



2025-2026 Select Program Rules

The Select Program focuses on growth through a challenging and demanding environment. Our program teaches the values of hard work, commitment, resiliency, teamwork, responsibility, and loyalty. Meritocracy and passion for the game determines everything.

A. Commitment

1. Commitment is mandatory for all events including rescheduled events.
 - a. Commitment applies to practices, games, social events, and other FSCI events.
 - b. Commitment also applies to effort, hard work, learning, self-training, and a positive attitude.
 - c. If one cannot participate due to injury, a player must still attend an event.
2. Please arrive at the event by the following times.
 - a. 45 minutes before the start time of a game.
 - b. 15 minutes before the start time of a practice or other FSCI event.
3. Below is the maximum number of absences per season that will result in no playing time reduction.
 - a. Fall Season - 3 absences.
 - b. Winter Season – 2 absences.
 - c. Spring Season U14 and younger – 3 absences.
 - d. Spring Season U15 and older – 2 absences.
4. Please notify your coach directly about an absence.
 - a. Please provide notification weeks or months in advance.
 - b. Last second notification causes disruptions to one's teammates.
5. If a player exceeds the maximum absences for a season, a player must attend a "makeup practice".
 - a. Parent and player must secure permission to attend a "makeup practice".
 - b. A player cannot attend a "makeup practice" and one's regular practice on the same day.
 - c. There is a limit of 2 "makeup practices" per month.
 - d. Open soccer, Open Training, free play, or social events do not count as a "makeup practice".
6. A player is responsible for the following.
 - a. Self-train at home for a minimum of 30 to 60 minutes every day.
 - b. Embracing the process of improvement and struggle.

B. Playing Time

1. Merit determines playing time.
 - a. The first component of merit is commitment, discipline, effort, energy, and abiding by uniform standards.
 - b. The second component of merit is productivity against the relative comparison of teammates.
2. Every day is a tryout for playing time.
 - a. A player earns playing time. Playing time is not given.
 - b. Playing time is not guaranteed. Playing time is not an entitlement.
 - c. Playing time is not linked to the payment of membership dues.
3. A playing time reduction will occur in the following situations.
 - a. Exceeding the maximum number of absences per season without a makeup practice
 - b. Pattern of showing up late or leaving early
 - c. Lack of effort
 - d. Discipline or sportsmanship issues.
 - e. Not showing up to a game or tournament after the announcement of the gameday roster
 - f. No notification on an absence or pattern of absence notification within 12 hours of an event
4. A playing time reduction for any of the items in #3 above will result in one of the following situations.

- a. Sitting out the entire first half or entire second half of a game
- b. Sitting out a full game

C. Uniform Standards

1. To participate in FSCI soccer events, a player must comply with the following items.
 - a. Wear the proper uniform.
 - b. Wear shin guards.
 - c. Wear proper footwear - cleats (outdoor events) or indoor shoes (indoor events)
 - d. Bring water.
 - e. Bring a soccer ball.
 - f. Bring approved gear including a soccer bag, warmup, etc.
2. FSCI reserves the right to remove a player from an activity, event, or program for violations of the FSCI Code of Conduct.

D. Parent Expectations

1. The parent or guardian agrees to abide by the FSCI Code of Conduct
2. The parent is responsible for ensuring that their child meets all requirements in the Player Checklist.
3. Parents must pick up their child no later than 15 minutes after the end of a practice, game, or other event.
4. FSCI reserves the right to remove a player or parent from an activity, event, or the program for any parent interference, parental instruction, or parental misconduct without a refund.
5. When the team participates in a tournament more than 100 miles from the FSCI Indoor facility, all players must stay at the same team hotel.

E. Communication

1. The calendar on our website contains the schedule of events.
2. FSCI posts cancellations or same day schedule changes on the FSCI Facebook page and X page.
3. The parent is responsible for monitoring the calendar and Facebook/X pages prior to attending any event.
4. Parents are responsible for reading and understanding all club provided communications that includes but is not limited to club emails, parent meetings, social media postings, etc.
5. Parents are responsible for reading and understanding the Parent Handbook, Uniform Requirements, Membership Plan, Membership Agreement, Code of Conduct, and Player Checklist.

F. Other Issues

1. No one may use the FSCI logo or any FSCI intellectual property for merchandising, t-shirts, or other usage without the express written permission of the Executive Director.
2. If a player does not have the proper uniform for practice, the player can still participate if they provide a receipt showing that a new practice uniform has been purchased and is on its way.
3. A player cannot participate in any FSCI events if a payment has been missed. This rule applies regardless of previous payments.
4. A player shall not participate with a soccer team at another youth soccer club. FSCI reserves the right to remove the player from further participation when this occurs.
5. If required, a player will need to fill out the US Club Soccer medical release or Virginia Youth Soccer Association medical release form.