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**Playing Time** In the U9 Divisions and above, unlimited substitutions are allowed. Coaches are responsible to assure that playing time is fairly distributed amongst the players.

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+HDGLQJ **Starting with the spring season, 2016, youth players UNDER 11 years old are not to PURPOSELY head the ball. If the referee judges that a PURPOSEFUL header has been taken, the opponent may be awarded an INDIRECT FREE KICK.**

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**Coaches and Spectators** Coaches are to stay on their half of the field (except for the coaches on the field in U5/U7 divisions). No team shall have more than two coaches. Spectators are to be on the sideline opposite the teams. No spectators or coaches are allowed behind the goals. See attached sheet.

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**Additional Game Rules** U5/U7 Divisions:

Please review the game day format with U5/U7 Division Coordinators – Jennifer Donaldson and Julie Tacktor U5 and U7 are played on a split field format. Rules specific to that division are provided on separate pages.

Coaches are allowed on the field in the U-5/U-7 Divisions. Coaches are to help direct the players but should be as inconspicuous as possible. Coaches are there to facilitate the game and shall not interfere with the play in any way.

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