



## Competitive Guidelines & Policies

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In an effort to preserve our reputation as one of the most respected clubs in Ottawa and Ontario we have developed the following guidelines, which must be strictly followed by all team members for practices, games and tournaments.

### PLAYING OUT / PRACTICING OUT / TRAINING OUT POLICY

A youth academy or competitive player registered with OSU shall under no circumstances play / practice or train with another Club, soccer camp, or program provider, whether this involves exhibition games, practice matches, tournaments, league games, training programs or camps. It is the responsibility of the parent / players to communicate with their coordinator or club if there is any uncertainty. Players that do not abide by this policy will be subject to sanctions and discipline.

### Practices

- Players must arrive at the field 15 minutes prior to practice time ready to start.
- Players must practice in the Nike practice uniform (white shirt, black shorts, white socks, and in cold weather the club approved Nike track suit).
- Players must come with a properly inflated NIKE soccer ball.
- Players **must** wear shin-guards.
- Players must bring plenty of water.
- If a player must arrive late or leave a practice early, the coach must be notified in advance.
- If player needs to miss a practice, notification must be made to the COACH. Practice must be made up where ever possible with another team as directed by the coach.
- Players are allowed to practice with other teams in the club (check with both coaches first).
- Parents are not allowed to step on the field to talk to the coach or the players. In case of emergency, parent must talk to the manager to summon the coach to the sideline.

### Games and Local Tournaments

- Players must arrive at the game field from 45 minutes to 1 hour before the game.
- Players must warm up in their practice T-shirts and then change into their game jerseys.  
MANDATORY FOR FORCE LEVEL U12 TEAMS AND ABOVE - OPTIONAL FOR U9 - U11 TEAMS
- Players must only warm up with their teammates and coaches.

- Players can only be instructed by the coach during the game. The parents' role is strictly encouragement – no coaching.
- If a player will be late for the game or has to leave the game early, the coach must be notified in advance.
- During the games, parents should refrain from making any comments to the game officials. The referees and linesmen should always be dealt with in a professional and courteous manner.
- Parents are not allowed to approach the coaches, or team manager after the game for discussions about playing time, playing position etc. **The 24 hour rule will be strictly enforced.** Conferences with the coach must be scheduled for another time.
- There is Zero tolerance for Alcohol or drug use. Player will be immediately suspended from the team.
- Every coach, player and parent must behave according to, league and tournament rules.

### **Out-of-Town Tournaments**

- Itinerary should be given to all the players by the coach through the team manager before departure to any out of town tournament.
- We strongly encourage players to travel together as a team.
- **Out of town tournaments players are required to stay at the same hotel.**
- Players must be uniformly dressed. (all must be the same).
- As long as the team is still playing in the tournament, players are required to meet at a designated area at a designated time as specified by the coach or manager to do any team related activities such as meals, walks etc.
- Teams will be traveling from the hotel to the fields and back together.
- Players must be dressed uniformly when departing to the games.
- Using the swimming pool, Jacuzzi, exercise equipment, or the like must only be done with permission of the coach.
- Players must never leave the hotel without permission of the coach, even if leaving with their parents. The coach must know the whereabouts of all players at all times.
- Players must follow the itinerary and must follow curfew precisely.
- Every person associated with the OSU Club must follow the rules of the hotel in which they are staying.
- Players are not allowed to run around in the hotel, play soccer in the hotel hallways, or walk barefoot or shirtless.

- If the tournament has both male and female teams, casual association during free time will be allowed in public areas, but absolutely no player will enter the rooms of players of the opposite sex.
- If a conference is necessary between the coach and an individual player, then it needs to be done in the presence of a manager or the parent of the player or another adult.

## **POLICIES**

### **PLAYING UP POLICY**

As a general rule OSU players to play at their own age group level. Taking into account the players physical and social development, exceptions may be considered under the following circumstances:

- a player may be identified by the team coaches or OSU lub Head Coach for playing up at a higher age group level
- OSU may have to combine age groups in order to field a competitive team at a certain age group level
- OSU may have to move certain players into a higher age group level in order to strengthen the team at the higher age group level (this generally should only occur at the older age group level i.e.U15 and older)

### **CALL UP POLICY**

OSU Force players have extensive practice and competition commitments throughout the year. So as not to overextend Force players, call ups of Force players should generally be limited to other Force teams. Exceptions will be made when non Force teams are involved in promotion/relegation situations.

### **PLAYING TIME POLICY**

#### **U9 - U12 Teams -**

These teams adhere to LTPD principles, subject to:

- *the player adheres to the teams practice schedule and other OSU and team rules set out and communicated by OSU and the coach*
- *the player's effort and dedication at practices meets the requirements of the team*
- *the player commits to his/her best effort within a game*
- *the player follows the coaches instructions and guidance*

#### **U13-U18 Teams**

A player's selection to a competitive team by a coach, indicates that this player has met certain criteria that qualify the player to play at the level of the team.

- At the competitive level players are not given and cannot expect equal playing time.

- At the competitive level, playing time is earned on a practice to practice and game to game basis.

As a general rule a player on a competitive team should as a minimum be given playing time of approximately 30% of a games total time measured over the course of the whole season and, subject to the following:

- *the player adheres to the teams practice schedule and other OSU and team rules set out and communicated by OSU and the coach*
- *the player's effort and dedication at practices meets the requirements of the team*
- *the player commits to his/her best effort within a game*
- *the player follows the coaches tactical instructions within the team's system of play*

In certain situations, the coach may not be able to introduce a player into a game for the minimum amount of time due to substitution rules/restrictions (every League and every tournament have their own rules re player substitutions).

### **PLAYING POSITIONS**

The Head Coach determines the player's positions on the field.

### **TRYOUT INFORMATION**

**All players interested in trying out must be registered with OSU and have paid the tryout fees.**

All players registering for elite/competitive soccer will participate in a tryout process in the spring prior to the elite/competitive teams being finalized.

*In the fall, OSU carries out player assessments (for Force teams) to group players for Indoor League play and Indoor Development Programs.*

### **SELECTING PLAYERS AT TRYOUTS**

The following criteria will be used to assign players to tryout for either: OYSL, Regional, Premier or Division 1 teams:

- Results of OSU's Fall / Spring Tryouts/Assessment, where applicable and/or player's past performance
- Coach's observation of a player during the Indoor Development program and Indoor League play

Players not included based upon the above criteria, can make a specific request to be included in the tryout at a specific level.

All players wishing to play elite/competitive soccer are requested to register early.

Evaluations for *OYSL teams* may start in the Fall. Players trying out for OYSL teams are evaluated throughout the Indoor Soccer period. The final team selections will be made in the spring.

### **TRYOUT CRITERIA**

The following general evaluation criteria will be used for the purpose of selecting players for a team within each division and age group.

- **Known** - past game and practice performances, commitment, dedication to training and the game of soccer, where applicable
- **Technical Ability** - ball control skills ( including strong emphasis on ability to receive & control the ball and make proper pass)
- **Physical Dimensions** - endurance , speed, quickness, agility, strength, toughness.
- **Tactical Awareness** - reading the game, understanding support in the game, understanding movement in the game
- **Other** - leadership, desire, heart, passion, mental toughness, etc.

Thank you in advance for your cooperation