



ISC 15U-16U Commitment Expectations Training and Game Attendance Rules for 2021-2022 Season

**Training Requirements for the 2021-2022 Season:
All Rules Below apply to both our “A” and “B” players on each roster.**

Practices for all 15U-16U teams will start at the beginning of August on August 2, 2021, but practice attendance rules will not take effect until the week of August 23, 2021.

All players in the 15U-16U age groups are required to practice two times per week during the period from Monday, August 23, 2021 -November 30, 2021. In addition, they are required to practice 1 time per week from December 1, 2021 through March 11, 2022.

Please note however, that during the time period described above, there are 3 weeks that practices will not be required. Those weeks are the week of Thanksgiving break and during the two weeks of winter break. All teams at this age are offered 80 practices in the soccer year.

SUMMARY OF PRACTICE REQUIREMENTS

August 23, 2021-November 30, 2021 : 2 Times Per week required
December 1, 2021-March 11, 2022: 1 time Per week required

For the 15U players that are 8th graders, they will also have spring practice requirements:

April 11, 2022-May 27, 2022: 2 Times Per week Required

Frequently Asked Questions for Practice Attendance?

- What happens if the 15U-16U player does not meet their weekly practice obligations?

In order to be eligible to play in games, the 15U-16U player must attend their required practices per week. If they are not able to participate fully in the required 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 15U-16U 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 athletes to give them opportunities to participate in the other activities that are important to them. Therefore, we allow 15U-16U 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 to meet their practice obligation. In some circumstances, if permission is given by the ISC Director of coaching, a player could attend practices with a younger team but this would only be approved if it makes developmental sense for the individual to do so. With this said, 15U-16U players should put a priority on team practices as often as possible and players must communicate effectively with their team coach.

- Does the 15U-16U player need to meet their weekly practice obligations even during weeks when there are no scheduled games on the weekend?

Yes. 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.

The only exception to this rule would be in the case of the 9th grade 15U players that are also playing high school soccer and playing club games on the weekends with their 8th grade 15U teammates. The 9th grade 15U kids are practicing with

their high school so they are allowed to play 15U games in the spring with the team without making ISC practices.

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

Yes. If players do not participate fully and meet their weekly practice obligations 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 10:00 pm on the Thursday night prior to 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 multiple 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.

**Summary of Practice Attendance Requirements
2021-2022 Season
ISC Advanced Year- Round Players: 15U-16U**

- 2 Practices per week required-August 23, 2021-November 30, 2021
- 1 Practice per week required -December 1, 2021-March 11, 2022
- No practices required during Thanksgiving break week.
- No practices required during 2 weeks of Winter break.
- Practices start at the beginning of August, but required practices start on Monday, Aug. 23, 2021.
- The 8th grade, 15U players must practice 2 times per week from April 11, 2022-May 27, 2022.
- Practices may be offered in June and July, but players are not required to attend.

**Summary of Game Attendance Requirements
2021-2022 Season
ISC Advanced Year- Round Players: 15U-16U**

Fall Outdoor Season

- 2 Full Tournaments Required (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.

Winter Season

- All ISC Players are expected to play in the ISC Bubble Blowout held locally at the HTRC and hosted by the ISC. Parents should communicate with the director if they cannot play in this event.
- Participation in one session of the ISC Indoor Leagues and attendance at no less than 75% of the indoor games for the session you register for during the winter.

Summer Season

- June -July

- 1 Full Spring/Summer Tournament is recommended but not required.
- No League Requirements for the Summer

2021-2022 Season

Listed Below is the proposed tournament schedule for the fall, winter, and spring/summer season for our ISC 15U-16U boys' and girls' teams for the 2021-2022 Season.

Fall Tournaments for Boys and Girls "A" Teams

- September 4-6, 2021 -Scott Gallagher Friendlies (St. Louis, MO) (Labor Day Weekend)
- September 18-19, 2021: FC United Midwest Classic (Cedar Rapids at Tuma Complex)
- State Cup- Two Weekends (Starts the weekend of October 23-24, 2021 and ends the weekend of October 30-31, 2021.) (Must be selected to the roster of 17 Players.) Some players may only play in 3 events if they are not selected to join the team at state cup.
- November 19-21, 2021-SHOWCASE KC-Kansas City

Fall Tournaments for Boys and Girls "B" Teams

- August 21-22, 2021 - Tournament at TBK Complex-Bettendorf, Iowa
- September 18-19, 2021: FC United Midwest Classic (Cedar Rapids at Tuma Complex)
- State Cup- Two Weekends (Starts the weekend of October 23-24, 2021 and ends the weekend of October 30-31, 2021.) (Some players may only play in 3 events if they are not selected to join the team at state cup. To be clear, players on the "B" team are competing for spots on the "A" team for the 17 roster positions. We are not taking both an "A" and "B" team to the state cup.)
- November 19-21, 2021-SHOWCASE KC-Kansas City-If the "B" team is not a full team, players from the "B" team will be given the opportunity to be selected to the roster with the "A" team for this event. However, if we have a full roster on the "B" team, and we have enough players on the "B" team commit to this event, we will take the "B" team to this tournament.

Winter Tournaments-For Boys and Girls "A" and "B" ("A" and "B" players mixed for winter events.)

- ISC Bubble Blowout- Mid January-2022 -Iowa City, Iowa. Tournament Held in HTRC.

Spring/Summer Tournaments 15U Boys -8th Graders and 15U Girls-8th Graders

- Mid to late April-CRSA CHILLOUT- Hiawatha, Iowa-North of Cedar Rapids-At Tuma Soccer Complex

Spring/Summer Tournaments Boys and Girls "A" Teams

- NSC All-American Cup-Blaine, MN-Late June

Spring/Summer Tournaments Boys and Girls "B" Teams

- Cedar Valley Moonlight Classic-Mid June