



Gold Nugget Soccer Club

Game Day Procedures

UNIFORMS: Players should wear the current GNSC uniform style including a gold or blue numbered jersey, navy-blue shorts and navy-blue socks.

- For Intra-Club Play: The HOME team wears blue and the AWAY team wears gold.
- For Interleague Play: When GNSC teams are at HOME they will wear blue, and when AWAY visiting other clubs, GNSC teams will wear gold.

SPECTATORS: The HOME team chooses which side of the field they wish to occupy, and each team's spectators must be situated behind their respective team bench.

➤ **Lotus Park Exception:** Coaches and players for both teams will set up their respective benches on the riverside of the field, and spectators will position themselves directly across the field facing their respective teams' bench.

UNRULY SPECTATORS: Fans are encouraged to cheer and applaud in a positive manner. However, negative engagements with players, coaches or referees will NOT be tolerated. Coaches are responsible for their respective spectators and may be disciplined for unruly parents, up to and including a red card expulsion of a coach by the referee.

GAME CARD: The HOME team coach will provide a game card and will coordinate with the visiting AWAY coach to fill in their team's name, player names and player numbers. The completed game card should be presented to the center referee 10 minutes prior to the start of the match.

HOME TEAM RESPONSIBILITIES:

- Field Set-up: The first HOME team of the day is responsible for field set-up.
 - Roll the goals from the designated storage area and into position on the field. The goals MUST be secured in place with stakes and/or sandbags.
 - Retrieve corner flags from the shed and set on each of the field corners.
- Field Safety Checks: Prior to each match, the HOME team coaches are responsible for field safety checks (as described below), as well as any corrections that are necessary to fix deficiencies identified by the referee.
- Match Balls: The HOME team will provide three (3) properly inflated, quality match balls. The HOME team coach should present the match balls to the center referee for inspection 10 minutes prior to the start of the match.
- Field Breakdown: The last HOME team of the day is responsible for the breakdown of the field.
 - Roll the goals to the designated storage area and lock them together using the cable lock. Return the stakes and/or sandbags.
 - Remove the corner flags and return them to the shed.

PRE-GAME SAFETY CHECK:

- Check for Debris: Prior to each match, inspect the field and remove debris, including sticks, rocks, metal objects, trash, broken glass, dog feces, etc.
- Fill in Holes: Inspect the field for rabbit/gopher holes. Especially prior to the first match of the day, there are often fresh holes and/or mounds caused by ground pests. Level the mounds and/or fill in the holes.
- Check the Nets: Inspect the nets and confirm they are secured to the goal and that they are correctly tied back, so that the nets do not interfere with the goalkeeper.
- Check the Goals: Confirm that the goals are in good repair, positioned correctly on the goal line, and that the goals are either fastened with stakes and/or weighted with sandbags.
 - 18-foot goals (U10) should be weighted with three (3) 40-lbs sandbags.
 - 21-foot goals (U12) should be weighted with four (4) 40-lbs sandbags.
 - 24-foot goals (U14 and up) should be weighted with four or five 40-lbs sandbags.

PLAYER CHECK-IN: Prior to the start of the match, a referee will conduct a 'check-in' of the players for each team. When called by the referee, each team will line-up on top of their respective penalty areas (aka: the "18").

- The referee will confirm:
 - All players are included on the game card,
 - Player numbers are accurately recorded on the game card, and
 - All players have a valid player pass.

- The referee will confirm player safety:
 - Players must wear matching uniforms (except the goalkeeper), shin guards (with socks on the outside), and proper cleats (toe cleats are NOT permitted).
 - Players may NOT wear jewelry (e.g., earrings, wristbands, necklaces), watches, hats, or hair clips (cloth headbands are okay).
 - Players are NOT allowed to play while wearing braces with exposed metal or while wearing a hard cast. Bubble wrap on a cast is NOT permitted.
- If a player arrives after the match has started, the player must check-in with an assistant referee before they are eligible to enter the match.

START OF THE MATCH:

- Player Warm-Ups: Have your team arrive 30-40 minutes prior to the start of your match, so that your team is ready to start on time. Venues are often booked for the day, and it is important that matches start as close to the scheduled start time as possible.
- Play Time Reduction: Delays to the start of the match caused by teams may result in the reduction of the play time of the match. Such a decision to shorten a match is at the sole discretion of the referee.
- Team Captains: Prior to the start of the match, referees will call team captains to the center circle. Select two players each week to be team captains. For recreational soccer, it is best practice to rotate this opportunity to different players each week.
- Coin Toss: The referee will show the coin and designate a side for heads and a side for tails. When the referee tosses the coin, the HOME team captain will call heads or tails while the coin is in the air. The winning team will choose which side of the field it will defend first. The team that lost the coin toss will have the option to kick-off at the start of the match or defer kick-off to the other team.
- Taking the Field: The referee will signal when the teams are to take the field with a series of short whistle blasts. Teams should promptly take the field when called by the referee.

DURING THE MATCH:

- Playing Time: Every player must play at least 50% of each match (e.g., U12 has 35-minute halves, and therefore, each player on the team must receive 35 minutes of playtime during the match).
- Playing Time Exceptions:
 - Injury: Injured players may accrue less than 50% playtime.
 - Discipline: On occasion, it may be appropriate to reduce playtime for a player in a match. However, any such disciplinary action must be based upon clear and fair policies which have been communicated in advance to players and parents.
- *If a player will not receive 50% playtime during the match, then the referee should be notified prior to the start of the match.*
- Game Clock: Some venues may have an electronic scoreboard. However, game time displayed on a scoreboard is *unofficial*. The official game time is managed by the referee on the field. Time may be added at the discretion of the referee for stoppage, such as substitutions or injury.
- Excessive Scoring: Do NOT run up the score beyond a 6-goal differential for U6, U8, or U10, or a 7-goal differential for U12 and above. If your team is leading by more than four (4) goals, then adjust your playing strategy: move players to different positions or challenge them to dribble or shoot with their less dominant foot. Or, perhaps for older age groups, they may score from a header or volley. If all else fails, instruct the team to practice build-up and keep-away passing without shots.
- Coach's Box: Coaches, players and substitutes must stay within the technical area (a.k.a. the coach's box) and at least 2 yards away from the touchline during the game. The technical area extends between the bottom of the center circle and the top of the penalty arc. The center of the field (6 yards on either side of the midline) is NOT part of the technical area and is reserved for substitutes actively waiting for the referee to call them into the game.
- Substitutions: Substitutes should stand at the midline and out of the way of the assistant referee (AR) while waiting for the center referee to call them into the game. Players should wait at the touchline until the center referee approves their substitution AND for the player that they are replacing to exit the field. A player leaving the field should exit the field at the nearest point and walk around the field (if necessary) when returning to their bench.
- Interactions with Referees: A coach or team captain may ask a referee to provide clarification pertaining to a call. However, the referee is not required to provide an answer. Decisions by a referee are FINAL, and neither coaches nor spectators will be allowed to argue with or yell at a referee.