



## AT A GLANCE

### U11-U12 Super 8

#### Key Dates for 2016-17

- Annual General Meeting Jun 22, 2016
- Equipment pick up: Aug 21, 2016
- Start date: Sept 10, 2016
- Coach ID/4D Player ID Cards Req'd: Oct 1<sup>st</sup> onwards
- No games on Thanksgiving
- Last game (Winter break): Dec 10 2016
- January game start: Jan 7 2017
- NSYSA Jamboree: Feb 25/26 2017 *tentative*

#### Games:

- 11 - 14 players per team; 8 v 8 including goalkeeper
- All U11 teams (except Gold) will play in a NSYSA interlocking league. Silver teams may play off the North Shore.
- All U11 and any new U12 players must submit proof of age to their team manager by early September.
- U11 Gold and all U12 teams play in the 4-District Youth Soccer League (Burnaby, North Shore, Richmond and Vancouver). A "4-D Liaison" volunteer is assigned to this division. Each 4 D team player and team official must have a BCSA ID card (with photo).
- Team ready for referee inspection 10 to 15 minutes prior to game.
- 4 D teams must show a 4 D Roster Sheet and BCSA Player/Coach ID Cards.
- Each team supplies one lines person.
- Super 8 goals used at games – lock up posts and nets at end of game if no teams are waiting to use the field after your game.
- Referee protocol - **no one** questions calls.
- Coaches required to trade cones at end of game.
- 4D teams submit scores to the 4 D Liaison. U11 In District scores are submitted the Club website.
- Home games generally held on grass or turf fields, away games possible in West Van, Squamish, Sunshine Coast, Vancouver, Burnaby, and/or Richmond.
- **Turf rules** - only players and coaches on field. No food or drinks other than water allowed on turf.
- **Field status** can be checked at: <http://nvfc.ca/fieldstat>.
- Always contact your opponent prior to the game.
- Spring games for U11/U12 Gold teams

#### Practices:

- 1 or 2 practice(s) per week outside on a lit field. Same location and time each week. Coaches run these sessions. Purchase keys from Delbrook Rec Centre. Key need to lock up nets - different key than the lights key.

#### Development:

- Club staff coaches provide team development several times a year.

#### Uniforms:

- Players receive a uniform of jersey (one Red jersey and one Black jersey), socks and shorts. Players are expected to wear their uniform for all games.
- **Home team to wear RED, unless playing another NVFC team, at which time, the Home team will change to BLACK.** Players encouraged to bring both

jerseys to games. Check with visiting team prior to game to avoid a colour clash.

**Equipment:**

- Size 4 balls. Equipment is to be kept from U11. Head Coach is responsible for equipment.
- Players need a water bottle, shin guards and cleats.