



ISC 17U-19U Commitment Expectations Training and Game Attendance Rules for 2020-2021 Season

**Summary of Training Requirements for the 2020-2021 Season:
All Rules Below apply to both our “A” and “B” players on each roster.**

Please note that given the circumstances related to the COVID GLOBAL PANDEMIC, for the 2020-2021 season, the game attendance requirements will be treated as recommendations. The game requirements will be listed in this document so parents and players understand what our normal commitment requirements are for games and tournament attendance, but with the safety and well -being of our players and their families in mind, we are not imposing game requirements on players for the 2020-2021 season. Of course we fully intend to have a league and tournament schedule, but we are giving parents more flexibility to back out of games when they believe the health of their kids or family is at risk by attending a certain event.

However, all practice attendance rules listed below will still be enforced with some added virtual and distance learning/practicing options included to help families if the need arises. The ISC will be prepared to offer kids options to meet their practice obligations with at home workouts or with LIVE VIRTUAL practices when the request is approved by the Director of Coaching. If we get in a situation where all practices need to be held virtually, the players will need to participate in the virtual practices to meet practice obligations.

PRACTICE RULES FOR 2020-2021

Practices for all 17U-19U teams will start at the beginning of August, but practice attendance rules will not take effect until the week of August 17, 2020. However, it must be mentioned that while practice attendance does not start until August 17, due to the fact that we are only allowed to select our age group pool of the top 36-40 players on June 17, we will use the first few weeks of August to determine the “A” and “B” teams. If you intend to compete for an “A” spot in the age group, it would be best to attend practices in early August.

All players in the 17U-19U age groups are required to practice two times per week during the period from Monday, August 17, 2020 -Friday, March 12, 2021. Please note however, that during this time period there are 3 weeks that practices will not be required. Those weeks are the week of Thanksgiving break and during the two week winter break. All teams at this age are offered 80 practices in the soccer year.

Although we will not have required practice attendance during the months of June and July, all 17U-19U teams receive 80 team training sessions per soccer year and practices may be offered during June and July (ISC 17U-19U teams do not practice during the high school soccer seasons.)

Frequently Asked Questions for Practice Attendance?

- **What happens if the 17U-19U player does not meet the two practice per week requirement?**

In order to be eligible to play in games, the 17U-19U player must attend 2 ISC practices per week. If they are not able to participate fully in 2 practices during a given week, the player will not be allowed to play in any game scheduled on the weekend.

- **What happens if the player does not meet practice requirements due to illness or injury?**

If a player is sick or injured and that prevents the player from meeting their weekly practice obligation, they are ineligible to play in the games for the entire weekend. The exception to this rule is if the head coach of the team makes the decision to sit out a player the week prior to state cup, regionals, or a college search tournament to give the player more rest for these events.

- **Can the 17U-19U player attend other ISC team practices or optional practices such as “super skills” in order to meet their weekly practice obligations?**

Yes. The ISC needs to provide flexibility for our high school athletes to give them opportunities to participate in the other activities that are important to them. Therefore, we allow 17U-19U players to attend other team practices or other optional practices such as “super skills” to meet their practice obligations. Players can attend a team practice that is 1 age group older or 1 age group younger than their own age, but they would not be able to count a practice with a team that is 2 years younger and players are not approved to attend a team practice this is 2 years older. With this said, 17U-19U players should put a priority on team practices as often as possible and players that want to earn playing time must communicate effectively with their team coach.

- Does the 17U-19U player need to meet their weekly practice obligations even during weeks when there are no scheduled games on the weekend?

Yes. The exception would be if the team plays any games in June or July when we do not have a practice rule in place. If players do not meet their practice obligation during the week preceding a weekend without a game, they will not be eligible to play in the games for the following weekend.

- Does the 2 practice per week rule apply during weeks when kids play in the ISC Indoor leagues?

Yes. If players do not participate fully in 2 practices per week during the indoor season, they are not eligible to play in our indoor league games.

- What happens if a practice is rained out or cancelled?

If the practice is cancelled, all players on the team can count that practice as if they attended. However, if the practice is moved indoors at a time reasonably close to the normal scheduled time for the practice, the practice is not considered cancelled. This means that players are responsible to check the practice updates and always have indoor and outdoor shoes available.

- How is the practice rule enforced?

Players are expected to self-report to the head coach via email and they must also copy the Director of Coaching on the email to notify the coaches that the weekly practice obligation was not met. If a player does not self-report to both their head coach and the Director of coaching via-mail by 10:30 pm on the Thursday night prior the weekend games, the player will be suspended from all matches for 2 weeks. If this happens a 3rd time during the same soccer year from August 1-July 31, the player will be removed from the ISC roster.

- What happens if a player misses multiple weeks due to injury?

Players that miss weeks due to injury will NOT need to make up missed practices. The player that is returning from an injury must meet their practice obligations during the week preceding the match that they want to play in, but they will not need to make up missed practices from previous weeks. It is not in the best long-term health interest of an athlete that was injured to try and make up missed practices.

- Does the club offer make ups as an option during the next week after a player missed a practice? In other words, can a player request to do 3 practices the next week to make up for 1 missed practice during a given week?

NO. For those players that do not have an injury and miss a practice during a week preceding a weekend without games, we do not allow for a provision for players to make up those practices in the following week in order to be eligible to play in matches. They can make up the practices, but it does not change their eligibility for the weekend games. We require steady and consistent week by week attendance.

**Summary of Practice Attendance Requirements
2020-2021 Season
ISC Advanced Year Round Players: 17U-19U**

- 2 Practices per week required-August 17, 2020-March 12, 2021
- No practices required during Thanksgiving break week.
- No practices required during 2 weeks of Winter break.
- Practices start beginning of August, but required practices start Aug. 17.
- Practices may be offered in June and July, but players are not required to attend.

**Summary of Game Attendance Requirements
2020-2021 Season
ISC Advanced Year-Round Players: 17U-19U**

Fall Outdoor Season

- 2 Full Tournaments (Cannot count state cup)
- 75% Attendance for league games.

Fall Season:

All players, both "A" and "B" players in the advanced year-round program, must commit to at least **2 full weekend tournaments in the fall season**. This means that the player must be in attendance for all games of the tournament. A complete schedule of fall tournaments is listed below. Players on both the "A" and "B" will be considered for selection to the state cup roster. Selection to and participation in the state cup does not fulfill the tournament requirement detailed above for the fall season for tournaments. Each player must make 2 other tournaments in addition to the state cup. Being selected to the state cup roster is a privilege and something that we hope that all players in the age group are striving to make during the fall season. If you make the state cup roster, you will play in 3 events. We will follow the same process for the college search tournament in Kansas City in November.

Winter Season

- 1 Full Indoor Tournament
- Participation in One Winter indoor league and attendance at no less than 75% of the indoor games.

Summer Season

- June -July
- 1 Full Tournament
- No League Requirements for the Summer

SCHEDULE OF EVENTS**Fall Tournament Events for ISC 17U-19U Boys' "A" Teams**

- August 22-23, 2020 -TBK Fall Tournament-Bettendorf, Iowa
- September 12-13, 2020- SPORTING IOWA FALL Tournament- (Des Moines, Iowa)
- State Cup- Three Weekends (Starts the weekend of October 17-18, 2020.) (Must be selected to the roster of 17 Players) Some players may only play in 2 events if they are not selected to join the team at state cup.
- TBD-Depends entirely on the situation with COVID and where things are later in the fall.

Fall Tournament Events for ISC 17U-19U Boys' and Girls' "B" Teams

- August 22-23, 2020 -TBK Fall Tournament-Bettendorf, Iowa
- September 19-20, 2020-FC United Midwest Classic (Cedar Rapids at Tuma Complex.)
- State Cup- Three Weekends (Starts the weekend of October 17-18, 2020.) (Must be selected to the roster of 17 Players) Some players may only play in 2 events if they are not selected to join the team at state cup.
- TBD-Depends entirely on the situation with COVID and where things are later in the fall.

Fall Tournament Events for ISC 17U-19U Girls' "A" Teams

- September 12-13, 2020- Sporting Iowa Fall Tournament- (Des Moines, Iowa)
- State Cup- Three Weekends (Starts the weekend of October 17-18, 2020.) (Must be selected to the roster of 17 Players) Some players may only play in 2 events if they are not selected to join the team at state cup.
- TBD-Depends entirely on the situation with COVID and where things are later in the fall.