## General Rules about Substitutions and Game Conduct for Coaches

## General Rules:

- Home team will be listed first in the schedule and must provide 3 proper game balls.
- Home team will occupy the north or west side of field. The visiting team will occupy the south or east side.
- Coaches will stay along the touchline within 10 yards on either side of the halfway line and at least one yard back from the touchline. Coaches are responsible to keep the touchline clear so that the Assistant Referee may move along (or see) the entire touchline without interference.
- Spectators will stay along the touchline behind the coaches, no closer to the goal line than the penalty area line. No one is allowed behind the goal line without the Referee's permission. Spectators should be at least two yards off the touchline.
- Referees will enforce the Laws of the Game and Region 7 guidelines from the time they arrive at the field for the match until they leave following the match (including any tiebreakers).


## Match Rules:

- The visiting team will call the coin toss. The winner will choose either to kick off or which goal to defend.
- Duration of matches: Two halves of 25 min . each (U10), 30 min . each (U12), or 35 min . each (U14).
- Half-time will be at least 5 minutes but not longer than 10 minutes.
- Substitutions will be approximately midway through each half and at half-time.

All players must play a minimum of $\mathbf{3} / \mathbf{4}$ of regulation time in each match unless the number of players on the team does not allow $3 / 4$ play. A good guide for this is that no player be substituted again in regulation time until every teammate has been substituted (although in some cases the $3 / 4$ rule can still be satisfied, for example if a player sits quarters 2 and 3 , while another player sits only in the $4^{\text {th }}$ quarter). If, upon administrative review of the game cards, a violation of the $3 / 4$ play rule is found, the game may be forfeited, and sportsmanship points may be deducted. Goalkeepers may play every quarter for U12 and U14, and a maximum of two quarters for U10.

- During playoffs, the $3 / 4$ play rule applies only to regulation time. If extra periods are needed, any player sitting in the first half of extra time must play in the second half.
- Players Sent Off at any time do not participate any further in the match or tiebreakers and will be ineligible for the next match, if applicable.

