

1. Welcome:

Welcome to Kettle Moraine Soccer Club. If you've got a child who would like to play soccer, you've come to the right place! We are a club run by volunteers with the best interests of our kids in mind. We have an emphasis on fun and age appropriate learning and appreciation of the game of soccer. We look forward to your children (and you!) having a good experience in our program.

There are many different leagues that soccer teams can belong to in the state of Wisconsin. We play in leagues that are governed by the Wisconsin Youth Soccer Association (www.wiyouthsoccer.com). They provide guidelines for almost everything we do.

2. Communications with the Club:

Our primary mode of communication with players and their parents is through the team managers. Typically, schedules, team information and so on will be distributed through your team manager. Your coach is also a good resource. Typically, the coach will be most up to date on rules of the game, league issues, player issues and etc. Thirdly there is the KMSC website. Everything you need to know about KMSC can be learned from our web site at the following address:

www.kmsc.com

This is your conduit to registration, upcoming events, board members, news and information, problem resolution, volunteering etc. We hope you will visit the website regularly, use it to communicate things about our club that make you happy and the areas you would like to see improvement. You can contact the board through the website and we will respond within a reasonable space of time. It is the most reliable way to get your questions answered or your problem solved. Remember, KMSC is YOU and your family – help where you can and have a voice!

3. Registration:

Our registration takes place in April and is an entirely electronic registration. To register your child, simply go to our web site (www.kmsc.com) and pull up the “registration” page. Don't have access to the web? Not to worry! The Delafield public library has web access, and, if all else fails, we can set you up with someone who can take your information and enter it for you! This system has proven to work very well and makes management of the club information a much more streamlined process. It is also the way the state will be asking for information in the future, so it behooves us to continue to streamline our system.

4. Fees:

Kettle Moraine Soccer Club is a not-for-profit organization. We do not receive any funding from local municipalities so our calculated per-child costs become our per-child fee. Among the costs covered by your fees are; your child's uniform, referee fees, insurance, per child state and league fees, field maintenance, coaching fees for select teams, equipment provision and so on.

5. KMSC Membership:

Kettle Moraine Soccer Club currently serves over 400 players ranging in age from 4 – 18 years old and our numbers are growing every year. We field multiple teams in our youth recreational brackets and have select teams at almost every age bracket from U11 through U18.

Our Players:

At Kettle Moraine Soccer Club the players come first. We will do our best to field recreational and select teams at every age level for which there is player interest.

Recreational (Rec.) Soccer: Recreational soccer is played with an emphasis on player development and having fun. At the younger age groups it is typically small-sided (fewer kids on the field) with boys and girls on the same team. As the children age, the number of players on the field increases and boys and girls are separated. Typically, practices are limited to one or two per week, each child is entitled to play at least half of every game and there is no official scoring of the games. Everyone regardless of skill level is welcome in rec. soccer! At the recreational level, we currently support teams involving children from under 6 (Pee Wees) through 13 years old (U14), and we are always trying to increase the numbers of interested kids and teams! If you have a child for whom there does not appear to be a team, speak with us and speak with your child's friends – with your help, we will do our best to accommodate them. Our recreational coaches are required to have a minimum state license level of "G" or "Y1" and are required to sign a "kidsafe" disclaimer.

Select Soccer: Select soccer is for the players who are more competitively minded. As a club, we still emphasize the love of the game and player development, but we venture out into "competitive" leagues where scores are kept and where the children will typically see a higher level of competition and dedication to the sport. Select soccer begins at age 10 (U11) usually when the players enter the 5th grade. Players are "selected" for our teams through a tryout process that commences in June preceding the August season. As with recreational soccer, it is our desire to field teams to allow any player who wishes to play select soccer the opportunity to play. The leagues we play in have varying levels of competitiveness so that children of like skill level will have the opportunity to play against each other. Select teams typically practice two times per week, play almost all of their league games in the Milwaukee area, and will have more involvement with tournaments. We also require higher level licensing from our coaches and look for previous playing and / or coaching experience in the coach selection process.

Our Volunteers:

Since we are a volunteer organization, we always need your help. This club is run by you and for you and your family! We can always use assistance in every aspect of club management from field maintenance and coaching to interaction with the league and treasury duties. The following are some of the many areas where we use volunteers. Please choose an area that interests you and advise your manager. We will ask for your assistance, but will try not to over ask. Whatever your interest area, we need you and can use your help.

Our Coaches:

The charge of the coaches within our program, both recreational and select is to create a safe and fun-filled experience for the players. They are asked to teach age appropriate soccer skills and to work fairly with all of the children, regardless of the skill level and talent of the individual child. Our coaches are all reminded that the children on their teams will benefit most by the coach setting good examples of sportsmanship, fairness, attitude and work ethic. Our coaches are developmental coaches who will teach each of their players each of the positions of soccer. The coach is a good resource to you for rules of the game, communication with the referees, player issues and so on. We can always use coaches and assistant coaches, so if you have ever had a desire to get involved with coaching, please let us know. We would love to have you and can help educate you no matter what your previous experience!

Our Managers:

As previously mentioned the managers are the backbones of our club and are the conduits of information and from the club to you! He / she is advised of everything that affects the players and their families. They will also typically hand out the uniforms and game schedules, put together the snack schedules for recreational teams, prepare the phone tree and assist with volunteer responsibilities. Managers are crucial to the smooth functioning of the team. If you have any desire to be involved with this aspect of your team, please let your coach know. They will be glad to have you!

Our Referees:

Most games for our younger children have one referee. This referee is the center referee and during a game, he / she is in charge of the players, the coaches and the parents. The game belongs to him / her (which is not as easy as it seems!) They are keeping track of the elapsed time, making sure the rules (laws) of the game are followed, stopping and restarting play and monitoring offenses. They also have the prerogative of ending a game due to inclement weather etc. As with anything, there are good referees and those who are working on getting better. Please offer all of them your respect and courtesy – maybe even thank them after the game. Most of the referees for our younger kids are kids themselves (maybe even your child!) who have taken on this responsibility! Give them the benefit of the doubt and, if situations arise for which you don't agree with the referee, please take your concerns to your coach. He / she can approach the referee and / or the league as necessary. Every year referee courses are held in the area. If you are interested in becoming a referee visit www.wisref.org for more information.

As the kids get older, the games will often involve a team of three referees – the center referee and two assistant referees. The center referee is still the one in complete control of the game but the addition of the assistant referees (linesmen) gives him / her additional eyes on the field. The assistant referees are responsible for indicating when the ball has gone out of the field of play and which team has the right to put the ball back into play. They also assist the center referee with off sides calls and other infringements they may notice that the center referee might not see. A raised flag is an indication that a linesman has seen some infringement of the rules.

The referees are all licensed for the position and paid for their time. If you or your children have any interest at all in becoming a referee, please let us know so we can help point you in the right direction. It can be a lot of fun, and a great way for kids to learn the rules of the game, develop some responsibility and earn a little money!

If a referee does not show up for your game and yours is a recreational soccer team, the best thing to do is have the two coaches get together and decide on a person or persons to referee the game. It is often acceptable for a parent or one of the coaches to referee all or part of the game. The overriding principal to be adhered to is to keep the kids safe on the field of play. If there are concerns that the safety of the children is being compromised, the game should be terminated.

If a referee fails to show up for a scheduled select game, the game is to be rescheduled in accordance with the rules of the league that govern the teams involved.

Our Parents:

Soccer is a great spectator sport and will provide a great deal of excitement for both your player(s) and you! What is asked of you as a parent in the Kettle Moraine Soccer Club is that you try to abide by our “Parents Code of Conduct” and try and volunteer where you can. The volunteer positions are as noted above (or if you have ideas for things you can do that don’t show up on that list, please let us know!), and the parents code of conduct is as follows:

“Parents Code of Conduct”

- Children have more need of example than criticism.
- Attempt to relieve the pressure of competition, not increase it. A child is easily affected by outside influences.
- Be kind to your child’s coach and to the officials. The recreational coach is a volunteer, giving of personal time and money to provide a recreational activity for your child.
- The opponents are necessary friends. Without them your child could not participate.
- Applaud good plays by your team and by members of the opposing team.
- Do not openly question an official’s judgment or honesty. Officials are symbols of fair play, integrity and sportsmanship.
- Accept the results of each game. Encourage your child to be gracious in victory, and to turn defeat into victory by working towards improvement.

Our Board:

The board of KMSC is made up of up to 11 dedicated parents or volunteers who are interested in the game of soccer as it relates to our youth. The purpose of the board is to facilitate the handling of club issues and insure that the club is managed in a manner consistent with our stated policies and procedures. The board is a great deal of fun and we are always looking for new members!

Board meetings are typically held the first Monday of each month at Brandybrook School and are always open to our membership and the public. The best way to contact a board member

between meetings is to e-mail the appropriate person through the web site. We will always attempt to respond within a reasonable time frame.

We hold an annual meeting in the spring, usually the first Monday in February that we hope everyone will attend. It gives us an opportunity to discuss club issues with you and gives you an opportunity to discuss your thoughts with us. It also provides a forum for election of new club officers and election to the board. We look forward to seeing you there!

6. Our Yearly Calendar:

Our season covers fall and spring playing schedules. Our typical calendar is as follows:

August: Practices start depending on coaches' desired starting dates

September: League games start – early September

October: League games end – late October

November: Pancake breakfast – first Saturday in November

February: Annual open meeting

April: Spring league games start – early April
Online registration – mid month
Confirm fall coaches for rec. and select

May: Pre-select informational meeting for U-11 and U-12 players

June: Recreational tournament (first Sunday in June)
League games end
Select tryouts (per WYSA schedule)

7. Equipment for the soccer player:

Soccer relies on very little equipment but some notes follow:

- a. A complete uniform will be provided by the club – jersey, shorts and socks.
- b. The player must wear soccer shoes, which can be either cleated (good for wet or softer field surfaces) or field shoes (many small cleats, good for dry or harder field surfaces.) Baseball or football cleats are not allowed.
- c. Shin guards are mandatory. Best for youth players are those that have protection for the ankle and Achilles tendon as well as the shin.
- d. Since soccer is played during most weather conditions, it is not a bad idea for the older kids (U10 +), to have the following accessories in their bags:
 - i. Field gloves, a hat and polypropylene underwear (top and bottom) to keep a player warm and dry during cold and / or rainy conditions. (Field gloves are usually a nylon glove with tiny rubber nubs all over the palm which besides keeping the player warm, will allow for better grip on throw-ins.)

8. Nutrition for the soccer player:

Soccer is an intense game that can require tremendous amounts of energy from the player. Balanced meals prior to a game can help the athlete perform better, feel better and recover quicker. Meals should be consumed no later than 1.5 to 2 hours prior to games. Although carbohydrates are our primary fuel for intense activity, the player should try to stay from the very simple carbohydrates like candy or sweetened cereals. Some examples of good pre-game meals and foods are as follows (an are of course, variable based on the age and size of the player):

Breakfast:

- Waffles w/ fruit and light syrup, 1 scrambled egg, 8 oz. Orange juice or
- Oatmeal w/ fruit and low fat milk, 2 low fat sausage links, 8 oz. Orange juice
- Simple fruit such as a banana or orange

Lunch:

- Turkey sandwich, apple, oatmeal raisin cookie, 8 oz. low fat milk or
- Peanut butter and jelly on a bagel w/ banana, granola bar, 8 oz low fat milk

Pre-game snack:

- Apple slices and a stick or two of string cheese
- 4 oz. of sliced turkey and a couple of fig newtons

It is also critically important to stay well hydrated both for body heat regulation and to prevent heat-related injuries. The best fluid for this purpose is water and young athletes should be encouraged to drink water well before a game and about every 10 to 20 minutes during periods of exertion.

Sports drinks have become popular and are good sources for replenishing fluids and carbohydrate stores both during and after games.

9. Tips for Soccer Players:

The following are some tips for soccer players, which will provide many years of good advice. Bear in mind that the younger players world is pretty small, so tailor these thoughts to the age of your soccer player – teach them when you think your young athlete will be able to absorb them. Remember that soccer is like checkers – easy to learn, tough to master – but great fun at all points in between!

- Don't dribble when you can make a constructive pass.
- Move to the open spot, away from your defender, so you are in a better position to receive the ball.
- When in doubt, kick the ball out.
- When your team has the ball, you are all on offense.
- When their team has the ball, you are all on defense.

- Passing back is useful for maintaining control when forward would not be safe.
- Make the easy play, let the ball work for you.
- Talk to your teammates, advise them of what they can't see.
- Always keep your eye on the ball.
- As a defender, stay between the ball and your goal.
- The closer the play develops towards your own goal, the tighter your defense.
- Exercise restraint and control, let your opponent commit himself first.
- Only challenge when you have a good chance to win the ball.
- Back up your teammates and help cover the space behind them.
- Always move toward the pass, don't wait for the ball to come to you.
- Beat your opponent to the ball.
- Shoot the first time.
- Play the ball, not the man.
- Always pressurize your opponent, pressure leads to mistakes.
- What you do without the ball is as important as what you do with it.
- The first three or four steps with the ball are the most important.
- Respect all opponents all the time.
- Be creative, use the skills you learned in practice and training

10. The rules: Soccer Made Simple, the rules shown below are for the Waukesha Area Recreational Soccer (WARS) league

**Waukesha Area Recreational Soccer
(Modified July, 2004)
(modified June 2005)**

1. Game Length:

- U6 4 quarters of 10 minutes each with a 2-minute break between quarters and a 5-minute half time.
- U8 4 quarters of 12 minutes each with a 2-minute break between quarters and a 5-minute half time.
- U9 and U10 2 halves of 25 minutes each with a 5-minute half time break.
- U12 2 halves of 30 minutes each with a 5-minute half time break.
- U14 2 halves of 35 minutes each with a 5-minute half time break.

2. Ball Size:

- U6, U7 and U8 Size #3
- U9 to U12 Size #4
- U13 and up Size #5

3. Field and Goal size

- U6 **Length-** 20 yards minimum, 30 yards maximum
Width- 15 yards minimum, 20 yards maximum
USYS recommendation- Length 25 yards, Width 20 yards
Goals- 4 foot by 6 foot

- U8 **Length-** 40 yards minimum, 50 yards maximum
Width- 20 yards minimum, 30 yards maximum
USYS recommendation- Length 40 yards, Width 25 yards
Goals- 4 foot by 6 foot (USYS) up to 6 foot by 12 foot

U9 and U10 **Length-** 45 yards minimum, 60 yards maximum
Width- 30 yards minimum, 40 yards maximum
USYS recommendation- Length 50 yards, Width 35 yards
Goals- 6 foot by 18 foot (USYS) 6' x12' min to 7' x 21' max

U11/U12 **Length-** 60 yards minimum, 80 yards maximum
Width- 40 yards minimum, 60 yards maximum
USYS- 70 yards by 50 yards
Goals- 6 foot by 18 foot (USYS) 7' x 21' max

U13 and up **Length-** 100 yards minimum, 120 yards maximum
Width- 50 yards minimum, 100 yards maximum
Goals- 8 foot by 24 foot (USYS)

(modified July 2004)

4. Number of players:

U6 3 on the field, no goalkeeper, 6 on team
U7 and U8 4 on the field, no goalkeeper, 8 on team
U9 and U10 6 on field including goalkeeper, 11 on team
U11/U12 8 on field including goalkeeper, 14 on team
U13 and up 11 on field including goalkeeper, 18 on team

5. Referees: Scheduling and payment of the referees is the responsibility of the home team. The referee will determine game cancellation in the event of inclement weather. In cooperation with the referee unit, one center referee and two lines persons should be used in all games when feasible. If parent or club assistant referees are used, they shall be limited to the calling the direction of throw ins, goal kicks are corner kicks. The referee's decision shall override the decision of a parent or club assistant referee.

6. Fields: The Clubs will make fields ready and available for play. This includes legible lines, mowed grass, and properly secured nets on the goals. The **visiting team** will kick off to start the game, defend the south or east goal and occupy the south or east side of the field for their bench area. The **home team** will kick off to begin the second half, defend the north or west goal and occupy the north or west side of the field for their bench area. The **home team** is listed first on the schedule. Both teams will occupy the same side of the field and the parents as well as spectators will watch the game from the opposite side of the field. Only licensed coaches or team parents are allowed on the field at any time.

7. Coaches: Coaches are responsible for the behavior for the entire coaching staff, players, parents and spectators. Referees are expected to notify the head coach should there be a problem with any of the above listed participants. If the referee feels control is in question, the referee will suspend play and notify the appropriate league official. Physical or verbal abuse of the referee or linespersons will **NOT** be tolerated. Coaches will be restricted from the centerline of the field to the 18 yard line. No coach, parent or manager shall be standing or coaching from the goal side of the field at any age group.

8. Players: All players must wear shin guards covered entirely by stockings. Players will not be allowed to play wearing **ANY** type or metal, plastic, or plaster casts even if it is wrapped. No baseball style cleats are allowed. All recreational players are expected to play a minimum of half each game. Adjustments in playing time may be made in the event the player is absent from practice without notifying their coach or in accordance with Club policies.

There is no slide tackling at the U12 level or lower.

EXPECTATIONS: Goalkeepers at the U12 and U14 levels may play the entire game in the goal as long as the player and his/her parents have an agreement in writing with their respective Club.

(modified July 2004)

9. Restraining line: In the event a restraining line is painted on the sidelines, coaches are expected to keep all equipment, substitute players, spectators and their staff behind the line. If no line is visible, please maintain a distance of at least 2 yards from the sidelines. Coaching boxes may be marked when feasible.

10. Play Back to the Goalkeeper:

The Laws of the Game have been changed to eliminate the goalkeepers right to play a ball with their hands that has been played back by a teammate's foot or thrown into the goalkeeper from the sideline. Head balls, chest balls or any other balls played back other than the teammates foot is permitted. Inadvertent touches during play may be picked up by the goalkeeper as with any ball played into the penalty area by an opponent.

11. Scoring: **If a team goes up by (5) goals, the other team will be allowed to add another player.**

In the U6 through U8 age group, players may pass through, shoot or defend within the goal box area. The purpose of the delineation of the goal box in these age groups is for the placement of the ball for goal kicks.

12. Disputes/ Protests/ Complaints: Any dispute, protest or complaint should be directed toward the individual who represents your Club. The League Director and W.A.R.S. Board will resolve conflicts.

Make up rained out games as soon as possible. All players and teams deserve to play a full season. Refusal to play a makeup or rescheduled game may cause your team to not be scheduled in the following Spring or Fall season.

Please remember this is a recreational soccer program. We are all volunteers. With your cooperation and understandings this league will continue to be a success. The needs of all soccer clubs in Waukesha region continue to grow. Together we provide our children with the opportunity to play against a variety of teams. We can make this a positive experience for all if we keep in mind that this is a **recreational** program.

13. Offside: Offside rule will not be in effect until beginning with the U11 age group.

14. Modified Rules, U8 and lower: All free kicks shall be indirect kicks.