



Regina East Zone Youth Soccer Association Inc.

Coach's Handout U04 to U12

Important Indoor Season information

The 2011-2012 Indoor Season runs from **October 22, 2010 to March 24th, 2011** for children **born from 1993 to 2007 inclusive**. The **windup tournament** is included within these dates and will take place on **Saturday March 17th and Saturday March 24th** for U04 to U12 age groups. **U08 to U12** teams will participate in a city-wide tournament on the weekend of January 6th to 9th. U04 and U06 age groups will also have the opportunity to participate in the **Timbits Jamboree on Sunday April 1st (tentative)**.

The games for the **U04, U06, U08, U10, and U12 will all take place on Saturday**. The games are scheduled any time **between 8:00 AM and 5:00 PM**. **U04 and U06** are developmental programs and are scheduled in a one hour timeslot with a 25 minute training session a 5 minute break, and a 25 minute scrimmage. **U08 to U12** are scheduled for a one hour and 15 minute time slot consisting of a 15-minute practice followed by two 25 minute halves separated by a 5 minute half time.

For U08 to U12, **the first week is a practice week**. The timeslot is still one hour and fifteen minutes, but it will be 45 minutes of practice and one 25 minute scrimmage. Please come prepared to practice with your team during this time.

The schedule below provides a brief overview of the season:

Season Calendar	
October 15 th	Coaches Meeting
Week of October 16 th	Coaches contact players and arrange to meet.
October 22 nd	First game of the season
December 3 rd	Last game before Christmas
January 6 th -8 th	City-wide tournament (U08-U12) – details TBD
January 14 th	REZYSA games resume
January 28 th	Picture Day – U04 to U08 are scheduled by the league. All other coaches must contact the photographer if they want pictures. gisellealbert@accesscomm.ca
March 17 th	REZYSA end of season tournament week 1
March 24 th	REZYSA end of season tournament week 2 and wrap-up
April 1 st (Tentative)	Timbits Tournament – Credit Union Eventplex (U04-U06)

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

- **Henry Braun School**, 710 Graham Road
- **Jack MacKenzie/St. Gabriel Schools**, 3860 E Buckingham Drive
- **W.F. Ready School**, 2710 Helmsing Street

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



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and indoor **non-marking running shoes**. **Jeans, jean shorts, or any other 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.

- 4 players plus a goalkeeper on the field
- Walls are live. Ball is 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 within 1 metre of the bench before the substitute can enter.
- No slide tackles are 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. **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.

Gym Setup and Cleanup – The first and last game coaches of the day are to assist the referee or instructors in gym setup and 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 or through our website at www.rezysa.com.

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

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 or email contact@rezysa.com.