



CLUB RULES

300 11.1.1 INTRODUCTION

One of the key ingredients for a successful club is to provide clear, consistent communication between the Texas Rush Soccer Club (Rush), the coaches, and the players and parents. This document (“the Texas Rush Way”) explains our expectations for our members. Please read the following pages carefully.

300 11.1.2 THE CLUB AND THE TEAM

Members of the Rush agree to put the club ahead of the team. When decisions are made regarding conflicts between the club and a particular team, the club will come first. Club decisions will be made by the appropriate member of the Rush staff.

300 11.1.3 THE TEAM AND THE INDIVIDUAL

In most cases, members of the Rush agree to put their team’s interests and needs ahead of the individual player. If conflicts arise between the team and a player or parent, the team coach under the direction of the respective Director of Coaching will be responsible to make decisions for the good of the team.

300 11.1.4 THE PARENTS

Parental support and involvement in the club is essential. If a player is selected and commits himself/herself to the Rush, the parent’s commitment is also necessary. Parents should make every effort to ensure that players attend all possible club and team functions. At times, conflicts cannot be avoided and other more important events will take precedence. The club requires your communication, planning, and understanding so we can minimize conflicts. The club will periodically present a schedule to allow time for your planning. When parents or players have an unavoidable conflict, the club expects timely communication.

300 11.1.5 FINANCIAL COMMITMENT OF MEMBERS

Every member is expected to stay on top of their financial standing with the club by paying their club fees and team fees on time as based on the payment plan set up by the club. See Club fees and payment plan on the club’s website at www.texasrush.com. (Once there click on the PROGRAMS tab on the home page. Then click on the WOODLANDS. Then click on FORMS. Then click on FINANCIAL COMMITMENT and the information will be there for you.)

- If members fail to meet his/her financial obligations in paying club or team fees the player will be suspended from participating in all training sessions and games until payment is made.
- If members fail to or become well behind in their paying their club or team fees dismissal from club may result.
- The Technical Director shall review and approve any disciplinary actions that involve temporary suspension and or dismissal from the club. The Board of Directors shall review and approve any disciplinary actions that involve dismissal from the club.

300 11.1.6 UNIFORMS

All players must wear the designated uniform of the club. Uniform numbers range from 1 and 18 for the goalkeepers and 2 through to 24 for the field players. Players who are currently on existing Rush teams retain priority in choosing uniform numbers. Team Coaches/Managers will organize the uniform purchase and the numbering of uniforms.



300 11.1.7 PLAYER TRAINING ATTIRE

Each player must have the following equipment for each team training session:

- Appropriate shoes.
- Club training t-shirt, black shorts and royal socks. The Training T's can be bought at the club office.
- Club t-shirts must be worn to each team training session and as a warm-up shirt for games.
- Shin guards are required for team training sessions and games.
- Ball that is properly inflated.
- Running shoes in case of inclement weather.
- Bring water/sports drinks

300 11.1.8 PLAYER BEHAVIOR AND CONDUCT

All players are expected:

- To compete with toughness and intensity within the rules of the game.
- To show sportsmanship toward teammates, opponents and officials at all times.
- To be honest and respectful of others.
- **BULLYING OF ANY NATURE WILL NOT BE TOLERATED BY ANY MEMBER OF THE CLUB AT ANY TIME.**
- All Rush parents and guests must demonstrate good sportsmanship at all times as well.
- At no time should a Rush member or family member post photos or any statement that is derogatory in any way towards those involved in the Texas Rush Soccer Club or anyone involved in the soccer community. This includes photos taken in hotel rooms or team functions. We will instruct players to ignore the following:
 - adverse conditions such as poor calls made by referees, name calling, foul language, rough play, cheating, poor weather, negative behavior by parents or opponents.

The failure of a Texas Rush member to behave in an appropriate manner consistent with the Club's rules or expectations will result in possible suspension or dismissal from the club.

300 11.1.9 PLAYER COMMITMENT/DEDICATION

Every competitive player and their family (Premier league, Division I, Super II or Division II) must be fully committed in developing his/her potential to its maximum in order to set and achieve the highest goals as a team. At a minimum, each player must do the following:

- Attend all training sessions. Even if players are injured, they should attend in order to remain familiar with team tactics and progress.
- Arrive 15 minutes prior to the start of each session to begin warm-up activities.
- Train and compete with 100 percent effort and intensity.
- Attend all club, league and tournament games. Team managers/coaches will be recording player attendance on a weekly basis.
- Attendance at all team meetings and events.

300 11.1.10 PLAYER COMMITMENT TO A HEALTHY LIFESTYLE

Players should maintain a healthy lifestyle. Any use of drugs, alcohol, or tobacco is unacceptable and will result in discipline and possibly dismissal from the club. Nutrition and rest are also part of the players' personal responsibility. Players should eat nutritious, healthy food in a timely fashion so as not to interfere with performance. If a player has questions about which foods are best for performing athletes, please ask their team coach.



300 11.2.1 PLAYER EVALUATION AND SELECTION

Player performance will be evaluated by observing the player under the pressures of practices, scrimmages, games and sometimes tryouts. The professional Rush coaching staff and the team coach will confer in matters of player evaluations primarily in the “four pillars”:

- Technical (dribbling, shooting, heading, ball handling skills, etc.)
- Tactical (runs, reading the game, decision making, etc.)
- Physical dimensions (endurance, strength, and speed, etc.)
- Psychological dimensions (attitude, character, discipline, leadership, etc.)

We may not always agree on issues as sensitive as player evaluation and selection, but it is important that our professional decisions in these matters be respected.

300 11.2.2 TRYOUTS AND PLAYER PLACEMENT

The main objective of the Rush Soccer Club is to develop soccer players at all levels. In order to do this, we must place players on a team commensurate with their ability. To achieve this, the following will happen:

- Current Rush players are evaluated every day throughout the year which is used to place them more accurately within the Rush system.
- New Players will be compared to the current Rush members to determine their placement. This will take place at tryouts or during team training sessions or games.
- Evaluations will be based on the “four pillars” of the game in addition to player and family commitment, attendance, attitude, team chemistry, and consistency.
- Team Head Coaches, DOC’s of the respective age groups, DOC Competitive and DOC of Player Development will pick the respective teams.
- During the year, a player may be asked to transfer, or may request a transfer to another Rush team. Depending on the circumstances (e.g., injuries, player/coach conflicts, financial status, consideration to the implications of the entire age group, ability level, etc.), the Rush professional staff will decide whether to transfer a player.
- Tryouts will be conducted for U11 to 18/19 age groups with all current Rush members being expected to attend.
- Player placement and movement may occur throughout the year based on certain circumstances and under applicable STYSA and Association transfer rules.

300 11.2.3 PLAYER PLAY-UP POLICY

The Texas Rush will evaluate each case on its own merits based on the player’s abilities, the level of play of the teams the player may play with and common sense. The DOC’s will make the final decision in moving a player up after consultation with the Team Head Coach.

300 11.2.4 EXCUSED ABSENCES FROM TRAINING SESSIONS AND GAMES

A player may be absent from either team training sessions or games only in extraordinary circumstances and with the coach’s permission. Acceptable reasons include the following:

- Family emergencies. Please contact team coach/manager as soon as convenient
- Attendance at a mandatory school function directly affecting an academic grade
- School soccer games, but this excused absence does not apply to school training sessions or other school sports
- Religious functions
- Illness

When a player misses training or a game(s) whether it is excused or unexcused the



players playing time will be adjusted to reward those team members that were in attendance. All circumstances will be evaluated and acted upon under the coach's discretion.

300 11.2.5 NOTIFICATION OF ABSENCES FROM TRAINING SESSIONS AND GAMES

- Notification is required for all absences.
- Please make every effort to notify your team manager/coach as early as possible. Ideally, a minimum 72-hours prior notice should be provided for training sessions.
- Planned absences from games require at least a ten (10) day advance notice.

300 11.2.6 PLAYING TIME

- Playing time is evaluated on a weekly basis based upon **attendance, effort, behavior, performance** at both team training sessions and previous games and **commitment from the player and family to all team events.**
- If all commitments, attendance and behavior policies are followed, then performance will be the sole factor considered when determining playing time.
- In all situations, the team coach will determine playing time on game day.
- If the team coach is not present on game day, the coaching staff member who has been assigned to cover the game is responsible for following the policies of the club on playing time.
- Team Head Coaches are responsible to provide team line-up information and tactical information to the coaching staff member covering the game.

300 11.2.7 PLAYING TIME FOR DIVISION I TEAMS

After the club's policies on attendance and behavior are taken into account, the coaching staff will make playing time decisions based on player performance, commitment and **what is in the team's best interest.** It is very important to understand the following:

- The players should utilize a team's training session as a place to excel and to demonstrate their abilities.
- Each player is expected to compete for playing time at team training sessions through attendance and performance.
- A player's failure to attend any of his/her team events, meetings and training sessions demonstrates a lack of commitment and playing time will therefore be awarded to those that did attend.
- The coaching staff will make substitutions when it benefits the team. Substitutions will not be made to simply provide playing time. This is especially true for close games as multiple substitutions may disrupt the team's play and affect the team's performance.
- Players who do not play as much in certain situations as others should support the team in a positive manner as should their parents.
- Also be aware that players will be asked to play in different positions to aid in their development and in certain situations to help the team. This will happen to all of our players. In this situation, they are expected to do their best for the team by putting aside their individual goals and focus on the team.
- As a staff, we will make every attempt to play all of our players if it benefits the team.

300 11.2.8 PLAYING TIME FOR PLAYERS ON SUPER II AND DIVISION II TEAMS

These players are responsible for their attendance, effort, behavior and performance as well as Division I players. If each player follows club policies, then they will be rewarded with a



minimum of 50 percent playing time regardless of performance and ability as per Super II/Division II rules. **This will only occur if attendance, commitment and behavior policies are consistently followed on a weekly basis.**

300 11.2.9 GAME DAY PROTOCOL

- Players must be at the field of play 45 minutes before kick-off. Players who are not on time will have their playing time adjusted to reward those players that are on time at the coach's discretion.
- Players must be dressed and ready to participate in warm-up activities 35 minutes before kick-off. Players who are not ready will have their playing time adjusted to reward those players that are on time at the coach's discretion.
- The team or staff coach has in his/her discretion the ability to start a game with a reduced number of players should a large number of players fail to follow the game day playing time protocol.
- Players must wear the Club training t-shirts and uniforms during the warm-up activities.
- Players must bring both grey and blue t-shirts to each game.
- Each team is encouraged to provide a tent for their team bench.
- Players must bring their own water and/or sports drink(s) to the game. To avoid disruption, we ask that parents not bring these items to the players during the game. Water and sports drinks should never be shared with fellow players as this is not hygienic and can spread germs.
- Players must continually re-hydrate their bodies before and after games, especially during tournament play. Soda or other caffeinated drinks should be avoided as they dehydrate the body further.
- Players should eat a post-match meal/snack within 30 minutes of the conclusion of the game. Again, junk food should be avoided.
- Players are responsible for cleaning team bench area following each game.
- A post-match stretching and cool down session will be held to help the players prepare for the next game.
- Players must stay out of the heat/sun between games. At no time, should players sit in hot tubs and/or saunas because of the risk of further dehydration. Players should rest and relax when not playing a game.

300 11.2.10 TEAM TRAVEL AND CONDUCT

In some cases, a competitive team may need to stay overnight for an out of town tournament. The following are the expectations of the club:

- Players are expected to travel and stay and participate with the team for the entire event. The entire event is classified as when the player arrives at home departure point (airport, Bear Branch fields) to when the team returns to the home arrival point (airport baggage claim, Bear Branch fields). Any exceptions will be at the team coach's discretion only.
- During overnight trips, team members should stay together in player hotel rooms unless otherwise agreed upon by the team coach/DOC.
- When travelling by air teams are expected to travel together on the same flight.
- Decisions regarding team travel, including timing of arrival and departure to and from locations (hotels, restaurants, game fields, etc.) will be approved by the team coach or DOC.
- Teams and players must travel the night before tournament play to attend team meetings at a time set by the team coach. Arrival the night before ensures all team members are present in case of any last minute tournament schedule changes.



- The team will be required to eat together unless otherwise instructed by the team coach.
- **If a player does not decide to travel, the player is still responsible for his/her share of the coach's expenses and the tournament fee.**
- If a player travels, and a parent does not, then the parent is responsible for organizing player supervision with the Team coach/manager.
- As players represent the club when they travel they are expected to dress in an appropriate manner. Please avoid cut off's, hats, clothes with disrespectful wording, slogans or political statements, as well as clothes that are too tight or loose.
- Players are responsible for bringing all of their equipment. Should air travel be required all equipment should be carried on and not included with checked baggage.
- No soccer balls can be kicked inside hotel lobbies, hallways or rooms.
- Players should act in a manner that will reflect positively on the team. There will be no running through the hallways or excessive noise at any time. In addition, there will be no misconduct in the elevators.
- Players/families will be held responsible for any items that are damaged on the hotel property and are responsible for notifying the team manager/coach and hotel management of damage.
- Players are expected to follow all team curfews and attend team meetings on time as directed by the Team Head Coach or DOC.
- No player shall leave the hotel property without permission from the team coach/manager.
- Parents need to notify the team coach/manager if they are taking their son/daughter from the hotel property.
- No member of the opposite sex that is not an immediate family member shall be allowed in a player's room.
- All telephone charges will be the responsibility of the player/parent.

Playing time will be adjusted at the Coaching Staff's discretion IF players do not follow the above points!

300 11.2.11 GUEST PLAYER POLICY

The Texas Rush does not allow a Texas Rush Member to guest play with another club. If a player wants to guest play with another Rush affiliate club the protocol is as follows:

- The request for a Rush player to guest for another Rush team should be made to the Team Head Coach AND the DOC for this team. **NOTE: Member must be in good financial and behavioral standing with our club for the member to be evaluated for this opportunity.**
- The Team Head Coach and the DOC will then review the request and inform the member of their decision regarding the approval or denial of the request.
- If Rush affiliate club has opportunities for Texas Rush players to play in a tournament with their teams the Texas Rush Coaching Staff will offer this to players who are in good standing and who possesses the ability level to play at the level of the affiliate team and the tournament.
- Even within the Rush Club, a coach/manager should not solicit the availability of a player without the prior approval of the Team Head Coach and DOC of the team.

300 11.2.12 STATE SELECT TEAMS OR OLYMPIC DEVELOPMENT PROGRAM (ODP)

During the soccer season, players from the Rush will be given the opportunity and encouraged to tryout for Olympic Development Program (ODP). ODP and National Teams shall always have priority unless a Rush Director of Coaching and ODP agree on an alternate resolution.



300 11.2.13 BEFORE, DURING AND AFTER THE GAMES

Before, during and after the games the players are under the supervision and guidance of the coach. Parents must refrain from coming over to the team side of the field until the coach dismisses the team. Players need to come prepared with everything they need for the game. In case of injury, if the coach needs a parent's assistance, he/she will ask the parent over to assist their child.

300 11.2.14 PARENT RESPONSIBILITY FOR PLAYER PICKUP AT ALL RUSH EVENTS

Rush events frequently occur at public facilities (e.g., Bear Branch and Alden Bridge Sports Park soccer fields) that is open to any member of the community. Parents are responsible for ensuring that players are picked up immediately upon the conclusion of any Rush events in which the player participated (e.g., games, practices, try-outs, etc). The Competitive Program cannot monitor players upon the conclusion of an event and cannot be responsible for the safety of a player once that player has been dismissed by his/her Rush coach/manager.

300 11.2.15 PARENTAL SIDELINE COACHING

- Coaching by parents is **not allowed**. No matter how good a parent's intentions, instructions should not be shouted to players.
- Vocal support and positive encouragement are welcome after a good play.
- Parents are not allowed on the sideline of the coaching staff and team bench at any time.
- If a player is injured, the coaching staff will evaluate the injury. If a parent's presence is needed, the coach will ask for the parent at that time.
- No smoking or alcohol is allowed in areas where players are present.

300 11.2.16 COMMUNICATION/48 HOUR RULE

Please be cautious in your discussions with your son/daughter in regards to the team and their teammates. Comments should be constructive. The professional coaching staff is always willing to respond to any concerns and to answer questions regarding a player. It is very important, however, that these discussions occur at the proper place and during the proper time. If parents have issues or concerns regarding the technical aspect of their child's game, they should contact their team coach via e-mail, personal appointment or phone call. **Parents should NOT approach coaching staff either at the training field or game site to discuss concerns. In addition, parents should wait 48 hours prior to making contact with their team coach should an issue arise from game play.** If you need to take your issues to a higher chain of command then the Rush has a system in place. Please follow the following system:

1. Head Coach
2. Respective Director of Coaching:
 - DOC Youth Academy
 - DOC Youth Boys (U11-14)
 - DOC Senior Boys (U15-19)
 - DOC Youth Girls (U11-13)
 - DOC Senior Girls (U14-19)
3. DOC Competitive or DOC Player Development
4. Technical Director
5. Board of Directors

If parents have administrative issues or concerns, they should contact their team manager. Should further assistance be required, they should contact the administrative staff at the Texas Rush office.



COMPETITIVE

300 11.2.17SUMMARY

We believe that organized athletics is an essential component of a child's or young adult's development. The lessons and skills learned in sports (e.g., the importance of commitment, teamwork, sportsmanship, etc.) help a player overcome other challenges in life. Our aim is to help our athletes become solid citizens who contribute to society and behave in a way that affects others in a positive light. A joint commitment is needed to accomplish our goals from the player, parents and the club to achieve these goals!!