

Suburban Counties Soccer League

<http://www.suburbancounties.org>

Coach Information Sheet – Fall 2025



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