



## Program Rules

Our program focuses on personal growth through soccer. Our rules teach the values of hard work, commitment, resiliency, teamwork, responsibility, loyalty, and meritocracy.

### A. Commitment

1. Commitment is mandatory for all events including rescheduled events.
  - a. Commitment applies to practices, games, and social events.
  - b. Commitment also applies to effort, hard work, learning, self-training, and a positive attitude.
  - c. If one cannot participate due to injury, a player must still attend events.
  - d. A player must understand that the commitment is to their teammates.
2. Please arrive at the event by the following times.
  - a. 45 minutes before the start time of a game.
  - b. 15 minutes before the start time of a practice or other FSCI event.
3. Absences are excusable if all the following criteria are met.
  - a. Absence is for a medical, academic, or family emergency reason.
  - b. Absences are not consecutive or a regular occurrence.
4. Please notify all coaches of any absence
  - a. Please notify us weeks or months in advance.
  - b. Last second notification causes disruptions to one's teammates.
5. A player that misses practice must attend a makeup practice.
  - a. It is the responsibility of the parent and player to secure permission for a makeup practice.
  - b. Makeup practice must occur for an adjacent age group.
  - c. Makeup practice cannot occur every week or on regular weekly intervals.
  - d. If a player is unable to makeup an unexcused absence, there is a playing time reduction.
  - e. For an excused absence, we encourage a makeup practice, but it is not mandatory.
6. A player is responsible for the following.
  - a. Self-train at home for a minimum of 30 to 60 minutes every day.
  - b. Embracing the process of improvement and struggle.

### B. Playing Time

1. Commitment, discipline, effort, and productivity against the relative comparison of teammates determines playing time.
  - a. Playing time is not guaranteed.
  - b. Playing time is not an entitlement.
  - c. Playing time is not linked to the payment of membership dues.
2. A playing time reduction will occur for the reasons below.
  - a. A single unexcused absence
  - b. Excessive tardiness
  - c. Consistently leaving early
  - d. Lack of effort
  - e. Discipline or sportsmanship issues
  - f. Last second notification on absences or no notification on absences
3. A playing time reduction for any of the items in #2 above will result in one of the following situations.
  - a. Sitting out half a game
  - b. Sitting out a full game

### **C. Conduct - Players**

1. To participate in a practice or game, a player must comply with the following items.
  - a. Wear the proper uniform for the practice and game.
  - b. Wear shin guards
  - c. Wear proper footwear - cleats (outdoor events) or indoor shoes (indoor events)
  - d. Bring water
  - e. Bring a soccer ball
  - f. Bring approved gear including soccer bag, warmup, etc.
  - g. Bring wearable technological kit (if applicable)
2. A player must treat everyone with respect to participate.
  - a. Verbal abuse, physical abuse, or profanity is not acceptable.
  - b. Show teammates that you care by providing maximum effort and a positive attitude.
3. FSCI reserves the right to remove a player from activities, events, or the program for the following reasons.
  - a. verbal abuse, physical abuse, or threats
  - b. poor attitude, disrespect, or misconduct
  - c. lack of commitment

### **D. Conduct – Parents & Guardians**

1. Do not instruct a player or the team.
2. Do not engage in verbal abuse, physical abuse, or outward public displays of criticism of a player, referee, club official, or coach.
3. Do not interfere with a coach, referee, or club official actively involved in a game or practice.
4. FSCI reserves the right to remove a player or parent from an activity or the program for any parent interference, parental instruction, or parental misconduct without a refund.
5. Do not offer input into roster decisions, gameday decisions, practice decisions, or any coaching decisions.
6. Parents must pick up their child no later than 15 minutes after the end of a practice, game, or other event.
7. Parents are responsible for ensuring that their child meets all requirements outlined in the Player Checklist.
8. If the league, state association, or club imposes a fine on a parent or player for misconduct, the parent is responsible for paying the fine.

### **E. Communication**

1. The calendar on our website contains the schedule of events for our program.
2. Our Facebook and Twitter page is where FSCI posts cancellations or same-day schedule changes.
3. The parent and player are responsible for monitoring the calendar and Facebook/Twitter pages prior to attending any event.
4. Our staff is happy to discuss any issue specific to your child.
5. Parents are responsible for knowing all club provided communications that includes but is not limited to club emails, parent meetings, social media postings, etc.
6. Parents are responsible for reading and understanding the Parent Handbook, Membership Plan, Program Rules, and Player Checklist.

### **F. Other Issues**

1. No one may use the club logo or any of its intellectual property for merchandising, t-shirts, or other usage without the express written permission of the Executive Director.
2. If a player does not have the proper uniform for practice, the player can still participate if they provide a receipt showing that the uniform has been purchased.
3. A player cannot participate in any FSCI events if a payment has been missed. This rule applies regardless of previous payments.
4. A player shall not participate with a soccer team at another youth soccer club or organization. FSCI reserves the right to remove the player from further participation in games or practices when this occurs.
5. If required, a player will need to fill out the US Club Soccer medical release or Virginia Youth Soccer Association medical release form.