

Silent Saturday is Saturday, 9/20/2025:

Objectives:

- To emphasize that, the game is about letting the kids have fun and play.
- To show that kids can communicate and play well on their own with limited instruction.
- To help the few parents and coaches who feel they must provide constant direction, understand how disruptive it can be.
- To give players the chance to trust their skills, instincts, teammates, and teamwork without sideline input; and to allow them to make a mistake without comment and to learn from that mistake on their own.
- To support our volunteer referees, both youth and adults, by eliminating sideline interference and comments.

Exclusions and Exceptions:

- 6U and younger players are still learning and need a lot of guidance and encouragement from their coaches, so the Silent Saturday guidelines do not apply to these age groups.
- 7U and 8U players may have played before but still need at least minimal guidance from the coaches in games. The 7U and 8U coaches are thus allowed to give simple and limited verbal instructions to the players during the game, but the Parents and Spectators **MUST** observe Silent Saturday rules as specified in the following section.
- 10U and above divisions will fully participate in Silent Saturday and follow all the guidelines.

Guidelines:

For Coaches:

- **Announce the date:** Make sure to clearly communicate the date of Silent Saturday (9/20/2025) and the guidelines to your team and the spectators in advance.
- **Speak only during designated times:** You can talk to your players before the game, during halftime, and at substitution breaks.

- **Communicate with players on the bench:** You may speak quietly to players on the bench to discuss strategy and/or tactics.
- **Avoid sideline coaching:** Do not provide verbal or non-verbal directions to players on the field during the game.
- **Encourage player communication:** Allow your players to communicate and make decisions on the field without your constant input.
- **Use quiet calls if necessary:** If absolutely required, you can quietly call a player to the sideline for instruction and have them relay the message to the team.

For Parents and Spectators:

- **Stay quiet during the game:** You are asked not to yell, coach, or provide any verbal direction to the players, referees or coaches.
- **Clap and use non-verbal support:** Cheering through clapping, waving rally towels, or holding signs is encouraged to support the players; but no horns, whistles or noise-makers are allowed.

For Players:

- **Let the players take the lead:** The goal is to allow the children to lead, communicate, play, learn from their mistakes, and develop their own skills and teamwork without external pressure.
- **No bench player acting as coach:** Substitute players on the bench should remain quiet and not provide verbal instruction to their teammates on the coaches' behest.

For Referees:

- **Issue a friendly reminder:** Before the game, remind the coaches about the Silent Saturday guidelines and ask for their cooperation.
- **Monitor the sidelines:** Pay attention to any violations by spectators or coaches.
- **Issue warnings:** If anyone is not following the rules, give them a warning.
- **Take action if necessary:** If the behavior persists after a warning, you may be required to remove the spectator or coach at issue, or even to suspend the game and call for a Board member (via the Field Monitor) to the field for further assistance.