

Kettle Moraine Soccer League

Parent Handbook



Fun, Fitness and Fair Play!

Revised 2019:

TO ALL PARENTS AND SOCCER PLAYERS:

Welcome to the Kettle Moraine Soccer League (KMSL). KMSL consists of separate clubs from Erin, Hartford, Hustisford, Jackson, Juneau, Kettle Moraine YMCA, Kewaskum, Richfield, Slinger, and WCFC U-7/8 Academy.

Our philosophy is FUN, FITNESS AND FAIR PLAY!

KMSL was established as a low-key, low-pressure soccer league. While we are always looking for new ways to improve the league, our original goals and objectives have remained unchanged - primarily, these goals are to see that each young player learns the basic skills of soccer or improves existing skills in an atmosphere of fun, teamwork and good sportsmanship. Competition is a natural ingredient existing in all team and most individual sports. We simply do not stress competition as being the primary purpose of this program.

The following pages of this brochure contain information about the rules of soccer and the regulations of the KMSL, as well as information designed to help parents and players in making playing soccer a positive experience for all involved. Please take the time to read the entire brochure.

Volunteer coaches or assistant coaches who do not totally support this philosophy, or who take issue with the rules set down to keep KMSL as a low-pressure program, are asked not to apply, but perhaps volunteer in a non-coaching capacity.

Your comments and suggestions are welcome and help us to continually improve the program. Please do not hesitate to call your KMSL.Representatives.

BILL OF RIGHTS FOR YOUNG ATHLETES

- Right to participate in sports.
- Right to participate at a level commensurate with each child’s maturity and ability.
- Right to have qualified adult leadership.
- Right to play as a child and not as an adult.
- Right to participate in safe and healthy environment.
- Right to proper preparation for participation in sports.
- Right to equal opportunity to strive for success.
- Right to be treated with dignity.
- Right to have fun in sports.

KMSL AGE DIVISIONS

As of August 1st of the current year at fall registration...

- U-7 Under 7 years old
- U-8 Under 8 years old
- U-9 Under 9 years old
- U-10 Under 10 years old
- U-12 Under 12 years old
- U-14 Under 15 years old (but not out of 8th grade)

Each season consists of two halves of seven or eight weeks each. The first half is in fall and the second half is in spring. Beginning with the fall season, new teams are organized and players return to the same team in spring.

<p>Key</p> <p>A single line in the left-hand margin indicates a change</p>

UNIFORMS AND EQUIPMENT

Each player is required to provide their own soccer or athletic shoes. Soccer shoes are not required, but highly recommended! Should you decide to purchase soccer shoes, molded type cleats are acceptable. **NO** baseball or football shoes or shoes with a large single toe cleat are allowed. Each player must have a team jersey. Shorts must be 90% same team color. Socks must be 90% same team color.

SHIN GUARDS ARE MANDATORY. Other pads of any kind are not allowed except for the goalie, who can wear sweat pants, kneepads and approved headgear at any time. Shin guards are to be age and size appropriate.

Jeans are not acceptable playing attire. If temperatures are below 50 degrees at game time, players may wear additional clothing (including knit caps and gloves). Jerseys must be the outer layer. Team shorts may be worn over any color athletic pants or athletic pants the same color as the team shorts can be worn over the shorts. Over 50 degrees, shorts are required - no pants of any kind.

Earrings are not allowed during games. They cannot be covered, they must be removed. Beads, barrettes or hard headbands are not allowed. Non-prescription sunglasses are also not allowed.

Anti-concussive headbands are allowed.

A soccer ball is as important to a soccer player as a baseball glove is to a baseball player. While a soccer ball is not required for your child to participate, it is strongly recommended that each player should have their own soccer ball, clearly marked with their name.

PRACTICES AND GAMES

Practices will be held weekly, with the location determined by the individual clubs or coaches. Teams are allowed to begin practices no sooner than March 15th for the spring season and August 15th for the fall season. Four hours of practice per week is permitted during the weeks preceding the first scheduled game. Each team is required to hold one practice session per week and is not permitted, under any circumstances, to hold more than three hours of practice per week during the season. A practice game or scrimmage is considered a practice session.

All KMSL coaches are volunteers who donate a good deal of their time so that your children can have fun playing soccer. Practice schedules are determined by the coaches. The number and length of practices will vary from team to team based on a number of factors such as: the availability of the coaching staff, the age level, and preseason vs. regular season. Players can work on many individual skills between team practices. Please see that your child understands their responsibility as a team member and attends the practices as well as games, and notifies the team coach in advance when they cannot be in attendance. A player who consistently attends and effectively participates in practice will play at least half of the game.

Schedules for games will be distributed before the first game. Most games will be played on Saturdays; times vary from week to week. Some of our fields are in low areas - excessive rainfall could cause some changes in scheduled games.

Soccer is played in most any kind of weather. Normally games are not canceled because of rain. Most games will not be canceled until game time at the scheduled field. Weather can be very localized. Games may be canceled on your home fields, but may still be played at your scheduled away field. Do not assume that games are cancelled. Your coach or league will contact you if games are cancelled prior to scheduled start times. If games are in progress and weather becomes stormy, referees are instructed to halt games when there is lightning in the area. See the policy section after Rule 17 for the KMSL lightning/thunder policy. If you feel a game is being played under such conditions, remove your child from the field and report the incident to a club or league representative.

VOLUNTEERS IN KMSL

The success of KMSL depends primarily on the acceptance of our philosophy and rules, and the participation of countless enthusiastic volunteers. The best way to be sure that this program is a good experience for your youngsters is to get involved!

This season we will have many league teams serving well over 1,500 kids. This means many referees and linesmen will be needed every Saturday. Each team must have a least one coach and may have assistant coaches accounting for many other volunteers this season. Club volunteers are needed to help organize teams, distribute equipment, act as a liaison between the coaches and program coordinators, notify coaches of program changes and collect equipment at the end of the season.

Volunteers are also needed to help with mailings, registrations, and to put up and take down nets and flags before and after games. Clinics and meetings will be provided to help the inexperienced. Anyone who would like to learn more about the rules and skills of soccer is encouraged to attend the meetings and clinics.

Many of our volunteers have been doing more than their share by coaching more than one team in a season and volunteering for more than one job within the program.

DO YOUR SHARE! VOLUNTEER AND SIGN UP NOW!

SPECIAL HINTS FOR PARENTS AND YOUNG ATHLETES

Many books and research publications are available which explain the proper approach in dealing with youngsters involved in sports activities. Summarized below is a list of the points most frequently emphasized.

KMSL fully endorses these recommendations and encourages all parents to consider them carefully.

Make sure your children know that, win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best and avoid fear of failure based on the prospect of disapproval and family disappointment if they don't measure up to expectations. Give them positive re-enforcement. Learn to hide your feelings if you are disappointed.

Try to be completely honest with yourself about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.

Be helpful, but don't "coach" on the way to the field, on the way back, etc. It's difficult not to, but it's a lot tougher for the child to receive constant advice, pep talks and critical instruction.

Teach them to enjoy the thrill of competing by trying their best. Don't tell them winning doesn't count, but help develop the feel for competing, trying hard, and having fun.

Try not to re-live your athletic life or lack of one through your children's experience in a way that creates pressure. Let them make mistakes. Let them make their own decisions on the field. Let them be creative. Don't pressure them because of your pride. Don't assume they like the same things you like, want the same things, or have the same attitude. Think of your child as a child, not as "my son or daughter, the athlete!"

Don't compare the skill, courage or attitudes of your children with other members of the team, at least in their hearing. If your children show a tendency to resent the treatment they get from the coach or the approval another team member gets, be careful to talk over the facts quietly and try to provide fair advice.

Get to know your children's coaches so that you can be assured that their philosophy, attitudes, ethics and knowledge are such that you are happy to expose your children to them. Coaches can have a tremendous influence on your children. Too many parents let their children play for coaches whose approach is less than desirable. Here is where you should speak up!

Remember that children tend to exaggerate both when praised and when criticized. Temper your reactions - take a look at the situation and gradually try to develop a calm response. Don't overreact and rush off to the coach if you feel an injustice has been done. Investigate, but anticipate that the problem may not be as it appears.

DO'S AND DON'TS FOR PLAYERS AND PARENTS

PLAYERS:

- DO have fun playing soccer!
- DO get to your practices and games on time.
- DO wear the required equipment and clothing to practices and games.
- DO be fair and generous to your teammates and opponents
- DO stay with your teammates on the sidelines so that you are ready when it is your turn to play.
- DO thank the referee at the end of your game.
- DO read and learn the KMSL rules and ask your parents to read them too!
- DO be a good loser and a graceful winner.
- DON'T criticize your teammates or opponents.
- DON'T use bad language - you could be ejected from the game.
- DON'T argue with the referee.
- DON'T practice on game fields unless authorized - use other parks or open areas.

PARENTS:

- DO remember that KMSL is a recreational and instructional league - relax at the games and watch your child learn, improve and have fun.
- DO see that your child is properly dressed for the game and has the required equipment.
- DO introduce yourself to your child's coach and offer to help in any way you can. Learn with your child by helping with practice sessions, or offer to contact other parents and arrange for a half-time treat such as juice or orange slices.
- DO cheer the players of both teams in a positive way. There is a big difference between yelling to a child and yelling at them. Yelling to them is okay, once in a while, but don't expect results – they are trying to concentrate on the ball, his teammates, his opponents, and the game - trying to listen to someone on the sidelines is very confusing.
- DO bring lawn chairs and blankets, but be sure to place them 10 feet behind the touch line - remind others, it is a KMSL rule!
- DO thank the referee and let them know when they called a good game.
- DO read and learn the KMSL rules and go over them with your children.
- DO speak up if you have a concern. Discuss your concerns with the coach, Club officers or League Representatives.
- DON'T criticize the players, coaches or referees.
- DON'T use bad language - you could be ejected from the park.
- DON'T expect the referee to see everything that happens on the field and don't tell them what they missed!
- DON'T offer the referee your glasses, your whistle or your running shoes - even if you think the referee needs them. If you have a serious complaint, contact your Club or League representative.
- DON'T coach from the sidelines.

PLAYERS & PARENTS:

REMEMBER, IT IS NOT THAT YOU WON OR LOST, BUT HOW YOU PLAYED THE GAME!



KETTLE MORAINÉ SOCCER LEAGUE

For the Rules of the Game, please reference and review the [KMSL Rule Book](#).

For the full interpretations of the rules, refer to the official IFAB Laws of the Game, consult with appropriate members of the KMSL, Director of Referees or your referee after the game.

THE FOLLOWING POLICIES ARE ALSO IN EFFECT FOR THE KMSL

1. A player who consistently attends and effectively participates in practice will play at least half of the game.
2. It is in the interest of the program and players to develop skills and appreciation of every position on the soccer team. It is, therefore, the policy of this program to rotate players in a different position from time to time.
3. A player in the KMSL may not also be registered and participate in a league that uses tryouts, invitations, recruiting or any like process to roster players selectively to any team on the basis of talent or ability.
4. A player in the KMSL may be registered with only one KMSL member team at a time.
5. Opposing players and coaches are to shake hands after each game.
6. No alcoholic beverages will be consumed or allowed near the playing area
7. Smoking or vaping is not allowed near the playing area.
8. Lightning can travel 10 miles from a storm. Thunder can be heard from 10 miles away. The KMSL policy is that games are to be suspended when thunder is heard. Everyone is to leave the field and seek shelter in cars or buildings, not under pavilions. The game is to remain suspended for 30 minutes after the last sound of thunder.
9. U-14 players may practice heading a maximum of 30 minutes a week with no more than 15-20 headers.