ISC U15-U16 Commitment Expectations
Practice and Game Attendance Rules for 2026-2027 Season

ISC COMMITMENT REQUIREMENTS U15-U16 ADVANCED YEAR-ROUND PLAYERS

Summary of requirements:

- **Outdoor Game attendance requirements for Fall 2026 season.**

  (Please note that there will be different game attendance requirements for players on the "A" team and those on the "B" team for the Fall 2026 season. The players selected to the "A" team, blue team, will have 2 out of state required travel event in the Fall 2026 season.)

- **Indoor League Game attendance requirements.**

  (The indoor league requirements are the same for both "A" and "B" players.)

- **Practice Requirements.**

  (The practice requirements are the same for both "A" and "B" players, because the teams practice together for all practices.)

- **Summer 2027 Outdoor Game Requirements**

  (Players on both the "A" and "B" teams will have 1 required event during the month of June in 2027. At this time, we intend to have both the "A" and "B" team attend the same out of state travel event. If that event doesn't suit both teams after we have had a year of competition with these teams, we will modify the recommendations.)

Summary of Game Attendance Requirements:
U15-U16 ISC Advanced Year- Round Players:

Fall 2026 Season Requirements for Blue- "A" Players on both boys' and girls' teams.

- Must play in a total of **14** Fall 2026 Outdoor Games.
- Of the 14 required games, the "A" team will have two events in the Fall 2026 season that will be held out of state. Unlike in the past when players could choose any of the total games to meet the required number, players will be required to attend two tournaments/events in St. Louis during the fall 2026 season. The first event will be held during the weekend of August 7-8, and the second event is the Scott Gallagher St. Louis Labor Day competition. The Scott Gallagher event may be up to 4 games over 3 days.

  There will be exceptions for the required travel event if your soccer player has an injury, illness, or your family has an emergency you must handle. In addition, if your family demonstrates that you have a long-standing family commitment such as a wedding or other important family event that cannot be changed, exceptions will be made if you communicate with the team coach and the ISC Director. We will also consider exceptions if a high school coach in any sport schedules a game or practice that is mandatory for all players during one of these two weekends.

  Some limited financial assistance can be provided for those in need if the travel expenses limit participation. You must contact the ISC Director to inquire about travel assistance for these two required travel events.

Fall 2026 Season Requirements for White- "B" Players

- Must play in **14** Fall 2026 Outdoor Games.
- There is no required out of state travel for the "B" team in the fall 2026 season.

Winter Indoor -Requirements for both the "A" and "B" players.

- Must play in 8 ISC indoor league games.

The requirement must be met by participating in an ISC indoor league. ISC Advanced Year-Round players are only required to register for 1 of the 2 sessions per winter, but if you cannot make 8 games in one of the sessions, you will need to register for both sessions to meet the 8-game requirement. Players on both the "A" and "B" team must meet this requirement.

Summer 2027 Season for U15-U16 players:

- In the ISC we do not schedule games that conflict with high school soccer, but once the high school soccer season has completed, the U15 and U16 ISC Advanced Year-Round players will return to club soccer for the month of June to participate in tryouts and play in at least one required event.
- Players on both the "A" and "B" teams will be required to participate in 1 tournament in the month of June. The tournament is the US Club Soccer Regional Tournament held in the suburbs of Chicago-Libertyville, Illinois.
- The same exceptions will be made for attendance at the June 2027 travel event as was listed previously for the Fall 2026 out-of-state-required travel event. Those exceptions are injury, illness, or family emergency. In addition, if your family demonstrates that you have a long-standing family commitment such as a wedding or other important family event that cannot be changed, exceptions will be made upon approval from the Director. We will also consider exceptions if a high school coach in any sport schedules a game or practice that is mandatory for all players during the June 2027 required travel weekends to Chicago.)

MORE INFORMATION AND DETAILS RELATED TO GAME ATTENDANCE FOR ISC U15-U16 Advanced Year- Round Players:

Fall 2026 Season

- The U15-U16 "A" teams will likely have 22 games scheduled in the Fall 2026 season which will include 6 CDL league games and 16 Tournament games including the state cup tournament. To meet the game requirements, players are only allowed to count games played with their **assigned team**. While there may be guest playing options within the ISC, all **14** Required games attended must be with their assigned team in the ISC.
- The U15-U16 "B" teams will likely have almost 22 games scheduled in the Fall 2026 season which will include 6 CDL league games and 16 Tournament games

including the state cup tournament. To meet the game requirements, players are only allowed to count games played with their **assigned team**. While there may be guest playing options within the ISC, all **14** required games attended must be with their assigned team in the ISC.

- All league games and tournament games during the fall 2026 season are played only on the weekends with the exception that players may have games on Labor Day which is a Monday.
- To meet the required number of 14 games in the fall season, players can count tournament games, friendlies, or league games to meet the minimum number of games. However, players on the "A" team must attend the two events in St. Louis unless one of the exceptions applies.

Winter Indoor Season -Must play in 8 ISC indoor league games.

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. The requirement must be met by participating in an ISC indoor league. ISC Advanced Year-Round players are only required to register for 1 of the 2 sessions per winter, but if you cannot make 8 games in one of the sessions, you will need to register for both sessions to meet the 8-game requirement.

Based on their age and gender, 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.

FREQUENTLY ASKED QUESTIONS:

What happens if a player does not meet the game attendance requirement for the Fall 2026, Winter 2026-2027 season, or the Spring 2027 season?

If your ISC U15-U16 Soccer player does not attend and participate in the required number of games for any one of the 3 seasons listed in the previous section, they will be considered a provisional ISC year-round player until they meet the requirements to regain full ISC Year-Round status. (Of course, exceptions will be made if a player does not meet their requirement due to injury, illness, or family emergency.)

If a player has not moved out of the provisional status within 6 months, the player will need to join the ISC "POPPI" or ISC "POP" program if they want to stay in the ISC player development program. *Players that enter the tryout period as either provisional status members or "ISC POPPI" or "ISC POP" players are not guaranteed a spot with the club during the tryouts.*

FREQUENTLY ASKED QUESTIONS:

How does my soccer player move from provisional status to full ISC Year-Round Status?

If your child was moved to provisional status, they must meet all practice and game requirements for the next 6 months to regain full status as an ISC Advanced Year-Round player.

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 2026-2027 Season:

All practice rules below apply to both our "A" and "B" players on each roster.

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.

SUMMARY OF PRACTICE REQUIREMENTS

Practice Attendance Requirements for ISC U15-U16 Players:

August 3, 2026-October 30, 2026: 2 Times Per week required.
November 2, 2026 -March 12, 2027: 1 time Per week required.

Starting in the 2026-2027 season, we are modifying our injury and illness policy for practice attendance.

Updated Policy for Practice Exceptions Related to Illness-2026-2027

- Effective in 2026-2027, players will be granted a limited number of practice exceptions for illness. We do not want players to attend practice if they are sick. Our new policy update will provide players with a limited number of excused absences for illness which will provide kids with the opportunity to play games even if they did not fulfill their practice obligation during the week that they were sick.

- Each player will be given 3 separate weeks during the 2026-2027 season when they will be allowed to miss their practice requirements due to illness without any consequence to their eligibility to participate in the games for the weekend. For the U15-U16 players, a written medical excuse will not be required for illness. An email to your team coach and the Director will suffice for players at this age.

- Once a player has exceeded the 3 allowable weeks for illness, they will need to meet their weekly practice requirements to be eligible to participate in games. If they unfortunately miss another week due to illness and are unable to meet their practice requirement for the week, they will not be allowed to participate in the games on the weekend.

Updated Policy for Practice Exceptions Related to Injury-2026-2027

- Effective in 2026-2027, players will be granted a limited number of practice exceptions for injury. We do not want players to practice if they are injured. Our new policy update will provide players with a limited number of excused absences for injury which will provide kids with the opportunity to play games even if they did not fulfill their practice obligation during the week that they were injured.

- Each player will be given 3 separate weeks during the 2026-2027 season when they will be allowed to waive their practice requirements due to injury and still be eligible to participate in games. For the U15-U16 players, a written medical excuse will not be required. An email to your team coach and the Director will suffice for players at this age. However, we highly encourage parents to consider the increased injury risks of entering a game without any practice time for the player to test whether they are prepared to return to play.

- Once a player has exceeded the 3 allowable weeks for injury, they will need to meet their weekly practice requirements to be eligible to participate in games. Players that are injured will NOT be required to make up previously missed practices due to injury, but if they have exceeded the 3-week exception period, they must meet their practice requirements for the week preceding the match to be eligible for the weekend matches.

Updated Policy for Vacation or Travel Exceptions-2026-2027

- Effective in 2026-2027, players will be granted a limited number of practice exceptions for vacation or travel.

- Each player will be granted 3 weeks during the 2026-2027 season when they will be permitted to waive their practice requirements due to family travel or vacation. During any of these 3 weeks, players will be allowed to miss training and still be eligible to participate in games if they return from vacation/travel prior to the weekend games. Parents will need to communicate effectively and email both their child's team coach and the Director to notify the coach and Director that their child will miss practices for travel or vacation. The 3 permitted weeks for travel or vacation are in addition to the 4 weeks that all players have a break from training during our seasonal year. The 4 weeks that all players have off during the seasonal year are 1) Thanksgiving break week, 2) the 2-week winter break and, 3) Spring break.

- Once a player has exceeded the 3 allowable weeks for travel or vacation, they will need to meet their weekly practice requirements to be eligible to participate in games.

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

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 unless they have an approved exception as listed above. If they are not able to participate fully in the required practices or they do not have an approved exception, the player will not be allowed to play in any games scheduled on the weekend.

- 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 U15-U16 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 U15-U16 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.

- Can the U15-U16 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 U15 and U16 goalies can count goalie practice as a full practice when keeping track of their required weekly practices. From U9-U14 we encourage goalies to attend goalie practice, but at those ages, goalie practice does not count toward meeting the weekly practice obligations.

- Can the U15-U16 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.

- Does the U15-U16 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.

- 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 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 Thursday night prior to the weekend game and then attempts to play in the games even though they did not meet their practice requirements, the player will be suspended from all matches for 2 weeks. If this happens a 2nd time during the same soccer year from August 1-July 31, the player will be moved to provisional status.

- 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.

Playing Time Policies for ISC U15-U18 Teams:

1) **CDL League Games:**

   Everyone plays at least 50% of the game. This is not equal playing time, but everyone will play 50% of the games.

2) **College Search Events:**

   Everyone plays 50% of the games.

3) **Tournaments:**

   Everyone plays for 15 minutes each half. For example, if the halves are 40 minutes long, everyone would play for at least 15 minutes. If the halves are 45 minutes long, the guaranteed playing time amount is still 15 minutes. This would amount to less than 50% guaranteed playing time for some events.

4) **State Cup Games U15-U18**:

   No guaranteed playing time.

2026-2027 Season Tournament Schedule-U15-U16 Boys and Girls

The Fall 2026 Tournament Schedule was updated on July 2, 2026.

Fall Tournaments for Boys and Girls "A" Teams

- August 8-9, 2026 -MLS Next Rondos for Boys' "A" Teams and GA Friendlies for U15-U19 Girls' A" Teams. This is a required travel event in St. Louis.

  REQUIRED EVENT

- September 5, 6, 7, 2026 -Scott Gallagher Friendlies (St. Louis, MO) (Labor Day Weekend)

  REQUIRED EVENT

  (The Gallagher friendly games may be held over 3 days which would include the Monday of Labor Day.)

- September 26-27, 2026-Sporting Iowa Fall Cup-Des Moines, IA. (HY-VEE PLEX-GRIMES, IA)

- State Cup- Two Weekends -Weekend #1 is October 17-18, 2026, and will be held in Des Moines, Iowa at the Hy-Vee Plex in Grimes, IA. Weekend 2 will be held the weekend of October 24-25, 2026, at TBK-Bettendorf, Iowa.

- November 14-15, 2026 -COLLEGE SHOWCASE AT TBK-BETTENDORF.

Fall Tournaments for Boys and Girls "B" Teams

- August 15-16, 2026 - Tournament at TBK Complex-Bettendorf, Iowa

- August 22-23, 2026 -Evolution Soccer Tournament at Tuma Soccer Complex, Marion, Iowa

- September 26-27, 2026-Sporting Iowa Fall Cup-Des Moines, IA. (HY-VEE PLEX-GRIMES, IA)

- State Cup- Two Weekends -Weekend #1 is October 17-18, 2026, and will be held in Des Moines, Iowa at the Hy-Vee Plex in Grimes, IA. Weekend 2 will be held the weekend of October 24-25, 2026, at TBK-Bettendorf, Iowa.

- November 14-15, 2026 -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-2027 -Iowa City, Iowa. Tournament Held in HTRC.

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

- US Club Soccer Regionals-Mid June 2027-Chicago Suburbs

2026-2027 Tournament and League 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 games on both days of the weekend. To protect the players on the teams and the integrity of the club at each event, there are consequences for players 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.

If a family must withdraw their child from the tournament, the tournament withdrawal is documented. Please note that withdrawal from even one game of a tournament is considered a full withdrawal from the tournament. If an ISC Advanced Year-Round player pulls out of two or more tournaments during the 2026-2027 soccer year, they will be moved to provisional status.

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.

Accepted Excuses for withdrawing from a tournament:

Medical or family emergencies are excusable reasons for pulling out of a tournament. If an injury, illness, or family emergency prevents your child from participating in a tournament, the withdrawal will not have an impact on your child's status as a full member of the ISC Advanced Year-Round program.

Family emergencies may be a funeral, a very ill family member, or some other family crisis that you feel must be attended to immediately. 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 for parents who commit their children 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 you to 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 must 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 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.

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, your team coach, 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 the withdrawal will be documented.

Please read the other related ISC policies below for tournaments and league games.

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

We typically take a significant 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.

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 which is focused on ALL our players. The coaching staff believe in the value of developing all 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 to our administrative capacities as an organization.

3) League game withdrawals.

If you need to withdraw your son or daughter from a league game that they committed to playing in, please contact us as soon as possible so we can do our best to adjust the rosters. If an injury, illness, or family emergency prevents your child from participating in the league game, the withdrawal will not have an impact on your child's status as a full member of the ISC Advanced Year-Round program.

If a player withdraws from two league games or more that they have committed to during the 2026-2027 soccer year, they will be moved to provisional status.

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

1) Email the director of coaching, team coach, and your team manager.
Director of Coaching: jon.cook@iowasoccerclub.com

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