) Length of match: **Four, 10 minute quarters** (2 minutes between quarters) Halftime: 5 minutes
- 2) Number of players: **5 players per side** including goalkeeper
- 3) Ball Size: **#3**
- 4) Up to 2 coaches per team are allowed on the field during play to help guide the players. (Coaches will try not to interfere with the flow of play).
- 5) Substitutions are allowed on the fly
- 6) There are no off-sides called for this age division.
- 7) Throw-ins: The same player will redo the throw-in until it is done legally.
- 8) Games are “officialated” by the coaches or by another person designated by the coaches

## **Grades: 1st-2nd**

- 1) Length of match: **Four, 10 minute quarters** (2 minutes between quarters) Halftime: 5 minutes
- 2) Number of players: **7 players per side**
- 3) Ball Size: **#3**
- 4) Only one coach is allowed on the field. Please do not interfere with the flow of play. A second coach may be stationed off of the field behind your goalie. No coach is allowed behind the opposing team’s goal.
- 5) Substitutions will be allowed at quarter breaks, halftime, after a goal is scored, goal kicks and on your own throw-ins. You cannot change on the fly during a live ball situation.
- 6) There are no off-sides called for this age division.
- 7) Throw-ins: The same player will redo the throw-in until it is done legally.

## **Grades: 3rd-4th**

- 1) Length of match: **Four, 12 minute quarters** (2 minutes between quarters) Halftime: 5 minutes
- 2) Number of players: **7 players per side**
- 3) Ball Size: **#4**
- 4) Coaches must remain on sidelines (No coaching on the field)
- 5) Substitutions will be allowed at quarter breaks, halftime, after a goal is scored, goal kicks and on your own throw-ins. You cannot change on the fly during a live ball situation.
- 6) Offsides will be called and enforced. Players have no restrictions in regards to the midfield line and remaining back on defense.
- 7) Throw-ins: The first throw-in attempt must be legal, or a violation will occur.



### **Grades: 5<sup>th</sup>-6<sup>th</sup>**

- 1) Length of match: **Four, 12 minute quarters** (2 minutes between quarters) Halftime: 5 minutes
- 2) Number of players: **9 players per side**
- 3) Ball Size: **#4**
- 4) Coaches must remain on sidelines (No coaching on the field)
- 5) Substitutions will be allowed at quarter breaks, halftime, after a goal is scored, goal kicks and on your own throw-ins. You cannot change on the fly during a live ball situation.
- 6) Offsides will be called and enforced. Players have no restrictions in regards to the midfield line and remaining back on defense.
- 7) Throw-ins: The first throw-in attempt must be legal, or a violation will occur.

### **Grades: 7<sup>th</sup>-9<sup>th</sup>**

- 1) Length of match: **Two, 35 minute halves**  
Halftime: 5 minutes
- 2) Number of players: **11 players per side**
- 3) Ball Size: **#5**
- 4) Coaches must stay on sidelines (No coaching on the field)
- 5) Substitutions will be allowed at halftime, after a goal is scored, goal kicks and on your own throw-ins. You cannot change on the fly during a live ball situation.
- 6) Offsides will be called and enforced. Players have no restrictions in regards to the midfield line and remaining back on defense.
- 7) Throw-ins: The first throw-in attempt must be legal, or a violation will occur.

#### **\*Please Note**

There will be a tournament at the end of the season for grades 5<sup>th</sup>-9<sup>th</sup>. This will be a standard single-elimination tournament at the end of the regular season. This is an opportunity for our older players to experience some fun competition, and good sportsmanship and fun will still be encouraged over winning.

## **Behavior Management Policy**

- 1) All coaches, players, and spectators are expected and required to conduct themselves in an appropriate manner. Any behaviors or actions deemed inappropriate by Lombard Park District Staff may result in the offending party being ejected from the game, or asked to leave the playing area and/or sideline. Anyone removed from a match/game must leave the field immediately. The referees, site supervisors or Program Manager on duty at that time, will handle all problems and have final say. Each head coach is responsible for the behavior of themselves, all assistant coaches, players, and parents, and should assist staff by discouraging inappropriate behavior by any member or spectator of the team.
  - 2) All participants, coaches, and spectators are expected to adhere to the Lombard Park District rules and philosophies as well as local, state and federal statutes at all times. Any individual who violates these rules will be subject to disciplinary action up to and including removal from the program.
  - 3) Behavior contrary to the Park District policy will not be tolerated. The Park District does reserve the right to limit coach/parent/participant participation in the youth athletic programs. Violation of the above rules will result in the following:
    - 4) Any player/coach/or spectator who is ejected from a match or removed from the sideline is subject to:
      - i. 1<sup>st</sup> Offense: Minimum 1 game suspension
      - ii. 2<sup>nd</sup> Offense: Minimum 3 game suspension
      - iii. The Program Manager has final say on all disciplinary decisions, and will notify the offending party (or if applicable, a parent/guardian) in writing (electronic or mail) OR telephone
    - 5) Any coach, player, or parent removed from a game for disciplinary reasons will be required to meet with the Program Manager prior to re-instatement.
- Any individual who has been administered a disciplinary action has the right to an appeal. This appeal must be in writing and received within 24 hours of the disciplinary action. The Park District will review this appeal in a timely fashion and all disciplinary action will stay in effect while the appeal is reviewed.

### **Appeals should be directed to:**

**Lombard Park District**

**Attn: Joe McCann, Director of Recreation**

**820 S. Finley Rd**

**Lombard, IL 60148**

## Other Policies and Guidelines

- 1) **Team Snacks (check with all other parents and coach first):** Through the years, it has become common for parents to bring after-game snacks for the team. The Lombard Park District neither encourages nor discourages this practice, however, in keeping with promoting health and fitness, we ask that you choose healthy items should you choose to engage in this practice. In addition, if your child has any sort of food allergies, please make sure you closely monitor any team snacks that are consumed by your child, and make sure you notify whoever is giving the snacks out. If you are going to do snacks, please keep in mind children with allergies and provide them with an allergen-safe alternative.
- 2) No alcohol, drugs, or smoking is allowed at any time during games and practices by coaches, or spectators.
- 3) No Guns or Knives are allowed on Park District property at any time. Any weapons viewed on Park District property will be immediately referred to Police.
- 4) Referees and site supervisors have the right to shorten the length of quarters (with notification of both coaches) due to injuries, weather, darkness or any unforeseen problems to keep the program on schedule as a whole. Any match that is into the 2<sup>nd</sup> half of play shall be considered final if stopped due to weather conditions.
- 5) Lost and found items will be taken to Sunset Knoll Recreation Center at 820 S. Finley Rd if they are not still in the equipment box at the field. Please check the box first. Lost and found items are donated to charity on a quarterly basis, so please act quickly if something turns up missing.
- 6) Parents are expected to pick up their children on a timely basis from all practices and games. Please show respect for your coaches by being prompt. Make every effort to let your coach know if your child will be absent from a match for planning purposes.
- 7) This program, as are all Lombard Park District youth sports programs are designed for the enjoyment of the participants themselves. We strive to make the programs safe, enjoyable and a positive experience for your child so that they will want to continue participating as they grow older. Your help in achieving this as parents and coaches is greatly appreciated.

## **Team Formation Guidelines**

### **Team Formation Guidelines**

The following youth sports guidelines have been developed in an effort to create a fair and equitable way to form Lombard Park District youth sports teams. Coach and friend requests are honored if possible.

Reasons why requests may not be honored:

- Too many players request the same team
- Inhibits a satisfactory ratio of older to younger players, or male to female players for Co-Rec leagues
- Conflicts with practice nights

Staff reserves the right to break up teams if their skill level is deemed too high and creating a poor experience for other teams.

Each team will automatically have the coach's and assistant coach's children placed on their team. Each head coach is only assigned one assistant coach.

All siblings falling within the same age group will be placed on the same team. Participants who are on the waitlist will not be guaranteed a coach or a friendship request.

**THERE ARE NO GUARANTEES OF RECEIVING YOUR REQUESTED FRIEND OR COACH!!!**

# **Frequently Asked Questions**

## **How do we find out what team we are on?**

Coaches will receive their team rosters before August 14<sup>th</sup> and be instructed to contact their players no later than August 22<sup>nd</sup>. If you do not hear from a coach by that date, immediately contact the Program Manager Jake Pawlak at 630-953-2371 or Jpawlak@lombardparks.com. Your coach will let you know the date/time/location of your first practice.

## **How are practices organized?**

Each team will have 1-2 practice per week, weather permitting. It is encouraged for coaches to try to maintain a regular day each week to practice, but coaches are allowed to change to another day if they are unable to hold a practice on their normal day. Coaches will use their discretion regarding practicing in wet weather, and will communicate practice cancellation decisions to parents. Under no circumstances should teams practice during thunder storms or heavy rain. There will be rare occasions in which games are scheduled on game fields during the week, but we'll try to keep everyone informed about this ahead of time.

## **How are the teams made?**

Please see the Team Formation Guidelines. Coaches are guaranteed to have their child and the child of their asst. coach on their team. No coach requests are guaranteed. Friendship requests simply work if each friend requests the other (ie Billy requests Jimmy AND Jimmy requests Billy). Chaining friends (listing one friend who lists another, and so on until it forms an entire team) or listing multiple friends are not permitted.

## **When will games be played?**

Scheduled games will not be available this year. Instead team sizes are increased to allow for intra-team scrimmages and practices. Scrimmaging other teams is not aloud at this time.

## **Where will games be played?**

Please refer to page 4 for game locations.

## **Resources:**

Restore Illinois Phase 4 Guidelines:

<https://dceocovid19resources.com/restore-illinois/restore-illinois-phase-4/youth-and-recreational-sports-guidelines/>

<https://dceocovid19resources.com/assets/Restore-Illinois/businessguidelines4/youthsports.pdf>