

Fall Soccer Parent Information Sheet

FREQUENTLY ASKED QUESTIONS

How are divisions formed? We follow Colorado school guidelines. Children will be registered based on their grade level as of October 1, 2016.

Grade	Division Name	Game Days
PRE K & Kindergarten	COED - U6	Mondays / Wednesdays / Fridays
1 st & 2 nd Grade	COED - U8	Tuesdays / Thursdays / Fridays
3 rd & 4 th Grade	BOYS - U10	Mondays / Wednesdays / Fridays
3 rd & 4 th Grade	GIRLS - U10	Mondays / Wednesdays / Fridays
5 th & 6 th Grade	BOYS - U12	Tuesdays / Thursdays / Fridays
5 th & 6 th Grade	GIRLS - U12	Tuesdays / Thursdays / Fridays
7 th -9 th Grade	BOYS - U16	Mondays / Wednesdays / Fridays
7 th -9 th Grade	GIRLS - U16	Tuesdays / Thursdays / Fridays
10 th -12 th Grade	COED - U19	TBD

Changing to a different division based on grade is not recommended. A child may move up one grade level only if the parent signs a waiver acknowledging that they are aware their child may be playing with children up to two years older. A player may move down one grade level by providing a signed statement from a physician describing a condition or disability that would prevent the child from playing within his/her division. *NOTE: The medical statement must be submitted to the PRCS Sports Office for approval.* If a child is held back a grade, a letter from the school will need to be provided with the registration. Players may not waive into the program.

How does Recreation Services organize leagues?

1. The leagues are based on the number of teams in each division and the number of players at the practice locations.
2. Practice sites that do not have enough players to make a team will be relocated to the nearest available practice location needing players. Relocated players will be notified.

What equipment do soccer participants need?

- **Uniforms:** Recreation Services provides the official team jersey. Your coach will distribute jerseys prior to the first game.
- **Shoes:** Tennis shoes or molded-sole soccer shoes are the players' responsibility. Baseball cleats are not permitted.
- **Shin Guards and Socks:** For safety, shin guards are MANDATORY and are the players' responsibility for practices and games. Socks are required to cover the shin guards.
- **Jewelry:** No player will be allowed to wear earrings, watches, I.D. bracelets, necklaces or hard objects. Medical identification bracelets or chains are allowed if taped down.

When and where will my child practice? Practice may begin the week of August 8. Your coach will inform you of the location, time and date of your first practice. Each team may participate (*practice or game*) up to four times per week. A practice may last up to two hours and is organized by the coach. Coaches are given the option of moving the practice location within a 2-mile radius of the chosen practice site.

What rules apply to my child's soccer division?

PRE K & Kindergarten COED - (U6)

Number of players on field: 4 v 4, no goalkeeper
Ball size: Number 3
Goal width: 6 ft.
Field dimensions: 45 yards in length by 20 yards in width
Duration of play: (4) ten-minute periods/five-minute half time

1st & 2nd Grade COED - (U8)

Number of players on field: 5 v 5, including a goalkeeper
Ball size: Number 3
Goal width: 6 ft.
Field dimensions: 45 yards in length by 20 yards in width
Duration of play: (4) ten-minute periods/five-minute half time

3rd & 4th Grade BOYS/GIRLS - (U10)

Number of players on field: 9 v 9, including a goalkeeper
Ball size: Number 4
Goal width and height: 21 ft. in width by 7 ft. in height
Field dimensions: 80 yards in length by 50 yards in width
Duration of play: (2) twenty-five minute halves/five-minute half time

5th & 6th Grade BOYS/GIRLS - (U12)

Number of players on field: 11 v 11, including a goalkeeper
Ball size: Number 4
Goal width and height: 21 ft. in width by 7 ft. in height
Field dimensions: 80 yards in length by 50 yards in width
Duration of play: (2) twenty-five minute halves/five-minute half time

7th-9th Grade BOYS/GIRLS - (U16)

Number of players on field: 11 v 11, including a goalkeeper
Ball size: Number 5
Goal width and height: 24 ft. in width by 8 ft. in height
Field dimensions: 100 yards in length by 80 yards in width
Duration of play: (2) twenty-five minute halves/five-minute half time

10th-12th Grade COED - (U19)

Number of players on field: 11 v 11, including a goalkeeper
Ball size: Number 5
Goal width and height: 24 ft. in width by 8 ft. in height
Field dimensions: 100 yards in length by 80 yards in width
Duration of play: (2) twenty-five minute halves/five-minute half time

General Points of Emphasis

All players play a minimum of one half of each game.
Hard casts or splints of any material, even if padded, are illegal.
Field sizes may vary from park to park.

When are games played?

Games will begin the week of August 29 and end on or before October 14. Games time will start at either 5:30 p.m. or 6:30 p.m. Your coach will distribute game schedules to each player. In most cases, teams will have two games per week. Game schedules will be available on the web.

What if soccer is not for my child?

- PRCS will issue a full refund/credit if the activity is canceled by the City.
- Once the activity has started but is not yet 50% complete, the individual withdrawing can be refunded/credited 50% of the registration price.
- No refund/credit will be issued for a withdrawal if 50% or more of the activity is completed.

2016

Youth Sports Mission Statement

In pursuit of excellence in youth sports,
we are committed to creating a positive environment
for our youth's participation in and enjoyment of recreational sports.

Program Philosophy

The City of Colorado Springs Parks, Recreation and Cultural Services Department Youth Sports Program philosophy is to instill a positive attitude, sportsmanship, basic fundamentals, confidence, and high moral standards.

Youth Sports Programs develop the physical, psychological, and social aspects for youth.

Our programs emphasize participation, fun, sportsmanship, and promotes a non-competitive, recreational approach to sports. Participants, parents, and coaches are expected to support this value system.

Know the Policies of PR&CS

Warning Statement

Although participation in supervised athletics and activities is one of the least hazardous in which any person will engage, and serious injuries are not common, it is impossible to eliminate every risk. Participants have a responsibility to help reduce the chance of injury. Players must obey safety rules, report all physical problems to their coach, follow a proper conditioning program and inspect their own equipment daily. By registering, you acknowledge you have read and understand this warning. Those who do not wish to accept the risk described in this warning should not register or participate.

The City of Colorado Springs carries no insurance for players, coaches or spectators. The Emergency Medical Service will be called for any medical emergencies. Parents are responsible for all charges resulting from a medical emergency.

American with Disabilities Act (ADA)

The City of Colorado Springs complies with the ADA and will make reasonable accommodations to enable people with disabilities to participate in and enjoy recreation programs. If you require an auxiliary aid or service for participation (e.g. sign language interpreter, Braille format, adaptive equipment) please contact the Sports Office at (719) 385-5981 at least two weeks prior to program start date to help us serve you better.

Large Type Brochures

A copy of this brochure is available in large type upon request. Please contact the Sports Office at (719) 385-5981, if you would like to receive any portion of the brochure in large type. Three to five days notice is required.

Memories that Last

By registering in Recreation Services activities, you hereby consent to the photographing of your child by the City of Colorado Springs and/or their agents. You hereby consent to the use of these photographs singularly or in conjunction with other photographs or video recordings for PR&CS marketing and training purposes without compensation.

Concussion Awareness and Safety

A concussion is a brain injury.

Concussions are caused by a bump or blow to the head.

Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion.

Signs and symptoms of concussion can show up right after the hit/fall or may not appear or be noticed until days or weeks after the injury.

If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

Signs and Symptoms

Appears dazed, confused, or stunned
is confused about assignment or position
forgets instruction
unsure of game, score, or opponent
moves clumsily
answers questions slowly
loses consciousness (even briefly)
shows behavior or personality changes
can't recall events prior to or after hit or fall
headache or "pressure" in head
nausea or vomiting
balance problems or dizziness
double or blurry vision
sensitive to light and/or noise
feeling sluggish, hazy, foggy, or groggy
concentration or memory problems
or just does not "feel right"

Parents can also take an active approach to learn more about concussions.

Heads Up: Concussion in Youth Sports is a free, online course available to coaches, parents, and others helping to keep athletes safe from concussion.

It features interviews with leading experts, interactive exercises, and compelling storytelling to help one recognize a concussion and know how to respond if they think that their athlete might have a concussion.

http://www.cdc.gov/concussion/HeadsUp/online_training.html

Volunteering "You want ME to coach a youth sports team?!"

If you're feeling intimidated by the thought of coaching, relax, we aren't the pros. Our goal is for our young players is to develop a foundation based on support, encouragement, and skill development. Our Coaching Program is designed so players develop a positive image of themselves, their teammates, coaches, game officials and opponents. It is the goal that every volunteer coach be trained and certified. You can quickly learn the fundamentals by talking to others, reading a coaching manual and attending all the coaches training sessions. Applying those techniques will ensure proper skill development and a satisfying experience for everyone. If more information is needed, please call (719) 385-5981.

PLUS... All Head Coaches will receive a coupon for 50% off a future registration for a youth sports team. Coupon is valid for one calendar year from the time of issue.

Does Sports ever cancel games?

Games will not be canceled due to wind, cold or damp conditions. Dress appropriately. When in doubt... report to the field. If weather conditions do require cancellations, PRCS will publicize weekday cancellations by 3:30 p.m. on

- call (719) 385-5981; select 5
- Facebook @ Colorado Springs Sports Office
- Twitter @ CSSportsOffice

Cancellations after 3:30 p.m. will be made at the site by the coaches and officials.

Who schedules pictures, trophies and end-of-season parties?

We recommend parents helping the coach plan those season extras like providing game refreshments and helping with scheduling pictures, trophies and/or after season parties. All team costs are the sole responsibility of the parents. Recreation Services does not endorse any photographer or business.

Note: It is a good idea to plan ahead for parties and banquets, as many places require reservations one to two months in advance.

Code of Ethics

"Ethics is a code of values which guide our choices and action and determine the purpose of our lives." -Ayn Rand

Players' Code of Ethics

I hereby pledge to be positive about my youth sports experiences and accept responsibility for my participation by following this Players' Code of Ethics:

- I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can, and will notify my coach if I cannot.
- I will expect to receive a fair and equal amount of playing time.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect regardless of race, sex, creed, or abilities and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun.
- I deserve to play in an environment that is free from drugs, tobacco, and alcohol, and expect adults to refrain from their use at all youth sports events.
- I will encourage my parents to be involved with my team in some capacity because it is important to me.
- I will do my very best in school.
- I will remember that sports participation is an opportunity to learn and have fun.

Parents' Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following the Parents' Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- I will remember that the game is for youth and not adults.
- I will do my very best to make youth sports fun for my child.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.
- I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.

Coaches' Code of Ethics

I hereby pledge to live up to my responsibilities as a coach by following the Coaches' Code of Ethics:

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I promise to review and practice basic first aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.

The Players', Parents' and Coaches' Code of Ethics was developed by the National Alliance For Youth Sports, A program of The Academy For Youth Sports Administrators.

Try one of these programs too!

BLUE MOON TRAIL RUN SUMMER SERIES

All Short & Long Series races start & end in Pinon Valley Park & go through Ute Valley Open Space. Both series races start 6 p.m.

SHORT SERIES

Short Series: #7559

5K: June 24; #7560

5K: July 29; #7561

5K: August 26; #7563

LONG SERIES

Long Series: #7558

5K: June 24; #7560

8K: July 29; #7562

10K: August 26; #7564

KIDS RACES

for Ages 12 and Under

½ mile and 1 mile

Start 5:30 PM

Managed by
Kokopelli Kids

Individual: \$30/person | Series: \$75/person | Race Day: \$45/person

Register is online at coloradosprings.gov/BlueMoon

CHALLENGER BRITISH SOCCER CAMP

The British coaches make learning fun, and challenge players to improve with maximum participation, maximum touches on the ball and maximum fun. Camp dates are June 6-10 and/or July 11-15.

NOTE: Registration taken only on www.challengersports.com

JUDO

Youth, ages 6-14, will be taught from Olympians under Head Coach, Eddie Liddie, Olympic Bronze Medalist and four-time Olympic Coach. Classes are Tuesdays & Thursdays; 6:30-7:30 p.m. at the OTC. Register for one or all of the remaining 2016 sessions May 26-July 21; August 23-October; and/or October 18-December 13.

ONE SPRINGS YOUTH BOXING

For ages 8 and up who want to learn about boxing and wish to develop skills using proper training techniques. USA Boxing certified instructors provide daily leadership and structure. Program runs year-round Mondays-Fridays; 5-7 p.m. at the Memorial Park Recreation Center. Register anytime!

PIKES PEAK LACROSSE

The City and PPL join forces to provide youth in Colorado Springs access to America's fastest growing youth sport. Participants can expect to be in an environment that teaches skills, builds character, encourages and values team play, and promotes good sportsmanship. Register for either the summer Learn-to-Play Camps at www.pikespeaklacrosse.com; Code PPL2016

SKYHAWKS SPORTS CAMPS

Skyhawks sports programs emphasize fundamental skill development by utilizing small group activities in a fun and positive environment. Camps accommodate both beginner and experienced players. Each camp is scheduled for one-week, Monday-Friday, for three hours each day. Fee: \$115/person/camp (*exception is Golf at \$130/person) **Details at www.skyhawks.com**

Fall Football Parent Information Sheet

FREQUENTLY ASKED QUESTIONS

How are divisions formed? Players will be placed in divisions based on their grade at school as of October 1, 2016. Players in the Pee Wee, Rookie, Flyweight, and Lightweight divisions who are over the original weight max for that division must play on the interior line of offense and defense and cannot advance the ball. These players will be identified as Patch Players and will wear orange stickers on the backs of their helmets.

Divisions Based on Grade		Division Specifics
2 nd & 3 rd Grade PEE WEE	COED TACKLE	No maximum weight Patch Players weigh over 85 lbs
4 th Grade ROOKIE	COED TACKLE	No maximum weight Patch Players weigh over 100 lbs
5 th Grade FLYWEIGHT	COED TACKLE	No maximum weight Patch Players weigh over 115 lbs
6 th Grade LIGHTWEIGHT	COED TACKLE	No maximum weight Patch Players weigh over 125 lbs
7 th Grade MIDDLEWEIGHT	COED TACKLE	No weight limits
8 th Grade HEAVYWEIGHT	COED TACKLE	No weight limits

Changing to a different division based on grade is not recommended. A child may move up one grade level only if the parent signs a waiver acknowledging that they are aware their child may be playing with children up to two years older. A player may move down one grade level by providing a signed statement from a physician describing a condition or disability that prevents the child from playing within his/her division. *NOTE: The medical statement must be submitted to the PRCs Sports Office for approval. If a child is held back a grade, a letter from the school will need to be provided.* Players may not waive into the program.

How does Recreation Services organize leagues?

1. Players at practice sites that do not have enough players to make a team will be relocated to the nearest available practice location. We will notify participants who are affected.
2. Leagues are formed depending upon the number of teams in each division and the locations of those teams. All youth tackle games are played at Memorial Park and/or Skyview Sports Complex

What equipment do football participants need?

The City of Colorado Springs NO LONGER issues Youth Football equipment. **Players are responsible for supplying their own N.O.C.S.A.E.-approved helmet and face guard, mouth piece, shoulder pads, practice jersey, pants and pads, and shoes.**



**SAVE MONEY & TAKE ADVANTAGE
PRCS SHOP WEEKS**
at Dick's Sporting Goods
both Powers Rd and Chapel Hills Mall Stores
20% Discount and Additional Specials Valid

When and where will my child practice? Practice may begin the week of August 1. Your coach will inform you of the location, time and date of your first practice. Each team may participate (practice or game) up to four times per week. A practice may last up to two hours and is organized by the coach. Coaches are given the option of moving the practice location within a 2-mile radius of the chosen practice site.

When are games played? Depending on participation numbers, Youth football games may be played at either Memorial Park and/or Skyview Sports Complex. Depending on division games will begin the week of August 20 or August 27 and end on or before Saturday, October 29. *(Some games may be played weekday evenings.)* Your coach will distribute game schedules to each player.

What rules apply to my child's football division?

All divisions: Players will play a minimum of 1 quarter per game

Pee Wee 2nd and 3rd and Rookie, & 4th Grade

Ball Size: K2

Plays per quarter: 14 | Game: 56

Minor Penalties: 3 yards | Major Penalties: 9 yards

- Pee Wee Patch players are over 85 lbs
- Rookie Patch players are those over 100 lbs
- Kick-offs occur at the kicking team's 20 yard line
- Punts are not counted toward the total number of plays allowed per quarter or game.
- One coach is allowed on the playing field during the game
- Touchbacks will be placed on the offensive team's 15 yard line

Flyweight, 5th Grade

Ball Size: TDJ

Plays per quarter: 16 | Game: 64

Minor Penalties: 3 yards | Major Penalties: 9 yards

Patch players are those over 115 lbs

- Kick-offs occur at the kicking team's 20 yard line
- Touchbacks will be placed on the offensive team's 15 yard line

Lightweight, 6th Grade

Ball Size: TDJ

Plays per quarter: 18 | Game: 72

Minor Penalties: 3 yards | Major Penalties: 9 yards

Patch players are those over 125 lbs

- Kick-offs occur at the kicking team's 20 yard line
- Touchbacks will be placed on the offensive team's 15 yard line

Middleweight, 7th Grade

Ball Size: TDY

Time: 4 - 8 minute quarters

Minor Penalties: 4 yards | Holding Penalties: 9 yards | Major Penalties: 12 yards

- Kick-offs occur at the kicking team's 30 yard line
- Touchbacks will be placed on the offensive team's 20 yard line

Heavyweight, 8th Grade

Ball Size: TDS (High School)

Time: 4 - 8 minute quarters

Minor Penalties: 4 yards | Holding Penalties: 9 yards | Major Penalties: 12 yards

- Kick-offs occur at the kicking team's 30 yard line
- Touchbacks will be placed on the offensive team's 20 yard line

WANTING FLAG FB?

National Flag Football

Partnering with the City, NFF will provide boys and girls, ages 4-14, the best football experience while emphasizing the fundamentals in a fun and safe way. Individual or team registration accepted. For more, visit call (720) 360-1600 or www.nationalflagfootball.com.

IMPORTANT

Coaches are provided with generic jersey for the team that can be used for games. If the team chooses to purchase team specific jerseys or decals. The City recommends coaches fundraise to help parents offset these costs. **These extra items are not required gear to participate in the program.**