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REAL SC ACADEMY & REC LEAGUE
GAME DAY GUIDELINESS

This document is written for academy and REC coaches so they can be prepared for game day. Let us know if you think we should add any other information or if something is not clear.

(1) HAVING TO MISS A GAME LAST MINUTE?

If a coach has imperatively to miss a game due to a last second emergency situation, the head coach in the opposing team will have to manage both teams. Safety of the players is our first priority. Do not ask a parent to help. Why? (1) They may not be background checked, (2) they are not Concussion Heads Up certified so if there is a concussion a kid may be not taken care of correctly, and also (3) they may not be safesport certified - safesport is a federal act of 2017.

Also be sure to inform the other coach if that should happen. If you do not know who he or she is, please text the club manager at 208-713-8924 during the week.

(2) ROSTER DETAILS – MEDICAL INFO/ALLERGIES INFO AND EMERGENCY CONTACT

PLEASE, SEND A REMINDER every week to your team about anything you consider important.

You will not be able to have access to your team info in gotsport, including your roster info, player's medical info/release forms, emergency contact, and easy communication with parents until you are completed with your requirements (see section 1).

Also, every coach should have a small first aid kit in their coach's bag.

(3) WARMUP

Players should be at the field 20 to 30 minutes before the game (see below for recommendations). **Use your warmup time as a mini training session!**

To warmup, please do two of the activities of your choice from the biweekly training plan you used the week of the game. Kids will be familiar with them and will gain confidence before the match. Recommendations of when players/team should be ready to start warmup:

MINI-MONARCHS (Academy)
U3-U4 - 10 minutes before game, players ready.
U5-U6 - 15 minutes before game, players ready.
U7-U8 - 20 minutes before game, players ready.

REC ROYALS
U9-U10, U11-U12 & U13-U15: 25 minutes before game, players ready.

(4) UNIFORMS

Home team (listed first): Yellow jersey, black shorts, black socks.
Visitor team: Stripes jersey, black shorts, black socks.

Note: Stripes jersey are not reversible per say but if you do reverse them for any reason, they look still good, they are pink and can be used.

(5) WEATHER CONSIDERATIONS

Cancellations are called on the spot by the head coach unless there is a general cancellation by the league which you would know. See more details here:

https://realsoccerclub.org/weather-considerations/

(6) REFEREES:

There are no official referees. The philosophy is that coaches are on the field just to help when it is really needed, for example to call fouls or when the direction of a restart is not clear and players maybe confused.

As players get older, we want them to try to manage the game/rules like in street soccer. This will empower players and make them more creative and independent. By GAME 4, the club's expectation is that our U6-U9 players (and by GAME 2 our U10-U19 REC players) should manage:

-throw-ins
-goal kicks
-corner kicks and
-kick offs

without much help.

Referees in our area are very very scarce including the IYSA competitive league so imagine for REC. Here is the latest status on referees, a true crisis!

We had referees in the past and being young in general simply called the restarts, and did not call many fouls. Our coaches protect better our players because they know them and they are there to teach the game and not to just simply judge like referees do.

Our academy and REC are very formative years and we have a more relax environment our players develop better in.

Coaches should not be coaching excessively during games anyways and just perhaps just giving some indications. This can be done inside the field at the same time they help players with Law 12 (fouls and misconduct). Both coaches can be in the field helping with the laws or one coach per half.

(7) EQUIPMENT

The Home team (listed first in the schedule) is responsible to set the field.

(8) LEAGUE OVERVIEW

https://realsoccerclub.org/schedules/game-schedules/

(9) MODIFIED LAWS OF THE GAME

U4/U3 (2v2): same as 3v3 below, but field should be half of the 3v3 field so 12 yds x 9yds.

U6/U5 (3v3) or https://idahofootballfederation.com/3v3-modified-laws/ (no goal keepers)

U8/U7 (4v4) or https://idahofootballfederation.com/4v4-modified-laws/ (no goal keepers)

U10-U9, U12-U11 & U15-U13 (5v5) or https://idahofootballfederation.com/u9-5v5-modified-laws/ (includes goalkeeper)

One last note: Sometimes, practices during the first weeks of a season do not look that great, do they? But after a while you really see a lot of improvement, eh?! This may happen on the first games as well. They will get better with time! Just have fun!

Let me know if you have any questions!

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