

# Suburban Counties Soccer League

<http://www.suburbancounties.org>



## Coach Information Sheet – Spring 2026

### Game Day Checklist

- 1) Referee Fee.
- 2) Game Day Roster, Copies for the Referee and Opposing Coach
- 3) Two Game Balls with Air In Them.
- 4) Is the game still on? Check your email and the home club's website.

### Home Team - At Your Field

- 1) Check for Corner Flags. Do you need to get them out?
- 2) Are the goals properly anchored?
- 3) Are the nets in place? Tape them if necessary.
- 4) Remember to greet your opponents.

### During The Game

- 1) REMEMBER: The Referee's decisions are final, whether you like them or not!
- 2) For age groups at least one female player on the field at all times.
- 3) If you do not have a female player to put on the field you will play one player short.
- 4) Keep the score within 3 goals! Encourage passing and touches!
- 5) If your team is 5 goals behind, you may add one player.
- 6) If your team is 7 goals ahead, you must remove one player.
- 7) Normal Offside Rules Apply at All Ages.
- 8) NO HEADING FOR U10 & U12
- 9) NO SLIDE TACKLES at any age!
- 10) U12: Any ball played out by the GK by a punt, drop kick or throw, must NOT cross the halfway line without first touching a player or the ground.
- 11) U10- the build out line will be used, no punting
- 12) No Coast to Coast- Keeper must play in defensive half except for last 2 minutes
- 13) Mercy Rule will always be in effect

### After The Game

- 1) Do you need to put the flags away?
- 2) Make sure any trash around your bench is cleaned up.
- 3) Has your team left anything? Balls? Jackets? Shirts?
- 4) Complete incident report for anything out of the ordinary or serious injury.
- 5) Complete referee evaluation for feedback to referee assignor.

### Referee Fees Per Team

U10: \$25.00  
 U12: \$30.00  
 U14: C: \$36.00 AR: \$45.00  
 U16: C: \$42.00 AR: \$50.00  
 U19: C: \$50.00 AR: \$55.00

U14 may not have AR

### Game Formats

U10: 7v7 25 min half  
 U12: 9v9 30 min half  
 U14: 11v11 35 min half  
 U16: 11v11 40 min half  
 U19: 11v11 40 min half  
 (reduce to equate if needed)

Halftime is 5 minutes

### Game Cancellations

Remember, only the league or a club's representative may cancel or reschedule games. Coaches needing to reschedule a game should contact their club's SCSL representative.

### Substitutions

Refs permission for all subs  
 Enter from midline  
 Exit to closest touchline  
 Inform the ref of GK change  
 No subs on corners  
 Sub at any other stoppage