

FALL YOUTH

SOCCER

PARENT MANUAL

YOUTH
ATHLETICS

LOMBARDPARKS.COM



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Dear Parent/Guardian,

Welcome to the fall 2023 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

Weather Reporting Application for Games:

Rainout Line

For cancellation information you can:

-Download the free app, *Recommended!

-View online at 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.

MOJO (coaching sports app): With MOJO, you can run a practice from the palm of your hand. The magic of MOJO is in its custom practice plans — expert-designed, age-appropriate and fun. You can show up on the field with just a few minutes to go and know that you have everything you need to run a great practice. With MOJO, it's a practice that keeps kids engaged, while giving them the fundamental skills they'll need on game day.

Lombard Park District Website

Main Website: www.lombardparks.com

Athletics Page: www.lombardparks.com/youth-athletics

Visit 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.

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 April 3rd and end late may. Depending on your team/coach you may begin practice earlier.

Field Locations:

Four Seasons Park: Finley Rd & 16th Street, Lombard, IL 60148

Fs1: 3-4th Grade (Boys)

Fs2: 3-4th Grade (Girls)

Fs3: Kindergarten Co-ed

Fs4: Kindergarten Co-ed

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

Ackerman Turf (800 St. Charles Road)

SK1: 5th/6th grade Girls/Boys

SK2: 7th-9th grade Coed

Ackerman Turf (800 St. Charles Road)

5th/6th grade Girls/Boys

7th-9th grade Coed

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.

MM3: Pre-K Located on the other side of fields 1 and 2

MM4: Pre-K Located on the other side of fields 1 and 2

Important Dates

- July 18th- Aug 7th** All players will be receiving the roster as well as the coaches contact the same time as the coaches.
July 19th Pre-practice. This season we will be assigning teams earlier in an effort to make things easier for coaches. Coaches may choose to host practices at this time but are not required.
- August 21st** **This is the First Official week of practice.**
August 26th **All teams will have their First Game on August 26th.** The location may be different so please pay attention to the location section of the manual or Quick Scores.
- Picture Day:** We will be using a new photography company (Photography by Feltes has retired), which means all picture day information and picture day items will be online. The date is not set yet but will be communicated to all coaches and families later in the season.
- October 14th or 21st** For the younger leagues (Pre-k through fourth grade) leagues will end on October 14th, for the older leagues (fifth grade and up) the last game will be scheduled for October 21st.

Equipment & Safety Guidelines

Mandatory Equipment

- Water bottles**- Please bring a water bottle to all practices/games 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 \$20. These are required and can be purchased at the Sunset Knoll Recreation Center 820 S. Finley Rd.**
- 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 3rd grade or older. It is strongly recommended that anyone under the 3rd 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

- **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 3rd 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

Please be aware that there is currently a Referee Shortage. We try our best to supply a referee for all games (1st-9th grade). However, there may be times where a game does not have a referee. Games should then be self-officiated and played.

- 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
- 8) In compliance with U.S. Soccer and the AYSO, headers will not be allowed in practice or games for grades Pre-K through 4th 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 number 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 move 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 st /2 nd Grade:	7v7
3 rd /4 th Grade:	7v7
5 th /6 th Grade:	9v9
7 th -9 th 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
- 8) Each player receives equal playing time.
- 9) Keep play moving and rarely stop play entirely.
- 10) Let the kids play on. If the ball leaves the field of play let them bring it back in.
- 11) No need for throw-ins but you may use them if both coaches agree.
- 12) Encourage kids to play and have fun.

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
- 9) The goalkeeper has possession of the ball when one or both hands are holding or touching the ball. Possession is also any part of the goalkeeper’s body on the ball.
- 10) Goalkeepers may throw, roll, or kick the ball after a save. Punting is not allowed.
- 11) Throw-ins will be taking for any ball going out of play over the sideline.
- 12) Substitutions are allowed at stoppages during the game.

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.
- 8) No penalty, free, or indirect kicks will be used, possession of the ball will change.

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) Offside 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.
- 8) Indirect kicks will be taken instead of Penalty kicks and free kicks.

Grades: 5th-6th

- 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) Offside 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: 7th-9th

- 1) Length of match: **Two, 30-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) Offside 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 5th-9th. 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. 1st Offense: Minimum 1 game suspension
 - ii. 2nd 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 communicate 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

Referee Interaction & Sportsmanship

Please help us promote sportsmanship throughout our athletic programs. Referees play a crucial role in athletic contests. They have a difficult job and are often underappreciated. Although, we may not agree with every call, please respect all sports officials and keep interactions appropriate, positive, and courteous. Thank you for helping us promote good sportsmanship in our parks and facilities.

Referee interactions should be made in a controlled and time sensitive manner. If a coach or participant has a question or a comment involving a sports official, it should be made calmly and respectfully during a break in the game. At no point should a coach or participant stop the game to argue or question a referee call.

Currently there is a shortage of referees across all sports. Due to this fact, there is a high probability of having a new or young referee at a game. Regardless of their experience, referees should be treated with respect both on and off the field. This includes coaches, parents, spectators, and participants.

If you have a concern regarding a referee, please contact Jake Pawlak (Jpawlak@lombardparks.com) with the details (date, time, field, etc.). Again, please keep in mind that there is a shortage of referees and without them we will not be able to provide officials for future games. Let's do our best to promote a positive atmosphere for our sports officials and athletes. Thank you for your cooperation and commitment to good sportsmanship in our community.

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 2nd 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

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?

This year a roster email will be sent to every player and coach so that everyone knows exactly which team they are on and can then work together to set practices.

Please keep in mind, the coach's/park district emails may automatically go to your spam or junk folder. Please check these locations **using a laptop or desktop (not a cell phone as it does not always load)**. Please also check other personal emails. The email we have for your player is the one registered when you first made their account with the park district (this may not be your most current email).

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 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. Practices should not take place on game fields and will be asked to move if there is a game scheduled.

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 is Picture Day?

Picture day information will be emailed to coaches and parents when a day is chosen later in the season. The company we use does everything online meaning the league will be given a code where they can view pictures before they purchase them. Only park district participants will receive this code.

Where will games be played?

Please refer to page 4 for game locations.

Are Referees guaranteed for makeup games?

No. Due to the lack of referees in the youth sports world, there is no guarantee that a referee will be assigned to a makeup game.

MOJO app: The MOJO Sports app (free download and usage), is new to the soccer league. This app will provide coaches with an easy team communication tool, house league documents (rules, notes, announcements), as well as provide full lesson plans for all ages and skills. This app is not required to use, but we feel will help coaches throughout the season.