



Brantford Over-35 Recreational Soccer

For fun, fitness and friendship

www.brantfordover35recreationalssoccer.ca

Guidelines for Captains:

- Ensure all your players get adequate playing time.
- Stop arguments before they escalate
- Discourage foul language, hard tackles, and argumentative behavior
- Be fair and impartial when adjudicating or calling fouls.
- Work with the other captain to even out the numbers between the 2 teams
- Encourage your players to come and play on the scrimmage team when on a bye week

Guidelines for Players:

- Basic rules - No Offside, No sliding/hard tackles.
- Pass backs to the Goalie is allowed.
- There is no offside rule in our game so don't argue about "off sides".
- Verbal and or physical abuse of any player may result in a red card and follow up consequences. Treat others the way you like to be treated.
- ****We do not keep scores and standings after the game****
- **Teams do not have designated goal keepers. We expect players to contribute and everyone should volunteer to play in goal.**
- Help with putting up and taking down the nets. Many hands make light work so do your share.
- We share players as needed. Be prepared to help when asked by your captain.
- Let your Captain know when you are going to miss a game so he can organize a substitute.
- Be on time for the game.
- On the bye week there is a scrimmage game on the front field, so you do not have to miss playing in any week.