



AT A GLANCE

U13-18 Divisional

Key Dates for 2016-17

- Equipment pick up: Aug 21, 2016
- Start date/ MSL Coach/Player ID Cards Req'd: Sept 9/10/11, 2016
- 4D Coach/Player ID Cards Req'd: Oct 1st onwards
- No games on Thanksgiving
- Last game (Winter break) : Dec 9/10/11 2016
- January games start: Jan 6/7/8 2017
- Last game: Feb 17/18/19 2017
- 4D Finals: Feb 25/26 2017
- MSL Cup Play: April 2017

Number of Players

- 16 – 17 players assigned per team. U17 & U18 may carry up to 20 players per team.
- The standard game is 11 v 11 including goalkeeper
- Players not registered on a team are unable to play unless they have an ICP (Intra-Club Permit) ICP forms can be found here: <http://nvfc.ca/coaches>

Games:

- Length of game: U13-14 (2 x 35 min halves) U15-U16 (2 x 40 min halves) and U16-U18 (2 x 45 min halves)
- Number of players: A minimum of 7 players, one of which is a goalkeeper must be on field before a game can start.
- Home games generally held on grass fields with AW alternates, away games possible in West Van, Squamish, Sunshine Coast, Vancouver, Burnaby, and/or Richmond.
- Field status can be checked at: <http://nvfc.ca/fieldstat>
- Referee Inspection starts 10 to 15 minutes prior to game. *4D Roster Sheet* (can be found here: <http://nvfc.ca/coaches> and *BCSA Player/Coach ID Cards* (provided by AGC by Oct1) to be handed to Ref.
- Submit scores to 4D Liaison
- Linesperson to be supplied by each team.
- Referee protocol - **no one** questions referee calls.

Home Team Responsibility:

- Follow up with visiting team on game time and field location
- Game ball to be provided
- Line field to satisfaction of referee using the sports field whiting provided at each field.
- Nets to be provided and installed
- Corner flags to be provided that stand a minimum of 5' above the ground (Bicycle flags not allowed)
- Uniform Colour clash to be below)

Practices:

- 1 or 2 practice per week outside on a lit field. Purchase keys from Delbrook Rec Centre. Key need to lock up nets - different key than the lights key.

Development

- Club Team Development provided several times a year with the exception of U17/U18 House & U18 Select teams. These teams can request up to 3 development sessions per season. Please contact the Technical Director to arrange.

Uniform

- Red & Black jerseys, socks and shorts provided by the Club. Shinpads must be worn. **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. Checked with visiting team prior to game to avoid a colour clash.

Equipment

- #5 ball required
- U13 teams receive new equipment in August. All other age groups are to keep their equipment and will receive a top up in August. Head Coach is responsible for equipment.
- Players need a water bottle, shin guards and cleats.