

# Lincoln YMCA Spirit Soccer Club

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## LSC Spirit Soccer Information is below.

Spirit Soccer Club is our competitive, coach-select soccer program that focuses on fun and player development. Our teams have two leagues to choose from with multiple divisions and access to multiple state, regional and national tournaments. All players and coaches are registered with the Nebraska State Soccer Association and US Youth Soccer.

Teams are put together by coaches. Individuals looking for a team are encouraged to attend Kickarounds/team formation events at the beginning of the season. Teams that are 12U and older playing in the higher levels may hold a specific team formation (try-out) for their team. If there are enough individuals in an age category new teams can be formed. If we are not able to find a team for a player, they will have the option to be placed on a YMCA Recreational soccer team.

Each team is required to submit a team roster form to the Spirit Soccer Office. Players will then be sent the link to register for their specific team. Players are not officially registered until they have turned in their individual registration and payment. All new Spirit Soccer players will need to submit a copy of their birth certificates for age verification. New players will also need to submit a headshot photo for their Player Pass. **Players will not be placed on a State Roster nor be eligible to participate in any practices or games until they are registered and paid.**

*Note: You will not receive the link to register for your team until the coach has turned in the team roster.*

*Teams must play in the age category of their oldest rostered player. Players cannot play up more than one age category.*

*Players who are looking for a team should register from June 13 - July 8 so we can work on finding your child a team.*

## US Soccer Player Development Initiatives Fall 2022 - Spring 2023

When determining the age group for a season, the year the season ends should be used for determining the birth year. Also not that the format "U that follows age" really meant that age and younger. For example 9U should read as 9 and younger.

\*11/12 age group the goal size recommended, but 7 x 21 is allowed.

\*13U and above can roster up to 22 but only 18 can dress for a game.

| BIRTH YEAR<br>AGE GROUP  | 8U<br>2015         | 9U<br>2014         | 10U<br>2013        | 11U<br>2012        | 12U<br>2011        | 13U<br>2010   | 14U<br>2009   | 15U<br>2008   | 16U<br>2007   | 17U<br>2006   | 18U<br>2005   |
|--------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Field Size               | L 25-35<br>W 15-25 | L 55-65<br>W 35-45 | L 55-65<br>W 35-45 | L 70-80<br>W 45-55 | L 70-80<br>W 45-55 | FIFA          | FIFA          | FIFA          | FIFA          | FIFA          | FIFA          |
| # OF PLAYERS ON<br>FIELD | 5V5                | 7V7                | 7V7                | 9V9                | 9V9                | 11V11         | 11V11         | 11V11         | 11V11         | 11V11         | 11V11         |
| GOALKEEPER               | NO                 | YES                | YES                | YES                | YES                | YES           | YES           | YES           | YES           | YES           | YES           |
| HEADING                  | NO                 | NO                 | NO                 | NO                 | NO                 | YES           | YES           | YES           | YES           | YES           | YES           |
| BUILD OUT LINE           | YES                | YES                | YES                | NO                 | NO                 | NO            | NO            | NO            | NO            | NO            | NO            |
| MATCH TIME               | 4 X 10<br>min      | 2 X 25<br>min      | 2 x 30<br>min      | 2 x 30<br>min      | 2 x 30<br>min      | 2 x 35<br>min | 2 x 35<br>min | 2 x 40<br>min | 2 x 40<br>min | 2 x 45<br>min | 2 x 45<br>min |
| BREAK PERIOD             | 5 min              | 10 min             | 10 min             | 10 min             | 10 min             | 15 min        | 15 min        | 15 min        | 15 min        | 15 min        | 15 min        |
| BALL SIZE                | 3                  | 4                  | 4                  | 4                  | 4                  | 5             | 5             | 5             | 5             | 5             | 5             |
| GOAL SIZE                | H 4<br>W 6         | H 6<br>W 18        | H 6<br>W 18        | H 6<br>W 18        | H 6<br>W 18        | H 8<br>W 24   | H 8<br>W 24   | H 8<br>W 24   | H 8<br>W 24   | H 8<br>W 24   | H 8<br>W 24   |
| OFFSIDE                  | NO                 | YES                | YES                | YES                | YES                | YES           | YES           | YES           | YES           | YES           | YES           |
| MAX ROSTER SIZE          | 12                 | 14                 | 14                 | 18                 | 18                 | 22            | 22            | 22            | 22            | 22            | 22            |

# LSC Spirit Soccer Club

Coaches will have a couple options to choose for their team which will determine the price of the player fees. Once coaches have turned in their team roster and registration the players will be sent the link to register for their team. Spirit Soccer teams can choose to play in our LSC Spirit League or NYSL League. Coaches can then also select if they would like tournaments to be added to the teams season. See information below on league options.

## LSC SPIRIT SOCCER LEAGUE FALL 2022

### LEAGUE PURPOSE

To develop, promote, and administer the game of soccer for youth players, while developing players, sportsmanship and fair play. Lincoln Spirit Soccer Club is a member of the Nebraska State Soccer Association and serves the youth of Lincoln and surrounding areas. This is a sanctioned level three league for 9U - 12U teams. All games are played in Lincoln. Level 1 players and teams are not eligible for the Spirit Soccer League and must play in the NYSL League.

### IMPORTANT DATES

1. Individuals looking for a team deadline - July 8
2. Team roster deadline - July 8
3. Player registration: July 12 - July 31. Late fee will apply after July 31.
4. Player uniform needs to be ordered: No later than July 15
5. Team conflicts deadline: July 22
6. Schedule release: August 1
7. Game dates: August 20 - October 30.
8. No play dates: September 3 - 5.

### PRIMARY AND SECONDARY DAYS OF PLAY

Games will be scheduled for their team's primary and secondary days of play. If we must schedule on other days, we will contact the teams involved prior to scheduling the game. We will do our best meet all request but all game days are tentative and could be subject to change based on field and official availability.

### GIRLS

| Age Group | Primary  | Secondary         |
|-----------|----------|-------------------|
| 9U/10U    | Monday   | Thursday/Saturday |
| 11U/12U   | Thursday | Saturday          |

### BOYS

| Age Group | Primary | Secondary     |
|-----------|---------|---------------|
| 9U/10U    | Tuesday | Friday/Sunday |
| 11U/12U   | Friday  | Sunday        |

### TEAM CONFLICTS

Coaches will be responsible for submitting a team conflicts form by the advertised deadline of July 22. Forms will not be accepted after the deadline.

### RESCHEDULING POLICY

All teams/coaches/parents are responsible for any fees associated with reschedules. Fees must be paid before game is officially moved on schedule. Games should not be getting rescheduled due to certain players missing. If the team has enough players to play the game, it should be played.

### DIVISIONS

Where possible, teams will be divided into individual boys and girls divisions based on age. (i.e. 9 boys, 9 girls, 10 boys, 10 girls, etc.) There must be at least four teams for a division. The Spirit Office reserves the right to combine age groups due to the number of teams. Players can only play on one team in the same division.

# NEBRASKA LEAGUE (NYSL) FALL 2022

## LEAGUE PURPOSE

Ensure the best possible competitive play among the soccer teams in Nebraska and bordering states, to promote opportunities for increased development of youth soccer players and teams.

## IMPORTANT DATES

1. Individuals looking for a team deadline: July 8
2. Coaches team roster deadline: July 8
3. Player registration: July 12 - July 31. Late fee will apply after July 31.
4. Player uniform needs to be ordered: No later than July 22
5. Team blackout deadline: TBD
6. Self schedule meeting level 1 & 2 teams: TBD
7. Schedule release: TBD
8. Game dates level 1 & 2: TBD
9. Game dates level 3: TBD

## LEVEL OF COMMITMENT EXPECTED BY NYSL TEAMS

Any team looking to participate in Nebraska Youth Soccer League must understand the level of commitment it takes to participate in a league that stretched across the state. All teams must understand that this is a travel league and that teams may occasionally travel to participate in NYSL games. The determination of game sites is based in part due to home locations of teams within a division as well as field and referee availability.

## PRIMARY AND SECONDARY DAYS OF PLAY

We will schedule teams on their primary and secondary days of play. Teams need to be prepared to play on the advertised primary and secondary days of play. NYSL Fall league days of play are still TBD. Will post when league director announces.

## SELF-SCHEDULE MEETINGS:

Self-schedule meetings will be held for all teams in a Level 1 or 2 division on the Fall season. All self-scheduling meetings will be conducted online via Microsoft Teams for Fall 2022. All coaches must attend for their team.

## BLACKOUT DATES/CONFLICTS/COACHING CONFLICTS

Teams will be responsible to submit blackout dates by the advertised deadline. Teams will not be allowed to blackout more than 6 weekend days of play. Although we try to play as many games as possible on the primary days of play (weekends), teams need to be prepared to play on the secondary day of play (weekday) due to lack of fields and referees. Days of play are shown above. Teams could be asked to play on a non-advertised day of play due to blackout dates, field availability and scheduling requirements.

As far as Coaching Conflicts, we will allow conflicts for up to two teams on any day. If coaching more than two teams, you must use blackout dates to make sure you do not have conflicts. Example given, two teams play on Saturday and the other team(s) on Sunday. We cannot honor conflicts with teams in another league.

## LEVELS OF PLAY AND NYSL DIVISIONS

NYSL Division placement will be determined by the League Director with assistance from the Technical Advisory Committee (TAC) and the Directors Advisory Committee (DAC).

Blue Conference: Level 1 and 2 teams. 7 game season.

White Conference: 13U-15U teams that wish to play a 4-game season.

Red Conference 9U-14U: Level 3 teams. 7 game season.

## Choosing Your Teams Program

Coaches will select which program option they want for their team. This will be selected when turning in your team's roster so that the fees can be sent out to your players specifically so they can register for the team. Coaches will be given a list of tournaments to choose from to select for their team. The Spirit Soccer Club will submit registrations and payments for your league and tournament fees based off of the program chosen.

| LSC Spirit Program Options   |   |  |   |
|--|---|--|---|
| Basic  | Silver  | Classic  | Diamond   |
| <ul style="list-style-type: none"><li>LSC Spirit League (7 games)</li><li>\$140 per player</li><li>9U - 12U</li></ul>  | <ul style="list-style-type: none"><li>NYSL (7 games)</li><li>\$170 per player (9U &amp; up)</li><li>\$90 per player (8U only)</li></ul> | <ul style="list-style-type: none"><li>Spirit League or NYSL (7 games)</li><li>1 tournament</li><li>\$190 per player Spirit League Teams</li><li>\$220 per player NYSL League Teams</li></ul> | <ul style="list-style-type: none"><li>Spirit League or NYSL (7 games)</li><li>2 tournaments</li><li>\$240 per player Spirit League Teams</li><li>\$270 per player NYSL League Teams</li></ul> |
| <p>*Please note that Spirit League is only available for 9U - 12U teams. (All games in Lincoln)</p> <p>*NYSL Spring League is available for 8U - 15U teams. (Home &amp; Away schedule)</p> <p>*All registrations received after the deadline will be charged a \$20 late fee.</p> <p>*Uniform price is not included in the league player fees.</p> |   |  |   |

## Lincoln Spirit Club Uniforms

All Spirit teams are required to wear the Club's standard uniform and colors as decided by the YMCA Youth Sports Branch and Lincoln Spirit Soccer Club.

Each member should be clothed in the same manner of basic equipment as their teammates (excluding the brand of shin guards and footwear). Basic equipment refers to: jersey or shirt - bearing a unique number on the back, shorts, & socks.

Under Armour is the official supplier of the approved Lincoln Spirit Club uniform. Orders take 4-6 weeks. Please make sure parents know what jerseys they are ordering for your team and what number to have printed. The link to order uniforms will be posted on our YMCA Spirit Soccer Page. Each player will need 2 UA jerseys (white and the red or black), 1 pair of UA shorts, and 1 pair of UA socks.

Some teams have customized their uniforms and went with another jersey model within our Under Armour options. Please note that uniform prices may vary if your team has a custom kit.

Coaches will decide which style uniform they want the team to order and colors. All players will order online individually. Uniform will be shipped directly to them. Do not order your uniform until given the specific information from your coach.

### Questions:

If you have any questions not answered by the above information please contact the Spirit Soccer Office at: 402-434-9216 or [ccantwell@ymcalincoln.org](mailto:ccantwell@ymcalincoln.org)

Thank You,  
Claire Cantwell  
Lincoln Spirit Soccer Director

# NEBRASKA LEAGUE (NYSL) FALL 2022

## LEAGUE PURPOSE

Ensure the best possible competitive play among the soccer teams in Nebraska and bordering states, to promote opportunities for increased development of youth soccer players and teams.

## IMPORTANT DATES

1. Individuals looking for a team deadline: July 8
2. Coaches team roster deadline: July 8
3. Player registration: July 12 - July 31. Late fee will apply after July 31.
4. Player uniform needs to be ordered: No later than July 15.

### Blue Conference (level 1 & 2)

1. Self schedule meeting: July 30 - 31
2. Schedule release: August 8
3. Game dates: August 20 - November 13

### Red Conference (level 3)

1. Self scheduling meeting: August 13 - 14
2. Schedule release red conference: August 25
3. Game dates: September 6 - November 6

## LEVEL OF COMMITMENT EXPECTED BY NYSL TEAMS

Any team looking to participate in Nebraska Youth Soccer League must understand the level of commitment it takes to participate in a league that stretched across the state. All teams must understand that this is a travel league and that teams may occasionally travel to participate in NYSL games. The determination of game sites is based in part due to home locations of teams within a division as well as field and referee availability.

## PRIMARY AND SECONDARY DAYS OF PLAY

We will schedule teams on their primary and secondary days of play. Teams need to be prepared to play on the advertised primary and secondary days of play.

| AGE GROUP | PRIMARY         | SECONDARY |
|-----------|-----------------|-----------|
| 8U        | Saturday/Sunday | Monday    |
| 9U        | Sunday/Saturday | Thursday  |
| 10U       | Saturday/Sunday | Tuesday   |
| 11U       | Saturday/Sunday | Monday    |
| 12U       | Sunday/Saturday | Thursday  |
| 13U       | Saturday/Sunday | Monday    |
| 14U       | Sunday/Saturday | Tuesday   |
| 15U       | Saturday/Sunday | Tuesday   |
| 16U       | Saturday/Sunday | Thursday  |
| 17U       | Sunday/Saturday | Wednesday |
| 18U       | Sunday/Saturday | Wednesday |

## SELF-SCHEDULE MEETINGS:

Self-schedule meetings will be held for all NYSL teams for the Fall season. All self-scheduling meetings will be conducted online via Microsoft Teams for Fall 2022. All coaches must attend for their team.

## BLACKOUT DATES/CONFLICTS/COACHING CONFLICTS

Although we try to play as many games as possible on the primary days of play (weekends), teams need to be prepared to play on the secondary day of play (weekday) due to lack of fields and referees. Days of play are shown above. Teams could be asked to play on a non-advertised day of play due to blackout dates, field availability and scheduling requirements.

As far as Coaching Conflicts, we will allow conflicts for up to two teams on any day. If coaching more than two teams, you must use blackout dates to make sure you do not have conflicts. Example given, two teams play on Saturday and the other team(s) on Sunday. We cannot honor conflicts with teams in another league.

# **NEBRASKA LEAGUE (NYSL) FALL 2022**

## **LEVELS OF PLAY AND NYSL DIVISIONS**

NYSL Division placement will be determined by the League Director with assistance from the Technical Advisory Committee (TAC) and the Directors Advisory Committee (DAC).

Blue Conference: Level 1 and 2 teams. 7 game season.

Red Conference 8U-14U: Level 3 teams. 7 game season.

## **MANDATORY PRIMARY ROSTER RULE**

Teams that wish to participate in NYSL must meet a minimum primary player count. Primary players are players that are primarily rostered to your team, not secondary or club passed.

Teams playing 7v7 must have 9 primary players.

Teams playing 9v9 must have 11 primary players.

Teams playing 11v11 must have 13 primary players.

If teams do not meet this requirement they will not be accepted into the league.