



## Regina East Zone Youth Soccer Association Inc. Inter-zone Coaches Handout U14 to U18

Welcome to the REZYSA Inter-zone 2010-2011 Indoor season. This guide provides you with a brief overview of the upcoming season.

### Important Indoor Season information

The 2011-2012 Indoor Season runs from **October 22, 2011** to **late March 2012** for children **born 1993 to 1998 inclusive**. The **windup tournament** is included within these dates and will take place in late March.

The games for all age groups **will all take place on Saturday**. Games are scheduled any time **between 8:00 AM and 6:00 PM**. **All levels are** scheduled for one hour, two 25 minute halves separated by a 5 minute half-time.

The schedule below provides a brief overview of the season:

Season Calendar	
October 15 <sup>th</sup>	Coaches Meeting
Before October 19 <sup>th</sup>	Contact ALL your players <b>by email and phone!</b>
October 22 <sup>nd</sup>	First game of the season
December 3 <sup>rd</sup>	Last game before Christmas
January 28 <sup>th</sup>	REZYSA Picture Day - Coaches must contact the photographer if they want pictures taken. <a href="mailto:gisellealbert@accesscomm.ca">gisellealbert@accesscomm.ca</a>
January 7 <sup>th</sup>	Games resume
Late March	End of season tournament

**Location of games** - The soccer games will take place in the following locations:

- **University of Regina Gyms (old gyms)**

**Parking** – There will be **free parking** at the University during the game interval. **Details still to be determined** and will be communicated closer to the beginning of the season.

**Equipment requirements** - REZYSA will provide each participant with a jersey and socks. To participate children **must have shin guards** (which must be fully covered by socks or sweatpants), a REZYSA jersey and indoor **non-marking running shoes**. **Jeans, jean shorts, or any bottoms with belt loops are prohibited and will not be permitted.**

**Jewelry policy** - To maintain the safety of all REZYSA Soccer participants, REZYSA has a strict no jewelry rule – **absolutely NO JEWELRY is permitted – taping is not an acceptable option. If the jewelry can't come off or the piercing can't come out, the child CANNOT play.**

**Rules** – this is just a brief overview of the important rules. For more details please see the detailed rule document.

- 5 players plus a goaltender on the field
- Walls are live. Balls are in-play off the wall or other obstructions unless the ball is not safely playable.
- Creases are dead – anyone deliberately entering the crease will result in a stoppage of play and an indirect kick for the non-offending team.
- Changes are on the fly. No time will be provided at whistles for changing players. Changes must be made from the benches. The player coming off the field must be off the field before the substitute can enter.
- Slide tackles are not permitted.

**Referees** – The referees are an integral part of our sport and must be treated with respect at all times. All of our Referees are still learning and trying to the best of their ability. Please treat them with the utmost respect. If you have either praise or a concern with the referee from a game, please email the specific information to [refs@rezysa.com](mailto:refs@rezysa.com). **Abuse of the referees by coaches, players, parents or spectators will not be tolerated.**

**Coaches** – to aid in communication, please ensure we have your e-mail address. Please email it to [contact@rezysa.com](mailto:contact@rezysa.com).

**Gym Setup and Cleanup** – The first and last game coaches are to assist the referee in gym setup or cleanup.

**Dangerous situation** (i.e. rough play, etc.) When a Coach believes there is a dangerous situation, the Coach may request to talk to the Referee. When play has stopped, both Coaches and the Referee will meet to discuss the issue. If the situation cannot be dealt with to your satisfaction please contact the REZYSA referee coordinator by e-mail to [refs@rezysa.com](mailto:refs@rezysa.com) or through our website at [www.rezysa.com](http://www.rezysa.com).

**Sportsmanship** – Above all, remember that REZYSA is recreational soccer; **children are playing soccer to have fun!** Coaches strive for equal playing time and children must be allowed to learn and play the game in a supportive atmosphere.

**Call-ups** – If you are going to be short players (less than 12 total) you may recruit other registered players from teams in the same division or the next division lower.

**Contact information** – Any questions or concerns that you have now or during the season may be directed to REZYSA at the website at [www.rezysa.com](http://www.rezysa.com) or email [contact@rezysa.com](mailto:contact@rezysa.com).