



BRAMS UNITED SOCCER CLUB

Program Information

U4-U5 – The Active Start Program is designed to introduce players to fundamental movement skills, introductory soccer skills, fair play, and friendship. The fun environment is full of differing soccer activities focused on physical literacy such as ball control, running with the ball, 1v1, and shooting. The program is led by technical staff supported by volunteer assistants, and guardians are encouraged to support their athletes. Participants can expect repetition in activities so that players can focus on learning fundamental soccer skills and physical literacy movements (20-minute ball activities, 2 x 15-minute halves).

U6-U7 – The U6/U7 program is designed to introduce players to preliminary soccer skills. This fun environment is full of differing soccer activities focused on physical literacy such as ball control, running with the ball, 1v1, and shooting. This program is designed to develop and prepare players to enter the Rep/Development programs, or if the player prefers to continue in recreational. The program is led by technical staff supported by volunteer assistants. Activities will be repeated to allow players more time and practice these skills and techniques needed for the game (20-minute ball activities, 2 x 15-minute halves).

U8-U10 GIRLS – Players will receive one game weekly, officiated by Match Officials. Teams will work with their volunteer coaches on sessions and development. Teams will play 4v4 with a goalkeeper (10-minute ball activities, 2 x 20-minute halves).

U8-U10 BOYS – Players will receive one game weekly, officiated by Match Officials. Teams will work with their volunteer coaches on sessions and development. Teams will play 5v5 with a goalkeeper (10-minute ball activities, 2 x 20-minute halves).

U11-U13 – Players will receive one game weekly, officiated by Match Officials. Teams will work with their volunteer coaches on sessions and development. Teams will play ****5v5 or 4v4** with a goalkeeper (10-minute ball activities, 2 x 20-minute halves).

*****If both coaches agree they may play a game with a 5v5 format. If one coach does not agree to a 5v5 format, the game will remain the same with a 4v4 format.***

U14+ – Players will receive one game weekly, officiated by Match Officials. Teams will work with their volunteer coaches on sessions and development. Teams will play 7v7 with a goalkeeper (2 x 25-minute halves).

Women – Players will receive one game weekly, officiated by Match Officials. Teams will work with their team lead on sessions and development. Teams will play 6v6 with a goalkeeper (2 x 25-minute halves).



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Field Information

All Indoor League games are played at The Save Max Sports Centre (1495 Sandalwood Pkwy E, Brampton). To review schedules, please visit here:

<https://bramsunited.powerupsports.com/index.php?page=SCHEDULES>

Conduct

Attendance and Punctuality

Soccer is a team sport and when players turn up late or don't show for practices and games without notice, it impacts the team. Please keep your coach informed of planned or unplanned absences so they can prepare for the game/program appropriately.

Player Sportsmanship

Have fun, try your best, and enjoy the game!

- *Listen to your coaches and ensure you assist them wherever you can.*
- *Always respect your teammates and opponents.*
- *Respect the Match Officials. Do not challenge or argue a call/non-call. Continue to play and focus on the game.*
- *Do not coach from the bench. Leave the coaching to your coach.*
- *If you have suggestions on how you think you can contribute to your development or your team, approach your coach before or after a game to discuss.*

Parent Sportsmanship

Watching your daughter learn, grow, and compete as a player is a joy and we need to ensure we maintain a positive environment for all players. A few reminders while you are at the field:

- *Spectators are required to be situated in the bleachers during game time. Should you choose not to sit in the bleachers, spectators must be seated in designated areas outside of the field area.*
- *Spectators are not permitted on the field/inside the arena at field level during game time.*
- *Cheer on your participant and team and keep it positive. Avoid coaching or providing instructions from the sidelines as your suggestions may be different from the instructions the coach has provided to the team, which will cause confusion for the players.*
- *Do not comment on or challenge decisions made by Match Officials. If you have concerns, please contact our Club Head Referee.*

Coach Sportsmanship

We could not do this without your effort and dedication, and we appreciate the time you dedicate to the team at games each week! A few reminders while you are with your team:

- *You are a role model for the girls. You are helping them learn the Laws of the Game, strategy, sportsmanship and so much more. The players watch their coaches closely and take cues from them on how to act or react. Ensure you always remain positive and professional.*
- *If you have a concern about something that has occurred on the field, such as a referee call, a play, the other team's action etc., please bring it to the attention of the Club. As a coach, you can request for clarification on a decision that has been made but must avoid getting into verbal debates with the referees, coaches, players, or parents during or after the game.*



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Equipment

Ball Size

- For U4 – U10 division, a size 3 will be used.
- For U11 – U13 division, a size 4 will be used.
- For U14 – U19+ division, a size 5 will be used.

Player Dress Code

- All players are to wear their Brams United jerseys, shorts, shin guards, and socks. Cleats or non-cleated athletic shoes (i.e.: running shoes) are to be worn on the field.
- Jewellery is not permitted on the field. This includes earrings, studs, necklaces, rings, etc....). Players will not be permitted to tape earrings/piercings, they must be removed.
- Goalkeepers must wear a jersey that visibly distinguishable from other players on the pitch. Coaches will be provided a jersey for their team, for the season. Should a player bring their own jersey for the game, it must adhere to the rule listed above.
- Players are not to wear any equipment containing, other club logos, etc... Socks/shorts worn must be the ones provided by the Club. Should players wear alternative gear, it must adhere to the description listed above.

Playing with Glasses

- If a player requires prescription eyewear to play, glasses must have an elasticized band to secure the frames to the player's head.

Playing with Cast

- Hard plaster casts are not permitted to be worn, as they pose a danger to the wearer and other players on the pitch.
- Players wearing a soft cast will be permitted to play if the cast does not present a danger to the individual or any other player.

**Should a player violate the dress code rules, they will be instructed to leave the field by the match official when the ball goes out of play. The player must only re-enter the field upon reporting to the match official, to ensure their equipment is in order. Player can only re-enter the field when the ball goes out of play.*

Game Logistics

Length of Game

- **U4–U7:** 45-minute sessions – 20-minute activity → 25 min small-sided game
- **U8–U13:** 55-minute sessions – 10-minute activity → 2 x 20 min halves, 5-minute break
- **U14–U19+:** 55-minute sessions – 50-minute games → 2 x 25 min halves, 5-minute break



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Number of Players

U4-U7	3v3 (No Goalkeeper)
U8-U10 Girls	4v4 (including Goalkeeper)
U8-U10 Boys	5v5 (including Goalkeeper)
U11-U13	5v5 <u>or</u> 4v4 (including Goalkeeper)
U14-U18	7v7 (including Goalkeeper)
Women	6v6 (including Goalkeeper)

U8 to U10: if a team does not have enough players for the game, the other team should offer player(s), so a scrimmage can be played. The minimum number of players is 3.

U11 to U13: If a team does not have enough players for the game within 5 minutes of Kick-Off time, the other team should offer players(s), so a scrimmage can be played. The minimum of players is 3.

U14 to U18: if a team does not have enough players for the game within 5 minutes of Kick-Off time, the team is forced to forfeit the game (with the final score of 1-0). The other team may lend players for the time being and have a scrimmage for the remainder of the game time. The minimum number of players is 6.

Women: if a team does not have enough players for the game within 5 minutes of Kick-Off time, the team is forced to forfeit the game (with the final score of 1-0). The other team may lend players for the time being and have a scrimmage for the remainder of the game time. The minimum number of players is 5.

Substitutions

Substitutions will be allowed on the fly:

- *Players coming in will stand at the halfway point on the touchline until the player leaving the field is off the field.*
- *Players leaving the field should leave around the halfway point*

Offsides

For the indoor soccer season, games are not played with offsides.

Method of Scoring

- A goal is scored when the whole of the ball has crossed over the goal line, between the goalposts and under the crossbar, provided it has not been thrown, carried, or intentionally propelled by hand or arm, by a player of the attacking team
- The Match Officials shall be the sole judge as to whether a goal has been scored. This decision is final and non-negotiable.
- During play, should any outside agent prevent the ball from passing into the goal or assist the ball into the goal, play shall be stopped.
- The Match Official shall restart the game by dropping the ball



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- Game scores shall be updated online by the Match Official within 48 hours of game completion. Per LTPD, scores and standings are only recorded in U14+.
- Game points will be awarded as follows: Win 3 Points, Tie 1 Point, Loss 0 Points

Kick-In

- When the whole of the ball passes over the touchline, either on the ground or in the air, a kick shall be awarded to the team opposing that of the player who last touched or played the ball. The kick-in shall be taken from the point that the ball crossed the line.
- Players of the opposing team shall not approach within five metres of the ball until it is in play, i.e., it has been kicked and moves.
- U8-U13 **only**, the kicker may dribble the ball in.
- U14+ the kicker shall not play the ball a second time until it has been touched or played by another player.
- A goal may not be scored directly from a kick-in or dribble-in

Retreat Line

The retreat line has been introduced in youth soccer in Canada (U4 to U13) to help players build confidence and develop the ability to play out from the goalkeeper and keep possession as they build an attack.

The following outlines how to implement the Retreat Line:

- When the goalkeeper has the ball in their possession at a goal kick or after making a save, the opposing team members "retreat" to the predetermined area of the field.
- The predetermined areas are as follows:
 - **U8-U10**: Halfway line.
 - **U11-U13**: 1/3 of the field

With the opposition retreating to the correct part of the field, the goalkeeper can now successfully pass the ball to a teammate.

- Once the player receiving the ball from the goalkeeper touches the ball, the ball is in play and the opposition players can pressure and attempt to win the ball.
- If the goalkeeper chooses not to wait for the opposing players to "retreat" and passes the ball down the field, the ball is instantly in play and does not require a player from the goalkeeper's team to touch the ball first.

Opponents must be behind the retreat line and cannot cross the retreat line until the ball:

- Is touched by a player of the team receiving the GK's distribution
- Leaves the field of play
- Crosses the retreat line. (If the goalkeeper chooses to play the ball across the retreat line prior to the opposition crossing the retreat line)

If any of these offences occur, the goal kick may either be retaken, or the ball may be returned to the goalkeeper's possession by a drop ball.

Penalty Kick

- There will be no penalty kicks for U8-U10 divisions.



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- A penalty-kick shall be taken from the penalty-mark and all other players shall be at least 3 metres from the penalty-mark and must stand behind the penalty mark.
- The opposing goalkeeper must remain on their goal line, facing the kicker until the ball is kicked.
- The player taking the kick must kick the ball forward; it shall not be played a second time until it has been touched by another player. The ball shall be deemed in play directly after it is kicked and moves.
- A goal may be scored directly from a penalty-kick.

Free Kick

- All free kicks shall be classified as "indirect" (i.e., a goal cannot be scored unless the ball has been touched by another player other **before** passing through the goal).
- When a player is taking a free kick inside their own penalty area, all the opposing players shall be at least five metres from the ball and shall remain outside the penalty area until the ball has been kicked out of the area. If the ball is not kicked beyond the penalty area, the kick shall be retaken.
- When a player is taking a free kick outside their own penalty area, all the opposing players shall be at least five metres from the ball, until it is in play.
- The ball must not be moving when a free kick is taken, and the kicker shall not play the ball a second time until it has been touched by another player.
- If the ball meets the ceiling, an indirect free kick is awarded from the spot on the field directly below the point of contact to the opposing team.

Goal Kick

- When the whole of the ball passes over the goal-line, excluding that portion between the goalposts, having last been played by **one of the attacking team**, it shall be kicked from a point within the goal-area, by a player of the defending team.
- If the ball is not kicked beyond the penalty area, i.e., directly into play, the kick shall be retaken. The kicker shall not play the ball a second time until it has been touched by another player.
- Players of the team opposing shall be at least five metres from the ball and shall remain outside the penalty-area until the ball has been kicked out of the penalty-area.
- A goal may not be scored directly from a goal-kick.

Corner Kick

- When the whole of the ball passes over the goal-line, excluding that portion between the goalposts, having last been played by **one of the defending team**, a member of the attacking team shall take a corner-kick.
- U8-U10 **only**, there are no designated 'corner kicks'
 - Instead of a corner kick, the attacking team shall take a kick-in/dribble-in from the touchline near the corner arc
- Players of the opposing team shall not approach within five metres of the ball until it is in play.
- A goal shall not be scored directly from a corner-kick (or a kick-in/dribble-in in the U8-U13 division)

Slide Tackles

- Slide tackles are not prohibited when challenging an opponent in indoor.



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Match Officials

Game Leaders

Certified Game Leaders will be assigned to games in the U8-U10 division. Game Leaders are trained to:

- Enable children to have a fun and rewarding experience while playing the game.
- Ensure player safety.
- Implement simplified rules while keeping the game moving – limiting stoppages and assisting players with restarting the play after these stoppages.

Match Officials

- As per Ontario Soccer, U11+ games will have Match Officials assigned by Brams United.
- Match Officials shall collect game sheets from coaches, prior to the start of the game
- If a match official is not available, the “Home Team” coach shall provide an official for the first (1st) half of the game and the “Away Team” coach shall provide an official for the second (2nd) half. If both coaches agree, a ‘third party’ (such as, but not limited to, a parent or coach) may officiate the entire game
- The game shall proceed as an official game
- Match Officials are expected to arrive 20 minutes prior to kick off.
- Match Officials are expected to attend each game fully dressed in proper Match Official uniform, with proper equipment.
- Officials are expected to conduct themselves in a professional manner on and off the field.
- Officials should treat every member with respect prior, during, and after games