



2023 Outdoor - Game Formats & Processes

Age Group	Game Duration	Format (Incl. GK)	Restart from Sideline	Retreat Line	Offside
U5	No formal matches	Informal Play	N/A	N/A	No
U7	Two 20-minute halves ¹	5v5 ¹	Pass or Dribble In	Yes (halfway line)	No
U9	Two 20-minute halves	5v5	Pass or Dribble In	Yes (halfway line)	No
U11	Two 25-minute halves	7v7	Pass or Dribble In	Yes (one third)	No
Age Group	Game Duration	Format (Incl. GK)	Restart from Sideline	Retreat Line	Offside
U13	Two 40-minute halves ²	11v11	Throw-In	None	Yes
U15	Two 45-minute halves ²	11v11	Throw-In	None	Yes
U17	Two 45-minute halves ³	11v11	Throw-In	None	Yes
U19	Two 45-minute halves ³	11v11	Throw-In	None	Yes

¹ Canada Soccer Grassroots Standards recommends two 15-minute halves and 3v3 for U7. Mini tournaments will be in the above format for this year. Clubs are asked to trial 3v3 in their home communities to see if it is feasible for mini-tournaments next year.

² Alberta Soccer Provincials will be two 35-minute halves. League Play and Lakeland Cup will be in the Canada Soccer Grassroots Standards format above.

³ Alberta Soccer Provincials will be two 40-minute halves. League Play and Lakeland Cup will be in the Canada Soccer Grassroots Standards format above.

Game Sheet Process – U13+ League

1. Print and fill out game sheet.
2. Provide to referee before the game.
3. Referee gives it back at the end of game.
4. One team will collect both sheets after the game, ensuring they are signed by all parties.
 - Winner = collect both sheets
 - Tie = home team collect both sheets
 - Loser = not required to do anything.
5. The game sheets must be emailed to the Executive Director at execdir@lakelandsoccer.ca

Please ensure the following is completed:

- Both coaches have filled and signed their respective form in the spots indicated.
- The referee has filled out their portions (Game Report table and ref(s) name in the bottom section)
- The referee will fill in the score before handing them back to ensure accurate accounting of goals scored.

Trialist Rules:

If you have a trialist (guest) player, the trialist form should be filled out (found here: <https://lakelandsoccer.ca/content/forms-and-documents>).

The following should be followed:

- a. No more than a total of 3 such players can be recruited for any 1 game.
- b. The player(s) will be noted as “TRIALIST” on the game sheet.
- c. Any player can be brought up for a maximum of two (2) League Play games per season at which time the player needs to make a decision to play on this team or return to their original team.
- d. *You may not have trialist/guest players on your ASA roster for Lakeland Cup.*
- e. Higher Tiered Players are ineligible as “trialists” on any lower tiered team.
(Example: a player that is rostered on a U15 Tier II team cannot play as a trialist at the U15 Tier IV level, but can play at the U17 Tier IV level)

Trialist Procedure:

- Form to be completed with player information, new team information, and current coach’s information with signature.
- This form must be given to the referee prior to the games and submitted with the game sheets to the Executive Director at execdir@lakelandsoccer.ca

ASA Roster Process:

Process:

1. Coach/Manager or Club Representative completes the ASA roster (found here: <https://lakelandsoccer.ca/content/forms-and-documents>)
 - Noting club's may have their own processes for who fills out the ASA roster – please continue with your process.
2. Ensure all information is accurate and all Team Staff CRCs are valid.
 - Per the Coaching Education Minimum Standards - NCCP numbers will be required for all coaching staff and team managers will be required to have Respect in Sport.
 - Coaching Education Minimum Standards can be found here: <https://lakelandsoccer.ca/content/communities>
3. Coach to sign and obtain signature from the community representative (i.e.: Club President, Youth Director etc.)
4. Submit to Lakeland Executive Director by emailing execdir@lakelandsoccer.ca
5. Lakeland to confirm all players and staff are registered and qualified with the required training.
 - The CSA Rule of Two will be followed.
6. Once confirmed, the Executive Director will sign on behalf of the district and return it.
 - If the form is not filled out correctly, or coaches do not have the required training, it will not be signed.

Recommendation:

Get ASA rosters completed and signed as soon as possible to avoid any delays and/or emergency submissions right before a tournament weekend. Most tournaments will have a spot on their website to submit ASA rosters however if they do not, you should still complete one and bring it with the team for that tournament to have on hand should there be any question.

Lakeland Cup:

Final ASA rosters are due 1 week prior to Lakeland Cup. These will be used when submitting to ASA for provincials (along with replacement player forms as required). *You may not have trialist/guest players on your ASA roster for Lakeland Cup.*

Note:

- Signed ASA Rosters are required for all teams attending games outside of the Lakeland District.
- Maximum roster size as per ASA is 20 players and most, if not all tournaments will follow this rule.
 - Lakeland Cup tournament will allow rosters over 20 players, however Alberta Soccer Provincials will not.
- ASA rosters do not replace game sheets. Game sheets are still required to be completed for league games and tournaments, according to individual tournament rules. You may be required to provide an ASA roster as well as input a tournament roster on some tournament sites which would be used to build game sheets in their system.
- The above applies for all teams including minis U9-U11 should they be participating in tournaments outside of the district.