

**Lexington County
Girls Soccer Association**



HANDBOOK

LCGSA, P.O. Box, 2168, Lexington, SC 29071

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LCGSA Mission

Lexington County Girls Soccer Association (LCGSA), is an all-volunteer, non-profit organization founded in 1995, dedicated to the advancement of girls' soccer in Lexington County, South Carolina. It is the goal of LCGSA to provide an opportunity for girls to participate in recreational soccer in a FUN and SAFE environment. To provide this environment, it is important that those supporting our players be POSITIVE and CONSTRUCTIVE with COMMENTS and BEHAVIOR at home, on the sidelines, during the games, at practices, and at other LCGSA sponsored events.

LINES OF COMMUNICATION

The head coach of your daughter's team is the first contact regarding any matter relating to LCGSA. In the event that further attention is needed, contact your Area Vice President. If the Area Vice President cannot resolve the issue, he/she will involve the League Vice President, the President, and/or the Board to respond to your need as soon as possible. Please do not let a situation get out of hand by saying nothing. If it is important to you, then it is important to LCGSA.

LCGSA Code of Ethics, Medical Release, and Handbook

LCGSA requires that all parent (s) or guardian (s) sign a Code of Ethics, and Medical Release form prior to their daughter participating in games or LCGSA events.

Signing the Code of Ethics ensures that parents understand what the Code of Ethics are and that they will follow them and the rules set forth in the LCGSA Handbook.

Signing the Medical Release insures that the coaches have the written authority to seek medical attention for players on his/her team in the event that there is a medical emergency when a parent or guardian is not present.

Lexington County Girls Soccer Association Parents' Code of Ethics

I hereby pledge to provide support, care, and encouragement for my child participating in soccer by following this Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or any youth event.
- I will place the emotional and physical well being of my child ahead of any personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- I will demand a drug-, alcohol-, and tobacco-free sports environment for my child and agree to assist by refraining from the use of these items at all youth sporting events.
- I will remember that the game is for the children and NOT for the adults.
- I will do my best to make soccer fun for my child.
- 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 soccer experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation, or whatever I am capable of doing.
- I will require that my child's coach be trained in the responsibilities of being a youth soccer coach and that the coach agrees and adheres to this Code of Ethics.

I have read the entire LCGSA Handbook and agree to abide by all the rules of LCGSA. I also understand that I will sign a team form stating that I agree to abide by these rules or my child will not be allowed to participate in any LCGSA event.

LCGSA RULES

I. Sportsmanship

- a) LCGSA stresses good sportsmanship to all players, coaches, parents, league officials, and team supporters. Unsportsmanlike behavior will NOT be tolerated.
- b) Field Marshals and/or League officials will be present at LCGSA games and other events to ensure that LCGSA rules are followed.
- c) Field Marshals and/or League officials will wear orange Field Marshal vests at games.
- d) All parties must follow directions given by the Field Marshal as they relate to LCGSA activities, games, players, and coaches.
- e) Failure to follow LCGSA Rules will result in action which may include, but is not limited to, removal from the premises, ending the game, banning from future events, and/or suspension from the team or league.

II. Rules for All LCGSA Events

- 1) The following rules apply to any LCGSA event:
 - a) Smoking or use of any tobacco products is prohibited.
 - b) Alcoholic beverages and/or drugs are prohibited.
 - c) No pets are allowed at any LCGSA events, including the parking lot adjacent to such events. If you have an animal for medical reason you must have proper documentation supporting it.
 - d) Megaphones, noisemakers, distracters, and props of any kind are prohibited.
 - e) Verbal and/ or physical abuse of or between any participants at a LCGSA event is prohibited.
 - f) Foul language and obscene gestures will not be tolerated and will be an automatic red card and ejection from the game and suspension for the following game. Repeated offenses will be subject to board discussion and termination of playing for LCGSA. In the event that a spectator is the offender it is to the discretion of the board that the person be ejected from the LCGSA event and not be allowed to return.

III. Safety

1) Player Safety

- a) Parents should never leave a child at games or practices unattended or without proper supervision.
- b) Parents are to ensure that their daughter be brought to and picked up from LCGSA league events on time.
- c) Coaches are to assure all his/her players are accounted for before leaving an LCGSA event.
- d) Coaches should make every effort to avoid being alone with a player.
- e) Due to the risk of injury, no jewelry (earrings, necklaces, bracelets, etc.) or metal hair ornaments of any kind are to be worn during games or practices.
- f) Ponytails or braids are highly recommended to help keep hair out of players' eyes.
- g) Players wearing casts can play as long as they have their Doctor's permission, No metal showing, and the cast must be bubble wrapped.

2) Weather

- a) The policy of LCGSA is to play games as scheduled. This would include playing in poor weather that is not deemed hazardous.
- b) The responsibility of determining whether games will be played due to a forecast of poor weather or due to poor weather lies with the LCGSA Board.
- c) Board members of LCGSA will monitor the forecast for game days, especially if there is a chance of poor weather.
- d) If games are cancelled on game day due to poor weather, coaches will be called by area V.P.'s or through the Calling Post automated system as soon as a decision is made. Once notification is received, it is each coach's responsibility to call his/her team members to notify them of game cancellations.

3) Lightning

- a) It is the responsibility of the head coach or the person in charge to remove players from the practice area after thunder has been heard and/or if lightning is seen.
- b) The responsibility for removing athletes from game day fields

lies with the coaches, referees, and/or league officials.

- c) Always remove athletes from fields if thunder is heard or lightning is seen.
- d) Use the "30-30 Rule" to determine when to seek a safe location. The "30-30 Rule" states that if you see lightning, count the time until you hear the thunder. If this time is 30 seconds or less, go immediately to a safer place. If you can't see the lightning, just hearing the thunder means lightning is likely within striking range. After the storm has apparently dissipated or moved on, wait 30 minutes or more after hearing the last thunder before leaving the safer location.
- e) Coaches may call the National Weather Services at 822-3135 (ext.0) and talk directly to a meteorologist to make sure the storm is out of range.
- f) A safer location at the fields LCGSA plays and practices on means that the athletes will have to get into automobiles. Picnic shelters are not deemed as suitable safe locations in the event of a lightning storm.
- g) This procedure must be followed with each occurrence.

IV. Player Conduct

1) Player's Code

- a) Play the game for the game's sake.
- b) Be generous when you win.
- c) Be graceful when you lose.
- d) Be fair always, no matter what the cost.
- e) Learn and follow the Laws of the Game.
- f) Work for the good of your team.
- g) Accept the decisions of the officials.
- h) Believe in the honesty of your opponent.
- i) Conduct yourself with honor and pride.

2) Fouls and Misconduct

- a) Fouls and misconduct will occur in all age groups. The following are examples of fouls that will result in the referee calling penalties on your team.
 - Kicks or attempts to kick an opponent
 - Trips or attempts to trip an opponent

- Jumps at an opponent.
 - Charges an opponent.
 - Strikes or attempts to strike an opponent.
 - Pushes an opponent.
 - Tackles an opponent to gain possession of the ball and makes contact with the opponent before touching the ball.
 - Holds an opponent.
 - Spits at an opponent.
 - Handles the ball deliberately.
 - Plays in a dangerous manner.
 - Impedes the progress of the opponent.
 - Uses profanity.
- b) Repeated serious or dangerous play can result in a yellow card warning or a red card. A red card will result in ejection from the game and not being allowed to play in the next game.

3) Inappropriate Behavior

- a) Behavior that is inappropriate at practices, games, and other LCGSA events is subject to review by the LCGSA Board for corrective action.

Examples of good Sideline Support

Go.....
 Red,
 Blue,
 Purple,
 (color of team uniform)

Go.....
 Panthers,
 Kicks,
 Gators,
 (name of team)

Good Play..... Sally, Jill etc...
 J(name of player)

Examples of Banned Sideline Coaching

Play the ball outside!
 Spread out!
 Come to the ball!
 Throw it down the line!
 Pass the ball!
 Pick the ball up!
 Move down the field!
 Move to the center!
 Guard her!
 Move over there!
 Get in front of her!
 Etc.

(Coaching or instructing is Not allowed)

V. Parents and Spectators

- 1) LCGSA expects that grandparents, siblings, relatives, spectators, or other visitors at any LCGSA event will follow the rules as outlined in the LCGSA Rulebook and Code of Ethics.

2) Coaching/Instruction from Sidelines.

- a) **Parents and spectators are not to coach, instruct, yell specific instructions, or issue commands to their daughter or any other participants of the game.**
- b) Enthusiastic whooping, cheering, having fun, and acting like reasonable supportive persons is allowed. Remember, you do not want to embarrass your daughter or yourself.

3) Use of a Player's Name

- a) A player's name may be used as noted above.
- b) Do not use a player's name to get her attention, to instruct, to coach, to give direction, etc.
- c) Unless they are praiseworthy, do not direct comments to any member of either team.

4) Parent/Spectator Area

- a) Parents, spectators, and those not directly involved in the game are to remain behind the marked spectator line 12 feet from the sideline and on the opposite side of the field from the players and coaches. **(this includes the Under-6 division)**
- b) No one is allowed to stand or sit behind the goals or at the ends of the field where the goals are located.
- c) Parents, spectators, and others in attendance at games are not allowed on the playing field. In the event of an injury, parents or guardians should refrain from entering the field unless summoned by the coach.
- d) Only players and referees are permitted to run the length of the field during games.

5) Referees

- a) **Referees are not to be harassed or interfered with by players, coaches, and/or spectators prior to, during, or after the game.**

- a) Head coaches for both teams should briefly meet together with the referees prior to each game for introductions and to go over the rules for that age group.
- b) *The referee's decision on all aspects of the game is final.*

6) Sideline Etiquette

- a) Enthusiastic and positive support for all players in the game is encouraged.
- b) Model good sportsmanship by applauding exceptional play (s) made by the opposition.
- c) Relax and have a good time. Be considerate of other spectators around you.

VI. Other Guidelines

1) Game Day Tips

- a) Be at the field at least 30 minutes before the game to warm up.
- b) Remember to bring a water bottle.
- c) On cold days, sweats can be worn under the uniform.

2) After the Game

- a) Please help clean up the fields after the game. Each Saturday the fields start out looking nice and clean but by the end of the day they are littered.
- b) Each team must take responsibility for cleaning their side of the field before they leave.
- c) Parents and spectators must take responsibility for cleaning their side of the field.
- d) Opposing coaches and players will line up on the center line and shake hands after the conclusion of each game.
- e) Be courteous to the next team playing on the field and move away from the field as quickly as possible to allow the next teams time to "set up" for their game.

3) Equipment

- a) LCGSA will supply a uniform jersey, shorts, and socks that have been purchased with registration fees. These are for the players to keep.
- b) **LCGSA will no longer allow any additional altercation to the LCGSA uniform issued to each player. This includes**

but is not limited to additional printing on jerseys, short and socks. All players must participate with the uniform issued by LCGSA.

- c) Parents or guardians should assure that each child has shin guards and appropriate shoes.
- d) Shin guards must be worn during practice and games.
- e) Shoes can be soccer cleats or tennis shoes. Softball cleats will not be allowed. Soccer cleats do not have a cleat at the toe.
- f) It is recommended that each child have her own ball for practices. Your child will be better able to improve her skills if she has a ball to practice with at home and on the field.
- g) The following are the appropriate ball sizes for each age group:

Under 6.....Size 3	Under 12.....Size 4
Under 8.....Size 3	Under 15.....Size 5
Under 10....Size 4	Under 18.....Size 5

VII. Coaches Rules for LCGSA

1) Forms

- a) Coaches are responsible for going over, in detail, the LCGSA Handbook with the parents and/or guardians of each player. After going over the Handbook, the coach must ensure that the Parent's Code of Ethics and Medical Release forms are signed by the parent and/or guardian of each player. In the event these forms are not signed, the player will not be able to participate in any LCGSA event.
- b) A copy of the Medical Release form, Code of Ethics, team roster, and LCGSA Handbook must be in the Coach's possession during each game.
- c) The original copy of the signed Code of Ethics and Medical Release forms must be received by the league secretary on the assigned due date prior to the first game for your team to be able to play.
- d) Assistance from the coaches may be required in collecting registration forms, uncollected fees, missing information, etc.

2) Field Marshal

- a) Coaches for LCGSA accept the role of coordinating Field Marshal duties for his or her team when they accept the duties of

- a coach.
- b) The head coach will serve as the team leader for his or her team's Field Marshal team.
 - c) The head coach of each team will enlist two or more volunteers to serve as Field Marshal from the parents or guardians of his/her players.
 - d) Each team is to have a Field Marshal present at each game.
 - e) The two field marshals will act as a team to ensure LCGSA rules are followed.
 - f) Head coaches will assist the Field Marshals in the event that someone at their game is unruly.
 - g) **Games will not be played if two Field Marshals are not present.**
 - h) Field Marshals vest will be the responsibility of the coach and will be given out at coaches meeting.
 - i) Field Marshals may communicate with the league official of the day or police officer by calling the league phone number 803-360-0667. In the event of an emergency due to injury requiring assistance call 911.
 - j) Field Marshals are to identify themselves by wearing the orange vest provided to them by the league.
 - k) **The Field Marshal's duty is to be an active presence at the assigned game by walking among and maintaining contact with the parents, fans, coaches, and teams to ensure their behavior conforms to the rules of LCGSA. Field Marshals Do Not sit in chairs. Not to be worn by children.**
 - l) The authority of the Field Marshal may include, but is not limited to, providing a fun and safe environment for the players to play in, informing persons of violations of LCGSA rules, warning persons of consequences of continued violation of LCGSA rules, instructing those violating LCGSA rules to leave or have them removed, stopping games until order is restored, ending games as circumstance may warrant, making sure coaches display appropriate behavior, etc.
 - m) Serious incidents are to be reported to league officials.

3) Coaches on Sideline

- a) Teams and coaches are to be on one side of the field with spectators and parents on the other. **(all age groups)**
- b) One head coach and two assistant coaches are allowed on the sideline during games. 2 can stand and 1 on the bench.**
- c) **Only two coaches per team are allowed to instruct players during games.** For example, one coach can instruct the offense, one can instruct the defense, and one can monitor the behavior of the other players on the sidelines.
- d) Coaches are to stay on the half of the sidelines where their team is located and **within thirty feet of the midfield line.**
- e) Coaches are not allowed on the field after the start of play unless an injury occurs and is summoned by the referee.
- f) Coaches of the Under-6 Teams are allowed on the field of play when it is their time to referee.

4) Coaches Behavior

- a) Coaches should set the standard for good sportsman like behavior for himself/herself, his/her players, team parents, etc.
- b) Coaches that are ejected will serve a one game suspension and will be subject to meeting with the LCGSA Board for other action as deemed appropriate.
- c) If a coach is ejected, he/she must immediately delegate coaching duties and leave the field. He/she is not to have any contact with the team or game field for the remainder of the game.
- d) A suspended coach is not allowed to be at the soccer complex prior to, during, or after the full game from which he/she is suspended.
- e) Coaches that display inappropriate behavior at practices, games, around his/her players, or other LCGSA events are subject to review by the LCGSA Board for corrective action.

5) Board Member of the Day

- a) LCGSA Board Members of the Day hold the responsibility of enforcing the rules for the league and can use police officers if assistance is needed to enforce the rules.

VIII. General Rules

1) Roster Changes

- a) Only League officials may add or remove a player from a team.
- b) Coaches will not play anyone not properly registered with LCGSA. Random roster checks will be done throughout the season.
- c) Players added to a team may not play until her registration form and fee are received by the LCGSA secretary, the coach has reviewed the LCGSA Handbook with the parents or guardian, the Code of Ethics and Medical Release forms are signed, sent to, and are confirmed by the LCGSA secretary.

2) Game Schedule

- a) Game dates and times will only be changed for exceptional circumstances.
- b) Decisions on changing game dates and times will be made by the LCGSA President.
- c) Coaches may not change the game schedule under any circumstance.
- d) Coaches will notify parents and players in the event a game date and/or time are changed and will notify them of any rescheduling.

3) Practices

- a) No practices or scrimmages are allowed until the start date of the season as determined by the LCGSA Board.
- b) Under-6 teams are limited to one practice per week.
- c) Teams in other age groups are limited to no more than two practices per week.
- d) Length of Practices are as follows:
 - Under-6 and Under-8 are limited to 1 hour.
 - U-10 teams are limited to 1 hour and 15 minutes.
 - U-12 and above teams are limited to 1 hour and 30 minutes.
- e) Only practice at the times assigned by LCGSA if on County fields.

4) Numerically Equal Teams in Games

- a) Teams playing in scheduled games are required to play each

other with the same number of players on the playing field.

- b) In the event that a team shows to play without the legal maximum number of players allowed on the field for play, the team with more players will either; 1) play down to the number of players on the opposing team; or 2) share players with the opposing team to make them numerically equal.
- c) The coach with the appropriate number of players present will have the option of whether to play down numerically or to share players.
- d) The teams will adjust to be as numerically equal as possible as other players arrive, as injuries may require removal from the game, etc.
- e) Adjustments to the game must be done through the referee.

5) Playing Time

- a) All players will play a minimum of one half of each game.
- b) Each player must play one quarter in each half.
- c) Players present at the beginning of the game or prior to the start of the second quarter shall play half of the game.
- d) Players that arrive at the game after the second quarter has begun will play at least one quarter of the second half.
- e) Exceptions include injury, illness, or removal of a player from the game by the referee.

6) Substitutions

- a) Substitutions in LCGSA games are only allowed at the quarters and halftime for U/6 & U/8.
- b) Exceptions include injury, illness, or for players that have been removed from the game by the referee.

7) Excessive Scoring

- a) Winning by more than 8 goals in U/10 through U/18 will be viewed as unsportsmanlike behavior.
- b) The coach of the team winning by more than 8 goals will receive a verbal warning
- c) The coach of a team winning by more than 8 goals on the second occurrence will serve a one game suspension.
- d) The coach of a team winning by more than 8 goals for a second time OR for serving a one game suspension as noted in

c above will not be allowed to coach for the remainder of the season.

e) Reinstatement to coaching will be determined by the board.

Under 6 Game Rules

1. There will be four (4) eight (8) minute quarters.
2. There will be a goalie box marked on each end of the field, no player will be allowed in that box until the ball is in play in that area. **No Camping out in goal box.**
1. Quarters are for substitution and are to last no more than two (2) minutes.
2. The maximum number of players allowed on the field at one time is eight (8), or four (4) per team.
3. The field size will be 25 yards in length and 20 yards in width.
4. Coaches from each team will alternate referee duties, each for half of the game.
5. The coach on the field refereeing the game is not to instruct his/her team.
6. Referee's (coach functioning as the referee) decision on points of fact connected with the game will be final.
7. All rules infractions will be briefly explained to the offending player.
8. There will be a kickoff every quarter. To start play, opponents must be three (3) yards from the center mark while the kickoff is in progress.
9. There will be no off-sides.
10. Throw-In: Throw ins will be Awarded when ball completely crosses sideline. Player is to stand on sideline with both feet together and ball is to be thrown with tow hands over the head. Feet and hands must remain together. No side arm or 1 handed throws.
11. Direct free kicks and/or penalty kicks are not allowed.
12. Indirect Free Kicks may be awarded in the event of a penalty.
13. **A goal may not be scored on an INDIRECT FREE KICK unless the ball has been played or touched by a second player on either team.**
14. All Fouls or actions resulting in an INDIRECT FREE KICK, KICK-

IN, CORNER KICK, OR KICK-OFF must be taken with the opponents 3 yards away.

15. If the team on offense (team attempting to score a goal) kicks the ball over the goal line outside the goal post, the opposing team puts the ball back into play with a goal kick. The goal kick should be taken within 2 yards of the goal and opposing players must be 5 yards away from the ball, as determined by the referee.

16. The score will NOT be kept.

17. League standings will NOT be kept.

18. There will be no goalie in the U-6 division.

Under 8 Game Rules

1. There will be four (4) ten (10) minute quarters.
2. Quarter periods are for substitution and are to last no more than two (2) minutes.
3. The maximum number of players allowed on the field at one time is twelve (14) or six (6) plus one (1) goalie or seven (7) per team.
4. The field size will be 50 yards in length and 30 yards in width.
- 5. There will be four (4) different goalies per game.**
- 6. A player can only play Goalie for one (1) quarter per game.** All players are encouraged to play goalie.
7. All rules infractions will be briefly explained to the offending player.
8. There will be a kickoff every quarter. To start play, opponents must be six (6) yards from the center mark while the kickoff is in progress.
9. There will be no off-sides.
10. Throw-In: Awarded when ball completely crosses sideline.
11. Direct free kicks and/or penalty kicks are not allowed.
12. Indirect kicks may be awarded in the event of a penalty.
13. All Fouls or actions resulting in an INDIRECT FREE KICK, GOAL KICK, CORNER KICK, OR KICK-OFF must be taken with the opponents five (5) yards away.
14. A goal may not be scored on an INDIRECT FREE KICK unless the ball has been played or touched by a second player of either team.

15. No INDIRECT FREE KICKS will be taken by the attacking team within the defending team's goal box.
16. Fouls committed in the defending team's goal box by the defending team will result in an indirect free kick from the goal area box line nearest the point of where the foul was committed and parallel to the end-line.
- 17. The score will NOT be kept.**
- 18. League standings will NOT be kept.**

Under 10 Game Rules

1. There will be two (2) twenty-five (25) minute halves.
2. There will be free substitution, with the understanding that every team member must play a minimum of half of the game and must play in each half. **Substitution is allowed on any goal kick, after a goal is scored, at the beginning of the 2nd half, as a result of an injury, as a result of a warning (yellow card) and before a throw-in (team in possession only).**
3. The maximum number of players allowed on the field at a time is sixteen (16) or seven (7) plus one (1) goalie or (8) eight per team.
4. The field size will be 70 or 80 yards in length and 45 yards in width. .
5. If one team is ahead in a game by eight (8) goals, that team should pull back on offense.
6. All players are encouraged to play goalie.
7. All rules infractions will be briefly explained to the offending player.
8. There will be a kickoff to start the 1st and 2nd halves. To start play, opponents must be eight (8) yards from the center mark while the kickoff is in progress.
9. Off-sides will be called by the referees in an obvious off-sides situation. This call will be made when, in the opinion of the referee, an attacker is in an obvious off-sides position and gains advantage by being there.
10. Throw in: Awarded when the ball completely crosses the sideline.
11. Direct, Indirect and/or penalty kicks are allowed.

12. All fouls or actions resulting in an INDIRECT FREE KICK, GOAL KICK, CORNER KICK, OR KICK-OFF must be taken with the opponents the appropriate distance away (usually eight (8) yards away) in this age division.
13. A goal may not be scored on an INDIRECT FREE KICK unless the ball has been played or touched by a second player of either team.
14. No INDIRECT FREE KICKS will be taken by the attacking team within the defending team's goal box.
15. Fouls committed in the defending team's goal box by the defending team will result in either an indirect free kick from the goal box line nearest the point where the foul was committed and parallel to the end-line or a PK.
16. GOAL KICKS may be taken from any point inside the goal area.
17. The goalie can only take six (6) seconds from the time the ball is caught to punt or throw the ball, and must stay within the penalty box.
- 18. The score will be kept.**
- 19. League standings will be kept.**

Under 12 Game Rules

1. There will be two (2) thirty (30) minute halves.
- 2. There will be free substitution, with the understanding that every team member must play a minimum of half of the game and must play in each half. Substitution is allowed on any goal kick, after a goal is scored, at the beginning of the 2nd half, as a result of an injury, as a result of a warning (yellow card) and before a throw-in (team in possession only).**
3. The maximum number of players allowed on the field at one at one time is eighteen (18) or eight (8) plus one (1) goalie or 9 per team.
4. Rules infractions may be briefly explained to the offending player.
5. There will be a kickoff to start the 1st and 2nd halves.
6. If one team is ahead in a game by eight (8) goals, that team should pull back on offense.
7. One or more goalies may be used. It is recommended that

one player not have to play goalie the entire game.

Under 15 Game Rules

1. There will be two (2) thirty-five (35) minute halves.
2. There will be free substitution, with the understanding that every team member must play a minimum of half of the game and must play in each half. **Substitution is allowed on any goal kick, after a goal is scored, at the beginning of the 2nd half, as a result of an injury, as a result of a warning (yellow card) and before a throw-in (team in possession only).**
3. The maximum number of players allowed on the field at one time is twenty-two (22), or ten (10) plus one (1) goalie or eleven per team.
4. Rules infractions may be briefly explained to the offending player.
5. If one team is ahead in a game by eight (8) goals, that team should pull back on offense.
7. One or more goalies may be used. It is recommended that one player not have to play goalie the entire game.

Under 18 Game Rules

1. There will be two (2) forty (40) minute halves.
2. There will be free substitution, with the understanding that every team member must play a minimum of half of the game and must play in each half. **Substitution is allowed on any goal kick, after a goal is scored, at the beginning of the 2nd half, as a result of an injury, as a result of a warning (yellow card) and before a throw-in (team in possession only).**
3. The maximum number of players allowed on the field at one time is twenty-two (22), or ten (10) plus one (1) goalie or eleven per team.
4. Rules infractions may be briefly explained to the offending player.
5. If one team is ahead in a game by eight (8) goals, that team should pull back on offense.
7. One or more goalies may be used. It is recommended that

one player not have to play goalie the entire game.

Fall 2010 Season Information

- Practices may begin on or after Coaches Meetings and or Clinic on Saturday, September 11, 2010.
- **Friday, September 17, 2010** Medical Release/Code of Ethics/Volunteer Disclosure Statements are now processed online and are due to League Secretary. Each season coaches, assistant and team moms will need to visit our website www.lcgsa.com and log into their account and fill out the volunteer information.

Saturday, September 25, 2010 Season Starts – Games each Saturday through Saturday, November 20, 2010.

Parental Support – The Key to Peak Performance

The role that parents play in the life of a soccer player has a tremendous impact on their experience. With this in mind, we have included these helpful reminders for all of those with children participating in LCGSA. If you should have any questions about these thoughts, please feel free to discuss it with your child's coach, or with league officials.

The Outcome of the Child is More Important Than the Outcome of the Game!

1. **Let the coaches coach:** Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after-game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing and her performance and enjoyment of the experience usually declines.
 2. **Support the program:** Get involved. Volunteer. Help out with anything to support the program.
 3. **Be your child's best fan:** Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should *never* have to perform to win your love.
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1. **Support and root for all players on the team:** Foster teamwork. Your child's teammates *are not* the enemy. When they are playing better than your child, your child has a wonderful opportunity to

4. **Support and root for all players on the team:** Foster teamwork. Your child's teammates *are not* the enemy. When they are playing better than your child, your child has a wonderful opportunity to learn.
5. **Do not bribe or offer incentives:** Bribes will distract your child from properly concentrating in practice and game situations.
6. **Encourage your child to talk with the coaches:** If your child is having difficulties in practices or games, or can't make a practice, aspects of the game – preparation for, as well as playing the game.
7. **Understand and display appropriate game behavior:** Remember, your child's self-esteem and game performance is at stake. Be supportive, cheer, be appropriate. To perform to the best of her abilities, a player needs to focus on the parts of the game that she can control (fitness, positioning, decision-making, skill, aggressiveness, and what the game is presenting her). If she starts focusing on what she cannot control (the condition of the field, the referee, the weather, the opponent, or even the outcome of the game at times), she will not play up to her ability. If she hears a lot of people telling her what to do, or yelling at the referee, it diverts her attention away from the task at hand.
8. **Monitor your child's stress level at home:** Keep an eye on the player to make sure that she is handling stress effectively from the various activities in her life.
9. **Monitor eating and sleeping habits:** Be sure your child is eating the proper foods and getting adequate rest.
10. **Help your child keep her priorities straight:** Help your child maintain a focus on her schoolwork, relationships, and the other things in life besides soccer. Also, if your child has made a commitment to soccer, help her fulfill her obligation to her team.
11. **Reality test:** If your child has come off the field when the team has lost, but she has played her best, help her to see this as a "win". Remind her that she is to focus on the "process" and not on just the "results".
12. **Keep soccer in its proper perspective:** Soccer should not be larger than life for you. If your child's performance produces strong emotions in you, **suppress them**. Remember, your relationship will continue with your children *long after* their competitive soccer days are over. Keep *your* goals and needs separate from your child's experience.
13. **Have fun:** This is what we will be trying to do! We will try to challenge your child to reach past her "*comfort level*" and improve herself as a player and thus, as a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do too!

LCGSA Uniform Code

No alteration or deviation are allowed on the LCGSA issued uniforms. Only the LCGSA logo will be allowed, no names, Sponsors or decals will be allowed.

Any alteration not issued by LCGSA will be replaced at the Expense of the coaches/ parents and player (s) will not be allow to play until the issue is resolved.

Players must wear complete uniform issued by LCGSA and shirts must be tucked in at all times during games.

It is not true that nice guys finish last

Nice guys are winners before the game even starts.

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