

Guidelines for U-14 Coaches

1. Coach packet **MUST** be with team at **ALL** practices and games. It contains Medical Release forms!!!
2. Do not leave children alone after practice or games. Make sure there are two adults present.
3. Let parents know what times practices end for those who drop off kids.
4. Practice time, days and place are up to coaches.
 1. May use fields as long as there are no games going on.
 2. If more than one team shows up to practice on the same field, share the field.
5. Keep children from hanging on nets and goals. This is very dangerous and could result in serious or fatal injuries.
6. Coaches use good judgment. You are the example to the kids on how they should conduct themselves. Show good sportsmanship.
7. Issues during the game should be brought up after the game ends, not during the game.
8. If a game needs to be cancelled (see item 15) you must first get approval by a board member.
9. All rescheduled games will be scheduled by the Registrar (April Cole) only.
10. Smoking is NOT permitted on OR near the playing fields.
11. NO animals are permitted on OR near the playing fields.
12. Please **DISPOSE of trash** properly and keep fields clean. Set a good example for our kids. Both teams are responsible for picking up trash on and around the field. Whoever is responsible for snacks should bring an extra bag for the trash.
13. If there are questions throughout the season, parents should talk with their child's coach first.
14. Shin guards **MUST** be worn, and **COVERED**, during **ALL** practices and games. Tennis shoes or cleats (no toe cleats). Appropriate pants (according to weather) with no pockets. Team jersey must be showing at all times, jackets sweatshirts etc. will be worn under jersey. No jewelry.
15. Teams will play 11 v 11 unless one team has less than 11 players. If this happens below rules apply:
 1. The team with less than 11 will not have substitutes unless a player shows up late.
 2. Both teams will match number of players on the field (i.e. 7v7, 8v8, 9v9, 10v10), but must have a minimum of 7 players.
 3. If one team does not have 7 players only then will a game be cancelled.
16. Games will be 2 halves of 35 minutes each with a 10 minute half time.
17. Ball will be a size 5.
18. Substitutions will only be authorized at a stoppage of play by the offensive team. The defensive team will only be permitted to substitute players if the offensive team does. No substitutions on corner kicks.