



IFC Grassroots Rules and Regulations

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Section I – IFC Grassroots Festivals

1) IFC Grassroots Festival Program

- a) Designed to help the development of soccer players at a grassroots level, U5-U12, encouraging them to play freely, enhance basic skills and tactics in an enjoyable, supportive atmosphere.

2) IFC Grassroots Development Programs

- a) Focus on providing a nurturing environment for those players who are passionate about soccer and want a challenge above and beyond community house league programs. These development programs offer professional coaching, require a larger time commitment and are best suited for players who see themselves joining our Elite Development Academy in the future.

3) Uniforms

- a) Each player is provided with a uniform kit – jersey, shorts, socks and bag.
- b) Players who wish to exchange their assigned kit for another size may do so by contacting the IFC Staff.
- c) Any lost or misplaced uniform may be purchased from IFC by contacting the Academy office at (905) 760-1666.

Section II – Development League Overview

4) Playing Rules and Game Formats

- a) All IFC Grassroots rules of play shall be adopted by Federation Internationale de Football Association (FIFA) and shall come into force as mandated by Canada Soccer unless stated otherwise in this document.
- b) Grassroots Festivals and Training matches are comprised of small-sided games working in formats of – 2v2, 5v5, and 7v7.
- c) Equal Playing Time Rule – All squad members must receive equal playing time with at least 50% per player for each game.
- d) All Positions Rule – All squad members must be given regular experience playing in all positions, including goalkeeper.
- e) Equal Numbers Rule – If a team has too few players, the other must lend them willing subs or withdraw players to make numbers even.
- f) Retreat Line Rule – When goalkeeper has possession, opposition must retreat to halfway or 1/3 of the way (depending on age category).
- g) Pass Back Rule – Because goalkeepers need to practice their footwork, they cannot pick up the ball from a pass back.
- h) Scoring only in the opponents half in 2v2 and 5v5 game formats.
- i) Coaches are expected to work together to create a productive environment for all players. If the game is one-sided use the OS 4Up 1 Up Policy.

j) Development League Matrix

	2V2	5V5	7V7
Team Size	2 players max 5	6 players max 10	9 players max 12
Duration	3x12 minute matches	3x16 minute matches	3x16 minute matches
Scores/Standings	No	No	No
Substitutions	Unlimited (on the fly)	Unlimited (on the fly)	Unlimited (on the fly)
Throw ins/Pass in	Pass/Dribble in only	Pass/Dribble in only	Pass in only
Retreat Line	Yes - Half way	Yes – Half way	Yes – 1/3 way
Offside	No offside	No offside	No offside
Field	12 x 18 m	25 x 35 m	35 x 50 m
Ball	Size 3	Size 3	Size 4
Max Goal Size	6 x 4 ft	8 x 5 ft	12 x 6 ft
Field Markings	End-Lines, Sidelines, and Retreat Lines	End-Lines, Sidelines, Halfway and Retreat Lines	End-Lines, Sidelines, Halfway and Retreat Lines
Officials	Game Leaders	Game Leaders	Game Leaders

5) Game Leaders

- a) All IFC Coaches are certified in the Game Leader Program.
- b) No officials during IFC Festivals.
- c) Game Leaders are responsible for the following:
 - i. Fair officiating of all games
 - ii. Management of teams (substitutions, positioning etc.)
 - iii. Creating a fun playing environment encouraging the players and providing a supportive atmosphere.

6) Medical

- a) Medical personnel will be on site to assist with medical needs. A concussion protocol is in place. Medical personnel will evaluate athletes with suspected concussions. If determined by medical personnel that an athlete may/does have a concussion, then the athlete may not return to competition until released by a qualified medical doctor.

7) Tournament

- a) All rules of play used in the Festival Development League will be used in Grassroots Tournament Events as well. Please refer to Section II for list of festival rules.
- b) Season Ending Tournament format consists of the following:
 - a. Round Robin
 - b. Playoff Final
- c) Round Robin:
 - a. Every team plays each team in their division once.
 - b. Scores are kept to determine playoff final matchups.
 - c. Matches may result in a win, loss or tie.
- d) Determination of Group Winners
 - a. Each team will be awarded:
 - i. 3 Points for a win

- ii. 1 point for a tie
 - iii. 0 points for a loss
 - b. At the end of the round robin, teams will be ranked based on their point accumulation. If teams are tied on points, the following criteria shall be used to determine the standings:
 - i. Head to Head
 - ii. Goal Differential (goals for minus goals against)
 - iii. Goals For
 - iv. Win Totals
 - v. Penalty Shootout
- e) Playoff Finals:
 - a. Playoff final matchups will be determined once all round robin games have been completed:
 - b. Six Team Playoff Format
 - i. Championship Game – 1st place vs 2nd place
 - ii. 3rd place – 3rd place vs 4th place
 - iii. Consolation Final – 5th place vs 6th place
 - c. 5 Team Playoff Format
 - i. Championship Game – 1st place vs 2nd place
 - ii. 3rd place – 3rd place vs winner of 4th/5th shootout
 - iii. Penalty Shootout – 4th place vs 5th place to advance to 3rd place playoff
 - d. 4 Team Playoff Format
 - i. Championship Game – 1st place vs 2nd place
 - ii. Consolation Final – 3rd place vs 4th place
- f) Extra Time
 - a. In the event of a tied playoff game, the following procedure will be followed to determine a winner:
 - i. Penalty kicks as per FIFA (five kicks per team).
 - ii. If still tied, alternating penalty kicks by the balance of the team until an outcome is decided.
- g) Other Important Rules and Regulations
 - a. Players can play for more than one team during the course of the event depending on roster situations of other teams. This will be at the discretion of the IFC Grassroots Coaches.
 - b. If there is a conflict in uniform colours, the home team changes.
- h) Awards
 - a. Medals are awarded to all participating athletes. Teams should report to Headquarters for a ‘photo op’ and to collect their medals following their last game.

Section III – Scheduling

8) Inclement Weather Policy

In the event of inclement weather, a message will be:

- a) Posted on the front page of our website at www.intlfc.com at 5:00 PM
- b) A message will be posted on our Twitter @IFCSoccer at 5:00 PM.
- c) Email messages to email addresses provided.

9) Arrival Times

- a) Players are required to arrive a minimum of 15 minutes prior to their scheduled Festival times.

10) Festival Season Notes

- a) Teams will rotate to play different opponents in three 12-16 minute games.
- b) All IFC Grassroots players (Training and Festival) will participate in a tournament on Thursday Aug-15th and Monday Aug-19th.
- c) No Festivals on Mondays of long-weekend.

11) Scores and Standings

- a) Scores and standings for all Festival matches are not kept or posted.

Section IV – Code of Conduct

12) Coaching Staff Conduct:

- a) Be respectful of your colleagues and opponents
- b) Refrain from using foul or abusive language
- c) Limit the amount of coaching done from the sidelines to only when necessary
- d) Keep players and fans under control
- e) Remember that the score of a game is secondary to the opportunity for the players to demonstrate and improve their game
- f) Present a professional example to your players

13) Players Conduct:

- a) Be respectful of the coaches, teammates and opponents
- b) Refrain from using foul or abusive language
- c) Remember the result of the match is secondary to its benefit as a development tool.

14) Fans Conduct:

- a) Be respectful of the coaches and the teams on the field
- b) Refrain from using foul or abusive language
- c) Keep comments positive
- d) Refrain from coaching from the sidelines

- e) Remember that you are here to support your child
- f) Keep in mind that your attendance at IFC events is a privilege, not a right.

15) General

- a) Players must be duly registered with and in good standing with International FC. Players are instructed to compete in the spirit of the game and according to the laws of the game. Grassroots scrimmages and Festivals will be managed and officiated by Grassroots Coaches/Game Leaders.

16) Abusive Behavior:

- a) While at the fields, any coach, parent, team official, player or spectator threatening violence or engaging in verbal abuse will be subject to ejection from the facility and the player and family may be ejected from the program as well if appropriate. This type of behavior is not acceptable and will not be tolerated.
- b) Smoking and alcoholic beverages are not permitted on or near any playing field, any food services or any area where the public congregates.
- c) Pets are not allowed on or near any playing field. Service animals must be clearly marked as such.