

PARENT'S GUIDE TO UPWARD SOCCER



Be a Winning Parent!

As a parent, you play a very important role in building the self-esteem and character of your child and every child in this league. Players look to their parents, coaches, and referees as models for sportsmanship, respect for authority, and positive attitudes. By being a positive participant in this league, you can provide a lasting effect in these children that will live well beyond the end of the season.

Your Role as a Winning Parent:

- Make sure your child arrives on time to practices and games.
- Ask your child about the practice devotion each week.
- Spend time with your child reviewing each week's Scripture learning verse.
- Look for positive actions during practices and games that you can praise your child for.
- Support the coach by allowing him or her to give any instruction or feedback to the team. Directions from multiple sources may cause confusion for the players.
- Cheer for both teams. By doing this, you help to create an environment in which every child is supported.
- Support the volunteer referee with positive comments only. They are giving their time to your child.
- Join your child's team and cheer for each player as stars are distributed after each game.

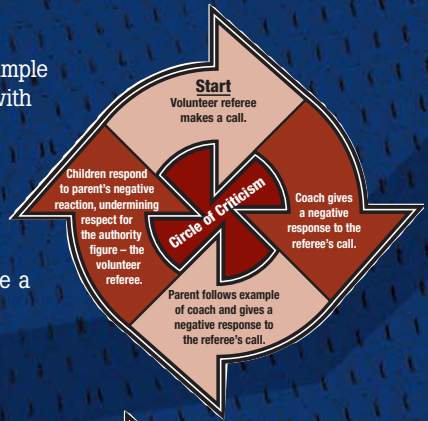


Circle of Criticism and Circle of Affirmation

The Circle of Criticism and Circle of Affirmation are simple concepts created to illustrate the results associated with negative and positive feedback given to the referee.

Coaches, referees, and parents work together as a unified team to stop the Circle of Criticism by implementing the Circle of Affirmation instead.

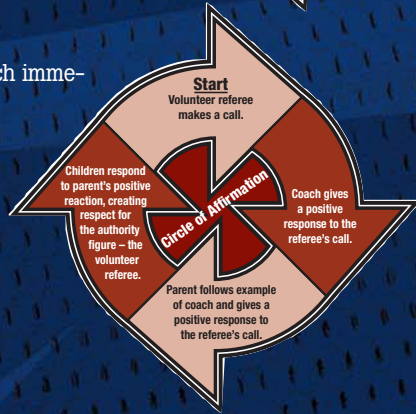
Practicing the Circle of Affirmation makes the game a better experience for everyone involved.



Player Items

Your child should have received the following items at practice. Inform your coach immediately of an incorrect size or damage to any of these items.

- Reversible jersey
- Scripture learning poster
- Car magnet
- *Winner Magazine*
- Soccer socks
- Water bottle



Scripture Learning

At each practice, your child's team will take part in a five- to eight-minute devotion. Each devotion includes a Scripture learning time with his or her team. The weekly Scripture learning verses are found on the Scripture learning poster and in the *Winner Magazine*, included with your child's player items. Take the time to familiarize yourself with the Scripture verses so you and your child can discuss these together.

Upward Stars

Your child will receive a green star after each practice and a multi-colored star after each game. Below is a list of the stars and what they represent:

- The green star represents **Scripture Learning**
- The blue star represents **Best Effort**
- The gold star represents **Best Sportsmanship**
- The gray star represents **Best Offense**
- The red star represents **Best Defense**
- The white star represents **Christlikeness**

These stars should be applied to the Scripture learning poster. There is a designated spot for each weekly verse and stars earned for each game.

Rules for Upward Soccer

The game format, rules for game play, and substitution system which are unique to Upward Soccer are designed to recognize that Every Child Is A Winner by promoting character and self-esteem.

Game Format

- Before every game, a referee will lead both teams in prayer at midfield.
- Coaches should determine which team starts the game. The other team will start the second half.
- Games consist of two 18-minute halves and an eight-minute halftime.
- The game clock is maintained by the referee and will only stop every six minutes for predetermined substitutions. Substitutions in Kindergarten divisions will be made every three minutes. All substitutions should be made within one minute. This is not a coaching time-out. The team that had possession of the ball at the time of the substitutions retains possession with a throw-in to begin the next segment.
- All fouls will result in an indirect kick in all divisions, except fifth and sixth- grade division, where both direct and indirect kicks will be used.
- No division standings are maintained in any division. Such standings add unnecessary pressure.
- Scores are not kept in Kindergarten divisions.
- Teams will switch goals at halftime (except in the Kindergarten division).
- Players on both teams who are not in the game will stand on the same side of the field with their coaches.
- No penalty kicks, yellow cards, or red cards are used in Upward Soccer.

Rules for Game Play

Except where the rules unique to Upward apply, play is governed by the Federation Internationale de Football Association (FIFA) Laws of the Game (website: www.fifa.com).

Rules

- There are no penalty kicks in Upward Soccer.
- Since there are no penalty boxes, if a foul is committed within the goal box by the defending team, the ball should be placed at the top corner of the goal box on the side the foul was committed.
- There is no extended time in Upward Soccer.
- A goal is not scored if a player kicks or throws the ball into his or her own goal. A corner kick is awarded to the opposing team.

Re-Starts

Kickoffs: A kick-off is taken from the center circle at the start of each half and after a goal is scored.

Out-of-bounds: The entire ball must go out-of bounds to be out of play. If part of the ball is still touching the line, play continues uninterrupted. There are three ways the ball can be put back into play.

- **Corner Kicks** – When the ball passes over the goal line by the defending team, the ball should be placed inside the corner arc on the side it went out-of-bounds.



Rules for Game Play (Continued)

- **Goal Kicks** – When the attacking team kicks the ball over the goal line, the ball should be placed at the top of the goal box and kicked back into play by the goalkeeper or another defender.
- **Throw-ins** – When the ball passes over the sidelines, the team who touched it last loses possession and the opposing team takes a throw-in.

Indirect Kicks:

- Are awarded in all divisions.
- Are taken from the place where the infringement occurred.
- Must take place with the ball stationary when kicked and the kicker cannot touch the ball a second time until it has touched another player.

Substitutions

- Every child will play at least half of the game
- No child will sit out more than six minutes at a time.
- Every child will have an opportunity to be in the starting lineup.
- Playing time for all players is virtually even over the course of the season.

Awards Celebration

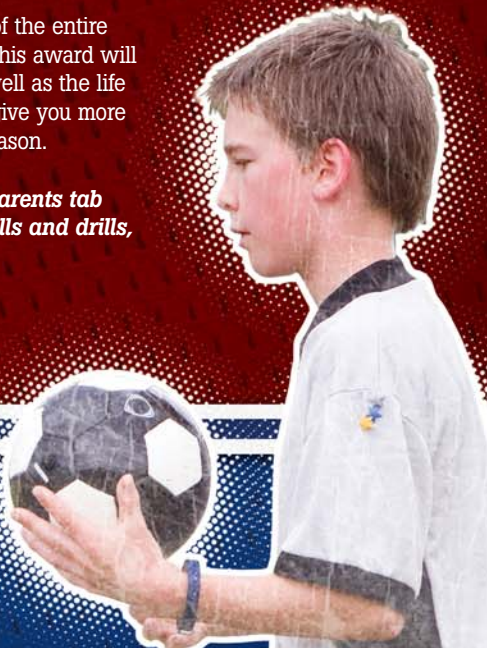
The Upward Awards Celebration is the highlight of the entire season. Each child will receive a special award. This award will serve as a reminder of the soccer experience as well as the life lessons that were taught. Your child's coach will give you more information about this special event during the season.

Check out www.upward.org and click on the Parents tab for weekly Scripture verses, information on skills and drills, Upward merchandise and more!

- Can result in a goal being scored only if the ball subsequently touches a player other than the kicker before it enters the goal.
- Become "in play" when the ball is kicked and moves.

Direct Kicks:

- Are awarded only in 5th & 6th grade divisions.
- Are taken from the place where the infringement occurred .
- Must take place with the ball stationary when kicked and the kicker cannot touch the ball a second time until it has touched another player.
- Result in goal if kicked directly into the opponents' goal.
- Become "in play" when the ball is kicked and moves.



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