



SOCCER WEBSITE

For game schedules, rules, and other information:

<https://champaignparks.com/programs/youth-sports/youth-soccer/>.

WEATHER CANCELLATION INFORMATION FOR DODDS SOCCER COMPLEX

- Can assess by going to <http://rainoutline.com/search/dnis/2178054100> or calling (217)-805-4100
- Download the RainoutLine app to get email and text alerts when event cancellations occur

QUESTIONS OR FEEDBACK. If you have questions or would like to provide feedback on the program contact Cody Evans at cody.evans@champaignparks.com or 217-819-3983

YOUTH SOCCER LEAGUE RULES

*US Youth Soccer Rules apply with the following modifications.

	U8 Co-Ed	U10 Co-Ed	U12 Boys	U12/U14 Girls	U14 Boys
Size Ball	3	4	4	5	5
Players on Field	4v4 (NO GK)	7v7	9v9	9v9	9v9
Needed to begin game	3	5	7	7	7
Time	4x12	2x25	2x30	2x35	2x35
Field Size	30x20	47x30	75x47	75x47	75x47
Goal Size(Feet)	4x6	6.5x18.5	7x21	7x21	7x21
Off Sides	No	No	Yes	Yes	Yes
Coach permitted on field?	Yes. One coach from each team is permitted on the field during play. The coach must do everything possible to stay away from the play and may not touch any player or the ball. An infraction will result in an indirect kick	Yes. One coach from each team is permitted on the field during play. The coach must do everything possible to stay away from the play and may not touch any player or the ball. An infraction will result in an indirect kick	No. Standard Rules Apply	No. Standard Rules Apply	No. Standard Rules Apply
Heading	No	No	No	No	Yes
Goal Kick	Yes	Yes	Yes	Yes	Yes
Goal Kick Possession	Goal kicks will be taken from the semicircle with the opposing players retreating beyond the center line	Standard Rules Apply			
Cleats	U8 League players may wear cleats, but are not required	In all other leagues players are encouraged to have cleats. Only Soccer cleats may be worn. Football, Baseball/Softball and Track cleats are not allowed			
Substitutions	Substitute mainly during quarter breaks and if necessary on stoppages where the ball leaves play.	IHSA substitution rules shall apply: Teams may substitute before periods, on goal kicks, on injury stoppages, on possession throw-ins, on possession corner kicks, in any situation where the other team subs. Substitutes may not enter the field until acknowledged by the official.			
Penalty Kicks	No penalty kicks. Restart will be a free kick from top of penalty area. Players are allowed in penalty area.	Standard Rules Apply			

YOUTH SOCCER LEAGUE RULES (continued)

*The following rules are the same for all Champaign Park District Youth Soccer Leagues:

TACKLING – No slide tackling is allowed.

SHIN GUARDS – All players must wear shin guards.

PLAYING TIME – All healthy players must play each half. Coaches should attempt to play players equal amount of playing time.

EJECTIONS – Any player, coach or spectator that is ejected either by the official or by Champaign Park District staff need to leave the area immediately. All ejections carry a minimum one game suspension. Not leaving the area immediately will increase the suspension to a minimum two games.

JEWELRY (INCLUDING EAR RINGS) – With the exception of medical or religious jewelry, players may not wear any jewelry. This includes ear rings. This is a safety issue.

UNIFORMS – Players should play in the uniforms provided for them. Players may wear sweat pants/warm up pants instead of shorts. Players may not wear skorts, jeans, jean shorts, etc.

SPECTATORS – All spectators must sit on the sideline opposite the players. Spectators may not be along the end line or near the player benches. Injury issues are an exception.

CLOCK – Games will use a running clock. Clock will begin at scheduled kick off time.

YOUTH SOCCER LEAGUE EXPECTATIONS

Program values. Champaign Park District Youth Sports programs are built upon the foundation of Sportsmanship, Opportunity, Fun and Instruction. We believe kids should have a positive environment that:

- Teaches character lessons such as sportsmanship, personal growth, cooperative team work, fair play and overcoming challenges.
- Provides everyone an opportunity to enjoy the benefits of sports. Every player in our youth soccer league get to play. Coaches are also encouraged to give players opportunities to play different positions.
- An emphasis on fun is more important than a focus on winning. Players that enjoy a sport will continue to play. Winning a game is secondary. If you're worried more about the kids winning the game than whether or not they're having fun, this is not the place for you.
- Kids should learn the fundamentals of the sports and develop their skills. When kids do this the confidence they earn becomes an important part of who they are.

We believe that sports can teach kids valuable lessons about life while fostering physical skills and developing social maturity. Kids involved with sports routinely do better in school and get into less trouble. The key issue isn't about wins and losses on the scoreboard as much as it is about creating a situation where kids enjoy themselves while learning to be better players, and better people.

Spirit of the Game. Coach and teach kids to play by the spirit of the rules and NOT the letter of the law. If a coach bends the rules to their advantage (even if they do not break the rule) they are sending the wrong message – that winning is more important than how they play. We get angry at professional athletes for breaking or bending the rules. We should hold ourselves to the same standard.

Playing Time. There are no stop watches counting minutes. Substitution patterns are not an exact science. Coaches are expected to do their best to balance playing time and position opportunity as much as possible.

Practices. Generally coaches determine practice times and locations. Younger teams will practice at least once a week. Older teams should practice twice a week. Practice times and locations should be as consistent as possible. Players should make every attempt to be at each practice. Practices are as important an experience as the games.

- Be respectful of teams or programs that have reserved the location through the park district.
- Soccer practices may only be scheduled at Dodds Soccer Complex on Tuesdays and Thursdays.
- Practices may also be scheduled at neighborhood fields. Unless reserved, field space times are first-come, first-serve. Be polite to other teams and try to share space whenever possible.
- Show up 10 minutes early. That goes for players and coaches. Coaches should remain until the last player is picked up.
- If a player is going to miss a practice, please contact the coach ahead of time and let them know.
- Be sure to clean your practice area when you are done. This includes collecting any water bottles or other trash.

Cheering and Jeering. Parents are encouraged to cheer for their child, their team, or any player making a good play. Critical comments such as “I can’t believe he made another error,” “That kid is terrible,” or even things like “you need to be tougher” are not in the spirit of a recreational youth program. Even adults have difficulty separating well-meant criticism from personal attacks.

Parents should not be making critical comments about the other team. This includes cheering because a particular player was called for a foul or ejected, etc. Please be respectful and courteous. Every child is important.

Volunteer Coaches. Volunteer Coaches are the greatest asset we have in the community. All coaches in the youth leagues for the Champaign Park District are volunteer coaches. They do not get paid. They are making a commitment to help out the youth of the community because they want to give back. Please help them out in any way you can. All coaches are offered a training course and submit to a background check.

FREQUENTLY ASKED QUESTIONS

Below are answers to some of the most frequently asked questions? Please see league rules section first.

Question: We can't make the Skills Assessment. Can we still register/is that a problem?

Answer: Players can still register and play in the leagues if they don't attend the Skills Assessment. The Skills Assessment is our strongest tool for balancing talent among the teams. The more people that attend the better we can equitably distribute players around.

Question: When will the game schedules be ready?

Answer: Typically about 2 weeks to a week and half before the date of the first game. The date of the first game can be found in the Park District Program Guide.

Question: When will we get uniforms?

Answer: Typically about week and half to a week before the first game.

Question: When are practices?

Answer: Because we never have enough coaches and we don't have enough field space at the Dodds Soccer Complex to schedule practices we let the coaches choose practice night. However the Dodds Soccer Complex is available for Park District teams to practice on Tuesdays and Thursdays and we strongly recommend that coaches practice on one of those days. Probably 95% of our practices are on one of those two days. Practices during the week never begin before 5:30pm.

Question: Does the Park District have a concussion policy?

Answer: The coaches have been instructed if they see a player receive a head injury and they have even a slight concern that player will not be allowed to continue to participate. They should contact the parents and the Park District and that player will not be allowed to participate again until a note from a medical professional clears the player.

Question: Who are the coaches?

Answer: Youth Soccer Leagues teams are coached by volunteer coaches. All coaches submit to a background check. Coaches, like players, have varying levels of expertise. Coaches are offered opportunities to develop their coaching skills.

Question: I'm interested in coaching but I don't know a lot about soccer.

Answer: Deep knowledge of the sport is not the only thing we are looking for. Candidates that are good communicators, teachers, and motivators are also important. There are training resources specific to soccer available to volunteer coaches. For more information visit the Champaign Park District Volunteer webpage at <https://champaignparks.com/youth-sports-coaching/>

Question: My child has never played before. Will they be ok?

Answer: The Youth Soccer Leagues have a range of talent. Beginning players are welcome.

Question: My child lost their jersey. What can we do?

Answer: In the short term your child can play wearing a similar color shirt. Talk to the Park District about a replacement.

Question: My child just got their ears pierced. Can they play with ear rings?

Answer: No. Ear rings are not allowed. Taping over the ear rings is not allowed. This is a safety issue. Jewelry including ear rings, watches, LiveStrong style bracelets, etc are not allowed. This is a safety issue. Medical or religious jewelry are the only exceptions and must be taped down.

Question: When it's cold can my child play in a hoodie?

Answer: Yes. Provided the jersey can be worn over the hoodie.

Question: Can my child wear a hat?

Answer: During cold weather stocking caps are permissible. Hard billed caps (such as baseball caps) are not allowed.

Question: What is the Buddy Form and where can I find it?

Answer: You can stop by any of the Champaign Park District Facilities for a copy of the Buddy Form or go online to the Champaign Park District Soccer webpage. The Buddy Form allows two (and only two) players to be guaranteed to be placed on the same team together. See below for important guidelines concerning the Buddy Form.

- Coach's children cannot be listed on any buddy form.
- Siblings in the same league will be placed together and cannot be listed on any buddy form.
- This form can be used for two participants only.
- Each participant may fill out only one form per sport.
- Both participants must fill out a Buddy Form, listing the other participant as their friend.
- All Buddy Forms must be turned in prior to the registration deadline.
- In order to accommodate the requests to play with buddies, there is no guarantee that any participant completing the Buddy Form will play on the same team from the previous season.

Question: Can I request to be on a certain team?

Answer: No. Players cannot request teams and coaches may not request certain players. Priority is given to creating a fair system which tries to balance talent out among the teams. All roster assignments are done by CPD Staff.

Question: I don't understand the Fall and Spring sessions. If my child is registered in the Fall do they need to re-register in the Spring?

Answer: Yes. Registration for the two seasons are different, all players must register separately for the Fall and Spring Seasons.

Question: I've heard people say that parents have to sit on the side opposite the players, even if that means we're staring into the sun. Is that true and why?

Answer: Yes, it is true. With any outdoor sport there is always some element of the weather that makes someone uncomfortable such as wind, sun, temperature, insects, etc. Parents are required to sit on the side opposite on the players because this reduces the chance for unfortunate sportsmanship issues and better ensures the safety of players, parents, officials and coaches. Coaches are also held to a different standard than parents and it's important for officials to easily identify coaching staff. There are some exceptions for a parent checking on a player injury.

Question: Can you explain how it works from one year to the next? Will my child be kept on the same team?

Answer: Players returning to the same league will be kept together, barring unique situations. Players moving up to a new league will be reset.

HOW TO BE AN ALL STAR SPORTS PARENT

Make your child proud of you. Here are some great tips on being a sports parent.

Don't impose your ambitions on your child. Improvement and progress occur at different rates for different individuals. Don't judge your child's progress based on the performance of others, and don't push based on what you think they should be doing.

Don't create public scenes. If you have a problem with someone there are better ways to address it: talk to the coach privately, email the Sports Coordinator, etc. Even if you're in the right, creating a public display undermines the coach or official and makes your child feel embarrassed of you.

Acknowledge your child's fears. Any game or big event is stressful. It's natural for a child to be anxious. Assure your child that you, the coach, and their teammates are all pulling for your child's success.

Do not criticize the officials. It gains nothing. It only distracts from the game and puts the focus on you instead of on the players where it should be.

Remember that there are goals besides winning. An honest effort, regardless of the outcome, is much more important than winning. Sometimes the road to player development and confidence is paved with small steps. At this level development and fun are more important than trophies.

Respect the coaches, even when you disagree. Coaches have a hard job. They are trying to develop players of varying talent levels, plan practices, encourage players, promote fun, teach,

deal with parents’ expectations, communicate to everyone, and yes—win games. And they do all of this because they want to help others, not because they’re getting paid.

Not every player will play professionally. Statically the odds are actually better of getting struck by lightning. Encourage your child to dream big, to be focused, to be proud of their accomplishments but don’t push your child so hard you don’t leave room for them to have fun.

Best thing to say to your child before the game. “Have fun.” “Play hard.” “I love you.”

Best thing to say to your child after the game. “Did you have fun?” “I’m proud of you.” “I love you.” “I just love to watch you play”

MAPS

Visit the Champaign Park District soccer page to view or download these.





PARENT'S PROMISE

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

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice, or other youth sports event.
- I will place the emotional and physical well-being of the children ahead of a personal desire to win.
- I will do my best to call the coach to let them know if my child will be late or miss a practice or game.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will discuss any concerns I have with the coach privately and respectfully.
- I will demand a sports environment for my child that is free of drugs, tobacco and alcohol; and will refrain from their use at all youth sports events.
- I understand that coaches are volunteering their time and effort.
- I will remember that the game is for youth—not for adults.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed, or ability.
- I will promise to help my child enjoy the youth sports experience by doing whatever I can such as being a respectful fan, assisting with coaching, or providing transportation.

Child's Name

Parents Name (Printed)

Parent's Signature

Date