



2026 Parent/Guardian Handbook

www.riverflowsoccer.org

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Using Soccer for Positive Change for 24 Years!



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RiverFlow Soccer Club, Inc.

A 501(C)(3) non-profit, all-volunteer organization using soccer as a vehicle for positive change.
P.O. Box 10061, Rochester, NY 14610 • www.riverflowsoccer.org

Dear Parent/Guardian,

While this Handbook contains information that we *need* you to read, the first thing we *want* you to read is “Welcome!”

We warmly welcome you and your family to the RiverFlow family, and are proud to have you with us. RiverFlow is a unique non-profit, all-volunteer club dedicated to using soccer as a vehicle for positive change and to bridge racial, cultural, religious and socio-economic divides.

This handbook provides a general guide to being the parent-guardian of a RiverFlow Student-Athlete. If you have any questions about this information, or about something not covered in this handbook, please don't hesitate to contact us. We are happy to help you!

Sincerely,

The RiverFlow Board of Directors



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RiverFlow Contact Information

RiverFlow is a 501(C)(3) non-profit, all-volunteer organization.

Website: www.riverflowsoccer.org/

Mailing address: P.O. Box 10061, Rochester, NY 14610

Official RiverFlow social media:

Instagram: [@riverflowsoccer](https://www.instagram.com/riverflowsoccer)

Facebook: www.facebook.com/RiverflowSoccerClub/

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Parent & Guardian's Frequently Asked Questions

How are teams formed?

Players tryout for RiverFlow teams each August. Roster placement is determined by the coaches and is based upon a number of factors, including athletic ability, knowledge of the game, sportsmanship and how coachable a player is. Those who tryout are not guaranteed a position on a team.

What age team will my child be on?

Our league, the Rochester District Youth Soccer League (www.rdysl.com), uses an age matrix to determine placement of players. Please refer to the [RDYSL age matrix: www.rdysl.com/agematrix.htm](http://www.rdysl.com/agematrix.htm) to determine what age division players will be playing in.

Where are the game results and standings?

For U11 - U19 teams, RDYSL posts game results and standings on the Current Season section of their website: www.rdysl.com/season-current.htm

Our parent organizations (US Youth Soccer and New York State West Youth Soccer Association) have identified the U9 and U10 age groups as non-competitive. They prohibit the posting of game results or standings for non-competitive ages.

Where do RiverFlow teams play and/or practice?

U9 - U12 Teams practice twice each week during the winter, one practice is held in a school gym and one practice is on the indoor turf at TSE East Rochester (435 W Commercial St, East Rochester, NY 14445). Regular season games begin in May and typically conclude in late July. Games and practices are held at School 46 (250 Newcastle Rd, Rochester, NY 14610). Schedules will be posted at www.riverflowsoccer.org

U13 - U18 Teams practice twice each week during the winter, one practice is held in a school gym and one practice is on the turf at TSE East Rochester (435 W Commercial St, East Rochester, NY 14445). Regular season games begin in May and typically conclude in late July. Games and practices are held at East High School (1801 E Main St, Rochester, NY 14609). Schedules will be posted [on riverflowsoccer.org](http://on.riverflowsoccer.org)

Is there a calendar?

Your team's calendar page at riverflowsoccer.org provides players & families an overview of all the events related to your team. You may also download the SportsEngine App to receive notices of scheduling changes and calendar updates. Information about installing the SportsEngine App is below.

Are there league requirements?

As part of the registration process, each player must provide proof of age and a recent photograph of the player. Photos must be clear, have no sunglasses, no hats, and the face needs to be clearly viewable and minimally the size of a dime. Each player is issued an official league player pass. These are retained by each team's coach or manager and must be presented to the referee prior to each game. Returning RiverFlow players may use their previous season's player pass as proof of age for the upcoming season, but will need to supply a new photograph. **RDYSL league rules** are posted:

<https://www.rdysl.com/data/Rules.pdf>

All RiverFlow volunteers (Coaches, Team Managers and Board Members) are required to complete a Risk Management background check every two years, and complete Abuse Prevention Training. When these are complete, and the volunteer is approved, they are issued an official Risk Management Pass ID card. This card must be brought to every game and presented to the head referee. The ID card is valid for two years. You may learn more about the NYSW Risk Management process here:

www.nyswysa.org/risk-management.

Do players receive a uniform?

Riverflow purchases uniforms on a 2-year cycle, when each player receives a full uniform kit:

- Two game jerseys (home & away) with their official uniform number on the back.
- One pair of game shorts
- One pair of game socks
- One training shirt

If lost or damaged, replacement uniform items may be purchased from the Club. Each new player joining the club will receive a full uniform kit Any returning player needing a new uniform before the end of the 2-year uniform cycle will have to purchase a new uniform from the Club.

What equipment must players provide?

Each player **MUST** wear soccer shin guards and soccer shoes to every game and/or practice. These are not provided by the Club. Each player must also bring a water bottle to every game & practice. It is suggested that every player bring their own ball to each practice.



RiverFlow Code of Conduct for Adults

Being part of RiverFlow Soccer Club (RFSC) is a privilege. RFSC members represent our Club in the community, and **must** lead by example.

Adult / Parent / Legal Guardian Pledge

ALL adult members of RFSC, including coaches, managers, board members, parents and legal guardians, must read and sign the following rules and code of conduct.

1. I understand that the RFSC games, practices and events are for the children, not the adults.
2. I will encourage good sportsmanship. I will set an example by demonstrating good sportsmanship and positive support for all players, coaches, officials, board members, and other adults at all RFSC functions. This includes all practices, games, and other events.
3. I will provide support for coaches and RFSC staff working with my child.
4. I will demand a drug, alcohol, and tobacco free environment for my child and agree to refrain from their use at all RFSC events.
5. I will require that my child treat other players, coaches, officials, and adults with respect.
6. I will treat other players, coaches, officials, and adults with respect.
7. I will require and assume responsibility for my child treating assigned equipment with care. I will assume the financial responsibility for all lost or damaged equipment.
8. I will abide by RFSC, RDYSL and NYSWYSA rules, including the [Referee Abuse Prevention Policy](#).
9. No persons other than players, coaches, medics, or officials are allowed on the field. There are **no exceptions** to this rule.
10. I will refrain from coaching my child from the spectators area, as I understand that there will be no non-certified coaching allowed.

I understand that by signing below that if I violate this Pledge I may be placed on probation or suspended for a period of time. Serious infractions may result in suspension from all RFSC activities for the remainder of the season.

I agree to follow the RiverFlow Code of Conduct:

Signature: _____ Date _____

Zero Tolerance Policy: *Prevent physical assault & verbal abuse in the game*

To help prevent physical assault and verbal abuse in the leagues and clubs within the New York State West Youth Soccer Association (NYSWYSA, or Association); the Association has adopted a [Referee Abuse Prevention Policy](#). *This policy applies to all coaches, players, parents, spectators and other supporters and referees effective immediately.* Abusive and obscene language, violent play/conduct, fighting and other behavior (including, but not limited to sarcasm, taunting, etc.) deemed detrimental to the game between the above mentioned groups will not be tolerated.

It is the responsibility of the coaches to provide referee support and spectator control, and it is the responsibility of the member clubs to provide instructions to their coaches on how they are expected to carry this out. This policy applies before, during and after the game at the soccer field and its immediate surrounding areas.

Parents & Spectators

No parent, guardian or spectator shall persistently address the referee or assistant referees at any time. This includes, but is not limited to:

- Parents and spectators shall not dispute calls during or after the game.
- Parents and spectators shall not make remarks to the referee(s) or advise the referee(s) to watch certain players or attend to rough play.
- Parents and spectators shall never yell at the referee(s), including criticism, sarcasm, harassment, intimidation or feedback of any kind before, during or after the game.

The only allowable exceptions to the above are:

- Parents and spectators may respond to a referee who has initiated a conversation, until such time as the referee terminates the conversation.
- Parents and spectators may point out an emergency or safety issues, such as a player apparently injured on the field or observed fighting.
- Additionally, parents and spectators shall not make derogatory comments to players of any team.

My Game is Fair Play



The general concept of fair play is a fundamental part of the game of soccer. It represents the positive benefits of playing by the rules, using common sense and respecting fellow players, referees, opponents and fans. The Fair Play rules not only serve as a credo for FIFA as world soccer's governing body, but they also reinforce the sense of fraternity and cooperation among the members of the worldwide soccer family.

1. Play fair

Winning is pointless unless played fairly. Cheating is easy, but brings no joy. Playing fair requires courage and character. Fair play always has its reward, even if a game is lost. Playing fair earns respect, while cheating only brings shame.

2. Play to win, but accept defeat with dignity

Winning is the object of playing any game. Never set out to lose. Play to win, until the final whistle. But remember nobody wins all the time. Learn to lose graciously. Do not seek excuses for defeat. Congratulate the winners with good grace. Do not blame the referee or anyone else. Be determined to do better next time.

3. Observe the Laws of the Game

All games need rules to guide them. Without rules, there would be chaos. The rules of soccer are simple and easy to learn. Make sure you learn them; it will make you a better player.

4. Play clean

Playing "dirty," such as trying to trip, elbow or injure an opponent, will cause you to lose the respect of both teammates and opponents. Play with pride by playing clean.

5. Respect opponents, teammates, referees, officials and spectators

Fair Play means respect. Respect is part of our game. Everyone has the same rights, including the right to be respected

6. Reject drugs, racism, and violence

Drugs have no place in soccer, in any other sport or in society as a whole. Say no to drugs. Help to kick racism and bigotry out of soccer by treating ALL players equally. Show that soccer does not want violence, even from your own fans. Soccer is sport, and sport is peace.

7. Help others to be strong

You may hear that teammates or other people you know are being tempted to cheat in some way. They need your help. Do not hesitate to stand by them. Give them the strength to resist.

League Websites:

RDYSL

Rochester District Youth Soccer League rdysl.com

Our club is a member of RDYSL. Here you will find extensive league information, including:

- [Team schedules: www.rdysl.com/season-current.htm](http://www.rdysl.com/season-current.htm)
- <https://www.rdysl.com/data/Rules.pdf> (pdf)
- [Field directions: www.rdysl.com/fields](http://www.rdysl.com/fields)
- [Answers to Frequently Asked Questions: www.rdysl.com/faq.htm](http://www.rdysl.com/faq.htm)
- [Player age matrix: www.rdysl.com/agematrix.htm](http://www.rdysl.com/agematrix.htm) (used to determine player's age division)

NYSWYSA

New York State West Youth Soccer Association nyswysa.org

NYSWYSA is the parent organization for over two hundred affiliated clubs and leagues in Western New York State, including RDYSL. NYSWYSA is affiliated with [US Youth Soccer: www.usyouthsoccer.org](http://www.usyouthsoccer.org), the United States Soccer Federation ([USSF: www.ussoccer.com](http://www.ussoccer.com)), and FIFA ([FIFA: www.fifa.com](http://www.fifa.com)).

In addition to their organization of soccer in Western New York, NY Soccer West also processes all official player registrations, Risk Management background checks for our volunteers, and issues official player and coach passes.

FIFA

Fédération Internationale de Football Association fifa.com

FIFA (International Federation of Association Football) is the world governing body for soccer/football.

Safety Information & Resources:

U.S. Center for SafeSport

The U.S. Center for SafeSport, [uscenterforsafesport.org](https://www.uscenterforsafesport.org) is America's federally authorized independent safe sport organization. They created the Minor Athlete Abuse Prevention Policies (MAAPP) and training to help young athletes be safe, supported, and strengthened.

Concussion Information

US Soccer Federation: <https://www.recognizetorecover.org/head-and-brain#head-brain-conditions> information on concussion awareness. Includes videos and fact sheets for parents and athletes.

Injury Prevention

US Soccer's "Recognize to Recover": www.recognizetorecover.org US Soccer's injury prevention program.

Weather Safety

- **Heat & Hydration:** www.recognizetorecover.org/environmental#heat-hydration

Extreme heat can impact players' health and safe play. Proper hydration and knowing when you need to drink are critical, to help prevent many injuries and illnesses, from muscle cramps to heat stroke.

- **Heat Guidelines:** www.recognizetorecover.org/environmental#heat-guidelines

Guidelines for coaches, referees and players when training or playing in hot weather.

- **Lightning & Severe Weather:**

www.recognizetorecover.org/environmental#lightning-severe-weather Lightning is one of the top ten causes of sudden death in sport. As the majority of soccer is played outdoors, lightning and severe weather pose a threat to player health and safety. *Hearing thunder is the same as seeing lightning!*

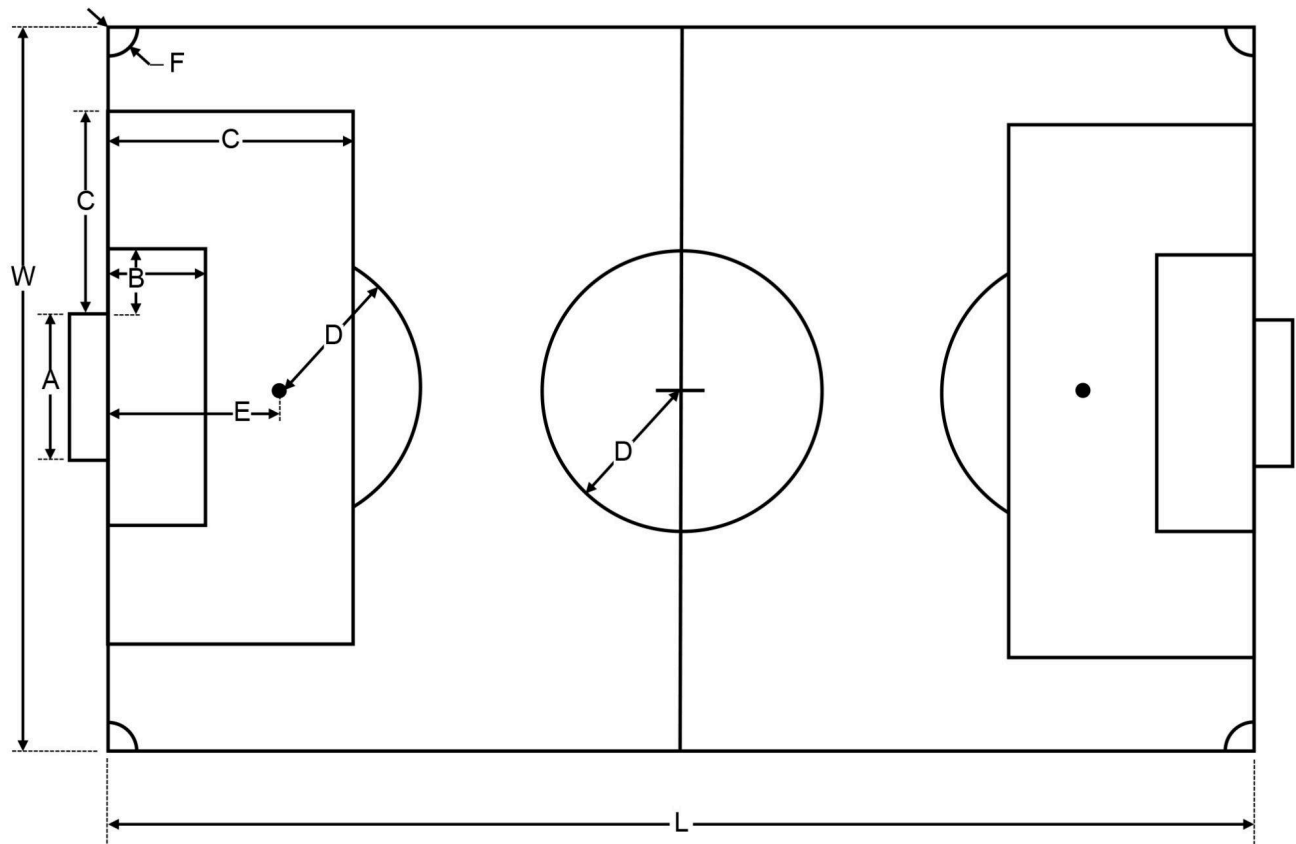
Field Safety

Field Conditions: www.recognizetorecover.org/environmental#field-conditions Field conditions vary from location to location, but safety practices are the same. Before EVERY game or practice, survey the field and goals for any hazards that need to be removed or repaired.

Quick Reference:

Please note: Official, updated league rules are posted at www.rdysl.com/data/Rules.pdf

Field Diagram and Dimensions



Age Group	W (yards)			L (yards)			A (feet)	B (yards)	C (yards)	D (yards)	E (yards)	F (yards)
	Min.	Ideal	Max.	Min.	Ideal	Max.	Goal size					
U9-U10	35	40	45	55	60	65	6.5 x 12* 6.5 x 18.5	5	10	8	8	1
U11-U12	45	50	55	70	75	80	6.5 x 18.5* 7 x 21	6	14	8	10	1
U13-U14	60	60	90	95	100	130	8 x 24	6	18	10	12	1
U15-U16	60	70	90	95	110	130	8 x 24	6	18	10	12	1
U17-U19	60	80	90	95	129	130	8 x 24	6	18	10	12	1

* The goal size for U9-U10 will be no larger than 6.5ft x 18.5ft, recommended 6.5ft x 12ft.

* The goal size for U11-U12 will be no larger than 7ft x 21ft, recommended 6.5ft x 18.5ft.

Length of Games, Halftime and Overtime

Age Group	Game Length (minutes)	Halftime (minutes)	Overtime (minutes)
U9-U10	Two 25 minute halves	10	0
U11-U12	Two 30 minute halves	10	0
U13-U14	Two 35 minute halves	10	0
U15-U16	Two 40 minute halves	10	0
U17-U19	Two 45 minute halves	10	0

Ball Size

Age Group	Size
U9-U10	4
U11-U12	4
U13-U14	5
U15-U16	5
U17-U19	5

Number of Players on the Field

Age Group	Maximum Number of Players on the Field	Minimum Number of Players on the Field
U9-U10	7	5
U11-U12	9	6
U13-U14	11	7
U15-U16	11	7
U17-U19	11	7

SportsEngine Mobile App

The SportsEngine mobile app is FREE and available for both iOS and Android devices and is available on the Apple App Store and on Google Play. The App offers a wide range of tools, including access to team & club calendars, which are instantly updated when a team's calendar is updated.

Download the App:

For Your **iOS Device** (iPhone, iPad, or other Apple device)

To install the SportsEngine app on your iPhone, do the following:

Step 1: On your device, open the App Store.

Step 2: Search for SportsEngine.

Step 3: Tap the Get button to begin installing the app.

Step 4: Open the app on your device.

Step 5: On the Settings tab, tap Account and tap the Sign In button to sign into your SportsEngine account.

For Your **Android Device**

To install the SportsEngine app on your Android, do the following:

Step 1: On your device, open Google Play.

Step 2: Search for SportsEngine.

Step 3: Tap the Install button to begin installing the app.

Step 4: Open the app on your device.

Step 5: On the Settings tab, tap Account and tap the Sign In button to sign into your SportsEngine account.

SportsEngine mobile app set-up guide:

<https://help.sportsengine.com/en/articles/6662746-sportsengine-mobile-start-up-guide>

