

# 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 from their coach. 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 June 26th from your coach.*

*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 need to register from June 2 - 19 so we can work on finding your child a team.*

## 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	Gold	Classic	Diamond
<ul style="list-style-type: none"><li>LSC Spirit League (7 games)</li><li>\$150 per player</li><li>9U - 12U</li></ul>	<ul style="list-style-type: none"><li>NYSL (7 games)</li><li>\$188 per player 9U - 12U</li><li>\$192 per player 13U - 19U</li></ul>	<ul style="list-style-type: none"><li>NYSL (7 games)</li><li>\$163 per player</li><li>13U - 15U (teams playing 7v7)</li></ul>	<ul style="list-style-type: none"><li>Spirit League or NYSL (7 games)</li><li>1 tournament</li><li>\$203 per player Spirit League Teams</li><li>\$242 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>\$253 per player Spirit League Teams</li><li>\$292 per player NYSL League Teams</li></ul>

\*Please note that Spirit League is only available for 9U - 12U teams. (All games in Lincoln)

\*NYSL Spring League is available for 9U - 19U teams. (Home & Away schedule)

\*All registrations received after the deadline will be charged a \$20 late fee.

\*Uniform price is not included in the league player fees.

**For more information on Spirit in-house league and the Nebraska Youth Soccer League (NYSL) please continue to the next page.**

# 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 2025

### 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 registration June 2 - 19.
- 2. Team roster deadline - June 24.
- 3. Players on team roster registration: June 26 - July 10. Late fee will apply after July 10.
- 4. Player uniform needs to be ordered: No later than July 10.
- 5. Coaches Meeting: June 30.
- 6. Team conflicts deadline: July 10.
- 7. Schedule release: July 29.
- 8. Game dates: August 18 - October 21.
- 9. No play dates: August 29 - September 1.

### 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
11U/12U	Thursday	Saturday

### BOYS

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

### TEAM CONFLICTS

Coaches will be responsible for submitting a team conflicts form by the advertised deadline of July 10. 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 2025

## 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 registration June 2 - 19.
2. Coaches team roster deadline: June 24.
3. Players on team roster registration: June 26 - July 10. Late fee will apply after July 10.
4. Player uniform needs to be ordered: No later than July 10.
5. Coaches Meeting: June 30.

### Premier Conference (level 1 & 2)

1. Self schedule meeting: Level 1 - July 12 & 13. Level 2 - July 19 & 20.
2. Schedule release: Level 1 - July 24. Level 2 - July 30.
3. Game dates: August 3 - November 23.

### Developmental Conference & 7v7 (13U-19U) (level 3)

1. Schedule release: August 23.
2. Game dates: September 2 - November 3.

## 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.

# NEBRASKA LEAGUE (NYSL) FALL 2025

## 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).

Premier Conference Level 1: first and second division. 7 game season.

Premier Conference Level 2: third and fourth division. 7 game season.

Developmental Conference 9U-14U Level 3: fifth, sixth and seventh division. 7 game season.

Developmental Conference 13U-19U: Level 3 teams. 7 game season. 7v7 format.

## 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.

## 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

# US Soccer Player Development Initiatives Fall 2025 - Spring 2026

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 AGE GROUP	9U 2017	10U 2016	11U 2015	12U 2014	13U 2013	14U 2012	15U 2011	16U 2010	17U 2009	18U 2008
Field Size	L 55-65 W 35-45	L 55-65 W 35-45	L 70-80 W 45-55	L 70-80 W 45-55	FIFA	FIFA	FIFA	FIFA	FIFA	FIFA
# OF PLAYERS ON FIELD	7V7	7V7	9V9	9V9	11V11	11V11	11V11	11V11	11V11	11V11
GOALKEEPER	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
HEADING	NO	NO	NO	YES	YES	YES	YES	YES	YES	YES
BUILD OUT LINE	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO
MATCH TIME	2 X 25 min	2 x 25 min	2 x 30 min	2 x 30 min	2 x 35 min	2 x 35 min	2 x 40 min	2 x 40 min	2 x 45 min	2 x 45 min
BREAK PERIOD	10 min	10 min	10 min	10 min	15 min	15 min	15 min	15 min	15 min	15 min
BALL SIZE	4	4	4	4	5	5	5	5	5	5
GOAL SIZE	H 6 W 18	H 6 W 18	H 6 W 18	H 6 W 18	H 8 W 24	H 8 W 24	H 8 W 24	H 8 W 24	H 8 W 24	H 8 W 24
OFFSIDE	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
MAX ROSTER SIZE	14	14	18	18	22	22	22	22	22	22

## Questions:

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Thank You,  
 Claire Cantwell  
 Lincoln Spirit Soccer Director