

FALL 2022 YOUTH SOCCER

PARENT INFORMATION SHEET

FREQUENTLY ASKED QUESTIONS

How are divisions formed? We follow Colorado school guidelines. Children are registered based on their grade level as of October 1, 2021.

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	Tuesdays / Thursdays / 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	COED - U16	Mondays / Wednesdays / Fridays

FOR SOCCER: Players must be 4 years old by the start of the program (August 8, 2022). Player's younger may NOT waive into the program.

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 an impairment/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.

How does Recreation Services organize leagues?

- The leagues are based on the number of teams in each division and the number of players at the practice locations.
- 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.
- Based on registration numbers per division, league play may be modified to allow for play. i.e. 11 V 11 to a 7 V 7

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.

When are games played? Depending on participation numbers

and field sizes, Youth soccer games may be played at either Memorial Park, Venezia Park, Cottonwood Park and/or Gossage Youth Sports Complex. Additional game sites could be added for Pr-K - 2nd grade leagues.

Games will begin the week of August 29 and end on or before October 15. Games time will start at either 5:30 PM or 6:30 PM. In most cases, teams will have two games per week. Game schedules will be available at www.coloradosprings.gov/Youth-Sports.

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.

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: 7 v 7, including a goalkeeper
Ball size: Number 4
Goal width and height: 12 ft. in width by 6 ft. in height
Field dimensions: 60 yards in length by 40 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: 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

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

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.

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 PRCS

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.

Photography

By registering in Youth Sports' 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 PRCS 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 PM 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.

CHECK OUT THESE PROGRAMS TOO!

SWITCHBACKS SOCCER CAMP

Monday-Wednesday; Dates July 11-13

Youth ages 5-18 learn skills, drills, and techniques from the Switchbacks FC professional coaching staff and players! Camp is held at Venezia Park for the first two days, then culminating with a meet and greet with the current roster of the Switchbacks FC. Registration details: www.coloradosprings.gov/youthsports.

ONE SPRINGS BOXING

For ages 8-21 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 Monday - Friday, 5-7 PM at Otis Park. Register anytime: www.coloradosprings.gov/youthsports.

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.

PIKES PEAK &/OR PATRIOT LACROSSE CLUBS

The City joins forces to provide youth in Colorado Springs access to America's fastest growing youth sport. Lacrosse players can expect to be in an environment that teaches skills, builds character, encourages and values team play, and promotes good sportsmanship. For specifics, see www.pikespeaklacrosse.com OR www.patriotlax.org.

TINY TYKES SOCCER

Partnering with Challenger Sports, Youth Sports is proud to introduce Tiny Tykes Soccer for ages 2-3 years old. This is a 6-week practice program beginning late August. Register at: www.challengersports.com/tinytykes/.

WINTER SOCCER

Ages 4-16 (Divisions determined by grade)

Registration runs August 15- September 30

Soccer practices begin week on October 17 and games begin Sunday, November 6.

FALL 2022

YOUTH TACKLE 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, 2021. Players in the 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
3 rd Grade & 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
6 th /7 th Grade MIDDLEWEIGHT	COED TACKLE	D-11 School Based Teams No weight limits Players are NOT required to weigh-in
8 th Grade HEAVYWEIGHT	COED TACKLE	D-11 School Based Teams No weight limits Players are NOT required to weigh-in

FOR FOOTBALL: 2nd Graders can waive into the Rookie Division.

FOR 6TH GRADE FOOTBALL:

- All 6th graders can register in the Lightweight division. These youth are required to be weighed between June 13-July 22.
- 6th grade D-11 Middle School students can play in a combined D-11 6th & 7th Middle School program. Only D-11 Middle School students or participants residing within the D-11 school boundaries will be allowed this opportunity.
- 5th grade students may NOT waive the D-11 Middle School program.

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 an impairment/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

All registered participants must be officially weighed Monday-Friday; June 13-July 22; 8 a.m.-5 p.m. at the Sports Office. The participant's weight at this time is their official weight for the season. Re-weighing is not allowed.

How does Recreation Services organize leagues?

- 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.
- 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?

Players are responsible for supplying their own NOCSAE-approved helmet and face guard, mouth piece, shoulder pads, practice jersey, pants and pads, and shoes.

When and where will my child practice? Practice may begin the week of July 25. 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, Venezia Park, and/or Skyview Sports Complex. Depending on division games will begin the week of August 22 and end on or October 15. *(Some games may be played weekday evenings or Saturdays.)* 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

Rookie, 3rd & 4th Grade *(2nd Graders can waive into Rookie division)*

Ball Size: K2
Time: (4) 12-minute quarters *(running clock)*
Minor Penalties: 3, 6 yards | Major Penalties: 9 yards

- Rookie Patch players are those over 100 lbs
- Kick-offs occur at the kicking team's 20 yard line
- 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
Time: (4) 12-minute quarters *(running clock)*
Minor Penalties: 4, 8 yards | Major Penalties: 12 yards
Patch players are those over 115 lbs

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

Lightweight, 6th Grade

Ball Size: TDJ
Time: (4) 12-minute quarters *(running clock)*
Minor Penalties: 4, 8 yards | Major Penalties: 12 yards
Patch players are those over 125 lbs

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

Middleweight, 6th/7th Grade

Ball Size: TDY
Time: (4) 8-minute quarters
High School Rules

- Kick-offs occur at the kicking team's 40 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
High School Rules

- Kick-offs occur at the kicking team's 40 yard line
- Touchbacks will be placed on the offensive team's 20 yard line

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.