



**ISC 15U-16U Commitment Expectations  
Practice and Game Attendance Rules for 2025-2026 Season**

**ISC COMMITMENT REQUIREMENTS 15U-16U PLAYERS**

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**Summary of requirements:**

- Outdoor Game attendance requirements.
  - Indoor League Game attendance requirements.
  - Practice Requirements.
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**Summary of Outdoor Game Attendance Requirements:  
15U-16U Advanced Year- Round Players:**

**Fall 2025 Season** - Must play in 12 Fall 2025 Outdoor Games.

**Winter** -Must play in 8 ISC indoor league games.

**Spring/Summer 2026 Season for 15U players that are 8<sup>th</sup> graders**-Must Play in 10 Spring/Summer 2026 Outdoor Games.

**DETAILS RELATED TO GAME ATTENDANCE FOR ISC 15U-16U  
Advanced Year- Round Players:**

**Fall 2025 Season** - Must play in 12 Fall 2025 Outdoor Games.

- The 15U-16U teams will likely have 19 games scheduled in the Fall 2025 season which will include their league games, friendly games scheduled, and 3-4 tournaments that they will play in during the period from early August 2025 through October 2025. Therefore, the ISC Advanced Year-Round player in the

15U-16U age group must play in a minimum of 12 outdoor games with their **assigned team**. While there may be guest playing options within the ISC, all 12 games attended must be with their assigned team in the ISC.

- All 15U-16UU teams will play in 5-7 CDL league games in the fall season. All league games are played only on the weekends. We may add other friendlies which will also be played on the weekends.
- All 15U-16U teams will play in 3-4 tournaments in the fall. The tournament games are held over both Saturday and Sunday on the weekend. Usually, all teams will play 3 games in each tournament. All tournament games are played only on the weekends.
- To meet the required number of 12 games in the fall season, players can count tournament games, friendlies, or league games to meet the minimum number of games.
- There will be at least one weekend during the Fall 2025 season which will be deemed a “selection weekend” for the 15U-19U teams. During the “selection weekend,” players will be placed on league rosters according to their performance over the first part of the season. This will help provide players with feedback regarding their state cup selections in October 2025.
- There is a game withdrawal fee that applies to both league and tournament games. When a player withdraws from either a league game or tournament game for reasons other than injury, illness, or family emergency, the per game withdrawal fine will be per \$35 game. More details related to the withdrawal fees for tournaments can be found at the end of this document.

Winter -Must play in 8 ISC indoor league games.

Spring/Summer 2026 Season for 15U players that are 8<sup>th</sup> graders -Must Play in 10 Spring/Summer 2026 Games

- The Spring season is very similar to the fall season except for the fact that the 15U players that are 8<sup>th</sup> graders will probably only play in 1-2 tournaments in the spring. Therefore, the 8<sup>th</sup> grader, 15U players will need to play in 10 of what will likely be a total of 15-16 total outdoor games when considering the CDL league games, friendlies, and the 1-2 tournaments.
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## **Summary for Indoor League Game Requirements for All ISC 15U-16U Year -Round Players:**

All ISC Advanced Year- Round Players must register for at least 1 of the 2 sessions of the ISC Intra-Club Indoor Soccer leagues and play in 8 of their assigned games. Based on their age, some players may be in the BAGIL and some players may be in the ISC Men's League. Session options are the November-December or the January-March option. The leagues are set up so that the kids play indoor games on mostly Friday, Saturday, and Sunday late evening games. All indoor games are played in the Hawkeye Tennis and Recreation Center, HTRC, in Iowa City at 2820 Prairie Meadow Drive, Iowa City.

The ISC website has more information on the ISC indoor leagues. Each player signs up on their own. The indoor registration fee is an additional cost which is NOT covered by your monthly fees. Games are played in Iowa City in the Hawkeye Tennis and Recreation Center, known as the HTRC.

### **FREQUENTLY ASKED QUESTIONS:**

**What happens if a player does not meet the outdoor game attendance requirement for the Fall 2025 or Spring 2026 season?**

If your ISC 15U-16U Soccer player does not attend and participate in at least 12 outdoor Fall 2025 matches (games can be a combination of both league games and tournament games), they will not be allowed to register for the FIRST SESSION OF THE ISC INDOOR LEAGUE for their age group. If your ISC 8<sup>th</sup> Grader, 15U player does not meet the requirement during the Spring 2026 season, they will not be allowed to register for the FIRST SESSION OF THE ISC INDOOR LEAGUE in the following year.

In addition, if the 15U-16U player does not meet this requirement, the player may not be guaranteed their roster position with the Advanced Year-Round program when the tryouts are held for the next soccer year. The ISC Director of Coaching will determine whether the roster position will be offered based on the information provided by the player and their family regarding why the player did not meet the requirement.

### **FREQUENTLY ASKED QUESTIONS:**

**What happens if a player does not meet the indoor league game commitment requirement for the winter season?**

If your 15U-16U player does not register and participate in at least one ISC indoor league session for 8 indoor games, that player may not be guaranteed their roster position with the ISC Advanced Year-Round program when the tryouts are held for the next soccer year. The ISC Director of Coaching will determine whether the roster position will be offered based on the information provided by the player and their family regarding why the player did not meet the requirement.

**DETAILS on Tournament Attendance and Differences between tournaments and league games.**

When an ISC player commits to a tournament, they are committing to all the games of the tournament and therefore, they are not permitted to play in only the games that fit their schedule. However, we do allow ISC players more flexibility with league date commitments. If your child's team has more than one league game per day for league weekends, they will be allowed to participate in the games that work in their schedule and are not obligated to play in all games during the weekend when participating in league games. The main reason for the stricter policy for tournaments is due to the fact that the club has much less flexibility with rosters for tournaments as opposed to league games.

## **Practice Requirements for the 2025-2026 Season:**

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

Practices for all 15U-16U teams will start the week of August 4, 2025, but practice attendance rules will not take effect until the week of August 25, 2025.

Please note that during the practice periods listed below, there are 3 weeks that practice 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. In addition, practice is not required during spring break for the 15U players that are 8<sup>th</sup> graders.

### **SUMMARY OF PRACTICE REQUIREMENTS**

- August 25, 2025-October 31, 2025: 2 Times Per week required.
- November 3, 2025-March 13, 2026: 1 time Per week required.

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

- **March 23, 2026-May 22, 2026: 2 Times Per week Required.**

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

**If any 15U-16U ISC Advanced Year-Round Player reaches a total of six weeks without meeting their practice requirements at any time from August 25, 2025-March 13, 2026, 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.

## Frequently Asked Questions for Practice Attendance

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

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 games 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 the illness or injury prevents the player from meeting their weekly practice obligation, the player is still 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” to meet their weekly practice obligations?

Yes.

The ISC provides 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 ISC team practices or other ISC optional practices such as “super skills” or the “incentive plan” to meet their practice obligations.

In addition, ISC players can attend a team practice that is 1 age group older to meet their practice obligation or attend a team practice that is 1 age group younger to meet their practice obligation. With this said, the 15U-16U players should put a priority on their own age group team practices as often as possible and players must communicate effectively with their team coach.

For all ISC 13U-16U teams, the “A” and “B” teams in the same age group practice together for their weekly training sessions. However, the coaches may split the “A” and “B” players for the 13U-16U teams for some activities during

each practice depending on the needs of the group. The 17U-19U teams will have one designated practice per week that is set only for their age group and only for the team's "A" players and only for the team's "B" players. The 16U players therefore would not be allowed to attend those practices. These sessions will be clearly listed on the ISC practice schedule so the 16U players know which practices they can attend with the older group.

- Can the 15U-16U player attend goalie practice and count that practice toward meeting their practice obligations?

If the player is a goalie and regularly plays goalie in games, the 15U and 16U goalies can count goalie practice as a full practice when keeping track of their required weekly practices. From 9U-14U we encourage goalies to attend goalie practice, but at those ages, goalie practice does not count toward meeting the weekly practice obligations.

- Can the 15U-16U player attend other ISC team practices that are scheduled at the same time as their own team practice?

If your team practice is scheduled at the same time as an alternative practice that you are allowed to attend, you **MUST** always attend your own practice when the practices are at the same time.

To be clear, other soccer practices outside of the ISC do not count toward players meeting their practice requirements.

(We do allow 15U players that are 9<sup>th</sup> graders to play in league games without meeting practice requirements during the spring season. This is the only exception.)

- 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 9<sup>th</sup> grade, 15U players that are also playing high school soccer and playing club games on the weekends with their 8<sup>th</sup> grade 15U teammates. The 9<sup>th</sup> grade, 15U kids are allowed to play 15U games in the spring with the team without making ISC practices. Most 9<sup>th</sup> graders do not have the time to play both high school and club at the same time and some high school athletic directors don't allow it, but in the case that some kids want to also play league games with ISC with their 15U teammates, they do not need to make our practice requirement.

- 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 for checking 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 to 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.

- 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 to be eligible to play in matches.

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# **2025-2026 Season Tournament Schedule-15U-16U Boys and Girls**

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

- **August 29-September 1, 2025 -Scott Gallagher Friendlies (St. Louis, MO) (Labor Day Weekend)**

(The Gallagher friendly games may be held over 3 days which would include the Monday of Labor Day. During the past two years we have tried to do the games in 2 days, but we may ask for 4 games over 3 days which would include the Monday of Labor Day. Before we ask you to make a commitment to this event, we will clarify if the games will be held over 2 days or 3 days. We have limited travel for our older players, but we feel that this is an important event near the beginning of our season.)

- September 28-29, 2025-Sporting Iowa Fall Cup-Des Moines, IA. (GRIMESPLEX)
- State Cup- Two Weekends -Weekend #1 is October 18-19, 2025, and will be held in Des Moines, Iowa at the Grimesplex. Weekend 2 will be held the weekend of October 25-26, 2025, at TBK-Bettendorf, Iowa.
- November 15-16, 2025 -COLLEGE SHOWCASE AT TBK-BETTENDORF.

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

- Mid-August 2025 - Tournament at TBK Complex-Bettendorf, Iowa
- September 20-21, 2025- FC United Midwest Classic (Cedar Rapids at Tuma Complex)
- State Cup- Two Weekends -Weekend #1 is October 18-19, 2025, and will be held in Des Moines, Iowa at the Grimesplex. Weekend 2 will be held the weekend of October 25-26, 2025, at TBK-Bettendorf, Iowa.
- November 15-16, 2025 -COLLEGE SHOWCASE AT TBK-BETTENDORF.

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

- ISC Bubble Blowout- Mid January-2026 -Iowa City, Iowa. Tournament Held in HTRC.

## **Spring/Summer Tournaments 15U Boys -8<sup>th</sup> Graders and 15U Girls-8<sup>th</sup> Graders**

- April Fool's Day Tournament-Early April 2026-TBK-Bettendorf
- Late April 2026 CRSA CHILLOUT- Hiawatha, Iowa-North of Cedar Rapids-At Tuma Soccer Complex
- St. Louis Tournament Early May 2026

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

- US Club Soccer Regionals-Mid June 2026-Chicago Suburbs

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

- PCYS-Steven's Point, Wisconsin, Mid-June 2026



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## **2025-2026 Tournament Commitment Policies**

### **ISC Advanced Year- Round Players**

All players on the ISC advanced year-round teams are given the option to commit to play in tournaments during each season. Once you commit to a tournament through our online tournament commitment form, you will need to honor your commitment to that tournament for all games in the tournament. Tournaments, unlike league games, are played over both days on a given weekend. This means that when you commit to a tournament, you are committing to playing in games on both days of the weekend. To protect the players on the teams and the integrity of the club at each event, we will assess a fee if a player pulls out of a tournament for reasons other than one of the excused reasons that are listed below. **Withdrawing from even one game of the tournament is considered as a full withdrawal from the tournament.**

The fee for withdrawing from a tournament game is \$35 per game. This is the same fee assessed when a player withdraws from a league game. However, once you withdraw from one game of a tournament, your child will not be included in any other games in the tournament event. Therefore, the withdrawal fee of \$35 per game is assessed for all games of the tournament. Please note that for most tournaments the team will play in at least 3 games, so the total fee assessed will likely be at least \$105 for the withdrawal from the event.

Families need to look carefully at their schedules when they are choosing and selecting the tournament events that they commit their children to in each season. If a player withdraws from 2 or more tournaments per soccer year, the ISC player may not be guaranteed their roster position with the Advanced Year-Round program when the tryouts are held for the next soccer year. The ISC Director of Coaching will determine whether the roster position will be offered based on the information provided by the player and their family regarding why the player did not meet the requirement. Players will not be allowed to participate in any other tournament or league game with the team until the fee is paid.

### **Accepted Excuses for withdrawing from a tournament:**

Medical or family emergencies are excusable reasons for pulling out of a tournament. You will not be fined if you withdraw from a tournament for medical reasons or if you are dealing with some family crisis or emergency. Family emergencies may be a funeral, a very ill family member, or some other family crisis that you feel must be attended to immediately. In addition, if your child is injured or sick, we will not impose a fine for withdrawing from the tournament. As was mentioned above, we will also grant a family a religious exemption for playing games on Sundays provided that this request is communicated to the Director of Coaching, Jon Cook, prior to the start of the season.

The club is not authorized to make exceptions to the withdrawal fine for parents who commit their child to a tournament and then the parents realize that they have a family event planned for that weekend, such as a wedding, graduation, or reunion. These events, while very important to your family, do not fall into the category of family emergencies. We ask that you look carefully at the dates for these events and our tournaments before you commit to the tournament. While we certainly strive to be "family friendly" in the ISC, we also have to safeguard the health and safety of our players that commit to a tournament and if we have less than the minimum number arrive at a tournament, player injury becomes a very big concern.

While it may sound like this part of the overall tournament commitment policy seems unfair or too strict for youth sports, let's be clear why we have these policies in the first place. When an ISC team attends a tournament, we honor all games that our teams are scheduled to play in for the tournament. This clause protects the kids that want to play in all games in the event. Moreover, it protects the kids from half of the team leaving the second game of the day for another sporting event, music event, etc. This policy also protects the kids from injury or overuse injuries. Finally, this policy protects the kids from an embarrassing situation where the team does not field a full team for a particular game in the tournament.

### **What happens if I need to withdraw my child for only one game of a tournament that I committed them to?**

If you notify the Director of Coaching, ISC accountant, and your team manager that your son or daughter can no longer participate in a tournament that they had committed to, you will be notified that your child will be removed from the roster for all games. In some situations, parents notify us that their child will only miss one of the games of the tournament. Our policy is clear that tournament commitments require participation in all games of the event. Even if your child will only miss one game, they will not be included on the roster for any of the other games for the tournament and they will be fined for all games that the team was scheduled to play in at the tournament.

### **Please read the other related ISC policies below:**

#### **1) Players commit to the ISC club for the tournament.**

We typically take a number of teams from the club to any event that we recommend. Sometimes we must move some players "up" to an older team to maximize the participation of the entire ISC membership to meet our player development goals. We want everyone to clearly understand that if you commit to any tournament, you may be placed with another team in the ISC. Your commitment is to the ISC club for the weekend. You will be fined if you pull out of the tournament even if your reason for pulling out is due to the fact that your child was assigned to play with a different team in the ISC other than their own team.

If you are certain that your child will not play with another team in the ISC other

than their own, you might not want to have your child play in tournaments. This is a player development club focused on ALL of our players. The coaching staff believe in the value of developing all of our players in the ISC on all teams. We cannot develop our players in this club if we do not have the flexibility to move players from a certain age group that might have too many players for the roster for a particular tournament to another age group that might need a few more players in order to field a full team. If we cannot move players in these circumstances, we are forced to tell certain players that they cannot play in the tournament.

Moreover, the coaching staff firmly believe that there is significant value from a player development perspective when giving your child challenges by playing with new players from time to time. This policy does not mean that we would force girls to play with a boys' team. However, we may ask girls to play on a boys' team from time to time, but we will not require girls to play with a boys' team.

**2) Once the tournament commitment deadline passes, we will not accept any more players for an event unless we contact you.**

Do not e-mail the parent manager, team coach, or the Director of Coaching if your schedule changes and your child becomes available to play in a certain event after you have committed as a "no" for the event in question. If we need more players to make the numbers work, we will contact you to inquire with you if your child's availability has changed for an event. The reason for this policy is that we cannot possibly even come close to keeping up with all of the requests for changes in status for the weekends. While on one hand this might sound inconsistent with our mission to develop all of our players, there is also a limit on our administrative capacities as an organization.

**3) If you pull out of a league game or tournament, please follow the procedure below:**

- 1) Email the director of coaching, ISC accountant, and your team manager.

Director of Coaching: [jon.cook@iowasoccerclub.com](mailto:jon.cook@iowasoccerclub.com)

ISC accountant: [accountant@iowasoccerclub.com](mailto:accountant@iowasoccerclub.com)

- 2) The ISC accountant will contact you with instructions regarding how to pay the fine.
- 3) Once the fine is collected, the process is complete.

Thanks for taking the time to read these policies. For those of you who are new to the ISC, all of this can be overwhelming, but I assure you that over time you will find that these policies are essential to ensuring the quality experience that we want for all ISC year-round players.

Thanks-Jon Cook-ISC Coaching Director