



## **ISC COMMITMENT REQUIREMENTS for ISC's 17U-19U ADVANCED YEAR- ROUND PLAYERS**

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### **Summary of requirements:**

- Tournament Game Attendance Requirements
- League Game Attendance Requirements
- Practice Attendance Requirements

### **Summary of Tournament Attendance for all ISC 17U-19U Advanced Year- Round Players:**

- Fall 2022 Season - Must attend 2 Full tournaments
- Winter -Must make every effort to attend the ISC Indoor Bubble Blowout Event
- Recommended that you play in 1 summer tournament.

### **FREQUENTLY ASKED QUESTIONS REGARDING TOURNAMENTS:**

**What happens if a player does not meet the tournament commitment requirement for the Fall 2022 season?**

If your ISC soccer player does not attend two full tournaments in the Fall 2022 season, they will not be allowed to register for the FIRST SESSION OF THE ISC INDOOR LEAGUE for their age group.

If your son or daughter is injured or sick and that injury or illness prevents your soccer player from meeting their tournament attendance requirement, they will be excused from

this requirement but only if they email a signed medical note to the ISC's Assistant Director of Coaching.

## **Summary for League Game Requirements for All ISC 17U-19U Year- Round Players:**

- Fall 2022 Season - Must attend 55% of all Fall League Games.
- Winter – All Advanced Year- Round Players must register for 1 of the 2 sessions of the ISC Indoor leagues. Session options are the November-December option or the January-March option. The leagues are set up so that for each session the kids play 8-10 indoor games. All indoor games are played in the HTRC in Iowa City and games are usually held on Friday, Saturday, and Sundays. Players must attend 55% of all indoor league games.

(Please note that if an outdoor game is rained out and you committed your child to playing in that game, that commitment is counted toward your 55% requirement.)

### **FREQUENTLY ASKED QUESTIONS:**

#### **What happens if a player does not meet the league game commitment requirement for the Fall 2022 season?**

If your ISC soccer player does not attend at least 55% of the league games for their assigned team during the Fall 2022 season, they will not be allowed to register for the FIRST SESSION OF THE ISC INDOOR LEAGUE for their age group.

If your son or daughter is injured or sick, they will be excused from a league game, but they must email a signed medical note to the ISC's Assistant Director of Coaching.

## **Practice Requirements for the 2022-2023 Season:**

**All Rules Below apply to both our “A” and “B” players on each roster.**

Practices for all 17U-19U teams will start at the beginning of August on August 1, 2022, but practice attendance rules will not take effect until the week of August 22, 2022.

Please note that during the practice periods listed below, 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 22, 2022-March 10, 2023 : 2 Times Per week required

As mentioned above, practices are not required during the Thanksgiving week or during the 2 week winter break. For all other weeks, from August 22, 2022 through March 10, 2023, the ISC 17U-19U players must practice two times per week. More details about the practice rules are listed below in the Q and A.

If any 17U-19U ISC Advanced Year-Round Player reaches a total of five weeks without making their practice requirements at any time from August 22-March 10, they will be dropped from the roster unless they have communicated the following to the ISC’s assistant Director of coaching:

- Family Emergency
- Documented Injury-Medical Notes must be provided.
- Documented Illness-Medical Notes must be provided.

Practices may be offered in June and July but there are no practice requirements during June and July.

## Frequently Asked Questions for Practice Attendance?

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

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. 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. In addition, players are not allowed to attend another team practice or optional practice if that practice is held at the same time as your team session.

- 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 Assistant 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 Assistant Director of coaching via-mail by 10:00 pm on the Thursday night prior the weekend games, the player will be suspended from all matches for 2 weeks. If this happens a 3<sup>rd</sup> 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. However, as is mentioned multiple times in this document, the 17U-19U players must email a medical note to the ISC's Assistant Director of Coaching to provide documentation of all injuries.

- **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.

## 2022-2023 Season

Listed Below is the proposed tournament schedule for the fall, winter, and spring/summer season for our ISC 17U-19U boys' and girls' teams for the 2022-2023 Season.

### Fall Tournaments for Boys and Girls "A" Teams

- September 3-5, 2022 -Scott Gallagher Friendlies (St. Louis, MO) (Labor Day Weekend)
- Sporting Iowa Fall Cup-Des Moines-September 10-11, 2022
- September 17-18, 2022: FC United Midwest Classic (Cedar Rapids at Tuma Soccer Complex)
- State Cup- Two Weekends -Weekend #1 is October 22-23, 2022, and will be held in Waverly, Iowa. Weekend 2 will be held the weekend of November 5-6, 2022, at TBK-Bettendorf, Iowa. The "A" team will play in the Super Cup Division of the state cup and those divisions will be single elimination divisions. The "B" teams will play in the Premier division and those teams will play group play.
- November 18-20, 2022-SHOWCASE KC-Kansas City

### Fall Tournaments for Boys and Girls "B" Teams

- August 20-21, 2022 - Tournament at TBK Complex-Bettendorf, Iowa
- September 17-18, 2022: FC United Midwest Classic (Cedar Rapids at Tuma Complex)
- State Cup- Two Weekends -Weekend #1 is October 22-23, 2022, and will be held in Waverly, Iowa. Weekend 2 will be held the weekend of November 5-6, 2022, at TBK-Bettendorf, Iowa. The "A" team will play in the Super Cup Division of the state cup and those divisions will be single elimination divisions. The "B" teams will play in the Premier division and those teams will play group play.
- November 18-20, 2022-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-2023 -Iowa City, Iowa. Tournament Held in HTRC.

### Spring/Summer Tournaments Boys and Girls "A" Teams

- TBD

### Spring/Summer Tournaments Boys and Girls "B" Teams

- TBD