



Livingston Parish Soccer Association

U13 - U18 League Overview

Fall 2013 and Spring 2017

Welcome to U13 - U18 Youth Soccer:

Please see the age matrix located on www.lpsa.org to determine your child's age group.

General Guidelines for the U13 - U18 player:

- Size 5 ball
- **Shin Guards are required. Socks must be worn over shin guards.**
- Soccer cleats are required.
Baseball/Softball cleats are not allowed.
Soccer cleats DO NOT have a cleat in the front of the shoe.
- Same gender teams
- 11vs11
- Goalkeepers
- Offsides is enforced.
- One Referee and two Assistant Referees officiate the game (depending on availability).
- Score is recorded.
- No metal of any kind (jewelry, clips, headbands, etc.)
- Exhibit good sportsmanship. Please review LPSA Code of Conduct.
- **Do not hang on soccer goals or pull on nets (safety is priority).**
- Attend practices and games regularly.

Practice Guidelines and Recommendations:

- Practices are typically 2 days per week for 1-1½ hours, depending on each team.
- Arrive prepared: Water, Soccer Ball, Cleats, and Shin Guards
- Shin Guards, Cleats, and Soccer Socks MUST be worn during all practices. Socks MUST be worn over shin guards.
- Practices will ONLY be held at the LPSA Soccer Complex.

Game Day Guidelines:

- Home team - White Jersey, Away team - Blue Jersey. It is recommended that you bring both jerseys to all games. Home team and away team are identified on the game schedule.
- Arrive prepared: Uniform, Water, Cleats, Shin Guards, Ball (optional)
- Games are divided into 2 equal halves of 30 minutes and one 5 minute half-time interval.
- Spectators should be on the opposite side of the field of the team bench.
- Opposing coaches and players should shake hands after each match.
- Respect Referee decisions.
- Most importantly, parents, coaches, non-participating players, and spectators should attend the game with the goal of enjoying and encouraging their child and the team.

Other Items:

- **Rainout Policy:** LPSA will close fields if necessary. LPSA will contact coaches, post on Facebook, post on www.lpsa.org, etc. when games are canceled or fields are closed. Please do not assume that games or practices are canceled unless you receive notification from your coach or it is officially posted. We do play in rain. We will cancel games and practices if weather conditions are dangerous.
- **Uniforms:** Uniforms will be given to the team coach as soon as they arrive. Each player will receive two jerseys (one white, one blue), one pair of shorts, and one pair of socks. This uniform is to be used for the Fall 2015 and will be used for the Spring 2016 season (if registered/registering to play).
- **Pictures:** It is the responsibility of the Team Coach to obtain a photographer to take team pictures/individual pictures. Team coaches may use the list of photographers provided to them by LPSA or a photographer of their choosing.
- **Fields:** Please keep our fields looking nice. Do not leave trash on the sidelines or fields.
- **Parking:** Parking is located in the gravel parking lots next to our fields or by the park. Please do NOT drive or park on the fields at any time.
- **Typically U13+ Teams Travel 4-5 (four - five) times per season to other clubs for competition.** Some teams may opt to attend a tournament during the season. Tournaments are typically an additional cost depending on which tournament is chosen or if there are sponsors to cover costs.