



Player Rules

Practices:

- 1.) **Be on time.** All players must be on time to all trainings. Players must arrive 15 minutes before practices ready to play with their shin guards and cleats on.
- 2.) **Bring ball to practice.** All players will be given a size 5 ball for the season and each ball will have their numbers on it. FCA owns these soccer balls and they are given to the teams for use, so please do not decorate the ball with art. Each player will be responsible to keep track of their ball for the entire season. This means locating the ball after games and practices and bringing it to every practice and game. (If a player loses a ball she must notify the coaches and must bring own ball to practices and games. There are drills where each girl needs a ball to participate.)
- 3.) **Ball pumped up.** All players need to make sure their balls are pumped up before practice. Please be careful not to over pump your ball. A good way to tell if a ball is pumped up is place the ball on the ground and if you can make a large dent in ball, then it needs air. If you can start to see the seams of the stitching on the ball, then you have over pumped the ball and it will start to lose air.
- 4.) **Must be at all practices to start in game.** Players must be at all practices during the week to start in the following game (unless the player has contacted the coach ahead of time and has given a good reason for absence). If players cannot make a practice, please contact either the head coach or the team manager before the practice.
- 5.) **Must wear practice gear.** Each player must be in appropriate practice attire at practice. This includes: FCA practice shorts, FCA practice shirts, FCA socks, shin guards, and cleats. **Girls must have turf shoes. Turf shoes are soccer shoes that do not have the long hard 8 cleats on the bottom. Turf shoes with the tiny stubs are preferable to play on astro-turf. During the winter practices and games can be on astro-turf and regular cleats are not permitted on the surface.
- 6.) **Listen to coaches.** As soon as the players step onto the field at practice they must be ready to talk on soccer. It is fine for the girl talk to happen while they are putting their shoes on or as soon as practice is over. But when we gather together for practice all eyes and ears need to be on the coaches.
- 7.) **Complete Bi- weekly Evaluations.** We will hand out evaluations to players every other week that need to be filled out and returned to the coaches the next following practice. The coaches will read and make comments on evaluations and return back to players. These evaluations will also help determine if players should swing up/down between teams. These will help players know what areas they need to be working on through out the season. Failure to turn in evaluations on time will result in extra work at practice.



Games:

- 1.) **Be on time.** All players must be on time for games. Players must be ready to warm-up 45 minutes prior to game time. If a player is late to a game it will affect their starting spot and their playing time for that game.
- 2.) **Bring both uniforms.** Players must bring both yellow and white uniform to every game. There are times where we might need to change colors.
- 3.) **Wear warm up shirt.** This year we will be having gold warm-up shirts that are to be worn to every game. Then before the game the players will change into jersey.
- 4.) **Bring ball.** Players must bring their designated ball to every game. Each ball is needed to have an affective warm-up.
- 5.) **Bring all soccer shoes.** Players need to come prepared to play on every surface. Must bring 8 cleated shoes (regular cleats), turf shoes, and screw in cleats (soft ground cleats), if desired. Screw-ins/Soft ground Cleats are 6 studded soccer shoes that are good for muddy fields. These are not required, but are recommended for the rainy season. Players who do not have turf shoes for astro-turf games and practices will not be allowed to play/practice due to field regulations.