

Lake Ridge Parks and Recreation
Youth Sports Code of Conduct



Welcome to LRPR's youth sports league! The following code of conduct is set in place to ensure everyone has an enjoyable experience.

1. My guests and I will be positive role models for my child by encouraging sportsmanship, showing respect, and by developing positive support for all players, coaches, officials, and spectators.
2. I will set an example for my child to play by the rules and to resolve conflicts without resorting to hostility.
3. I will place skill development ahead of any personal desire I may have for my child to win.
4. I will promote an environment for the children that is free of drugs, tobacco, and alcohol.
5. I will refrain from coaching my child or other players during games and practices unless I am the official coach for the team.
6. I will never ridicule or yell at my child or another participant for making a mistake but instead will praise them for competing fairly, and trying their best.
7. I will respect the officials and their authority during the game. I will not discuss or confront a referee or coach during game/ practice time. I will take the time to speak with a coach or referee at an agreed upon time.
8. I will not encourage any kind of unsportsmanlike conduct (booing, taunting, refusing to shake hands, using profane language or gestures, etc.) with any official, coach, player, or parent. **(Any offense will result in being asked to leave the field).**

Lake Ridge Soccer Rules and Information

The Objective

The Lake Ridge youth soccer league is an instructional league designed to promote fun, fitness, and outdoor activity among its participants. A strong emphasis on competition, and the pressures that come with it, will only serve to reduce the children's enjoyment of the game, and to deter them from further participation in the future. Please keep this in mind when enjoying the games and practices, either as a spectator or coach. While we do acknowledge that competition does have many benefits and rewards, we feel that there will be plenty of time for kids to experience them as they grow and mature. It is our belief that at this stage of their lives having fun, enjoying the sport and learning basic skills should be the main goals for those participating. We want to thank all of you for helping us to achieve this objective throughout the season.

League Information

1. The league is divided into 3 age groups **Division I** (4-5 y.o.), **Division II** (6-7 y.o.), and **Division III** (8-10 y.o.).
2. A standard **Division I** game will consist of **6 minute quarters** with a 3-minute break in between quarters.
3. A standard **Division II** game will consist of **8-minute quarters** with a 3 minute break in between quarters.
4. A standard **Division III** game will consist of **10-minute quarters** with a 3 minute break in between quarters.
5. **Division I and Division II** games are played with no goalies. **Division III** games are played with goalies.
6. Teams will play with an equal number of players at all times.
7. Spectators are not allowed behind either goal or within 3 yards of the field.

Equipment

1. **Shin guards are mandatory** and must be worn for all games and practices. The players must provide their own shin guards.
2. **Cleats are optional** but may prevent slipping and allow for improved balance, agility, and injury prevention. If worn, cleats must be of molded **plastic** variety.
3. **Division I and II** teams will use a **size 3 ball** while **Division 3** teams will use a **size 4 ball**. Players are encouraged to bring their own balls to practice.
4. A uniform shirt and one pair of matching socks will be provided to each player by the league. The players can keep these items at the end of the season. All players are asked to wear black shorts with their uniforms.
5. The league will provide all other equipment.

Playing Rules

Start of Play – The game will be started with a kick off. The team kicking off in the first will also kick off in the third quarter, and the team kicking off in the second quarter will kick off in the fourth quarter. Coaches will determine at the beginning of the game who will start the kick off.

Offside – The offside rule shall not be enforced.

Penalty Kicks – Penalty kicks will not be taken.

Substitutions – Substitutions are to be made at the end of each quarter with the objective of having every child participate in at least three quarter. No child should play in four quarters until all other children on the team have played in at least three quarters. Substitutions necessitated by injury shall take place as needed. Any player substituted for may return to the game at the start of the next quarter, as long as, there are no health or injury questions about that player. Coaches should always think first of safety and the player's health when allowing an injured player to return to the game.

Safety

1. No player will be allowed to play without shin guards.
2. No jewelry may be worn. Medical bracelets or necklaces may be worn, but must be taped to the body.
3. Mouthpieces are recommended, but not required.
4. No metal, plastic, wood or hard pins, barrettes or ponytail holders may be worn. Hair bands with hard balls are also illegal.

Lake Ridge T-Ball & Coach Pitch Rules and Information

The Objective

The Lake Ridge youth T-Ball & Coach Pitch league is an instructional league designed to promote fun, fitness, and outdoor activity among its participants. A strong emphasis on competition, and the pressures that come with it, will only serve to reduce the children's enjoyment of the game, and to deter them from further participation in the future. Please keep this in mind when enjoying the games and practices, either as a spectator or coach. While we do acknowledge that competition does have many benefits and rewards, we feel that there will be plenty of time for kids to experience them as they grow and mature. It is our belief that at this stage of their lives having fun, enjoying the sport and learning basic skills should be the main goals for those participating. We want to thank all of you for helping us to achieve this objective throughout the season.

League Information

1. The T-Ball league is designed for children ages 4-6; The Coach Pitch league is designed for children ages 7-8.
2. During the game, time outs or calling the game due to weather or injury will be based on the judgement of the coaches and/or LRPR Staff.
3. Parents must remain at the field while their child is participating in league activities.
4. In case of inclement weather please call the rain out line at (703) 497-7133. Please listen to the date of the message to ensure it is not an old recording. If a practice gets rained out, it will not be made up.

Equipment

1. **Cleats are optional** but may prevent slipping and allow for improved balance, agility, and injury prevention.
2. Players are encouraged to bring their gloves to play with, however, LRPR does have gloves available for use.
3. A uniform shirt and one hat will be provided to each player by the league. The players can keep these items at the end of the season.
4. The league will provide all other equipment. Equipment bin is located behind the gate at home plate.

T-Ball Playing Rules

1. There is no catcher in t-ball.
2. A soft core safety ball will be used.
3. A standard game is 50 minutes.
4. In t-ball the ball is always hit from a tee (there is no pitching).
5. An inning is over when all players have batted.
6. A batted ball must travel 10 feet to be considered fair. If a batter fails to hit a ball, or the ball does not travel 10 feet, play is stopped and the batter returns to try again until he/she is successful.
7. In the event an out is recorded the vase runner will remain on base and continue to run until crossing home plate.
8. There is no stealing; runners cannot leave the base until the ball is hit.
9. Coaches may make unlimited changes per inning. Coaches are encouraged to rotate players so every player gets to play each position.
10. No score is kept.

Coach Pitch Playing Rules

1. Each batter will be thrown three pitches from the coach. After three pitches if the batter fails to hit a fair ball, the batting tee will be used.
2. If a player makes an out he/she will leave the base paths.
3. All other rules will be the same as the t-ball rules listed above.

Safety

1. All batters and base runners must wear a helmet at all times.
2. Throwing the bat is prohibited. A batter will be given one bat throwing warning per game, after the first warning if the bat is thrown a second time the batter will be called out. A batter called out for throwing the bat may not run the bases.
3. No jewelry may be worn. Medical bracelets or necklaces may be worn, but must be taped to the body.
4. Mouthpieces are recommended, but not required.
5. No metal, plastic, wood or hard pins, barrettes or ponytail holders may be worn. Hair bands with hard balls are also illegal.