

## **Game Day Procedures**

- Have your team show up on game day 20-30 minutes prior to the start of the game.
- Check that all your players are wearing shin guards and are completely covered by their socks.
- Make sure that none of your players are wearing any jewelry (regardless if they are newly pierced or not. They have to be removed.) Check to make sure barrettes are flat and not dangerous to the player etc.
- Set up the field with goals, & discs on the corners etc, if necessary.
- Set up your team & spectators on the opposite side of the team you are playing.
  - Remember there is to be no-one behind the goal boxes, or the end line.
  - All spectators, teams, and Coaches are to remain a distance of 18 yards from each goal at the U10 & above age divisions and a distance of 10 yards at the U9 and below age divisions.
  - Spectators, teams and Coaches need to set-up and remain a distance of 2 yards from each sideline.
- Remind all players and spectators that negative comments or suggestions towards any player on either team, any Coach, Referee (or Volunteer Referee) will not be tolerated and should be reported to the appropriate Club. Keep in mind that Coaches are responsible for their sidelines.

### **# of Players on field**

U-12 & Above- 9  
U-11 - 9  
U-10 - 6  
U-9 - 5  
U-8 - 4  
U-7 - 3 (no goalkeeper) (Big River 4 with a goalie)  
U-6 and below 3 (no goalkeeper)

### **Game Duration /Size of ball to be used (All games have a 5 minute halftime)**

Under-15 Two 40 min. halves #5  
Under-14 Two 35 min. halves #5  
Under-13 Two 35 min. halves #5  
Under-12 Two 30 min. halves #4  
Under-11 60 Min./Two 30-minute halves #4  
Under-10 50 Min./Two 25-minute halves #4  
Under-9 50 Min./Two 25-minute halves #4  
Under-8 50 Min./Two 25-minute halves #3  
Under-7 40 Min./Two 20-minute halves #3  
Under-6 32 Min./Four 8-minute periods (Halves permitted) #3

### **Overtime periods**

U-15 two 15 min. halves  
U-14 two 10 min. halves  
U-13 two 10 min. halves  
U-12 two 10 min. halves  
No overtime at U11 and below

- Meet with the other Coach and Referee (if available) to make sure everyone is on the same page. Ex: length of game, substitutions, punting of the ball by goalies, off-sides, and ball must be completely across the line before it is out of bounds, etc.
- If there is no referee each team should provide a parent or Coach to referee half of the game. If both teams agree, one person can referee the entire game. Be sure to bring a stop watch and a whistle.
- All goalies are allowed to drop kick/punt the ball. However, from a coaching perspective if you have a goalie that can punt the ball from one end to the other it is better for all players involved that the goalie throws the ball instead. This will prevent the game from being a kicking match back and forth between goalies.
- Off-sides are to be enforced at the U10 and above age divisions. Each team should provide a linesman that is familiar with off-sides to assist the referee/with calling off-sides. Each team should have flags to assist with this. Below are a few key points to remember about off-sides.:

### **Offside Position**

It is not an offence in itself to be in an offside position.

A player is in an offside position if:

- he/she is nearer to his opponents' goal line than both the ball and the second last opponent

A player is not in an offside position if:

- he/she is in his own half of the field of play or
- he/she is level with the second last opponent or
- he/she is level with the last two opponents

### **Offence**

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by:

- interfering with play or
- interfering with an opponent or
- gaining an advantage by being in that position

### **No Offence**

There is no offside offence if a player receives the ball directly from:

- a goal kick
- a throw-in
- a corner kick

- There are no Direct kicks at U9 and below, only indirect kicks
- Penalty Kicks will be granted ONLY at U11 and above
- Slide tackling will NOT be allowed at U10 and below. Offences should be called and awarded a direct kick at U10 and an indirect kick at U9 and below.

Please be sure to read over the rules before the game to familiarize your self with them. It is unlikely that you will have a referee. If you have any problems on game day or have any questions please be sure to call your clubs' President or Coaching Director.