



## 2024-2025 Select Program Rules

The Select Program is challenging, demanding, and requires a high level of commitment. Our program teaches the values of hard work, commitment, resiliency, teamwork, responsibility, and loyalty. Meritocracy determines everything. This type of environment provides the best opportunity for a player to make their high school team or be noticed by a college team.

### A. Commitment

1. Commitment is mandatory for all events including rescheduled events.
  - a. Commitment applies to practices, games, social events, and other FSCI 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 an event.
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. The maximum number of absences for FSCI events not including games without penalty are as follows.
  - a. Fall Season - 3 absences non-consecutive.
  - b. Winter Season – 2 absences non-consecutive
  - c. Spring Season U14 and younger – 3 absences non-consecutive.
  - d. Spring Season U15 and older – 2 absences non-consecutive.
4. Please notify your coach of an absence.
  - a. Please provide notification weeks or months in advance.
  - b. Last second notification causes disruptions to one's teammates.
5. If a player exceeds the maximum absences for a season, a player must attend a makeup practice.
  - a. Parent and player must secure permission to attend a makeup practice.
  - b. Makeup practice must occur for an adjacent age group.
  - c. There is a limit of 2 makeup practices per month.
  - d. Open soccer, free play or social events do not count as makeup practice events.
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. Merit determines playing time.
  - a. The first component of merit is commitment, discipline, effort, and energy.
  - b. The second component of merit is productivity against the relative comparison of teammates.
2. Every day is a tryout for playing time.
  - a. A player earns playing time. Playing time is not given.
  - b. Playing time is not guaranteed. Playing time is not an entitlement.
  - c. Playing time is not linked to the payment of membership dues.
3. A playing time reduction will occur in the following situations.
  - a. Not making up a missed practice
  - b. Showing up late to events consistently
  - c. Leaving early from events consistently
  - d. Lack of effort
  - e. Discipline or sportsmanship issues.
  - f. Last second notification on absences or no notification on absences
4. A playing time reduction for any of the items in #3 above will result in one of the following situations.

- a. Sitting out the entire first half or entire second half of a game
- b. Sitting out a full game

### **C. Player Expectations**

1. To participate in FSCI soccer events, a player must comply with the following items.
  - a. Wear the proper uniform.
  - 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 a soccer bag, warmup, etc.
2. FSCI reserves the right to remove a player from an activity, event, or the program for violations of the FSCI Code of Conduct.

### **D. Parent Expectations**

1. The parent or guardian agrees to abide by the FSCI Code of Conduct
2. FSCI reserves the right to remove a player or parent from an activity, event, or the program for any parent interference, parental instruction, or parental misconduct without a refund.
3. Parents must pick up their child no later than 15 minutes after the end of a practice, game, or other event.
4. Parents are responsible for ensuring that their child meets all requirements outlined in the Player Checklist.
5. If the league 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.
2. Our Facebook page and X page are where FSCI posts cancellations or same-day schedule changes.
3. The parent is responsible for monitoring the calendar and Facebook/X pages prior to attending any event.
4. Parents are responsible for knowing all club provided communications that includes but is not limited to club emails, parent meetings, social media postings, etc.
5. 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. FSCI reserves the right to remove the player from further participation 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.